

Lancashire  
Youth  
**Challenge**

# ANNUAL REPORT 2021

Registered Charity: 1163469



# INTRODUCTION

Lancashire Youth Challenge (LYC) sets out to improve the life chances for young people by giving them a wide and exciting range of opportunities and experiences to help build their confidence and resilience. Sometimes, though, just being there is the most important thing.

This has never been more the case than during the last 12 months when young people have had to endure social and personal restrictions that have closed in their lives to a degree unique in modern times. The pandemic and the dreaded manifestations of lockdown could and did shut down many charities. LYC, led by the truly remarkable Guy and Sam, recognised the damage that could have been wreaked by also shutting down young lives at a critical time.

By dint of careful planning, effective strategies for coping with Covid regulations and a blank refusal to cut its young people adrift, LYC was always there for them. Remarkably, too, the impressive scale of opportunities - personal development challenges, well-being programmes, creative arts

activities, community impact projects and outdoor expeditions - were restructured safely and undiminished.

All this is laid out in this report, but the detailing fails to reveal the passion, inspiration, drive, energy, commitment, and resourcefulness of the outstanding individuals who led the way and the team of volunteers that helped make things happen when they were most needed.

It seems fitting, then, that this never-say-die spirit of the charity was rewarded this year with the MBE for voluntary groups, the Queen's Award for Voluntary Service. And, looking ahead, LYC is now set fair for 'exporting' the proven LYC model to other localities in Lancashire. The groundwork for this has been laid over the past months. Even more young people will, in future, benefit from the charity just 'being there' and able to respond to whatever challenges are faced. Full speed ahead!

**George Harris** (*Chair of Trustees*)

# OUR PURPOSE, VALUES & APPROACH

## PURPOSE

To nurture, support, challenge and empower young people to achieve personal success.

## VALUES

Unique	Recognising individual uniqueness and cultural identity whilst celebrating our collective, common humanity.
	Providing each young person with bespoke support to enable them to identify their place in the world and make positive and meaningful change in their lives.
Collaborative	Embedding collaborative practices into the work of Lancashire Youth Challenge; to ensure high quality delivery of our purpose with young people, communities, and stakeholders.
Achieving	Empowering young people to identify their personal goals, develop their confidence and achieve their full potential.
Equitable	Equal and equitable provision defined to meet the needs of the young people we serve.

## APPROACH

Lancashire Youth Challenge believes in a strength and asset-based approach to our work with young people and we encourage the celebration of achievement, youth empowerment, collaborative working and youth led practices. Our focus as a charity is to enable young people to overcome their personal obstacles, build resilience and to be celebrated and recognised for their achievements.

To this end, when discussing or promoting our work, we adopt asset-based language and focus on achievements and successes. We ensure that young people are intrinsically involved in shaping our strategic vision and informing our operational decision making. We do this via the following mediums.

**Youth Advisory Sessions** - Co-designing projects and the annual delivery programme.

**Peer Mentoring Programme** - Conduit for information sharing and programme evaluation.

**Young Trustees & Young Associates** - Informing strategic development, policy, and practice.

**Project Evaluations** - Creative conversations capturing feedback and review.

**Personal Development Programme**- Monthly communication with our Youth Support Worker.

# OUR PLACE IN THE WORLD (2019-22)

Launched in 2019, Our Place in the World is an innovative three-year programme designed to enable young people to investigate and define their place in society via participation in high quality personal wellbeing projects, cultural and creative arts-based activities, community impact projects, bespoke 1-1 personal development sessions, educational events and trips, and the annual outdoor expedition programme.

As a targeted youth provision, young people are referred to the programme via local statutory, health, education, youth & community partners, and parents/guardians.

Our annual programme is delivered in partnership with industry experts and provides a voice to young people who feel underrepresented, enabling them to make positive changes in their own lives and the wider community.





