

**YOUNG
BARNET**
FOUNDATION

**SPACE
2 GROW**
CHILDREN & YOUNG PEOPLE'S FUND

Space2Grow #11
End of Project Report

INVEST

CONNECT

GROW

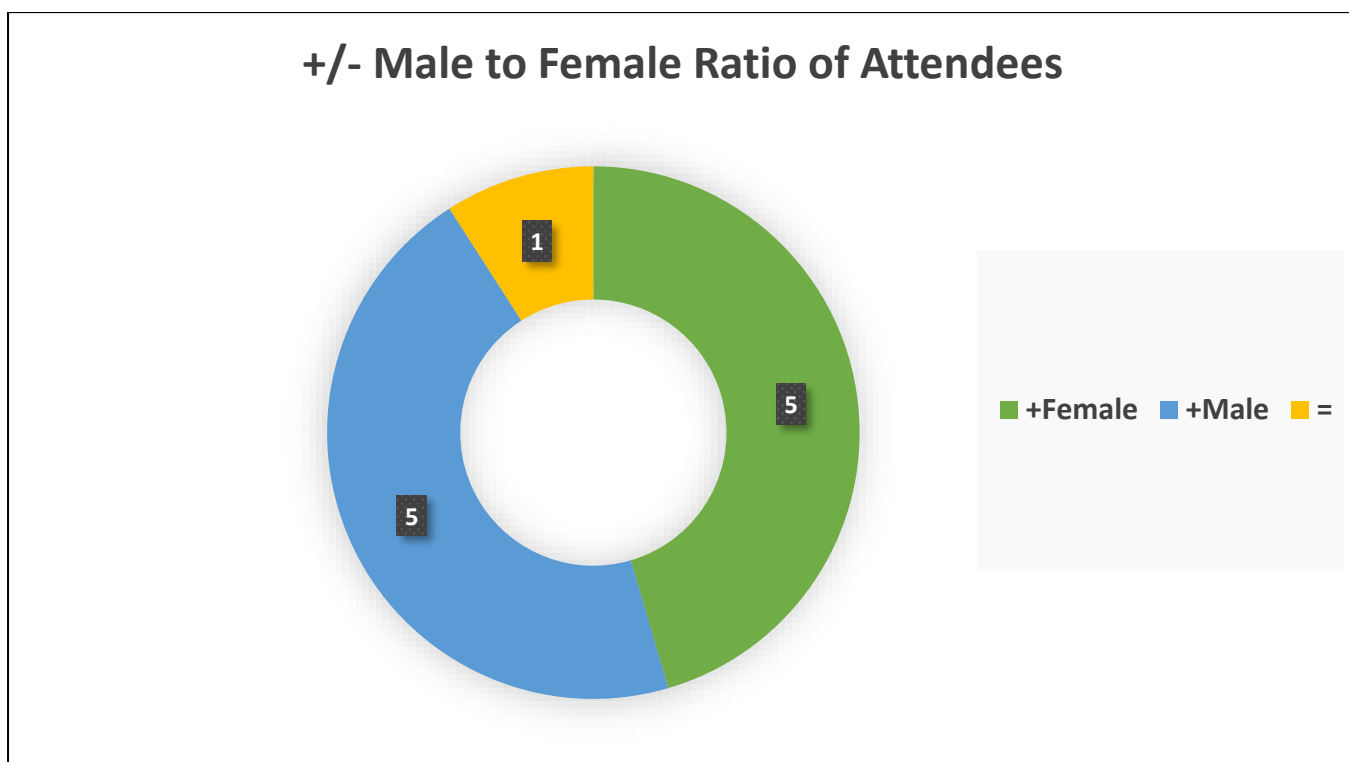
Overview

Open for Applications :	3 rd July 2020
Application Deadline :	17 th July 2020
Panel Meeting:	22 nd July 2020
Panel Members:	Lizzy Hawkins - YBF Chair of Trustees Matt Keane – John Lyon’s Charity Philip Hulme, Jan Hulme, Kate Hulme – Hadley Trust Varsha Mehta – Barnet Council Chimeme Egbutah – Public Health Strategist – Public Health/CYP, Health and Communities Simon Smith – Jesus House Christina Kaponi - Young Person Meeting supported by Peter Williamson (Grants Manager) and Janet Matthewson (CEO)
Total Number of Applications:	26
Cumulative amount requested:	£134,052
Total number of applications for Consideration by the panel after due diligence :	26
Revised Cumulative Amount :	£134,052
Total Amount Available:	£45,000 (Max award per project £8,000)
Number of Awards:	11
Total Amount Awarded:	£45,000
Awarded Date	22 nd July 2020
Funding Provided by:	CCG/Barnet Council, Hadley Trust, Metropolitan Thames Valley Housing & Young Barnet Foundation fundraising.

