

ANNUAL REPORT



APRIL 2009 - MARCH 2010

Trustees Annual Report

April 2009-March 2010

Our second year in 'The Harbour' sees us more settled with all of the benefits which we now enjoy.

We have had a successful year in terms of achievements and finance. Our management committee set a realistic budget and business plan for the year which has framed our achievement for the year.

This has seen us:

- develop and launch our website, www.whyp.org.uk,
- fill the vacant outdoor instructor position,
- revise our charging structure to ensure full cost recovery
- seek funding for a climbing wall
- increase income from the use of the premises and facilities
- pursue funding to support the delivery of Youth Club activities, and
- increase Youth Club hours of opening and activities on offer.

We retain all of our officers and trustees this year but have a couple of changes to the management committee. Jamie Woodcock left us during the year with his move to Stainburn School and we thank him for his involvement and support. We now have Margaret Scott showing enthusiastic involvement on committee.

We have gained two for the price of one upon filling the vacant outdoor instructor post with Stuart Dunnet and Steve Walter in September. Steve had done a great job of 'holding the fort' until Stuart and Steve were successfully appointed as a job share. In August Rachel Gaw joined us as Support Youth Worker to work with Nik Smith. Along with Debs Carter and Mike Mills we are fully staffed and with Anne Laine's admin support the Project steams ahead.

Where would we be without the support of our volunteers? The Project places great value in the huge contribution made by our volunteers. A good deal of the achievement and satisfaction at what we have done this year is through the work of our volunteer force.

Rebecca Raby - Youth Club
Pat Raby - Youth Club
Simon Lilly - Youth Club/ War gaming
Paul Boothroyd - D of E
Daniel Lithgow - P A Y P
Oliver Jakobsen - Placement/ Outdoors
Rebecca Harper - Adv Gp
Richard Howard - Management mentor
Keith Southward - Youth Club /Art
Diane Lowrey - Saturday opening
Andrew Stalker - Saturday opening
Jonathan Lymer - Sport, Lakes College
Jimi Adam - Youth Club / Ski
Hugh Russel - table tennis

Linda Gardiner - Youth Club
Michael Southward - Art Club/Youth Club
Des Horner - D of E /Adv Gp
Tina Barry -Sport Unlimited climb/Adv Gp.
Lyn Mills - School Groups/ Adv Gp
Ryan Hodgson - Placement/ Youth Club
David Thompson - Schools / Adv Gp
Adam Burbeck - Youth Club/ Sport
Debbie Thwaites - Youth Club
Michelle Smith - Saturday opening
Craig Kelly - Sport, Lakes College
Mitchell Smith - Youth Club/ Management Com.
Sam Lancaster - Youth Club
Richard Johnston - table tennis

In summing up we can look at our year being a transition from a moving in, and settling in phase, to rolling out more opportunity and an increased range of interests for Young People in the area. We finally managed to get our utility supplies sorted so that we know our energy costs. We also managed to welcome Young Carers into our spare office, and through staff ingenuity and flexibility we saw minimal disruption as a result of the floods and hard weather.

In the face of gloomy financial and climatic conditions it is a credit to all involved that we have managed to have such a good year and seen our aims achieved in the form of young people enjoying new and fulfilling experiences. Yet again it has been a team effort.

Project Report

When we look back it is always surprising just how much has been packed into the year. As with any good reviewing, however, our Annual Report allows us to take stock of what has been achieved and to reflect on some of the highlights of another successful year.

The year has seen far more people making use of the premises and the resource of the Harbour Project. This reflects the transition of staff energies from settling in to rolling out activities and welcoming new users. We still suffer from a lack of awareness of the Project, and of young people's achievements, within the community. This is partly a result of having our heads down on delivery but it also reflects fixed views which we must alter with a clearer view of reality. During the year we have expended a lot of time and energy for our part in trying to achieve integrated working but it has been an uphill battle and we are not sure that we are much further forward. This clearly sets us some goals for the next year!

