



Annual Report 2010

Gateshead

Young Women's Outreach Project



Welcome to our Annual Report



"I liked working in Peaceful place"



"I liked how we can have a laugh and have fun but we are still learning"

For the Young Women's Project it has been a year of change....

However work with the young women has not changed, the workers are still inspired and proud to work alongside so many fantastic young women, who have embraced opportunities, and enthusiastically participated in the programmes offered to them, often when facing difficult times within their lives... they go on to make decisions and choices... which enable them to develop, grow and change... they never fail to amaze us with their courage and determination.

Well I never thought I would be sitting here writing this, but as Jo Vary retired earlier this year, here I am. Many years ago Jo created a phenomenal project inspired by great youth work ethics and practice, ensuring that the voices

of young women and young mothers were heard. She trained and developed professional workers, inspired them, and has devoted and dedicated many years to the project and has left a great legacy.

We wish Jo all the best for the future and hopes that she embraces all the time she can now spend with her family and grandchildren. Fortunately for us, we haven't lost her completely as Jo is volunteering at the project on a part time basis, (we are very lucky!) and although Jo wanted to go quietly, we could not let that happen so a wonderful ceilidh party was arranged, as she taught as all to dance!!!

Eleanor Langley, another inspiring worker who has touched the lives of many young women also retired this year. She has been a great colleague, friend and advisor to many. The groups that Eleanor worked with took great pleasure in arranging a

celebration party for her. We also wish her a wonderful and peaceful retirement.

So staff changes - we now have another full time worker we welcome with open arms - Tracy Johnson who has slipped into her role with ease and has been a great addition to the team. We also welcome Sarah Bridgett, a new part time worker within the project and Carla Reed our extremely creative admin worker.

We would also like the opportunity to say a huge thank you to Maureen Burns the Caretaker at Gladstone Terrace, who also retired this year. Maureen has always been very supportive to the young women who have come and gone over the years. We wish her well.

Joanne, Tracy, Julie and the team!

The staff team have been busy!

Broaden the Horizon

Joanne from the Young Womens Project and Richie from WinG went on a study visit to Holland, developing links with other international youth organisations, sharing good practice which benefit young people.

Connected Generation

Joanne was invited to a conference in Bristol to speak about the use of social media with young people, using Facebook and MSN and the benefits and raising the issues of safeguarding young people online - an inspiring conference on Youth Engagement.

Staff Training

All staff has been trained in delivering the Asdan Personal Skill Development as part of foundation learning provision.

Four members of the staff are now at university doing their degrees.

Tracy is participating in a level 3 Forest Schools Training Course.

"They have helped me to look on the bright side instead of the bad side, and they are lots of fun and if you have a problem you can talk to them and they help"

Programmes and Support

Gateshead Young Womens Outreach Project:

- We had **195** contacts with young women
- We ran a total of **384** sessions with a total of **116** young women
- With a total of **155** accredited outcomes
- Outreach work offered support to **134** young women with an average of **5** contacts per young woman and out of these **55** joined groups in the project

Integrated Working

The young Women's Project has always had a ongoing commitment to work with other agencies and places high value on multi agency working, and currently work alongside 58 other Agencies in various capacities. We regularly host information meetings for other professionals interested in knowing more about the work of the young women's project.

New Developments

The project is now developing work with young people who live in the care of the local authority. A group for young women aged 12-16 years is being developed to enable the young women to come together to support each other, challenge issues and participate in some fun activities.

This group is in it's infancy and we look forward to further developments next year.

"I was feeling really down today, but after a chat with a worker I felt loads better"

Young Mother's Outreach Support

Engagement with young women age 18 years or under who are pregnant or who are mothers occurs with our Young Mothers Outreach Support Worker.

The worker ascertains what the young women are doing in their lives, what they would like to do, and whether there are any support needs in evidence. Many issues arise and include; benefits, grants, work rights and pay during pregnancy, form filling, housing issues, child safety, parenting issues, breast feeding, contraception, problems in family and partnership relationships, smoking cessation, training, further education, Care to Learn. A worker often advocates with and on behalf of young women and will 'be present' in a supportive capacity at different meetings with young women if they so request.. Basically the worker aims to provide or find the best support or advice available for each individual. Some young women are referred in to the supportive learning programmes at the Young Women's Project.