Monitoring and Evaluation Overview



Average Number of Hours delivered to each unique participant	2.72
Projects which delivered food as part of the scheme	6
Number of Unique Participants to whom food was delivered	303
% of total Unique Participants to whom food was delivered	70%



Video of Projects

Below is a link to a video of the projects which were funded, including some key data. We hope this demonstrates the range of activities which were funded under the Space2Grow#11 – August Activity Fund

This goes to an external link - You Tube [Video S2G#11](#)

Executive Summary

Space2Grow #11 was launched under the backdrop of Covid-19 and the easing of restrictions during the summer months of 2020. It was felt that after a 4-5 month lockdown period that it was important to provide members with the opportunity of offering face-to-face activities with their children and young people to aid social interaction, to get young people active and where possible out of indoor environments where many had been for long periods.

Applications were invited to deliver across August 2020, with a minimum of 1 weeks' worth of delivery.

All applications were expected to follow National Youth Agency (NYA) guidance on managing sector activities and spaces along with carrying out the necessary risk assessments to deliver in a COVID-safe way.

Young Barnet Foundation received 26 applications and managed to fund 11 of these projects (42%). The independent panel had some difficult decisions to make, in the end only choosing *Free to Access* activities, so that price would be no barrier for any of the attendees.

The feedback provided via the Monitoring and Evaluation was really encouraging. It was great to read that the young people reported back words such as 'fun', 'calming' and 'active'. Along with this the session leaders used words such as 'engaged', 'empowered', 'relaxed' and 'confidence'. We can only hope that these free activities in safe environments really helped these young people reintegrate socially before returning to a school setting in the September.

Reviewing the case studies there a number of examples of young people who were shy or not confident at the beginning of the sessions/activities but over the hours and days grew into the opportunities and this is always really encouraging to read.

In addition, it was pleasing that 4 of the activities offered food, which helped address the need of holiday hunger and food insecurity, identified as an issue for the most disadvantaged in the community and an issue that was one of Young Barnet's core target areas of concern for 2020 even before the Covid-19 issue.

Summary of Awards

The Hope of Childs Hill - £3,775.00

Sessions for up to 30 young people of Taekwondo, Football and other fitness activities delivered by trained coaches. Delivered in the south of the Borough in the Childs Hill ward every Saturday throughout August.

Barnet Community Projects - £6,440

Offering fun activities and a hot take away meal on 3 days a week throughout August for 25 young people a session from the Rainbow Centre on Dollis Valley. Supporting both primary and secondary aged children, there will be a mixture of sport-based activities including volleyball, rounders badminton, Foot Tennis and more. Due to Covid, each children will go away with a hot meal rather than eat within the centre.

The Boys Clubhouse - £5,140

Working with an older teenage cohort the Boys Clubhouse, based in Hendon Central, will offer both fitness and cycling sessions on 19 days throughout August. The attendees are vulnerable young men who not only get physical exercise but therapy and support from the trained youth workers.

Living Way Ministries - £3,180

This funding will support Living Way Ministries, based on the Grahame Park to support 35 young people per session for 28 days across August. The holiday youth club is delivered by young youth leaders who deliver a variety of activities agreed with the young cohort. In addition, every child receives a hot meal.

Pro Touch SA CIC - £3,697

Offering fun football sessions to all abilities out of Mill Hill Power League 3 afternoons per week, split into 2 age groups.

Colindale Community Trust - £2,270

This funding allows an additional day per week to the FUSE summer holiday project. Working with a younger cohort from Grahame Park. The project, which is offered every day between 12.00-8.30pm also provides food for their young people.

Project Grow - £7,030

Offering fun outdoor activities in the Forest School setting. Located next to Totteridge Academy in Underhill Ward there are 14 days of activities for up to 12 young people per session.

Axis Educational - £4,000

This supplementary school will offer a variety of fun activities for 24 young people per session from their venue in Colindale. Activities including football, basketball, table tennis and more will all be delivered in line with NYA guidance. Refreshments and light food will be provided to all.