On a positive note however the message is getting out in some directions – through those who we engaged with and through Radio Cumbria and local press reports. We also achieved runner up status at CFM Radio Awards and Simon Lilly was runner up in the Young Volunteer category of the Crime and Disorder Reduction Partnership Excellence Awards. We have also enjoyed working with Nick Greenall on a short film to use in this connection. Nick was part of a Copeland Borough Council project funded through Government Office NW.

Meanwhile we launched our website during the year, a project which we worked on with Richard Howard and with John Gray at Support 4U. The website is already making a difference for us in our communication with all involved from young people and parents to course providers and participants.

It was with a sense of relief that we eventually established our energy costs with the conclusion of very lengthy shenanigans with utility companies! Meanwhile our minibus completed another year of sound service and average mileage - around 11,000 miles!

Staffing

Following Simon Baird's departure last year we reported that Steve Walter was helping to hold the fort on the outdoor delivery. We had failed to recruit a suitable replacement at the first attempt so later in the year we made a second attempt and were pleased to appoint both Steve and Stuart Dunnet in the form of a job share. We are delighted to report that this has

worked out well and this confirms that you really can get a good deal out of two for the price of one! Meanwhile our application to Tudor Trust was successful and has led to us appointing Rachel Gaw as support youth worker assisting Nik Smith on the in house Youth Work.

Youth Club

This has been a story of continuing development during the year. Rachel's appointment in August has given Nik the support that he has needed and deserved for many years. As a consequence things have taken off with a wider range of activities and opportunities. Monday evening remains an open, drop in evening split into younger and older sessions. Tuesday evening sees Young Carers, and Connexions Pathways group alternating with Fusion group which means that it is the ideal chance to get out on the streets, the park, the skate park and focus on detached working with the facility to come back to the Harbour to show what is on offer.

On Wednesday evening art club is taking off with a range of topics, table tennis and sport take over the sports hall and we have even had cinema evenings in the training room. Adventure group and Duke of Edinburgh Award are also fitting in alongside. Come Thursday and War Gaming club are set up in the main space. We have also had Kay McMahon introducing girls fitness and relaxation in the sports hall. Friday night has seen a series of Positive activities on the Weekend at Whitehaven (POWW) run by Connexions and we have entertained some visiting clubs for five a side football.

The timetable has steadily been filling such that it is now a tighter programme as we squeeze more and more things in. By the end of the year Saturday opening was getting under way with a late morning / early afternoon slot for those who come into town or want to meet up using the Harbour as a base. We feel strongly that this is a valuable facility which supports businesses in town while providing a dedicated facility for the young people of the area, somewhere where they and their friends are welcome, where food and drinks are available along with toilet facilities, support, information and a warm welcome.

344 young people involved ...

Key to photos:

1	2
3	4
5	6
7	8

9	10
11	12
13	14

1. Wagonway Project, Kells
2. RUNGWE Tanzanian Link, teambuilding
3. Ski trip, Nevis Range
4. Shelter building, Ennerdale
5. St. Benedict's Elite Group, Carlisle City Challenge
6. Introductory Walk, Devoke Water
- 7&8. Gill Scrambles

9. Canoe lunch break on Ennerdale
10. Snow ball Lantern bothy trip
11. Wildlife winter jaunt
12. Interclub 5-a-side Football
13. Winter bothy trip, Galloway Hills
14. Orienteering with W.C.Club, Wastwater





Sports Hall – We continue to work at developing the use of this facility through our volunteers, staff effort and through a development plan. Table tennis is an example of a sport with little facility locally and consequently it has become one of our themes. With coaching support from Duncan Crawford from Barrow and even Hugh Russel, travelling down from Longtown, we can see this sport taking off. We also have the inter club sports sessions, girls sport, coaching courses and one off events which will see us realise more of the physical side of being healthy.

