

Report on Cambourne Youth Partnership's Activities for Cambourne Town Council Leisure & Amenities Committee

June, July and August 2022

Monthly Headlines

June 2022

- Engaged with **165** young people in total
- **13** new young people attended for first time in June
- **16** volunteers supporting activities
- **4** young leaders supporting activities
- **45** sessions provided across the month

July 2022

- Engaged with **142** young people in total
- **14** new young people attended for first time in July
- **10** volunteers supporting activities
- **4** young leaders supporting activities
- **33** sessions provided across the month

August 2022

- Engaged with **168** young people in total
- **77** new young people attended for first time in August
- **8** volunteers supporting activities
- **3** young leaders supporting activities
- **30** sessions provided across the month

Open Access Youth Clubs

During the summer term, we continued to run four open access youth clubs each week, offering a range of activities to different age groups from Year 7 up to Sixth Form. At this point we were still limited by the smaller Soul building, but were able to offer a mixture of baking, music and arts/crafts across the sessions. As we approached the summer, all of the groups were involved in the planning of the summer activities, particularly the trips that were organised for each group. A shortlist of suggestions was created by the young people, who then voted for their top destination (you can read more about the trips below).

In total, 81 young people have accessed the open access groups across June and July, with the Year 7 group being the busiest.

"It has given me an opportunity to join in with activities and allowed me to grow as a person" (Young person aged 12)

Summer Holiday Programme

During the summer holidays we ran an extensive programme of activities and trips for young people. We were very excited to be able to move most of the activities into the new Soul building and, although there was a bit of time needed to adjust to the new space, we were able to run activities which previously would not have been possible to do in the old space.

Open Access Activities (Film sessions and youth clubs)

Most weeks during the holidays we ran a couple of different activities which were open for any young people to come along to:

On a Monday we held a film afternoon for those just finished Years 6-8 and a film evening for Year 9+, with films such as Grease, Sonic the Hedgehog 2 and Toy Story 4 being shown. With the use of the new hall, a large screen along one wall and lots of popcorn, this gave the young people a real cinema experience.

Each Tuesday we ran an open access youth club for the whole age range from Year 6 up to Sixth Form. We met a lot of new young people, particularly those who were about to move into Year 7, and enjoyed the much larger space. We were able to make use of the new pool table and table football, as well as table tennis (which we hadn't previously had), as well as the facilities for baking and dedicated space for arts and crafts. One of the highlights of these sessions was inviting along Painted Peppermint, a mobile ceramic studio, to offer young people the opportunity to paint their own mugs and piggy banks.



HAF sessions

Through our partnership with Romsey Mill, we were able to include some of our activities as part of Cambridgeshire County Council's Holiday Activities & Food Programme (funded by the Department for Education). Young people who are eligible for income-related free school meals can miss out during school holidays on the healthy meals that they would normally have during the school term, and so the HAF programme provides free meals and activities for these young people during the holidays.

We offered three meals each week, alongside our other activities, making use of the kitchen facilities in the new Soul building, with young people being involved in the planning, preparation and cooking of the meals. Across the summer, 20 young people from Cambourne benefitted from the HAF programme, with an average of 10 hours of provision each.



Some of the meal highlights included a healthy all-day breakfast, Nando's fake-a-way and baked potatoes with an exciting salad bar.

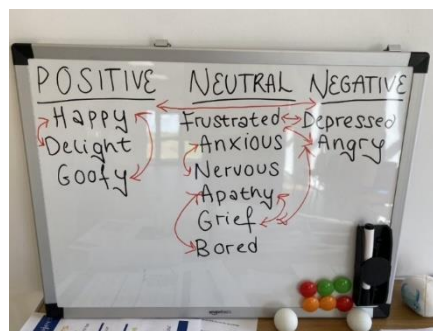
Trips

As well as the activities on offer at the youth centre, we also organised trips for several of the groups of young people with whom we've worked over the past year. Young people were involved in deciding where they wanted to go, with 4 out of the 6 trips involving an Aqua Park! The other two were to Wicksteed Park and a football match at Peterborough United. Each of the trips involved food as well, ranging from a picnic in the park to a visit to Nando's. Across all of these trips, we had 70 young people involved.



Compass Project

We continued to have the team of researchers from Anglia Ruskin University and Loughborough University in Cambourne twice a week running the Compass Project. This project was a research project based around a personal development programme, seeking to understand how supporting various aspects of young people's thinking around morality, attitudes and emotions can have an impact on positive behavioural outcomes. In total, 29 young people from Cambourne engaged in the project, exploring topics such as mindfulness, empathy, peer resistance and emotion management. We are awaiting the official analysis from the research team, but initial feedback was very positive. 100% of the young people who participated enjoyed the programme sessions and 67% of them felt better after attending the sessions (Trivedi-Bateman, 2022). One young person said *"When I get into a negative spiral I now know how to get my way out."*



Music Group

We have continued to have weekly music sessions on a Thursday evening, with a consistent group of young people coming along. After releasing our first song in May, work has continued on several other songs and we're delighted to have a second song (called S.o.N) which was released at the end of July. This song was produced by a young person called Magnus, who was guided through the process of producing electronic music by Paul, one of our volunteers who leads the music sessions. Magnus' track is available to listen to at <https://www.youtube.com/watch?v=kSudvTwi2yY>.

Boxing

Our boxing group, which had previously been meeting at the Icen Gym in Hardwick, didn't have any sessions during June or July. Part of the reason for this was a number of other commitments the young people had during these months, particularly school and college exams, but there was also uncertainty over the continued usage of the boxing gym in Hardwick.