Phoenix Canoe Club - £3,600

Phoenix will be offering local groups the opportunity to trial a number of water based activities including kayaking, SUP boarding and sailing. It will allow 10 young people per session over 15 days to have fun on the Welsh Harp in West Hendon.

Youth Realities - £4,000

Youth Realities works with young victims of Domestic Violence, this project will take 10 young people on 6 occasions to undertake a creative programme that will result in a youth led podcast.

Barnet Somali Community Group - £1,868

Offering 8 days of activities from the Burnt Oak ward, Barnet Somali Community Group will provide football, yoga, arts, drama and more to 16 young people per session.

We are also aware that one of the other applicants will be funded for their application by another funder.



SPACE 2 GROW

CHILDREN & YOUNG PEOPLE'S FUND



The Hope of Childs Hill - £3,775:

The Hope of Childs Hill provides programs and that promote well-being and support community development in Childs Hill. Through various public and private partnerships, they engage in the formulation of strategy, participate in project development from conception through completion, strengthen workforce development, and hold various workshops and seminars

Project Summary

Wellness Camp – The project aimed to assist a Group of 20 children of which 80% participants are from exceptionally low income BAME families with few opportunities and many personal challenges. It aimed to Embed fitness, resilience, mental health, and nutrition workshops/activities through undertaking 9-a-side football games, Taekwondo sessions and Interactive mindfulness sessions

Number of Sessions – 5; Total Number of Unique Participants – 18; Contact Hours 30

Key Achievements

The Project enabled our local youth to address the challenging life experiences they and their families have encountered during lockdown.

It helped to develop positive emotions, engagement and closer relationships amongst themselves.

It provided a sense of ownership of the project in that they were able to participate in activities and contribute in the instilling of COVID guidance as well as being aware of the precautionary measures.

Discussions about their personal experiences and concerns, which included the exams fiasco, enabled them to build up their resilience and it was evident there was an higher level of happiness by the end of the project.

Young Persons Feedback

Young person F, a 12-year-old female said; *“I have really had fun because I got to be around my friends, family and volunteer activities workers as well as doing a lot of different and engaging activities and learning new skills at the same time.”*

Organisational Feedback

Football coach: *“It was a real pleasure to watch both the boys and girls work hard together to keep the social distancing measures and enjoy the wellness camp activities. I have to say that for me it felt really special to be outdoors and engaging with the youths and listening to their plans to maintain fitness as part of their normal lives”.*

Case Study

Young person S, a 17-year-old male has never participated summer holidays activity before and was suffering from isolation, initially was reluctant to take part of the of any physical activities' sessions, but gradually young person S came to value it and described the activities offered by THOCH and kindly supported by YBF as healthy. Participant S stated that attending the wellness camp brought him stress levels down and was good for both his mental and physical well-being.

Young person S has become familiar with the wellness camp and activity leaders, and has established friendship with other participants and is more confidence at meeting new people from different communities. Young person S said the project have helped improve his health and wellbeing

Barnet Community Projects - £6,440:

Operating out of the Rainbow Centre on Dollis Valley estate Barnet Community Projects run a number of community projects.

Project Summary

Summer Lunch Club. Young people were offered a series of activities and sports outdoors in a structured setting. Attendees were sent home with a cooked meal for them to take away and eat at home. These children would normally have had free school meals and the aim of the project was to prevent the loss of their educational attainment by providing a nutritional meal plus activities to keep them healthy.

Number of Sessions – 12; Total Number of Unique Participants – 23 ; Contact Hours 18

Key Achievements

Encouraging parents to allow their children to socialise with other children through supervised activities and prepare them for a return to school. Providing lunch to all participants and provision of meal packs for the families to prepare together to encourage healthy eating. Giving the children confidence to socialise with other children while maintaining social distancing and sanitising routines. Continuing our aim of encouraging children to cook food for themselves and learn new skills.

Young Persons Feedback

"Thank you we had fun." Joint message from a 5 and an 8 year old, both girls.

Organisational Feedback

"The children participated well, dodge ball was very popular."

Case Study

One young lady (6 years old) was very reluctant on her first day and only stayed for about 30 minutes but she stayed longer the next time and by the last day was very happy to come on our trip to Legoland. She had had a difficult time during lockdown because of mental health issues with other family members but coming to lunch club helped her socialise with other people again and gave her confidence to return to school the following week.

