

**DOOR
WAYS**

Youth Project
Saltburn

Annual Report

2018 – 2019



Saltburn Christian Projects

Enabling change in Young People

Reg charity: 1070063



Chair's Report

As always, many thanks to John and Vanessa Pearson for the time and commitment they give beyond the call of duty to the DoorWays project. Many thanks too to Dennis for his work among our young people.

Every Thursday, a DoorWays drop-in takes place for Key Stage 3 young people at Huntcliff Learning Centre. The theme is based around the Big Questions. The aim is to build up relationships with the young people to enable them to explore life in a positive way. As John points out, School Nurses have their hands full dealing with sexual health, drugs and smoking. The DoorWays approach enables young people to engage in emotional wellbeing. It helps young people to develop strategies to cope with bullying and the negative aspects of Social Media. DoorWays also has a one to one session in the School Library for Key Stage 4 pupils.

John and Vanessa have engaged with young people who are anxious, depressed and self-harming. They have worked with young people who are suicidal. Over the years that they have worked for the DoorWays project, John and Vanessa have seen a noticeable rise in mental illness among our young people. The DoorWays Project works with CAMHS. This is the formal route Doctors use to refer young people who need one to one support in dealing with their mental health wellbeing.

The Tent is set up in Emmanuel Church each Thursday from 4.30 to 6.00pm. This is where young people can drop in to talk about what is on their minds and find a supportive listener.

During the summer holidays a Beach Hut was hired each Wednesday from 10am to 6pm where young people could drop in and chat, play games etc. John reported that Dennis was superb in relating to the young people in this environment. The Beach Hut was seen as a great success.

Drop-ins and appointments take place regularly at the DoorWays office in Milo's Cafe in the town square. DoorWays also has its own Foodbank to support young people in emergencies. It is also an agency for the Trussel Trust and the Redcar Foodbank.

Doorways is partnered with Centre Point for helping the homeless.

Many thanks once again to John, Vanessa and Dennis for their committed work for our young people in these challenging times.

Liam Gardiner (Chair)

Trustees, Staff & Volunteers

Rev. Adam Reed

Rev. Monsignor Ricardo Morgan

Rev. Helena Harbottle

Mr. Liam Gardiner – *Chair*

Mr. Peter Fleck – *Treasurer*

Mrs. Anne Findlay

Mr. R Smelt

Staff: John, Vanessa, Dennis and Sue

Volunteer support:

Outreach support – 2 volunteers

Project support – 1 volunteer

Peer support – 1 volunteer

IT support – 2 volunteers

We are also grateful to the following for their support through the year:

Emmanuel Parish Church / Saltburn Methodist Church / Our Lady of Lourdes

The Big Lottery Fund / Destinations Saltburn

From our monthly gift aid benefactors, also many donations from individuals – Food donations that are used to support our needy in the community & Volunteering; often in very simple ways.

A very big thank you to so many. –



Copy of accounts are available on request.

Discoveries

Working closely with young people, we find levels of anxiety, fear, bullying and struggling to cope with situations.

They tell us:

HOW WE FEEL

Plays a big part in how our day will be.

We might not be able to change some of the things around us,
but we Can change how we feel about things

When everything is going wrong, and I can't stand the pain

Stress / Anxiety / Depression / Bullying

INSIDE OUT

Are some of my inner feelings visible on the outside?

Self-harm / Fear / Guilt / Anger

GOOD SHAPE

What I put in; I will get out.

A good diet will help me perform better and feel good.

Healthy eating / Eating disorders

CONNECTIONS

How we connect with Others.

Relationships, friends or family.

When things don't go the way, we expect.

Relationships / Sexual health / Teenage pregnancy

SAFE SPACE

There are places, people that scare me – how do I stay safe?

Staying safe / Personal safety

HABITS

The things we keep doing, that cause us problems in the long run.

But it's difficult to stop.

Drugs & Alcohol / Gambling

MONEY

I never have enough money, where does it all go?