Climbing Wall – from the outset we envisaged having a climbing wall in the Sports Hall. Access to climbing walls is not easy here in West Cumbria and the option for a bad weather day or winter evening for the outdoor delivery was always going to find this a huge benefit. A climbing wall however was never seen as a WHYP only facility but something which would be available to young people, of all ages, throughout the area. With the last of the development funding for the premises (Francis C Scott Trust and West Lakes Renaissance) supported by a donation from Ken Bradford, our secretary; and major grants from WREN (Waste recycling) and The Youth Capital Fund, we have achieved the £37,000 needed to install a quality wall.

We look forward to the impact of the climbing wall on users and our programme of activity. Part of the fun of providing increased activities is the spin off and doubling up effect. To coach a visiting club group on the climbing wall alongside other activities will hopefully lead to better things for the young people of the area. To have open climbing sessions with adult or family groups will provide yet other angles on active involvement.

Youth Space – Two themes which were written into the development of the Harbour have made very significant progress during the year :-

1. that we would aim to realise the potential of the facility through partnership working. This year we have seen Young Carers using the space on alternate Tuesday evenings and sub letting office space here. Connexions Pathways and Fusion groups as well as some NEET group Try time sessions and the winter POWW evenings have all made use of the facility. Young Enterprise and an increasing range of organisations have run courses based here during the year. West Cumbria Achievement Zone and Whitehaven School have also based learners here two days a week and have found it a good learning environment. We have enjoyed having you all here.
2. that we should bring in income from lettings to offset our overheads. Despite the legal costs and delay associated with sub letting office space we have still made good progress in this area. Our aim is to be able to offer quality facilities at reasonable cost.

1227 young people sessions this year (487 last year)
487 adult sessions this year (419 last year) ...

School Groups

Partnership working with schools continues apace! As well as the six week programmes of personal development through outdoor activities we have also delivered follow up sessions with some groups and long term development programmes. We have provided these sessions as part of Alternative Curriculum provision for Whitehaven and St. Benedict's schools. We have also continued to provide six week programmes for 'reward and nurture' groups from St.

Benedict's School – these have been brilliant courses from which a continuing stream of students have gained massive benefits. From all these groups we see a transfer, after the initial experience, to Youth Club or Adventure Group for some, which serves to double up the benefits accrued!

Through Whitehaven School we have been involved in developments over the past few years with the transition from Primary to Secondary. Summer school involvement in the first weeks of the holiday is followed by a more intensive week for a selected group. Then during autumn term we have delivered team building activity days for all year seven groups. All in all some extremely good and satisfying working, building relationships, bringing benefits and seeing young people broadening and flourishing.

310 young people involved ...

Positive Activities for Young People (PAYP)

This programme is aimed at those most at risk of social exclusion, truancy and of committing crime. After a reduction in budget last year we had a small increase this year which allowed us to engage with an increased group.

The group work with Nik Smith as coordinator and have enjoyed a wide range of activities and involvement which gives a sense of belonging and a commitment to achieve and not let themselves down.

Part of the process aims to allow increased independence and responsibility, keeping out of crime and engaging in other areas of youth work. A good atmosphere and sense of belonging has pervaded the group and helped make another successful year.

36 young people involved ...

Sport Unlimited

Through Copeland Schools Sports Partnership we have provided opportunity to engage in sport through climbing, paddlesport and table tennis this year. Funded through Sport England we have seen a lot of enjoyment of after school sport and a great deal of follow up through Table Tennis and the Adventure Group which illustrates the aim of engaging young people in sport such that they continue with active lives.

111 young people involved...

Cumbria Youth Support Services (CYSS)

Our contract remains pegged at the same level of support and we have enjoyed our part in the delivery of Youth Work through the Young Cumbria / Connexions Consortium for CYSS. We have found the consortium to be a most favourable working relationship and have been happy to do our part to support the delivery.

Level of involvement	Contract target	What we achieved	Our total for the Project
A – young people we have contact with and are involved in up to 3 sessions	80	175	452
B – those who are participating in activities – more than 3 session	48	116	219
C - those who achieve a record which documents their progress and development	30	46	183
D – nationally recognised accredited outcome	15	49	89 *

* For most of the year we did not count one form of accreditation which was acceptable so this figure is an under representation.