The Boys Clubhouse - £5,140

The Boys Clubhouse is a charity based in Hendon dedicated to providing a safe and secure environment for disadvantaged and disillusioned young men, predominantly from the Jewish faith.

Project Summary

Therapy on Wheels: Delivering bike-ride therapy sessions for 8 young people a week, on a 1:1 basis, with a key-worker. During these rides, young people will have the time they need to talk about their struggles, anxieties, and frustrations with a trusted and caring key-worker. Fitness Training: To deliver keep fit sessions for 20 young people a week, 8 x a week during August in our onsite fitness room. These sessions will enhance young people's physical health and mental well-being

Number of Sessions – 44; Total Number of Unique Participants – 40; Contact Hours 68

Key Achievements

Keep fit on Zoom and in park

1. Safe socialising
2. Implementation and reinforcement of safety rules concerning Covid-19
3. Healthy activities
4. Addressing boredom

Therapy on wheels

1. Continuation of psychotherapeutic support
2. Implementation and reinforcement of safety rules concerning Covid-19
3. Healthy activity

Young Persons Feedback

Male age 17:” I was really losing my mind during lockdown, when Lollu from The Boys Clubhouse offered me the opportunity to have some keep fit sessions in the park. It was really amazing to have this twice a week. I have even taken up jogging now – Thank you !!”

Organisational Feedback

“The feeling I get when I see change in a young person within just one session is incredible. How a simple work out really picks up a young person and a number of those that I have trained have now taken up some form of exercise in their own time. Keeping fit outdoors and thanks to the weather we have had has been in some cases a life saver.”

Case Study

R, age 18 estranged from home was having a very difficult time during lockdown and one staff member was on daily Zoom to give encouragement and play Fifa online. As guidelines eased and we were able to offer keep fit sessions in the park, R was sceptical but agreed to try a 20 min session. Post session he requested twice a week and he now also uses The Boys Clubhouse bicycle on a regular basis. He feels healthy and refreshed.

Living Way Ministries - £3,180

Provide resources for children and young people to fulfill their potentials by supporting them to improve or to develop sustainable skills. With 3-year grant funding by John Lyon's Charity, we provide skills access to 45+ young people from 13 - 18, up to 25 for people with learning challenges. Two part-time Youth Workers, 2 young people wanting to become Youth Workers and 2 volunteer staff oversee the young people's activities, supervised by the Projects Manager or designated Supervisor. Children and young people are engaged and mentored within during our inclusive social-educational activities aimed at improving their social and educational achievement. Our STEM support holds at The Orion Primary School for a minimum of 15 children ages 5 - 11.

Project Summary

Our 'Holiday Project' engages disadvantaged children and young people (CYP), mostly siblings or children of people with criminal records. We prevent holiday hunger, provide prevent crime and criminal tendencies, and anti-social behaviour in an inclusive, non-threatening environment where they feel free to express themselves. We continue to support our supplementary education beneficiaries by listening, encouraging, and mentoring. Some of them have lost significant family members or friends to COVID-19, this project is designed to provide more space in which they are supported to express their deep emotions which may necessitate targeted services being involved for specialized care.

Number of Sessions – 74; Total Number of Unique Participants – 15; Contact Hours 224

Key Achievements

Social Gathering: A happy re-union of Zone7 Youth Club members who had the opportunity to gather together for the first time since March 22nd, the day that their Intergenerational project had to be abruptly suspended;

Self-expression: Children & Young People freely expressed their creativity and feelings during artworks, empowering them to share their general feelings and especially, the pandemic effects;

Ability to separate real from emotional/mental issues. Overtly active youths were assigned proportionate responsibilities for appropriate engagement;

Open parks and themed activities enabled physical/mental activities;

1-to-1 discussions increasing resilience, that failures are opportunities for improvements, not resignation.

Young Person's Feedback

Young person T, a 16 year old female said *"On Wednesdays, I went to Terapia with Zone7 youth club. I really liked the experience because I got to learn different skills that will help me in the future such as patience, focus and creativity. Also, it was very quiet and calming there, which made the experience better for me. I really enjoyed myself"*.

Organisational Feedback

"With the appropriate direction, guidance and reassurance, their ability to achieve a goal is markedly increased" (E. W.,2020).