Budgeting / Money matters

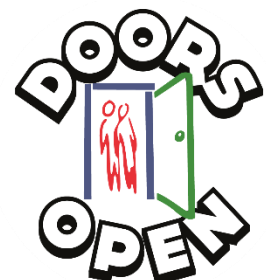
GROWTH

How do I grow, to be the best I can be?

Personal development / Self-image



“OPEN THE DOOR – IT’S TIME TO TALK”



Achievements

At the end of July 2019, Saltburn Christian Projects (Doorways) completed year 3 of the 5-year funding through The Lottery Reaching Communities Fund. The specific outcomes of the project were achieved, and a report was sent to The Lottery.

Between Nov 18 and Oct 19 – Doorways project in supporting young people 13 to 25-year olds (on a one-to-one basis) met with 45 clients, of which 22 were new clients, creating 430 visits to the project.

Outreach youth engagement through School lunchtime drop-in KS3 & KS4, The Beach Hut and The Tent (secondary school age). The project collects data about these engagements as follows:

Of 36 events (not including the Sports day HipHop) the project engaged with 417 young people

136	Acknowledgements (a young person will say Hi)
190	Contact
89	Conversation



Our top Five conversations have been:

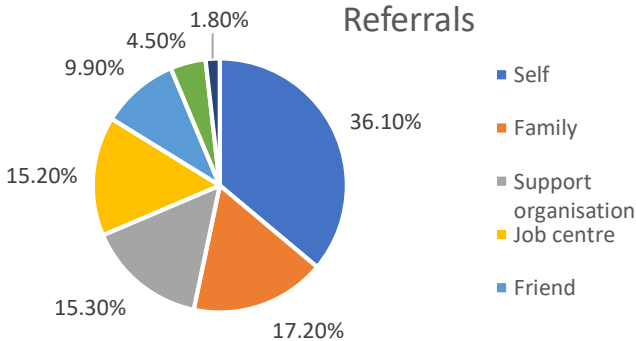
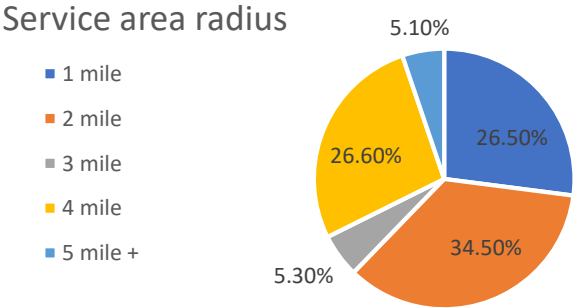
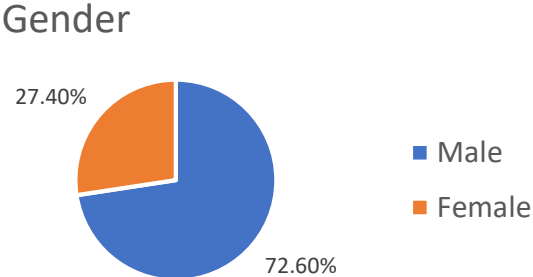
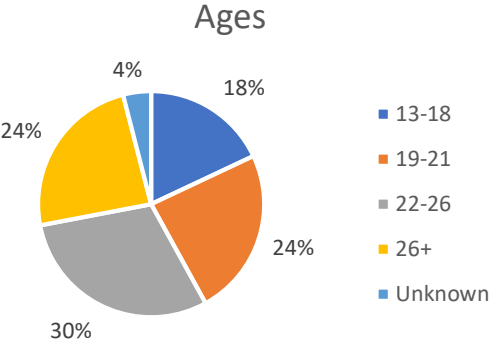
- School
- Music
- Personal Growth
- Friends
- Family/ Relationships

Scope of work / events:

- Engagement at project base (one-to-one, Explorer's lounge activities)
- Skelton library job club
- School drop-in & Assembly
- Huntcliff year 9 girls, emotional well-being class
- Hip Hop sessions with young people
- The Beach Hut & The Tent (young people's outreach)
- Remote support meetings & joint agency work (Saltburn against suicide)
- Our Jobsite (Facebook page) continues to grow, currently 10,600 likes
- YouTube videos created and Big Question website

Data Base One to One support:

Records the years figures with similar percentage spread to last year’s stats.
 Ages 26 plus is support given to clients through our partner organisation in the Lottery fund Destinations.