We had several conversations with those involved in running the boxing group across these months to explore ways of continuing to offer boxing opportunities to young people in Cambourne and put together plans to relaunch and expand these sessions from September.

Football Group

We have continued to have a great group of young people who get together on a Friday evening to play football, with 49 young people engaging altogether between June and August. As with the previous few months, we had a wide range of ages playing together; some weeks we split into two groups and ran parallel games, while at other times we had larger matches together.



One of the highlights of the summer term was the Awards Evening which we held in July. This was organised by Mark, one of our volunteers, and provided a great opportunity to celebrate the successes of young people across the past year. We shared food together and presented several awards, ranging from the serious to the outlandish.

Another highlight for the football team was going on their summer trip to a Peterborough United vs Sheffield Wednesday game. This was the first outing the team has done to watch a game, with a few of the young people never having been to a professional football match before.

Wellbeing Café

The wellbeing café, run in partnership with Cambourne Church, has grown in number as more young people have heard about it and come along on a Friday afternoon. The sessions provide a space for young people to hang out, enjoy some refreshments from the café, engage in creative activities or just sit and chat to others in the chill out zone. Over the few months towards the summer, we've had 32 young people altogether engaging with the wellbeing café; it's been good to know that we've been able to offer a supportive space where there is a need, but this has presented challenges in maintaining an environment which provides the right kind of support across the varying needs of young people. We've been engaging in consultation with the young people who have been attending with a view to reshaping this slightly in order to meet the growing demand.

"It has encouraged me to go out and try new things like talking to new people" (Young person aged 13)

Friday Baking

Our baking group on a Friday evening has continued to be a popular session for young people who want to try out different recipes and experiment with their own ideas. Each week, the young people choose what they want to bake the following week, and they are involved in the whole process from gathering ingredients, working through the recipe and tidying up at the end.

With the limitations of space in the old building, we had to cap the number of young people attending to 5 each week, ensuring that each of them were able to have a role with the baking

activities. The group have been looking forward to the space that will be available in the new building and the opportunities to expand what's on offer.

Friday Evening Detached and Group

Earlier in the year, our regular Friday evening detached sessions (where we get to know young people who are out and about around Cambourne) dropped off as we began to put more resourcing into our later Friday evening youth group. This is a session that has grown up around some of the young people who we were meeting out in the community, and provides diversionary activities for them to engage with, reducing the risk of anti-social behaviour. Our Friday evening group has been consistently one of the largest youth sessions we've been running, with a total of 62 young people involved across June to August. We were able to increase our engagement with this group over the summer holidays by taking a group of them on an Aqua Park trip, and we're in the process of applying for additional funding in partnership with the Community Safety Partnership to develop this work further.

Schools Work

Our work in schools has been continuing through this term, with the Year 9 and 10 wellbeing groups at Cambourne Village College coming to a positive conclusion in June. Each of these group supported 10 young people who had been referred to us by the school, and every young person who was part of the sessions reported an increase in confidence and a greater value in themselves and their abilities. We are hoping to expand the offer of these wellbeing groups across every year group at the school in the new academic year.



Our youth workers have also been supporting two individual young people through 1:1 mentoring and alternative education, with both young people speaking positively about the impact of the sessions. Both of them were facing transitions in terms of their school/college situations and have made successful transitions into the next part of their education.

Community 1:1 Support

As we meet young people and get to know them through our community work, we become aware of challenges that they are facing. A significant area of concern recently has been young people's mental health, and with long waiting times for getting the help they need, we have been focussing on stepping in to provide support. From June to August we gave 4 young people regular 1:1 sessions, which included support around trauma, managing emotions, transition to university and bullying.

Celebration Event (RM)

Towards the end of the term, we were part of Romsey Mill's Youth Development Team Celebration Evening. This was a great time of celebrating the youth work that has taken place across Romsey Mill's areas of youth work, including in Cambourne, with awards going to young people for their personal development and to young leaders for their time given to volunteering over the past year.

Once of the highlights of the evening was a performance of Springtime by Katelynn – the first live performance of the track which we had released earlier in the year.

Volunteers and Young Leaders

We continue to rely on a whole team of volunteers to enable the programme of youth work activities and sessions that happens week by week. We've had some increased interest in volunteering as people have become more aware of the youth work taking place in Cambourne, and we're pleased to have had a team of 21 volunteers and young leaders supporting our work in the few months from June to August. As we adjust to having a bigger building, and therefore more space to manage during youth clubs, we continue to look for new volunteers who want to get involved in the valuable role of supporting young people across a various of groups.

“Volunteering is challenging but extremely rewarding to be able to make a positive difference in the life of a young person, such as by helping them to discover a new skill” (Current volunteer)

Thriving Minds Funding

In our last report we shared that Cambourne Youth Partnership was successful in applying for a grant focussed around mental health provision, being awarded £45,000 spread across three years. We have spent the first couple of months in consultation with the grant provider, exploring ways in which we can make the most effective use of this money, and have been networking with other organisations across the East of England who are also engaged in similar work.

Part of the funding will boost our existing activities which support young people's mental health, such as the wellbeing groups in school, the wellbeing café and 1:1 support. We have been able to increase our staffing, with Emma Slater moving from working 1 day a week in Cambourne to 2 days a week, and this has allowed plans for our boxing group to restart with a focus on mental health.

We want to ensure that this funding not only helps young people now but also builds on the local infrastructure of support for young people's mental health in order to effect longer term positive change. The next stage in our mental health project is to develop stronger partnerships with other organisations who are also seeking to work in this area, and explore together how we can have the greatest impact.

Jonathan Buwert

Lead Youth Development Worker for Cambourne

28th September 2022