



## King's Arms Report for 2017

### **Open Access Work**

After school clubs and holiday hangouts - 205 sessions with attendance of 2171 young people

Open access evening sessions - 91 sessions with attendance of 754 young people

For the first time this year we ran two Sex and Relationship Education (SRE) sessions with Romance Academy in the Petersfield School to their year 10 and year 11 groups. We also ran a Drugs and Alcohol Awareness morning for all year 11's. In addition we ran our first transition camp during the summer for those in year 6 going onto year 7 at secondary school. The young people reported it was a great help and many have now become regular attenders at Kings Arms.

### **Targeted Work**

Young carers programme - 43 monthly clubs with attendance of 520 young carers, 88 school support clubs at 4 different schools with an attendance of 201 young carers,

117 one to one mentoring sessions

Special needs groups - 60 clubs or trips with an attendance of 535 young people with additional needs

For the first time this year 24 young carers were taken to Mill on the Brue activity centre in Somerset for a 3 day residential. The young people had a wonderful time having a lasting positive experience. 6 young carers also went to Winchester University where they stayed overnight and sampled life at University. For the Special Needs youth clubs from January 2017 it has been possible to offer both groups on a weekly basis which has been great in encouraging regular attendance.

### **Mentoring and Inclusion**

One to one mentoring - 205 individual mentoring sessions with young people

Inclusion programmes - 30 group sessions with total attendance of 240 young people

For the first time this year our Mentoring and Inclusion Manager undertook a Supervision qualification in order to review our mentoring and supervision policy and practice. We have also invested time in designing a managing anxiety course called ReMind to support young people who are struggling with some mental health issues where anxiety and stress are involved.

Extract from our AGM minutes in November 2017

### **General update**

Mandy May was delighted to inform the meeting that the King's Arms had won The Home Town Festivals Award 2017 for making a significant contribution to the community. Also at the East Hampshire Volunteer Awards a group of KA volunteer drivers from Four Marks Rotary Club had won first place for driving our young carers to club each month.

The KA has set up a Youth Link project after receiving specific funding to enable a directory of all youth provision in Liss, Liphook and Petersfield to be created. This has currently been given out to 5000 young people.

The staff attended community events like Badley weekend at Bedales, the Christmas Lights switch on, and Skate Jam (run by the local PCSO). Staff helped celebrate National Youth Work Week.

The Operations Manager, Caroline Aeschliman, is chairing the East Hants Strategic Group, looking across the district to identify needs and gaps in provision for youth and how all providers can work together for the benefit of the young people over the whole of East Hants.

The King's Arms has in excess of 40 volunteers and in order to facilitate good communication there is a volunteer's page on the KA website. Two younger members of staff are being mentored in a Diploma in Youth Work. Two members of KA staff were involved in the Mock Interview process at The Petersfield School.

### **Open Access Work**

Jon Piper reported that the After School Clubs had consistent staffing and good dedicated volunteers (including some young volunteers) which had made it possible to build good relationships with the young people. Numbers had risen though the year averaging 18 per day. Over the summer the King's Arms ran a 'Level Up Week' for young people transitioning from junior to secondary school. This had contributed to the rise in attendance at After School Clubs.

Ben's report on the Year 8 Friday night club was encouraging as numbers were between 18 and 24 (and sometimes higher). Some challenging behaviour is tempered with an opportunity for some high quality youth work around relationships, drugs and alcohol. Attendance at the Tuesday night club for year 11 is decreasing but this gives space to integrate younger students into the Club.

### **Targeted Work**

Mandy May, in her role as Target Work Manager, reported that over the past year there has been a successful amalgamation between the young carers and those young people with additional needs, which has benefited families as a whole. During the year Victoria took on the role of co-ordinating the special needs groups and looking after all the schools work which involves young carers.

Beth who also joined the team during the year, as a youth worker, informed the meeting that there were 130 young people registered on the programme with 80 of them regularly attending club nights, school lunch clubs, mentoring and trips. Funds had been raised to run 3 successful residential trips during the year and a trip out took place in every school holiday. During the year there was a significant increase of young carer referrals from the junior age group. To cope with this the club nights were adapted to be able to run 2 junior groups, a middle group and a 15 plus group. The latter group has 24 young people attending on a regular basis.

There has also been wonderful food provided by a team of volunteers for each club night; volunteers from the Alton & Four Marks Round Table bringing young carers to clubs; tickets for them to attend the Bell Hill fireworks night with their families with cake and hot chocolate and tickets for the Pantomime from The Winton Players. It was possible to also run two sessions for the young carers and their families to have fun together giving them all a positive quality family time.

Victoria advised us that the Special Needs Group had to say goodbye to 5 long term members as they reached their 19<sup>th</sup> birthday. The Group is now up to full capacity and has also recruited 6 new volunteers since January.

### **Mentoring and Inclusion**

Anne Marie: who was now heading up the King's Arms mentoring (which goes through all of the work of the King's Arms), gave the meeting the good news that the KA had just secured a bid for 3 years for a mentoring manager. The King's Arms will be looking for accreditation from National Council of Voluntary Organisations for this service to ensure all that is being done is effective and efficient exemplifying best practice across the board. There is a substantial waiting list for mentoring which means the work is always actively looking for volunteers.

Ralph: has been running the Esteem Course in 5 week sessions for young people struggling with self-esteem issues. He reported a 22% increase in self-reporting. Ralph has been researching and writing a new programme around anxiety. He said that 1 in 10 young people in the UK are struggling with some form of diagnosable mental health issues and levels of stress arising year on year are regarded as similar to 1950's teenage patients in psychiatric wards. He informed the meeting that 60% of children get no help at all but the King's Arms wanted to contribute to the arrest this current epidemic. The course Ralph has written, called ReMind, is to introduce young people to a range of tools to enable them to better manage their thinking patterns. As mental health issues in young people is a national problem, The King's Arms wishes this programme to be a robust course working well to support young people across the country.