Follow up support

This may occur if someone needs additional support to go somewhere like Connexions, the Job Centre, Housing Office, or a medical appointment. It may be that a young woman would be supported to meet others at the Young Women's Project, with the intention of joining a group or taking part in a one off course like First Aid or baby massage. The worker is also able to fulfil the 'buddy role', going along with a young woman to a local community centre group, a training agency, Children's Centre, college or childcare provider. Sometimes young women are supported to access another organisation for a specific type of provision, for example supported housing.



"I liked how I can express my emotions without getting laughed at"

Over the last year these groups participated in some of the following sessions

- Managing social relationships
- Rights and Responsibilities
- Community Action and Awareness
- Preparation for work
- Managing own money
- Sexual health and wellbeing
- Confidence and self esteem building
- Financial awareness
- Independent living skills
- Healthy Living and Lifestyles
- Health and Fitness
- Internet Safety
- Ante natal & post natal care
- Team building & working as part of a group
- Developing self / mental and emotional health
- Personal safety
- Working towards goals
- Dealing with problems in daily life
- Educational visits
- Visits to colleges and training agencies
- First Aid
- Food Hygiene
- AQA Literacy & Numeracy
- and lots more!

"I realise I have loads of skills and I'm really impressed with myself"

Groupwork

Stepping Stones and Moving On

These groups are aimed at young women, 16-19 years who are not yet ready for a variety of reasons, to move on to the next step in their lives. The groups lasts approximately 40 weeks and have flexible programmes responsive to the individual need, and so for some involvement may be shorter or longer.



One-to-One Support

Is offered to young women not necessarily attending the project. This could be emotional support, a chance to be listened to and affirmed. It is time and space for the young woman and helps to build confidence and prevent isolation. Sometimes it is supporting a woman to do something with her baby, like going to a café or swimming or to soft play.



Young Stepping Stones

The Young Stepping Stones programme offers a year long programme for young women in year 11, based on the needs and issues affecting them. We ensure that a range of issues are brought into the programme.

The core programme is two days a week, but as young women become more confident and independent they may become involved in a wider range of opportunities. Outcomes for young women involved in Young Stepping Stones are vast, and the majority able to confidently progress in life as mature, self-motivated, independent young women. All participants work hard and build a very valuable portfolio of achievement that helps to unlock doors as they move on in life.



"I learnt that its not just me who's lost confidence - I'm Not Alone!!"

Pebbles

The 'Pebbles' programme continues to offer a flexible programme to young women in year 8 and 9, one day per week for 6 weeks. The emphasis is on confidence building and teamwork, with lots of opportunity for exploring the issues that are causing the problems that are manifesting themselves in poor school attendance and low self-esteem. The issues can be complex and often involve factors outside of school.

By the end of the pebbles programme, participants are usually much more confident at facing the issues and moving on.



"Pebbles has helped me gain confidence and express myself"

"I learnt that no matter how hard things get, someone's always there to help"

Supportive Education Programme for School-age Mothers

This group provides young women with the opportunity to access a very supportive and flexible package of learning that is responsive to their changing needs as they progress through their pregnancy, birth and in to parenthood. Pregnant young women are encouraged to stay in school and take part in the full school curriculum for as long as possible, though there are a number of factors that influences the extent to which this happens. The Young Women's Project, in partnership with other educational services within Children and Young People Service, looks with each young woman at her individual situation, and encourages her to make best use of all the options open to her to maximise her potential. The programme includes personal skill development as well as accredited learning, and each participant builds a record of achievement.

What a busy year!



"I would love to come and live on this boat, its been the best experience of my life. I've learned so much about sailing. Its been the opportunity of a lifetime."



Residentials.

This year have included visits to Calvert Trust with the Wednesday Group and the Moving On group having an overnight stay with two days of outdoor activities. The most popular activities included the King Swing and using the indoor pool to swim with the babies.

Young Stepping Stones visited London and went to the Houses of Parliament and Buckingham Palace. The visit was topped off with tickets to the theatre to see Grease, even dressing up as those pink ladies!