Adventure Group

The Adventure Group was born a few years ago out of a desire to offer more opportunity for out of school activity. It draws on its own recruits plus uptake from school groups, youth club, PAYP etc. It's banner is the opportunity for those who like to get outdoors, be active, explore new places, have a taste of adventure and do all of these with good mates! Often it achieves more and brings new friendships together, takes you to amazing places for new experiences and for some experiences which you simply could never predict – but then that is adventure. For many it offers the chance to build new skills, take up a new activity, gain an award and build confidence. Certainly Adventure Group guys have some amazing tales to tell.

As well as the regular climbing (indoor and out), canoe and kayaking sessions the programme included winter night walks and camp fire cooking. Orienteering is growing and involving us with the West Cumbria Club meets.

Exploration by foot and canoe / kayak of places near to home and further way broadens horizons and lets us see more of a wider world. One such group, known affectionately as the Bird Group have been to wild places from Millom to Washington near Newcastle! Then of course there was the traditional bothy trip into the Southern Uplands of Scotland.

The Scottish ski trip this year hit upon perfect, alpine, conditions – that's Scotland for you! Meanwhile the sail training voyage (supported with a grant from Youth Opportunity Fund) was with Ocean Youth Trust (Scotland) this year and left Greenock on the Clyde for Campbeltown on Kintyre then via Rathlin Island in N. Ireland to Jura, Mull and into Oban.

During the winter months we joined forces with the National Trust to carry out some community / conservation work on the old wagon way at Kells. The mile long route of the old

railway was returned to its former width in a much appreciated improvement to this walkway. Through thick and thin a dedicated team stuck at it and deserve a commendation for their efforts.

184 young people involved ...

Duke of Edinburgh Award

Duke of Edinburgh Award draws on Youth Club, Adventure Group and Whitehaven School students. The group have built in strength and during the year we have had one team complete Silver expedition while the rest have been achieving at Bronze level.

76 young people involved ...

Monitoring of numbers of young people worked with:

	2007-08	2008-09	2009-10
A - Contact: Up to 3 Activities	326	427	452
B - Participation: More than 3 activities	219	224	219
C - Recorded outcome: A Record of Development	153	239	183
D - Accredited outcome: Recognised Qualification/Accreditation	36	34	89
Total	734	924	943

Breakdown of other group use in terms of people sessions:

	2008-09	2009-10
Adults	419	487
Young People	297	1227
Total	716	1714

Breakdown of young people per aspect of delivery:

	2007-08	2008-09	2009-10
Youth Club	187	339	344
Adventure Group	151	129	184
Sport Unlimited	45	201	111
Schools	159	326	310
PAYP	51	28	36
Detached work	139	90	41
Outdoor session	68	15	55
Total	800	1128	1073

Whitehaven Harbour Youth Project Financial Report 2009-10

Revenue budget

Expenditure	
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Manager	
Senior Youth Worker	
2 Instructors	
Support Youth Worker	
Administrator (part time)	
Occasional freelance	
People costs	106,292

Rent	11,928
Rates and Water	2,492
Training	971
Energy	7,022
Printing, postage etc	1,034
Repairs/ maintenance	1,026
Insurance	3,426
Cleaning	1,145
Telephones	1,442
Fees/payroll	2,465
Membership/Licenses	671
Advertising/website	1,464
Vehicle	2,049
Fuel	2,411
Travel	463
Volunteer expenses	496
Property fund	0
Equipment renewals	2,285
Beneficiaries expenses	11,541
Total other costs	54,332

All expenditure	160,624
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Income	
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Henry Smith Charity	25,000
Four Acre Trust	28,000
Tudor Trust	20,000
Income from Trusts	73,000

PAYP	18,500
CYSS	10,817
Schools/ Groups	30,007
Rental income	9,589
Skills working futures	1,810
Copeland Homes	10,000
Money raising	10,764
Income other sources	91,487

Total income	164,487
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The year has been financially satisfactory in that income was ultimately slightly in excess of outgoings. This was due to a significant period when we were not fully staffed and although everybody covered the situation well it is not something that is tenable in the long term.