# PROGRAMME SCHEMATIC

**REFERRAL  
PROCESS**

**PERSONAL  
WELLBEING  
PROGRAMME**

**CULTURAL &  
CREATIVE  
ARTS  
PROJECTS**

**COMMUNITY  
IMPACT  
PROJECTS**

**HE & FE  
EDUCATION  
PARTNERSHIPS**

**COACHING  
& PEER  
MENTORING**

**WORK  
PREPARATION  
PROGRAMME**

**EXIT  
STRATEGY**

**OUTDOOR  
EXPEDITION  
PROGRAMME**

**LIFE SKILLS  
PROGRAMME**

**SECONDARY  
EDUCATION  
PROJECTS**

# THEORY OF CHANGE

OUTPUTS	Fitness & Wellbeing Challenges	Life Skills Challenges	Community Impact Challenges	OPITW Cultural & Creative Education Challenges	Outdoor Challenges & Annual Expedition	Work Preparation Programme	1 to 1 Mentoring	Peer Mentoring
MECHANISMS OF CHANGE	Young people are equipped with the skills to manage their physical and mental wellbeing	Young people feel safe and supported	Young people feel listened to and respected	Young people feel they are positively contributing to their community	Young people feel confident to express themselves	Young people develop confidence to try new things	Young people feel a sense of purpose, achievement, and contribution to society	
INTERMEDIATE OUTCOMES	Increased respect for themselves and others	Increased empathy and compassion	A greater commitment to equality and diversity	Increased motivation	Increased aspirations and clear plan to achieve personal ambitions	Improved social interaction and communication skills	Increased independence	A greater sense of personal responsibility and maturity
LONG TERM OUTCOMES	Young people will have a greater understanding of their place in the world and how they can enable and facilitate positive, meaningful change in their lives and the wider community.		Long term improvements to physical and mental health and wellbeing		Positive long-term relationships with peers and others	A developed sense of self efficacy	Educational attainment	Enhanced life skills

# 2021 DELIVERY PROGRAMME

## CULTURAL & CREATIVE EDUCATION PROGRAMME

### Visual Arts Project (*Life in Lockdown*)

As 2021 began, we entered the third national lockdown, meaning our programme was, yet again, moved online and our face-to-face activity was halted. However, our energy and spirit were not dampened, and in late January, we commissioned Hannah Whitlow, to deliver a ten-week visual arts project.

Young people from LYC and Stanley's Youth and Community Centre worked together with Hannah online to create bespoke pieces of visual art which reflected their lived experiences of life in lockdown.

Eight new pieces of art were created and exhibited online at King Street Studios, as part of their Unlocked Experiences Exhibition.





# CULTURAL & CREATIVE EDUCATION PROGRAMME

## Bronze Arts Award Festival

In February, we launched the Bronze Arts Award Festival in partnership with More Music and the Prop Up Project.

We recruited 40 young people to the project, many of whom had never engaged in arts activity and self-identified as being from marginalised communities including resettled refugees, young carers, looked after young people and those from the LGBTQ+ community.

We initially commissioned six culturally diverse artists to deliver a series of 'creative experimentation workshops' where the young people produced a number of pieces of art, including a short film about life in lockdown, which you can view [\*here\*](#).

Over the following few weeks, we supported 10 young people to complete their Bronze Arts Award. As arts venues were closed, we commissioned GRAFT - a local arts organisation - to restage their 'Voices: Sparking Creative Conversations in Art' exhibition, which we presented on the external walls at More Music. The exhibition was live for three weeks and was seen by hundreds of community members in Morecambe.

To conclude the festival, we commissioned a filmmaker to support the team to produce a film exploring the themes of Hope & Resilience, which we premiered at More Music in late spring.





# VISION OF A FUTURE

## A GROUP MANIFESTO FOR LIFE POST COVID





# CULTURAL & CREATIVE EDUCATION PROGRAMME

## Past Journeys, Future Dreams

Working in partnership with Andrew Pratt (the Deputy Police Commissioner for Lancashire) and Amina Atiq (award winning poet and activist) we launched the Past Journeys, Future Dreams project which engaged a team of brilliantly talented resettled refugees in Preston in a spoken word, poetry and film making project.

Initially delivered online, this five-month project inspired and empowered the team of young people to produce a series of poetic narratives which recounted their individual lived experiences of migration and their aspirations and ambitions as adopted Lancastrians. This was documented in a short film, produced by Handstand Productions.