Case Study

P had never been sure what she wanted to do or where to belong. The lockdown changed the feeling of lostness as she suddenly realized the importance of making friends and positive relationships which she had not explored when there was the opportunity to make and keep friends. As soon as she knew of the holiday activities, she got her mother to sign her in. She attended every day and participated in all the sessions. She made friends and has since joined the Youth Club after the holiday activities. She now wants to learn to become a Youth Worker, she wants to be a friend to anyone who is lonely and be able to inform them of services like she is in, so that they are not lonely and bored.

Pro Touch SA CIC - £3,697

The charitable social enterprise that manages both the Academy and Community programmes across London. As a not-for-profit organisation, we re-invest all profit back in to the programmes we operate across London. The organisation is run by London based sports (football) professionals as well as and youth-friendly people, the staff and management are highly skilled and offer a variety of experience. They range from Football Association (FA) coaches to qualified youth, sports and fitness workers from the fields of school education and sports management.

Project Summary

To deliver structured and safe enjoyable football and fitness programme for local children and young people (primary and secondary school ages) from Barnet. On Tuesday, Wednesday, Thursday and Sunday at Power League Barnet. Focusing on those deprived and disadvantaged low income families, such as free school meals and BAME. To ensure they all have some positive activities to engage in over the holidays, to stay active and increase health and wellbeing. Almost one in four children lived under COVID-19 lockdowns, social restrictions and school closures have experienced feelings of anxiety, with many at risk of lasting psychological distress, including depression.

Number of Sessions – 12; Total Number of Unique Participants – 37; Contact Hours 32

Key Achievements

Delivering a successful football and fitness project with good numbers attending our sessions. With such late planning and Covid-19 restrictions, we feel managed to do well considering a lot vulnerable families. Seeing regular attendees and being able to build relationship to learn and understand what if any issues they are experiencing during this pandemic. Being able to support them both on and off the playing fields, has been a key in enhancing relationship with members and their families.

Young Persons Feedback

Hi Ash,

Thanks so much for the session today. I loved that and want to continue the sessions.

Young Person L, a 10 year old male

Organisational Feedback

We felt the session started slow, but quickly improved with numbers and the level of engagement from all the participants.

The days where the weather was very hot, it wasn't great as the members were less keen to run around but would rather kick play football matches and do shooting. It's important to note that more and more young people started to share the journey with us as coaches about their likes and dislikes of the drills and exercise

Case Study

It been challenging for many young people with the lock down, and their health and wellbeing all over the place. "So, it was important to get the members enjoying and having fun again. We notice, how some wasn't able to last long on the fitness session but as weeks went on they were a lot more active and fitter. For example there was a child, who wasn't able to do the toe-taps with the ball so well but after weeks of practicing he was able to demonstrate this very well, as a Coach that is very satisfying".

Colindale Communities Trust - £2,270

CCT is a local trust supporting and co-ordinating the delivery of community activities across the Grahame Park estate.

Project Summary

CCT submitted a bid for delivery by The F.U.S.E. Youth Project, the young people's trusted youth provider for 8-16yrs, and supporting promotion. Ozil from Arsenal has a chef providing healthy food parcels (through support by Cllr Sara Conway). Saracens High School provided referrals, and promoted to their students/parents/ carers. A new relationship fostered with Met Police youth engagement team in Barnet to develop positive relationship with children & young people. Referral to Youth Realities & The FrontProject for any specialist support through 1:1 work.

Number of Sessions – 25; Total Number of Unique Participants – 71; Contact Hours 170

Key Achievements

One of the highlights was that we were able to bring young people from Grahame Park and West Hendon together at the Phoenix Centre as both were offered the opportunity to do the courses and it was great to see young people from the two estates coming together and getting along. We were also delighted to have some young people from West Hendon come down to Grahame Park in the final week and take part in an event which we organised in partnership with the Barnet group called Beat the Curve.

