

## ANNUAL REPORT:

Based in Northampton, we are a charity founded on the principle of 'Power of Togetherness'. We help people reach their potential and offer advice and guidance to those in need. We offer a 'one stop' facility to help individuals because we realise that often people require different forms of help but can never find it in one place. Our organisation name is derived from the hills in the southern part of Zimbabwe which are very spiritual and powerful! Although our heritage is rooted in Zimbabwe, everything we do here is open for all in the local community of Wellingborough. The idea of this new project is to provide a platform where young people 16 -25 can make positive choices in areas in their lives where they can be most vulnerable. To provide confidential non judgemental help to young people so that they can further their life goals rather than go on a distractive path. To provide a safe area to 'offload' and not be in the streets. Our new project will be focusing on 1. Mental Health issues such as Anxiety and depression, Self Harm, confidence issues and eating disorders 2. Nutrition, physical inactivity and oral health 3. Sexual Health and Unplanned Pregnancy 4. Substance and Alcohol Misuse 5. Other social pressures Our project will address some serious issues that young people have, it will also be a place of leisure and fun. We want to attract as many young people as possible. Therefore we will have a range of activities that young people through our consultation have identified themselves. We plan to run our youth sessions once a week, every saturday from 12 noon-4pm. It will run for around 12 months and we shall look at ways of sustaining it after this period by potential fundraising, sponsorship or being entrepreneurial.

We have our fair share of social problems locally in Wellingborough. We will support young people that come from different backgrounds. Our sessions will provide a positive supportive space where attendees can be creative. When we asked the young people what they wanted they seemed surprised in being asked as they said 'we normally just have stuff done to us! We will have project workers to support the young people, they will be guided with any issues they have. If the project cannot help them with more in depth issues, they will be signposted to a professional relevancy agency for further support. We have many young people that have expressed a particular interest in music and art based activities. We hope that at the project we will be able to adapt to the attendee's changing needs and some will learn transferable skills that will help them in volunteering or employment.

We have been consulting young people aged between 16-25 for a number of months now. One of our favourite places to talk with them is in the centre of Wellingborough outside the fast food store! as they often congregate there. It is self evident that they are generally bored and don't have anywhere to go, that they are hanging about in that spot more often than not. We also consulted by compiling a book of comments asking young people what kind of project they would like to plan and take part in, the common themes were: Arts activities Music A chilled out space to relax and meet new people Some IT access There are potentially at least 30 young people that are ready to attend our project already and this is before we ask the local authority for referrals from there various contacts. Our project also will support Wellingborough Council's 'Youth Matters' strategy which is about young people achieving their potential through increased access to organised opportunities in the community. We shall advertise with a promotional open event and on social media and design posters.

### **Accounts**

Project staff £4800

Venue cost for whole project £2400

Promotional event and marketing £975

Equipment & arts material (music system, microphone, arts stationary, drums) £1500

Refreshments£250