The film was selected to appear in the 2021 International Global Health Film Festival and has been added to the Lancashire Archives Collections in perpetuity; allowing future generations to learn about the lives of our amazing young people. Watch the film [\*here\*](#).

## Chameleon: The New Age

Between September - December a team of young people from across the region met to co-design and produce a fundraising event to raise awareness of how participation in high quality creative arts practice can support positive mental health. The event featured live music, dance, film and spoken word, all performed by young people from the Lancaster district.





# HEALTH & WELLBEING

## Personal Wellbeing Programme

Throughout lockdown, we continued to deliver weekly online wellbeing workshops, games nights, 1-1 coaching, and creative arts workshops to ensure our team had access to positive, life enhancing activities. In total, between 4th January and 31st March we facilitated 132 online workshops and coaching meetings, which equates to roughly 10 sessions per week.

As lockdown ended, we relaunched our weekly fitness sessions at BayFit gym, life skills workshops and emotional wellbeing sessions, providing on average three workshops per week.

These weekly sessions enabled young people to improve their mental and physical wellbeing, through core fitness activities, cardio training, and boxercise and enhance their emotional wellbeing via yoga & meditation sessions, nature walks, mental health first aid workshops and bushcraft sessions.





# COMMUNITY IMPACT PROJECTS

## Construction Challenge @ Fork to Fork

At the heart of our work is the commitment to support, inspire and enable young people to make meaningful positive changes in their lives and the wider community. This year, our team of young people have gifted their time and energy to enhance and develop a forest garden at Fork to Fork.

This amazing food-growing organisation is staffed by a team of volunteers with learning disabilities and is visited by hundreds of local community members who use the space for wellbeing activities, horticulture projects, outdoor education workshops and as a place to connect with nature.

In May and June, working in partnership with a local professional carpenter, our team built a new equipment store for the volunteers, built a pond, planted several trees, and built habitat homes for birds and insects.

In October, the team returned to the site and built a fire pit and seating area. The seating area included nine tree stumps, which were inset with mosaics the young people had designed and constructed using glass and ceramic tiles.





# COMMUNITY IMPACT PROJECTS

## Street Speak!

In July, we partnered with Ridge Community Centre, Active Lancashire, Central Lancaster High School, Claver Hill Growing Community, and the Gregson Institute to facilitate a ten-week detached youth work project in the Bulk Ward of the city.

The project commissioned four youth workers to deliver weekly detached youth interventions across the summer engaging twenty-five local young people in positive meaningful activity.

Young people attended workshops at the Ridge Community Centre, Quad Biking sessions at Forrest Hills, Go Karting in Warrington, and several trips to local restaurants in Lancaster. Following this initial pilot, it is our aim to facilitate similar school holiday provision in 2022.





# ANNUAL EXPEDITIONS

## Highest, Longest, Deepest, Darkest & Wildest Challenge

Over six days in August, a team of twelve young people, recruited from our Preston and Lancaster programmes joined forces to complete this epic challenge, together they:

- hiked the **highest** mountain in England,
- canoed the **longest** lake in England,
- abseiled into one of the **deepest** quarries in Cumbria,
- traversed the **darkest** caves at Yordas and;
- experienced the **wildest** night of wild camping atop of the fells.

By participating in these outdoor expeditions young people can fully engage in the beauty and wonder of the natural world, enhance their physical health, overcome personal obstacles, and work together towards a common goal. They develop manifold life skills and coping mechanisms which enable them to better manage their mental health, and realise positive, life changing outcomes. Click [\*\*here\*\*](#) to watch the documentary film.

Quotes from young people, parents, and guardians:

*"It was really fun, and it taught me that if I keep fighting, I can achieve anything I want to."*

*"This challenge really built up my son's confidence. He came back with a positive attitude and was proud of everything he had achieved as he initially thought he couldn't do it. Lastly, the challenge was great for his mental health, and he also made new friends. Thank you so much, he now has amazing memories too."*









# ANNUAL EXPEDITIONS

## Winter Challenge

In late November, a team of nine young people completed the Winter Challenge, a three-day outdoor adventure in Cumbria. Battling the snow, high winds and zero degree temperatures they hiked across Orton Fell, overcame their fears on the Tree Top Challenge, and developed their teamwork skills as they paddled across Ullswater lake.





