

# Suffolk Young People's Health Project



**Suffolk Young People's Health Project exists to provide and co-ordinate services which will improve the health and well-being of young people**

"I'm very grateful that you gave me this time in 4YP. It's helped me a lot with my journey through life."







"4YP has really helped me to move on in life and has made me feel a lot better about myself and my life."

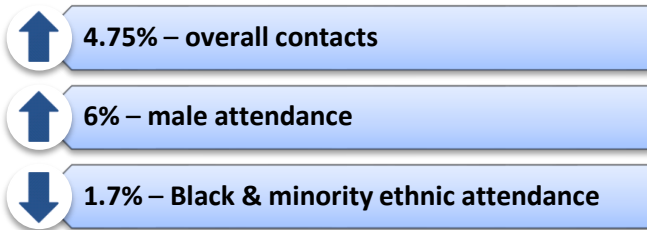


**Annual Review 2012 - 13**

**Excerpt from the Chairman's report**

2012-13 was yet another year in which the importance of 4YP to the young people of Suffolk was resoundingly reaffirmed. Over 10,000 contacts were made with young people [our second highest figure, ever].

-  **10,469** contacts
-  Attendee ratio: **43%** male : female **57%**
-  Predominant age was 15 (**13%** of total)
-  **11.3%** were from a Black or minority ethnic background








COUNSELLING SERVICE

**Excerpt from the Chairman's report**

... our much used counselling service saw a 60% increase in attendances. My thanks go to the staff, counsellors, volunteers and schools that have developed this service over the last few years. It is clearly a service that fills a need and is valued by our young people; perhaps the only frustration in providing it, is the recognition that we could provide even more much needed support, if we had more funds to finance the service.



-  **3,062** counselling sessions were offered
-  **647** individual young people received counselling
-  **67%** accessing counselling were female
-  School based counselling represents **48%** of the total delivery
-  The first five primary presenting issues were; anger, anxiety/stress/panic attacks, family issues, depression, and low self esteem

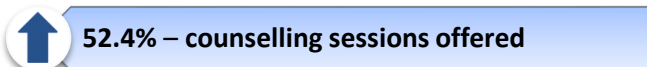
**What young people said about the counselling service:**

"My life has been made easier by taking about these problems."





"It's given me good ways to deal with my frustrations before they get out of hand."

**What the schools said:**

"The counselling has a positive impact on the young people, specifically around early intervention and prevention, on building emotional resilience and improving young people's engagement, attendance and attainment."















DROP IN AND RELATED SERVICES

-  **7,057** – times Drop In sessions, one to one youth work support and targeted youth work activities were accessed
-  **1,347** young people attended for the first time
-  **48%** males : females **52%**
-  **588** – average number of times the frontline services were accessed per month

There was a growth in the number of intensive 1:1 support sessions delivered reflecting the diversity and intensity of issues that affect young people: general advice and guidance, benefit and accommodation problems, sexual exploitation, financial exploitation, domestic violence, safeguarding for children and vulnerable adults, mental health assessments and young parents involved in care proceedings.

Group activities, 1:1 support sessions, and a variety of programmes include:

-  healthy relationship awareness
-  self-esteem and confidence building
-  life and social skills, nutritional awareness, education and employment
-  diversity and stereotyping, culture awareness
-  sexuality, sexual health
-  harm reduction, gang/knife culture, issues around bullying, social media safety, keeping safe on a night out, substance misuse
-  arts and crafts and cooking skills, dietary management
-  accommodation and homelessness
-  how to access appropriate services
-  discussions/displays on health related issues, prevention of ill health, raising awareness, checking for lumps and bumps, diabetes, weight management, smoking cessation, healthy heart, keeping safe in the sun
-  mental/emotional well-being and building resilience
-  access to kitchen, shower and laundry facilities, clothing cupboard, IT and hardship resource parcels