Each group took responsibility for planning their residential, worked out the costings, and presented their idea to a funding panel. Everyone was over the moon with their success!

We also had the opportunity to sail on De Tukker once again this year, and for the first time ever the weather was great! A great learning opportunity to learn and develop sailing skills, as well as team work and independent living skills. It was also a great time for reflection on lives and hopes and dreams for the future!



Summer programme and October half term

(SPARC funded)

During the summer holidays we worked in partnership with Digital Voice for Communities developing media related projects. The young people developed a leaflet to inform other young women about the project and what it can offer them.

An African themed project also ran throughout the summer and included a drumming workshop, beadcraft and storytelling with Shipley Art Gallery.

A challenging day took place at Beamish Wild, with a high ropes course and bird of prey centre. Other activities included a confidence course and Community First Aid Course which challenged the young people and enabled them to participate in new and exciting experiences.



"I have learnt to accept everyone in all kinds of ways coz we are all different"



"I Liked that we can be a team and also have fun"

What a busy year!

Record of Achievement

This year's Record of Achievement presentation day took place at St Mary's Visitors Centre. Janet Strong from BBC Children in Need presented the awards to our young women. A wonderful afternoon was had by all with tea and cupcakes, celebrating the achievements of the young women with family and friends.



Adult Learners Awards

Both Paula Nichols and Joanne Miller were awarded 'Adult Learners Awards' (in the Young Peoples Category) for their achievements in learning and self development. An inspiration to us all.



"I'll miss you all - I have gained so much confidence"



A Bird Sings

A Bird Sings project in partnership with Criticallinks took place with our 'Moving On' group which explored the issue of identity and the roles and skills of women in society. The project also built up confidence and motivation by supporting the young women to create alternative CV's representing their previously unacknowledged strengths & skills.

Funding

This year we received lots of support from SPARC to fund activities through the summer and October half term. We have also been able to access some funding through Pre Foundation Learning, with Rathbones which has enabled us to run additional activities.

Youth Opportunity Fund

We were successful in not only securing the funding for several residentials to take place this year for various groups, but the application to finance a new kitchen in Gladstone Terrace was also successful. Our groups worked alongside other young people from the Youth Council also based at Gladstone Terrace to apply jointly for the funding. This will enable us to carry out more independent living skills sessions and social events at Gladstone Terrace.

"Today I've learnt loads of new things about myself"



"I learnt everyone is beautiful in their own way"



'Am A Bovered?'... Safe drinking

Another recent success was to obtain funding to re release the 'Am A bovered' Campaign following on from the initial success in 2006. We will be training a new group of young women in the New Year who will then deliver the safe drinking sessions to other young people.

A Big Thank YOU to:

- BBC Children in Need
- The Northern Rock Foundation
- Young People's Learning Agency (YPLA)
- SPARC
- Rathbones
- Positive Activities for Young People (PAYP) funding towards the summer activities
- Youth Opportunity Fund (YOF)
- Greggs Trust and Frank Buttle Trust – grants for individual young women applied for and administered by the Young Women's Project
- And all the Crèche workers who have supported us all over the year.

I have loved working with groups consistently and getting to know the young women and staff better. It has taught me what goes into planning and running sessions and building positive relationships with the young women. This has been a great inspiration to me and would love to thank all the staff for their support. Stacey Lowery, V Talent Volunteer

Staff Team

Joanne Jopling - Project Lead,
Area Youth & Community Worker

Tracy Johnson - Area Youth and
Community Worker

Julie Stott - Area Youth &
Community Worker

Youth & Community Learning Support Workers (part time)

Louise Widdington

Claire Conner

Michelle Burns

Rebecca Hudson

Sarah Bridgett

Administration support

Carla Reed

Youth & Community Learning Service Manager Borough wide Team

Marcia Holmes.

Gateshead Youth Assembly Representatives

Hayley Hickson

Natalie Webber

Project Volunteer

Jo Vary MBE

V. Talent Volunteer

Stacey Lowery



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The Young Women's Project communicates with young people through various methods, such as MSN messenger, texting, phone calls, home visits and Facebook as well as through our website: www.gywop.org