# COACHING AND PEER MENTORING

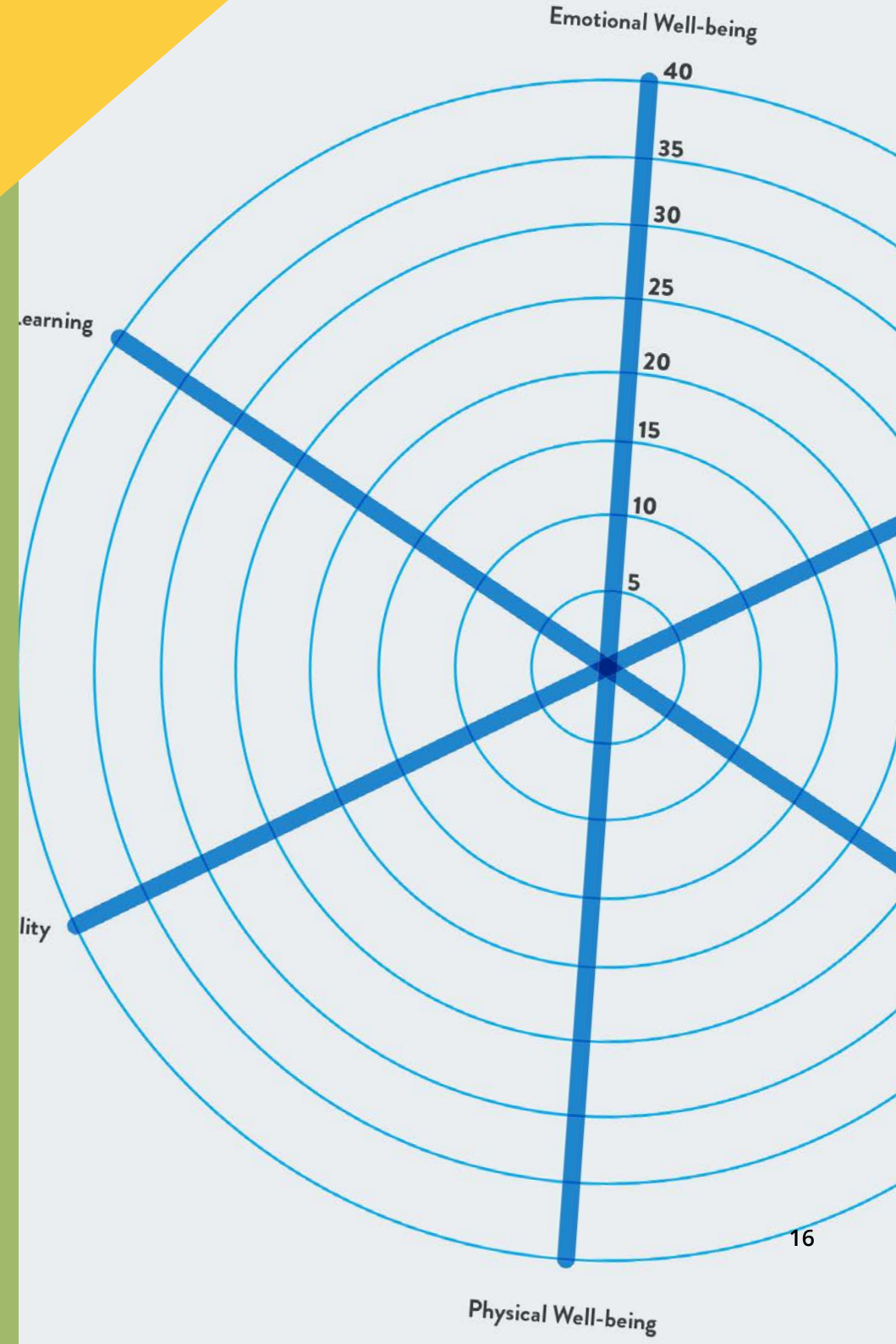
## 1-1 Coaching and Personal Support

In spring 2021 we launched the LYC Personal Development Portfolio, which is completed by each young person during monthly 1-1 coaching sessions with our youth support worker. Initially, the young person completes a 50-question personal development survey, identifying their strengths, behaviours and skills they wish to develop. At their monthly coaching sessions, the young people review their learning and upload video and photographic evidence of their progress.