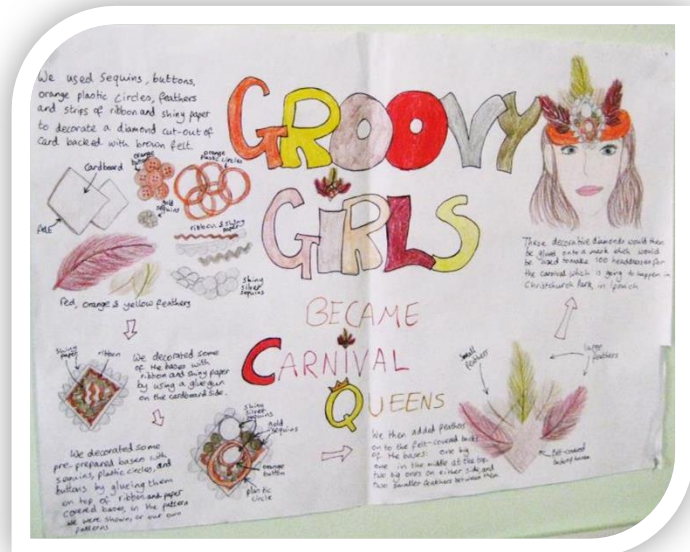
**The Complex Needs and Chaotic Lives Pilot Project** success attracted further funding extending the service into its third year. The Project continues to deliver intensive support to targeted vulnerable young adults, 18 – 25 years of age, and remains an extremely successful and effective intervention tool.

#### Down on the Farm:




A number of vulnerable young people with complex and chaotic lives and a history of difficulty in engaging with services have benefited from a project, in partnership, with Downham Cottage Farm. This involved young people working on various farming tasks, arranging their own transport, preparing lunch and turning up on very cold wet winter's days. The young people's engagement and motivation levels have been extremely high throughout the project.



**Groovy Girls** continues to be a very popular Saturday group specifically for young girls with learning difficulties. The work includes using fun activities on and off site to deliver learning in an informal way on increasing independence, life and social skills, raising self-esteem and self confidence, keeping safe and improving personal safety, environmental awareness, promoting healthy life choices and lifestyles and a variety of health messages. This year's highlights included making costumes for other young people for the Luton Carnival and an archery session with our Patron Nicky Hunt who competed in the Commonwealth Games.



#### Sexual and Reproductive Health:

-  Chlamydia screening continues to be successfully delivered
-  Continued increase in the numbers of young people accessing youth work-led contraception advice in addition to the Nurse-led clinics
-  **421** young people accessed the Nurse-led services for sexual and reproductive health advice

## External Youth Work delivery:

The half day a week youth work provision at a local high school was renewed again this year and continues to receive positive feedback from staff and pupils. These sessions target middle school pupils and provide intensive 1:1 early intervention support work that runs alongside the schools' counselling service which is also provided by the charity.

### Expanding

The charity's youth work provision expanded into Bury St Edmunds in the form of a highly successful, weekly drop in targeting those most in need.

And...

The success of the Healthy Relationships programme saw it expand into being delivered in a local high school and proving to be very popular with the young people. The focus of the programme is to explore and challenge the dynamics of relationships and what makes a positive, healthy relationship.

## SUMMER PROGRAMME

This year two summer programmes were designed and delivered, based on a:

- targeted intervention for young people who were identified, by professionals in multi-agency teams, as needing emotional support over the summer period. Delivered in partnership with Suffolk County Council's Integrated Teams and the School Nurses Service
- creative use of arts and crafts to explore young people's issues and to deliver harm reduction



### We were told...

"There has been a noticeable change in the young people's general behaviour, an increase in self-esteem, confidence and attainment. The successfulness of the summer programme is in part due to the pre and post programme support, which enables young people's engagement and reduction in barriers to access and the balance between fun, youth focused activities and the learning opportunities."