Young Persons Feedback

"I prefer small group sessions because they have less arguments and it's just a lot nicer because it's only you and your friends" – young person aged 11 Male

Organisational Feedback

"Although we miss the buzz of having all the young people together it was having the small group sessions worked well in this time as a lot of the young people really needed 121 attention to be able to speak and reflect on their experience of the Lockdown"

Case Study

At the start of the Lockdown we received a call from a parent who said that they were really struggling to get their young person out of the house. Mum was growing concerned that child X was becoming too involved with their phone and other electronic devices in the home. Child X was refusing to go out for walks or bike rides which was unusual for them. Mum had been working from home during the lockdown and because the family live in a small flat mum shared that they had been "getting on each other's nerves". After speaking with mum we made an arrangement to do a Zoom call with child X to see what options we could give them to get them out of the house. Child X told us that because they do not go to school in the area they did not want to go outside because they had no friends in Grahame Park. To be able to support this child we buddied them up with another young person through our Zoom sessions and the two became friends this way. Eventually they booked a session together and finally met each other in person at the youth club. The two continued to book sessions together during the holidays and remain friends now. Mum has since sent us a message to say thank you for the support over the holidays the youth club really helped to get Child X out of the house, make a new friend and get off their devices for a good part of the day.

Project Grow - £7,030

From yoga to farming, philosophical thinking to boxing, GROW's specially designed programme gives young people the skills, knowledge and confidence to think beyond their day-to-day routines.

Since launching our pilot scheme at The Totteridge Academy, North London in May 2019 GROW has started a Forest School, built a community farm and teaches 250 students per week as part of the curriculum.

Project Summary

Into Our Woods will create social opportunities for young people attending the Totteridge Academy and the local area of Underhill, the opportunity to attend sessions at The Totteridge Academy's own woodlands to meet, play, learn and be active, through our Forest School provision. We will facilitate recreational, educational, therapeutic and social activities to support their emotional wellbeing, particularly during this time of COVID-19, when many young people have faced isolation and restricted access to the outdoors and shared activities. Our programme of Forest School activities offers a therapeutic thread, as well as conservation work, where young people can engage, enjoy and share the on site woodlands and community farm. The summer programme will involve a combination of mental, physical and practical activities, learning, and socialising in nature. We will work with small cohorts of young people aged 8-18 years over a week intensive periods, offering 20 hours of Forest School per cohort.

Number of Sessions – 24; Total Number of Unique Participants – 22; Contact Hours 55

Key Achievements

We successfully hosted 2 cohorts to both primary and secondary aged children across the 2 weeks programme.

Attendance was at 100 percent.

Participants gained outdoor skills, including building their own fires, cooking outdoors, problem solving and negotiation skills. Working in teams and independently, all participants explored the woodlands site to inspire creative ideas, tell stories and try woodland survival skills.

Young Persons Feedback

'Forest School has helped me make friends in a way that technology or being online never could. I love being outdoors and learning how to play in nature. I feel so calm and connected at the end of the week.'
J, aged 11

Organisational Feedback

'all the children explored the woods, with curiosity and adventure. They responded well to new tasks and became closer as a group, as a result of the project. It was great to see children who have never participated in forest school, be set free in nature!'

Case Study

Boy, aged 11, SEN

Had never participated in group work within this setting. For the first 2 days was unsure and very much remained by the side of the facilitator. By the 3rd day, he was fully engaged and achieved in starting his own campfire. This was a massive achievement and gave him enormous pride. From here on, he joined in with the older children far more and began to open up his social skills to form friendships. He grew in confidence and his fine motor skills improved as a result of the week programme. '

Axis Educational - £4,000

Axis Educational Trust is a registered charity which aims to provide high quality, coordinated affordable supplementary education to primary and secondary school pupils in the UK. By improving pupils' literacy and numeracy levels at an early age, we want to strengthen overall academic ability, broaden life-time opportunities, and encourage social cohesion.

Axis Educational Trust is also committed to developing dynamic and productive new ideas about the future of education through frequent seminars, panel discussions, and workshops.

Project Summary

We are aiming to provide an effective, challenging, stimulating and fun activity project called 'Active Minds' including sports, dance and performing arts for children and young people aged 6-16 in August offering a valuable respite for families and an opportunity to learn, try new activities, build friendships, relax, and most importantly have fun. The project will bring a wide range of benefits to children, youth, families and communities such as boosting academic performance, reducing risky behaviours, promoting physical health, emotional and social development and providing a safe, structured environment for children and young people.

Number of Sessions – 18; Total Number of Unique Participants – 72; Contact Hours 27

Key Achievements

We managed the bubbles very well. The staff, parents and students followed the rules according to signed policy. The activities went well. The children enjoyed the activities. It was great practice for new norms before the schools started. They must have really missed guided group activities during the lockdown. We had fantastic attendance. Majority of children attended all sessions. While some attended half week due to other commitments. 24 children aged 12-16 achieved bikeability level 1 certificate. They were active all day with balanced indoor and outdoor activities such as dancing, filming, drama, outdoor sports, cycling, table tennis and arts.

