

HANDS FOR YOUTH CIC

IMPACT REPORT
2022



WHO WE ARE

At Hands for Youth we believe that young people deserve to feel supported within their community and we are making it our mission to ensure the young people of South Tyneside are provided with a safe environment where they feel valued within their community.

Our approach is to support young people aged 8-18 within South Tyneside with mental and physical well-being, poverty, abuse, education and drug and alcohol misuse.

We aim to do this by providing engaging activities which young people can attend to develop their social skills, life skills and understanding their emotions. Alongside this, we offer free support for any issue young people may be facing.

OUR TEAM



Meet Co-Founder and Director - Rebecca Dougal

Rebecca has always had a passion for youth work and opening Hands for Youth CIC has reignited that spark. Rebecca spends her time travelling the country, meeting new people and engaging in different cultures.



Meet Co-Founder and Safeguarding officer - Nicole Murray

After spending years as a Teaching Assistant in local schools, Nicole has decided to follow a new career in youth work and joined forces to create Hands for Youth CIC. Nicole spends her time volunteering on 'Shout' a crisis text-line service and enjoys reading.

WHO WE ARE

we hope to open our centre in South Shields in 2023 with the aim to provide young people aged 8-18 with the vital tools they need to manage and maintain positive well-being.

Our entire ethos is to provide engaging, and enriching activities which support the development of resilience, character and wellbeing, basic life skills, communication skills and easing young people into adulthood.

Benefits of proactive early intervention:

- Changing future outcomes for children
- Enabling children to live more fulfilling lives
- Enabling children and young people to play a positive role in their community
- Breaking down mental health stigma
- Reducing the need for responsive mental health services and crisis support Reduction in suicide rates

Our Services include:

- Workshops - focused on improving skills, making friendships, building confidence and resilience, and of course having fun in a safe place.
- free equipment and games - Creating and maintaining friendships and building resilience and life skills.
- Creativity Classes - Encouraging young people to express themselves through art and find new hobbies.
- Support Sessions - Group and 1:1 sessions for young people to talk, provide peer support, and have access to a safe place.



SURVEY DATA

During the month of November 2022 we sent out a survey and asked young people aged 8-18 to fill it out.

Our goal was to find out what young people and their families knew about the support already provided within South Tyneside and what support they would like to see.

Here is what we found out:

when asked why it is important to provide a safe place for young people to reach out, they said:

"We need someone we trust to share whats on our mind. Like abuse, I don't feel I can trust my teachers if I was abused so maybe other kids feel the same".

"Not every young person has someone in their life they can trust to talk to about issues that bother them".

Over half of young people and their families have never heard of a youth centre or youth group within South Tyneside (**57.9%**) with an average of **5.3%** having heard of at least one place.

85.7% of young people asked have **never** joined a youth club.

47.6% of young people said they would attend our centre 1-3 times per week with **38.1%** saying they would attend 3-5 times per week.

WHAT WE HAVE ACHIEVED

2

free
counselling
sessions
accessed

61

young people
reached

36

free
halloween
gifts
received

47

resources
provided

NEXT STEPS

Our next steps over the next 12 months are to open our centre in the heart of South Tyneside which is accessible to everyone!

Alongside creating a strong financial system which allows us to extend our support to the young people of South Tyneside.

we are determined to support young people within South Tyneside with any issues that they may be facing, we hope to support young people with: physical and mental well-being, poverty, education, abuse and alcohol and substance misuse.

Activities

Engaging, fun and influential activities that provide young people with basic and transferable life skills.

life skills workshops

Engaging and unique group sessions which provide support for: volunteering, applying for work, banking support, cooking and financial support.

tutoring

Qualified 1:1 support for maths and English support.





H a n d s f o r Y o u t h C I C

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