## YOUNG PEOPLE'S INVOLVEMENT

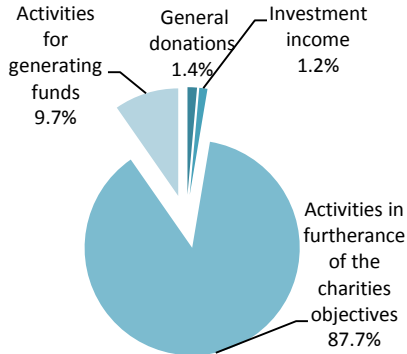
### Young Leaders have:

- represented 4YP at the High Sherriff's Awards
- participated in staff recruitment
- assisted in planning, preparing and delivering the Annual General Meeting
- undertaken fundraising campaigns and events
- given radio presentations
- assisted in an Open Day with interactive workshops and taster sessions
- given support and encouragement to young people on work placements or volunteering
- assisted in the NHS Young People's Conversations 2012 'Health: What Matters to You?' which resulted in a consultation open day event held at 4YP



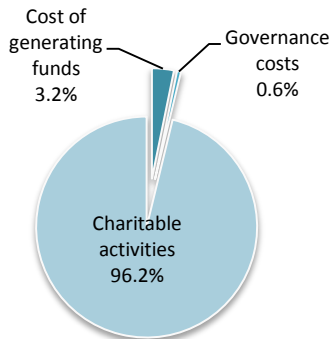
Young people were extremely pleased that 4YP was nominated as one of the Suffolk New College Students' Union's Charities of the Year, for a second year in a row. They also valued receiving a 'highly commended' at the High Sherriff's Awards 2013.

**Incoming Resources:** The total incoming resources for the year were **£363,005**, an increase of just over **8.3%** on the previous year. Of the total income **£263,832** were restricted funds and **£99,173** unrestricted funds.



**Expended Resources:** A total of **£379,636** was expended by the charity on the provision of services for the benefit of young people within its charitable objectives. This represents an increase of just under **14.4%** against the previous year, reflecting an increase in the counselling services, for which a corresponding income was received.

The year finished with a **£16,630** deficit, which has been met by the charity's reserves.



**Balance Sheet as at 31 March 2013**

	£	£
<b>Fixed assets</b>		
Tangible fixed assets		<b>1,693</b>
<b>Current assets</b>		
Debtors	25,211	
Cash at bank and in hand	390,103	
	<u>415,314</u>	
<b>Creditors: amounts due within one year</b>	(79,849)	
	<u></u>	
<b>Net current assets</b>		<b>335,465</b>
		<u></u>
<b>Total net assets</b>		<b>337,158</b>
		<u><u></u></u>
<b>Represented by</b>		
Unrestricted funds		<b>17,993</b>
Designated funds		<b>229,451</b>
Restricted funds		<b>89,714</b>
		<u></u>
<b>Total funds</b>		<b>337,158</b>
		<u><u></u></u>

For more detailed information please request a copy of the Statement of Financial Activities and Annual Report

**COMMUNITY FUNDRAISING**

Inspired to do something to assist 4YP, young people planned a variety of fundraising activities including a very successful skydive which attracted newspaper and radio coverage.

**Zoe leaps from the sky to say thank you**

**IPSWICH:** A brave young woman has taken a daring leap to raise money for a charity that gave her invaluable support – and she's already getting set for another.

Zoe Sparkes took on the fundraising skydive in aid of Suffolk Young People's Health Project (4YP).

The 22-year-old, of Bramford Road, took part in a tandem jump from 10,000 feet at Beccles airfield.

She said: "It went really well. The dive initially got cancelled due to it being too cloudy but luckily I was able to do it later in the week."

"Before I was more excited, but I was more scared once I

was on the plane – that's when it hit me a little more. "It was breathtaking, when you first jump out of the plane you're in the clouds but the minute I saw the landscape, that was amazing."

Zoe organised the jump herself to raise money for 4YP to thank the charity for its support.

The charity, based in Lower Brook Street, aims to improve the health and well-being of 12 to 25-year-olds.

"I started coming to 4YP five years ago and they helped me through a hard part of my life," she said.