Young Persons Feedback

Parent of 8 Years old male M said *'My son enjoyed this week a lot. He did not want to come back home. They have been at home all this time and I think this is a great opportunity. The programme was very rich. My son wanted to do cycling as well but it was not offered to his group as he was not old enough but he liked all other activities. Thank you for all the Axis staff'*.

Organisational Feedback

Chiara said *'I liked working with kids. I lead some of the performing arts sessions with Hayley. I am studying Drama and Performing Arts at the University of Bristol. I learned a lot from this work experience. The kids were lovely and very energetic. They listened to the rules and reminder every day carefully and used the sanitisers before and after the sessions. They were quite helpful. Some of them were really good at acting. We did a lot of TikTok moves as well. They enjoyed it. We had the whole hall for our activities, so it was good to implement good distancing among kids.'*

Case Study

My daughter, 9 years old attended as well so I have hands-on experience to see how she was happy to attend a structured school-like activity after a long lockdown. Kids have relaxed, I think they felt like things are coming back to normal or at least that they can carry on their routines as long as they carefully follow the health and safety rules. I am sure that the kids who started the school term with a summer activity will not struggle at all with the tightened rules at schools.

Phoenix Canoe Club - £3,600

The Phoenix Canoe Club and Phoenix Outdoor Centre are located next to the Welsh Harp reservoir on the borders of the Boroughs of Barnet and Brent between West Hendon and Wembley.

The Outdoor Centre runs a range of activities for schools, youth and community groups and the general public whilst Canoe Club offers a range of kayak and canoe courses and recreational activities for its members.

Project Summary

We will be running a series of taster sessions and award based courses in kayaking, SUP boarding and sailing. The taster sessions are aimed at groups attending whilst the award courses could accommodate individuals referred by their groups. We aim to be as flexible as possible to give a wide range of opportunities, including an allowance to provide assistance with transport and food, as required.

Number of Sessions – 15; Total Number of Unique Participants – 104; Contact Hours 45

Key Achievements

The project was very rewarding to organise and run with a number of grateful parents and leaders. For a lot of the young people, our session was their first activity in the open air for months. Our Level 1 - 4 day Kayak Course brought together members of three groups who all learnt to work and achieve together. Generally, the participants were all disadvantaged or vulnerable - with refugees, children with poor English, poor backgrounds and disabilities. All children got something out of the sessions and pulled them momentarily away from their PlayStations!

Young Persons Feedback

The young people contacted us on WhatsApp later that day to express their gratitude for the opportunity which they all appreciated and enjoyed very much! All of them wrote *"Thank you very much, it was great fun"* and one boy in particular said *"I am really glad I went kayaking, It was really cool. Thank you very much and above all I am thinking of going back there with you again"* K.K. Due to their limited English proficiency, their feedbacks were not very articulated or detailed, however, they all requested the photos from the session –which they shared on their social media accounts – and messaged us to say a sincere "THANK YOU". Their smiles and happy faces are the best feedback in this sense, however, due to privacy and safeguarding issues, we are unable to share photos of the young people who participated in the session.

Organisational Feedback

"It was great to meet you the other day at kayaking – huge thank you to you and your team - The young people really enjoyed it and had an amazing time. Lots of smiling faces!"

Robyn at Barnet Refugee Service

"Just to thank you for a great time this morning. The boys had a great time. Much appreciated" Chanie - Chabad Golders Green

"As far we are concerned, as staff who arranged the activity with you and accompanied the young people to the site, we are thankful to Camp Phoenix and its team for the wonderful opportunity we've been offered.

Communication with Camp Phoenix has always been smooth, timely and accurate. The members of staff who facilitated the Kayak session have been kind, friendly, patient and accommodating with the young people. Our young people seemed at ease and confident, the atmosphere was very joyful and relaxed. We strongly recommend Camp Phoenix and we look forward to our next kayak session on Sept. 25th.

Due to the high number of requests from our young people who could not attend our first kayak session, we have decided to book an additional session so that to offer more young people the opportunity to access this fun activity".