- High response to the following issues:
- Managing emotions
 - Mental health
 - Employment

Staff Training:
 Safeguarding Level 3
 CBT Counselling skills
 Level 3 Youth work
 Street work through Sports

Media items:
 BBC Radio Tees – Evening Gazette –
 Talk of the Town
 Facebook – Twitter – Website. Teesside
 University student created a video interview

Development

13-18-year-olds:

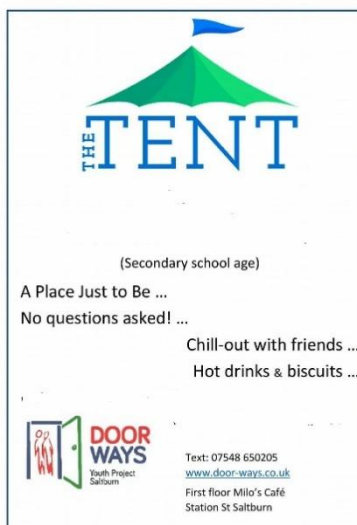
Our intention this year was to further develop the interaction with the younger age range, 13 to 18-year olds. The employment of Dennis, a 21-year old experienced youth worker and Hip-Hop dancer has been an asset to our outreach work. Dennis is popular with the young people and contributing well as part of the team. The key area has been within Saltburn school at the lunchtime drop in (we meet in a large assembly area and contact has increased from three or four, to sometimes fifty). We are encouraging the young people to engage with "The Tent" – a space to hang out and "The Beach Hut" event. Publicity through the Beach Hut brought in a number of enquiries, support and joint working opportunities.

The project was invited to take a full school assembly, which went down very well and increased the contact level at the lunchtime drop in. Hip-Hop events, especially the School sports day (100 young people took part).

The project also provided a session for year 9 girls, around emotional wellbeing; the intention is to further develop this sessional work. There has been a recent increase in Emotional well-being referrals through the School Nurses, we recognise the need and lack of other service recourses within local council/ NHS.



The TENT



Emmanuel Church – Each Thursday 4.30 to 6pm

A space to meet, relax with friends

Enjoy a Hot Chocolate

Play games & have discussions



Social Media Outreach

Beach Hut



Summer 19
@The Beach hut
SECONDARY SCHOOL AGE
WITH **DOORWAYS**
11 AM - 6 PM

WEDNESDAY

JULY 24 & 31 •
AUGUST 7 & 14 •
AUGUST 21 & 28 •

LOWER PROMENADE
SALTBURN

CONTACT DOORWAYS:
0754850205 OR
0128723006



Each Wednesday through the Summer Holidays

Activities on the beach, time to chill and meet with friends

Hip-Hop Dance



29
-
05
-
19

EMMANUEL
CHURCH
SALTBURN

**HIP-HOP
DANCE
JAM**

IF YOU ARE 11 - 16
COME DOWN TO OUR
HIPHOP JAM.
LEARN, ENJOY AND DANCE!

2 PM
DOORS
OPEN
4 PM
FINISH

Digital Design

Adrian getting some photos yesterday in preparation of his own website with the help of John AndVanessa Pearson of Doorways in Saltburn.



Big Question



BIG
Questions
Ask the App!




DOORWAYS Youth Saltburn
www.door-ways.co.uk

An opportunity to Ask a Question,
no matter how large or small –
Via your Smartphone





Peer Support- The Explorer's lounge is used by small groups, often just 3 to 4. Where well-being issues are explored.

Stressed or Worried
Why not **FOLD** it?



IT'S FREE

Relaxation is the key
Get busy with your fingers
Upstairs at Milo's Café
Station Street Saltburn
Tuesdays 1.00 till 2.00

 & 

Partnership & Working together

Our Principal Partnership

Destinations. The change in ownership of the café (Milo's Café) and subsequent rearranging of furniture and café layout has not been too disruptive to our joint working. Remote job clubs at Loftus, Skelton and Guisborough have been maintained and the IT suite is now located in a separate downstairs room. The project continues to work with several groups and agencies.