Zoe has raised £500 for the charity so far, with more donations still coming in.



**Excerpt from the Chairman's report**

The Trustees acknowledge and greatly value the contribution made by volunteers to the charity and wish to convey their gratitude and sincere thanks to all volunteers for their on-going support and commitment.

**The Charity's Patron**, Nicky Hunt who acts as a positive role model to young people continues to promote the work of the charity. During the year Nicky has been planning an Ipswich to Paris sponsored cycle ride in July, along with undertaking activities with young people.

**Excerpt from the Chairman's report**

The Trustees would like to sincerely thank all the individuals, groups and communities who have generously given their time, hard work and money to support and undertake fundraising activities for and on behalf of the Charity.

**2,656** hours were given by volunteers of all ages (excluding Trustees and time spent on fundraising)

John O'Groats to Landsend 'Mushdash' cycle ride.  
Total raised: **£5,472**

**All geared up for 900-mile bike challenge**



...the length of UK for charity  
...ride across India  
...and a trek with  
...hikes across the  
...in 2013.  
...Dr Paul Wendon  
...from Kesgrave,  
...a clinical psycholo-  
...gist.  
...maintain energy balance and  
...not lose weight or strength.  
..."Everyone is going to have  
...difficult days, physically  
...and/or psychologically,  
...and therefore we will need to work  
...as a team to help each other  
...along."  
...We are just going to have to  
...get on with it when the going  
...gets tough."  
...Alongside Dr Wendon,  
...Blixrud in the team are  
...Dave Williams, 46, from  
...Kesgrave, Pat Kearney,  
...54, from Grundisburgh;  
...Jonathan Newson, 40, from  
...Colchester; Neil Evans, 37,  
...from Colchester; David Crews,  
...48, from Arkesford, Essex; Dr  
...Jonathan Spraggitt, 37, from  
...Kingston and Mark Knowles,  
...29, from Cambridge.  
...For more information log on  
...to [www.globaladventurechallenges.com/choose-charity/](http://www.globaladventurechallenges.com/choose-charity/)  
...or call Dawn Henry on  
...01473 252607 or John Howard  
...on 01723 14603.  
...To make a donation to sup-  
...port the cyclists please visit:  
...[www.localgiving.com/4yp](http://www.localgiving.com/4yp)  
...or email [mat.hunter@suffolk.co.uk](mailto:mat.hunter@suffolk.co.uk)  
...We will need to eat  
...at least 80 calories a day to

**ORGANISATIONAL DETAILS AND GOVERNANCE**

**Excerpt from the Chairman's report**

... As ever, I would like to thank my colleagues on the Management Committee who have given so much of their time to supporting 4YP and, whilst doing so, give a particular mention to Joan Carlyon - a long serving member who stepped down during the year, however, the loss of Joan coincided with the arrival of Tibbs Pinter as a board member. Tibbs has close links with Ipswich Borough Council and we hope that his presence will reinforce what has always been a very good relationship with our local council.

The trustees form the Management Committee (Governing Board) and are responsible for the strategic direction and the affairs of Suffolk Young People's Health Project (4YP).

**Contact Us**

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Charity Registration  
Number – 1084286

Company Registration  
Number – 3954918

**Trustees and Management Committee**

- Brian Keeble – Chairman
- Fran Reader – Vice Chair
- Ismini Katsadouri – Company Secretary
- Stephen Pugh – Treasurer
- Tracey Bailey
- Peter Button
- Joan Carlyon (Retired 31.12.2012)
- Janet Harvey
- Tibbs Pinter (Commenced 9.5.2012)

**Patron**

Nicky Hunt

**Senior Management Team**

Dawn Henry, Chief Executive  
Cherry Finch, Operational Manager

**Bankers**

Royal Bank of Scotland  
8-10 Princes Street  
Ipswich IP1 1QT

**Auditor**

Izod Bassett  
105 High Street  
Needham Market  
Suffolk IP6 8DQ



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