## Peer Mentors

Our fantastic peer mentor and board member, Josh, has been active in supporting young people at monthly group sessions, on the *2021 Construction Challenge* and during the *Highest, Longest, Deepest, Darkest and Wildest Challenge*.

Two of our long-standing participants, Niyah and Ross are currently training to become peer mentors and are completing their NICAS climbing qualification at Lancaster University, which will enable them to support the staff team in facilitating regular indoor climbing sessions, as part of our fitness and wellbeing programme.





# SECONDARY SCHOOLS, FURTHER & HIGHER EDUCATION PARTNERSHIPS

## Our Place in the World Cultural & Creative Education Programme

In July 2020, we launched the *Our Place in the World Cultural and Creative Education programme* in partnership with Lancaster University and Curious Minds. This exciting two-year strategic programme engages 150+ local young people each year, in high quality creative learning projects, workshops, careers events and online sessions.

The programme offers continuous professional development opportunities for artists, educators, and youth workers, and enables opportunities for shared learning and collaborative practice amongst creative learning practitioners, educational institutions and youth and community practitioners.

In 2021, we facilitated several projects including:

**Re: Create Challenge** - A creative learning pack consisting of twelve arts and craft ideas to support and enhance young people's emotional and mental wellbeing. Two hundred packs were disseminated to students at Carnforth High School, Central Lancaster High School, Bay Leadership Academy, Lancaster & Morecambe College and Chadwick High School. Download a digital version of the pack, [here](#).

**Change in a Box** - An arts and social activism project, empowering young people to make creative commentary on their place in the world and participate in individual or group activism initiatives which encourage and enable positive social change, produced by Theatre in the Rough. We have supported Theatre in the Rough to restage their exceptionally successful

project, which was initially commissioned in 2020 and has now had three further iterations. We disseminated 150 boxes to students across the district, and thanks to investment from Arts Council England, we are now able to provide every single Year 9 student in the Lancaster District with their own Change in a Box empowering them to make comment on their place in the world through the medium of arts activism.

**Brain Hacks** - a mobile phone photography project facilitated by local photographer, Ginny Koppenhol. This project encourages young people to explore ways in which creative practice can assist and support positive mental health and emotional wellbeing.

**Now You See It** - a site-specific three-dimensional art project, exploring unseen spaces in Morecambe and transforming them with the use of large inflatable artworks, delivered by Internationally acclaimed environmental artist, Steve Messam. This project encourages audiences to see their local spaces in a new way, encouraging debate and discussion on the spaces we inhabit.

**Kickstart Placement** - In October, we welcomed Zia Khan to the team, as an Assistant Arts Producer on a six-month Kickstart Placement. Zia will be leading the development of New Radicals, a youth advisory collective that will help to inform the development of Culture Co-op and realise inclusive, creative change in our community.

For more information about the partnership please visit [here](#).

# SECONDARY SCHOOLS, FURTHER & HIGHER EDUCATION PARTNERSHIPS

## Peace in Schools

Peace in schools is a pilot project delivered in partnership with the Zen Peace Centre and Central Lancaster High School, supporting young people to develop personal resilience and confidence to better manage stress and anxiety in school.

The project began in September and engaged eight, Year 10 students in twelve, weekly workshops. The workshops taught the students a variety of skills including guided meditation, breathing & calming techniques, and sleep management. They explored their motivations, values, and decision-making processes, whilst learning anger management techniques and self-reflection; helping them to better manage their emotions and find peace in their daily lives.