On the income side there has been good use of the Youth Centre by partner organisations. We came to the end of a three year grant from the Henry Smith Charity but were very fortunate to receive a similar level of support from Nuclear Management Partners for the next three years. Nonetheless the coming year is going to be a challenge because of a reduction in grant income from Four Acres Trust.

The attached table relates to our revenue budget. In relation to capital expenditure last year has seen the completion of the fit out of the Centre and thanks must be once again recorded to the Francis C Scott Charitable Trust and West Lakes Renaissance. The final major item of expenditure has been a climbing wall. Again thanks to the Youth Capital Fund and the WREN Waste Recycling Environmental. Overall external contributions have financed capital works amounting to over £360,000 over the last three years.

Whitehaven Harbour Youth Project

Young People & Positive Lifestyles

By Nik Smith & Lyn Mills

Summary – this small study follows a range of methods adopted over several years to ascertain the effectiveness of working with young people at WHYP. The aim of the study was to re-visit young people 'a couple of years' after they had been involved with the Project to establish whether they were engaged in a positive lifestyle. The results showed a higher than expected engagement in positive lifestyles with valuable supportive anecdotal information.

Positive Lifestyle – a positive lifestyle, for the purposes of this study, is illustrated by a young person who is getting on with their life, moving forward on life's journey in a positive manner, developing themselves and making minimal demands upon society at large to support them. Indicators of positive lifestyle include Every Child Matters topics of good health, financial independence, making a positive contribution and enjoying and achieving in their life.

Method – the study involved a sample of 30 young people who had been involved with the Project over a number of years. A questionnaire approach was rejected in favour of more in depth interview with a standard set of questions. Interviews took place in person or by telephone with young people or their parents.

Young people were selected from our database on the basis of their involvement over a significant period of time and having moved on. Ideally we sought a time gap of two years or more between involvement and the interview. WHYP works with the full range of young people so the random sampling in this study should reflect no bias towards those who would be expected to do well. Each person was asked the same set of questions which were a mix of open and closed questions designed to gain the best feedback. Interviews lasted between 25 and 45 minutes.

Results – Of the 30 young people sampled 26 were spoken to in person and in 4 cases it was a parent who gave the feedback in the absence of their child. 19 of the interviews took place by telephone the remaining 11 being in person at 'The harbour'.

Of the benefits gained through involvement with WHYP, 17 highlighted building their confidence as a major gain while 17 listed mixing with and socialising with new people, 13 the opportunities for new experiences and 10 highlighted the new skills that they acquired. Others listed leadership, raised motivation, keeping out of trouble, increased independence and learning respect as their personal benefits. Encouragement by WHYP staff was also raised as a benefit.

From the sample group 90% (27) were in employment, training or education. In terms of support, 3 were receiving Income support/child tax credit, 2 Job Seekers Allowance, 1 council tax support and 1 disability allowance.

All were very positive about the impact of WHYP on their lives, many referring to specific points or anecdotes to illustrate. In some telephone interviews a parent was also spoken to and underlined the benefits gained. Some young people were able to point out that they could have gained more but all would strongly recommend involvement with the Project to a young person.

Two case studies to illustrate the fuller picture;-

Case 1

Female, early 20's. Found that the activities and opportunities over a three year period benefited her in several ways;-

3. Gave her a wider circle of friends, as a quiet person it helped build her confidence so that she grabbed many opportunities which were on offer. She still calls in for a catch up.
4. She undertook a range of outdoor activities which helped with her confidence and self esteem and with her status as a young woman. A highlight of this was to take part in a kayaking expedition among the islands of the Swedish Baltic. The trip also involved a link with a Swedish school and a night staying in a Swedish home as well as the challenge of camping and journeying a long way from home.
5. Attending a 'stop smoking course' over several weeks and has not smoked since. She is proud of this and was in touch on a separate occasion to thank the leader involved and recognises it as a great benefit to her long term health.