Case Study

We had a girl that decided not to get on the water and said she would stay on the land during the activity. We asked her to stay with the group whilst they had their safety briefing and got her to sit in a kayak and use the paddles on land. After watching her group on the water for 10 minutes she asked if she could get on the water.

One of our coaches looked after her for the next 10 minutes whilst she gained her confidence and then left her as part of the group and she flourished for the rest of the session.

Youth Realities – £4,000

Youth Realities is a local organisation that works with teenage girls who have been affected by domestic violence.

Project Summary

Youth Realities will engage 10 young women, and alongside Non-Violence, engage them in a range of creative learning workshops and activities within the Studio8 space. Throughout the 6 sessions, the members will learn: - Scripting, storyboarding - Abuse awareness and wellbeing workshops - Studio production training (cameras, lighting, sound, NDI technology, vision mixing) - Editing (Adobe Creative Sound, audio mixing, colour grading, ingesting) - Publishing / screening - Event planning Youth Realities will be providing emotional support to members throughout to ensure they are safe, supported, engaged and following all Government guidance in relation to Covid-19.

Number of Sessions – 6; Total Number of Unique Participants – 8; Contact Hours 12

Key Achievements

Young women worked together and engaged in a creative and empowering programme, focusing on addressing issues that impact young women through podcast. The young women scripted, researched, filmed, edited and marketing their own podcast, Taboo Talks, that will be formally launched on September 19th 2020.

Young Persons Feedback

Female, aged 19: *"The programme was so enlightening, from learning all the work that goes on behind the scenes to filming the conversations we had, it brought a new sense of sisterhood! Being able to relate on we topics we thought we wouldn't or just hearing about other experiences made me feel like I was heard and felt. We learnt how to edit, film and promote the podcast and that's the best feeling; having something we can call our own is the best."*

Organisational Feedback

Director: *"I really enjoyed engaging the girls, especially as they were such a diverse group in terms of age and experience. They built a great relationship with one another, and bonded over shared experience as young women - it was really empowering and I learnt a lot from them. It was a great way to phase out of 'lockdown' and offer a safe opportunity to express themselves creatively, whilst building their skills and providing support - really excited for the upcoming launch of Taboo Talks!"*

Case Study

The youngest of the group was 13, and she is somebody we have engaged for a while but struggles with her confidence and can be very shy, despite having the most incredible ideas and talent.

She started off quite reserved, and required much encouragement to share and engage in the planning stages of the podcast. The others, the eldest over 10 years her senior, really took on a big-sister role with her and everybody made sure she was included and her ideas were shared and heard. It was really lovely to see other young women go out of their way to support somebody they have never met before.

In week 2 she had began to really come out of her shell, speaking louder and more confidently on camera and really showing us all her hilarious humour.

She shared experiences she has, as well as her own coping mechanisms, which we all took in and learned so much from - she is wise beyond her years.

We are all so proud of her and cannot wait for everybody to see her intellect and sassiness shine through once Taboo Talks is launched!

Barnet Somali Community Group - £1,868

Barnet Somali Community Group (BSCG) is a non-profit and non-political organisation striving to assist Somali people living in Barnet and neighbouring boroughs.

Originally, BSCG remit was to assist newly arrived Somali refugees by providing advice, information, guidance and education for young people, however we have diversified in response to issues identified to accommodate the needs of all sections of the Somali community as a dedicated and specialist group. We now support more than 600 Somalis every year and we have become renowned locally as the key agency supporting this community.

Support services to children and young people including:-
Supplementary classes – Maths, English and Science
Youth advice (health, employment and citizenship)
Volunteer programmes
Work experience opportunities

Project Summary

The Kick Off project consists of two new weekly sports activity for Somali children living in Barnet. The two groups will be young people aged 7-14 years which will be divided in two, with one being for boys and the other for girls.

Number of Sessions – 11; Total Number of Unique Participants – 26; Contact Hours 40

Key Achievements

The project demonstrated social engagement and inclusion. It provided opportunities to make and meet friends, encouraged participating sports activities and it helped develop emotional well-being and resilience. The project also achieved how they can help each other and work as a team . We had talks with parents and youngsters of how to stay safe and healthy during pandemic.

Young Persons Feedback

“can we not have these session every day?”

Organisational Feedback

“It is sad not to continue these sessions anymore”

Case Study

A young boy was hesitant to come out the first day but when he came out to take part of the football session from day one, he said that He never knew it would be this fun. He asks his parents when shall the football start again