## Find your Purpose, Realise your Ambition

The employment market is highly competitive, especially at this time, and we recognise that young people need support and guidance to navigate the job market and to develop the skills, attributes and behaviours needed to successfully secure employment.

Therefore, in July we launched a pilot Career and Work Preparation programme, in partnership with Lancaster based charity the Adullam Programme. This programme was financially supported by the Banks Lyon Memorial Trust.

The nine-month project has supported 8 young adults (16-23) to define their values, strengths and behaviours, and skills sets through a series of workshops with a professional work coach and through the completion of the Harrison Assessment (an online psychometric and analytical assessment tool).

The team attended a work preparation course, exploring all areas of recruitment including application writing, CV development, interview technique, communication skills, online promotion, job market analysis and employment rights.

Between January and March 2022, the young people will attend entrepreneurial thinking workshops with Lancaster University, receive coaching from local 'business buddies' and undertake real world work experiences.





# VOLUNTEERS

We were thrilled and honoured to be a recipient of the prestigious Queen's Award for Voluntary Service (the MBE for Voluntary and Charitable Organisations).

We are one of only three organisations in Lancaster, and one of seven in Lancashire, to have received this amazing honour, which recognises the hard work, commitment and dedication of our Volunteers, Trustees, and Peer Mentors.

The Lord Lieutenant of Lancashire, Lord Shuttleworth presented the award to a small team of staff and volunteers at a celebration event at County Hall, Preston. In May 2022, two volunteers will attend a garden party at Buckingham Palace.



# STATISTICS

**64**

Young people attended our weekly participatory programme.

**206**

Online workshops and 1-1 coaching sessions.

**296**

Face to face workshops, group events, trips, and expedition sessions.

**1385**

Participation opportunities offered via the Our Place in the World weekly programme.

**265**

Young people engaged in the Our Place in the World Cultural & Creative Education programme.

**1100**

Participation opportunities offered via the Our Place in the World Cultural & Creative education Programme.

**35**

Young people engaged via the Street Speak! Bulk Ward Detached Youth Work Partnership.

**260**

Hours of detached youth work delivered during the 2021 summer holidays.



# THANKS

We would like to say a huge thank you to the freelances, creative practitioners, youth workers, volunteers, trustees, and partners who supported the delivery of our 2021 programme.

We would also like to express our gratitude to our wonderful funders who make our work possible:

The National Lottery Community Fund

Francis C Scott Charitable Trust

The Areti Charitable Foundation

Arts Council England

Garfield Weston Foundation

The Foyle Foundation

The Banks Lyon Memorial Trust

The COOP Local Community Fund

Home Office COVID-19 Support for vulnerable children's charities

Lancashire COVID-19 Community Support Fund

Tesco Bags of Help

Lancaster University

Curious Minds

Lancaster Community Fund

Lancashire County Council

Active Lancashire

Newby Trust

The National Lottery Awards for All

Lancaster District Community Wellbeing Fund



Lancashire Youth Challenge, Cornerstone Building, Sulyard Street, Lancaster, LA1 1PX. Registered Charity: 1163469

**Lancashire Youth Challenge**

**Accounts For The Year Ended**

**31st March 2021**



# **Lancashire Youth Challenge**

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## **Lancashire Youth Challenge**

### **Officers and advisers**

#### **Management Committee**

Rachael Holden -Trustee

Yakub Patel - Secretary

George Harris - Chairman

Julie Brown - Treasurer

Samantha Emma Harding - Trustee

Donna Coleman

Phil Longbottom

James Henry Wooldridge

#### **Accountants**

GMR Accountants Ltd

1st Floor

8 - 12 London Street

Southport

Merseyside

PR9 0UE

#### **Registered Charity**

Charity Number 1163469



Lancashire Youth Challenge

Approval of Financial Information

We hereby approve the financial statements for the year ended 31 March 2021 and acknowledge our responsibility for them, particularly for the appropriateness of the accounting basis and for providing all information and explanations necessary to the accountants for their compilation.