She is currently employed full time

Case 2

Male, early 20's. In his own words, "Changed my life in an awesome way. If not for (the) Harbour (Project) I don't know where I would be now. Gave me opportunities to go far and wide. Learnt how to get on with people and learnt new skills."

- During his time with us this person took part in numerous activities and residential experiences.
- He was excluded and moved from one school and was enrolled on our Positive Activities for Young People programme targeted at those at risk of offending.
- At school he was in an alternative curriculum group which engaged with the Project. Through working with the Project he successfully gained GCSE Maths
- He was a regular at our Youth Club from which he benefited and also contributed.
- This young man canoed, skied, climbed camped – in fact any activity going. He took part in a Sail Training voyage aboard the Greater Manchester Challenge. He gained BCU 3 star Award, RYA Competent Crew and Power boat Level 2 Awards.
- He undertook a placement with the Project on the outdoor activity and technician side but left to take up a paid job.
- He is currently unemployed and has become a father.

We retain contact with this young man and while we could view his case as something of a failure he was quick to articulate that although unemployed it was his commitment to the Project and staff which kept him from involvement with drugs and crime which is prevalent among his peers. We will follow his progress with interest.

Conclusions – the sample of young people interviewed was small but representative of the Project's clientele. We have accommodated a significant number of young people referred from other agencies, who are engaged on our PAYP programme, or connect with us through challenging behaviour group partnerships with schools. Our demographic group is therefore biased more towards the disadvantaged and this should be borne in mind when considering the findings. There was a very strong theme of positive outlook throughout the interviewees, based upon their experiences, benefits acquired and the relationships they built. There is a higher than expected degree of positive lifestyle and outlook within those interviewed and corresponding low level of support. As a foot note this survey provided a valuable experience in re connecting with these young people with a range of spin offs and a continuation of involvement with the Project.

January 2010

And on a lighter note to finish, a few quotable quotes from the year:

“Having Aspergers, I have found the Youth Club, in general, to be a useful asset in socialising, meeting new people and helping further my aim to get along with and understand people better” (Young person)

“I have a lot more confidence, met new friends and at school got no encouragement. The encouragement given at WHYP was really great.... gave me confidence.” (Young person)

“I won’t like this its got loads of veg in it... actually its dead nice!” (the residential experience!)

“Keyfund improved my organisation skills, proved to me that I could start something and see it through” (Young person)

“Had opportunities he would have never had in life if he hadn’t come to WHYP” (Parent)

“Wasn’t as confident in my own abilities before we went away. From the Residential, this has changed my self belief”

“It’s been a dead good day today Rachel, we loved the sand castle competition”

“That was really cool, my arms are aching now though!”

New words coined at the Harbour Project and on offer to the New Oxford Dictionary :-

“**Ducklets**” as in ‘look at all those ducklets with their mother’ (Ellie, Adventure Group, at Hodbarrow nature reserve).

Brackenising as in ‘we’ve completed the framework for our shelter, we’re ready to do the brackenising’ (Oliver, putting the roof covering of bracken onto a shelter in Ennerdale)

To **Undry** as in ‘good I need something to undry my throat’ (Chris, the thought of a hot chocolate after the bothy trip)

SUPPORTED BY:



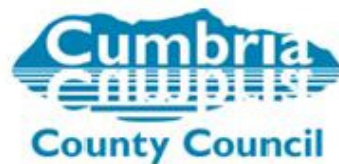
Four Acre Trust



**COPELAND
HOMES**
BUILDING ON TRADITION



WEST LAKES RENAISSANCE



**Cumbria Youth
Support Services**



**HENRY SMITH
FOUNDATION**

Sellafield Contractors



connexions

Positive Activities for Young People

**the
Tudortrust**



**Whitehaven Harbour
Youth Project**

**“The Harbour”
1 Swingpump Lane
Whitehaven
Cumbria
CA28 7LZ**

Tel: (01946) 690404

Email: admin@whyp.org.uk

Website: www.whyp.org.uk

**Charity No. 1120763
Company No. 6139222
A company limited by guarantee**