Groups worked with:

- U3A – Grenfell youth club – Friday Friends – Frontier Youth Trust
- Saltburn Learning Campus – SEN education – Centrepont UK
- Job Centres – DWP – Routes 2 Work – YEI
- Foodbank – Loftus Co-op – Local councillors and MP's
- Room4Change – Addaction – RCVDA
- Social services – NHS – Adult Mental health – CAMHS
- University of Teesside – Good Things Foundation – NHS Digital

Dennis Wachepa

(Youth worker) – My view

Doorways to me is a charity that gives professionalism to a personal level. Charity is a big word because it about giving, we give counselling, mentorship and training to young people who need it. Stepping into the job I knew I had to observe and familiarize myself with the hope and problem of this place. Often people step into a work environment and bring all they know from where they are think it's the best without understanding what do the people hope for to see in their environment and in their personal lives and what are the problem they see day to day.

Objective

What I understand doorways does is that it wants to enable and empower youth with complex lives, which is the heart of this place. The kids that may face mental illness or even neglect in their life or find it hard to socialize with others. Our objective is to come alongside, guide and listen. We aren't in control of who steps in the door but try our best to increase the numbers, as we can't force anyone in – what makes the difference, is how we spend our time with them and engage with them.

Schoolwork/ Outreach

This year one of our main focuses was schoolwork and outreach. The reason for this is that before I joined it was mainly 18+ young adults in the door and there was a heart to also get younger kids in the door because they're also going thorough things. It has been great telling the kids that we care and that we are here. It started off with a drop in once every Thursday lunch time in the local school library but john and I noticed it was too static so we step up out into the Atrium area that's when we started talking to more kids, from 2-3 to 4-5 then to the average of about 7-8 kids sometime even more in the space of a couple of months. Then we were asked to do an assembly in the school, which meant we got to talk to the whole school and that's when the word really got around about us. I was then able to deliver a session to about 100 year 7 and 8 boys and John and Vanessa delivered an identity session with the year 9 girls.

Growth

This year in my opinion and with the statistics of how many young kids we've encountered in school, dance jams and even on the streets – is the start of planting seeds and of building foundations with the school, local community and the kids. We've been able to revamp the project and clear up any miss understanding from kids, knowing who we are by our first names. A lot of energy has gone into schoolwork and kids 11-16 that's why we have seen growth in that area. As we step into September, we are looking at new ideas and new ways to encounter with them and hopefully we see Doorways thriving by continuously seeing kids who want to better themselves.



Going Forward

Planning for the future and ensuring our services are available and made good use of, is essential.

It is important that we record the contacts with the younger group, in a simple – though meaningful way. Consulting with Frontier Youth Trust, we are now using a single sheet format, which is input to spreadsheet.

The project is in conversation with Saltburn Learning Campus, with a view to increase the benefits for both KS3 & KS4 during our lunchtime drop in.

As the changes to the café settle down, it is important for both Doorways & Destinations to have a presence in a space visible to the customers, encouraging the transition from coffee to personal support.

Further develop links with organisations such as Routes2Work, Mind, Local schools & School nurses, Coatham House – for referrals and provision of courses. Continue producing our own resource material e.g. Life – Stuff happens & BE U.

Year 4 for us includes – beginning to look forward, beyond Lottery funding (Jul 2021). What and where will our project be and how it will be funded.

The Charity will continue to deliver its objectives:

To support and assist young people in Saltburn and its surrounding area to enable them, as an active expression of the Christian faith and its values, to make informed choices in the areas of education, training, health, independence and recreation so that their conditions of life may be improved and that they may develop their physical and spiritual capacities so as to grow to full maturity as individuals and members of society.



www.door-ways.co.uk

01287 236006

Facebook/ Twitter/ Instagram

Saltburn Christian Projects is a company limited by guarantee, registered in England and Wales No: 3565904

Registered Charity: 1070063 Registered office: 14-16 Station Street, Saltburn by the Sea. Cleveland TS12 1AE