The Management Committee:

Yakub Patel - Secretary



George Harris - Chairman



Julie Brown - Treasurer



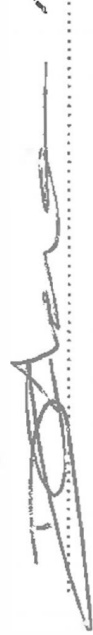
Samantha Emma Harding - Trustee



Rachael Holden - Trustee



Donna Coleman



Phil Longbottom



James Henry Wooldridge



Dated . 5th November 2021

# Lancashire Youth Challenge

## Profit & Loss Account

For the year ended 31 March 2021

	Restricted Funds	Unrestricted Funds	Total Funds	Restricted Funds	Unrestricted Funds	Total Funds
	2021 £	2021 £	2021 £	2020 £	2020 £	2020 £
<b>Income</b>						
Donations		80.58	80.58		383.03	383.03
Fundraising		64.79	64.79		203.45	203.45
Grant	109,858.95	-	109,858.95	72,923.40	228.15	73,151.55
Misc		639.90	639.90			
	<u>109,858.95</u>	<u>785.27</u>	<u>110,644.22</u>	<u>72,923.40</u>	<u>814.63</u>	<u>73,738.03</u>
<b>Expenses</b>						
Wages	49,365.04		49,365.04		37,721.99	37,721.99
Employers' Pension Contribution	1,106.55		1,106.55		815.91	815.91
Employers' National Insurance Contribution	457.81		457.81			
Rent	1,800.00		1,800.00	1,745.00		1,745.00
Membership/Subscriptions	76.00	180.00	256.00	85.00		85.00
Project Costs - Creative Programme	33,085.41	200.00	33,285.41	4,622.55	14.32	4,636.87
Project Costs - Physical Programme	9,219.96	490.07	9,710.03	12,618.82	284.90	12,903.72
Project Costs - Other	1,827.03		1,827.03	262.40		262.40
Staff Training	66.23		66.23	1,175.00		1,175.00
Insurance	505.10		505.10	520.61		520.61
Marketing & Advertising	1,118.72		1,118.72	1,834.72	18.00	1,852.72
Telecommunications and IT	1,514.52		1,514.52	554.44	171.01	725.45
Volunteer, Staff and Trustee Expenses	1,671.79	30.00	1,701.79	1,278.02	210.00	1,488.02
Travel and Project Travel Costs	658.57		658.57	1,287.63	69.68	1,287.63
Consultancy	436.50	708.75	1,145.25	1,166.00		1,166.00
Payroll Bureau	400.56		400.56	224.64		224.64
Accountancy Charges	1,440.00		1,440.00	1,440.00		1,440.00
Depreciation	593.36		593.36	430.80		430.80
Bank Charges	69.00		69.00	65.00		65.00
Office Expenses	726.93		726.93	315.94		315.94
Printing + Postage	476.40		476.40	313.00		313.00
Legal Expenses	29.99		29.99			
	<u>(106,645.47)</u>	<u>(1,608.82)</u>	<u>(108,254.29)</u>	<u>(29,939.57)</u>	<u>(39,305.81)</u>	<u>(67,735.70)</u>
<b>Net Surplus</b>	<u>3,213.48</u>	<u>(823.55)</u>	<u>2,389.93</u>	<u>42,983.83</u>	<u>(38,491.18)</u>	<u>6,002.33</u>



# Lancashire Youth Challenge

## Balance Sheet

As at 31 March 2020

	2021			2020		
	£	£	£	£	£	£
<b>Fixed assets</b>						
Tangible assets			447			527
<b>Current assets</b>						
National Westminster Account	68,973			45,559		
CAF Bank Account	38			1,083		
Cash Account	-			-		
OTSS						
		69,011			46,642	
<b>Current liabilities</b>						
Deferred income	(54,867)			(33,572)		
Accruals	(420)			(900)		
PAYE	(11)			(926)		
		(55,298)			(35,398)	
<b>Net current assets</b>			13,713			11,244
<b>Net current free reserves</b>		£	14,161		£	11,771
<b>Financed by:</b>						
<b>Capital accounts</b>						
Balance as at 1 April 2020			11,771			7,209
Surplus for year			2,390			4,562
		£	14,161		£	11,771