

An illustration of a woman with dark skin and black hair in two braids, wearing a white tank top and black leggings. She is sitting in a meditative pose with her eyes closed and hands resting on her knees. Swirling blue water splashes surround her. The background is a light yellow. A large purple triangle is on the left side, and a green and blue landscape is at the bottom.

Youth and Community Service Annual Report

April 2020 - March 2021

“Through development of mind, body and spirit, we aim to provide a sense of belonging where people of all ages are inspired to achieve their full potential”

We seek out

We actively look for opportunities to make a transformative impact on young lives in the communities where we work, and believe that every person is of equal value.

We welcome

We offer people the space they need to feel secure, respected, heard and valued; and we always protect, trust, hope and persevere.

We inspire

We strive to inspire each person we meet to nurture their body, mind and spirit and to realise their full potential in all they do.

We speak out

We stand up for young people, speak out on issues that affect their lives, and help them to find confidence in their own voices.

We serve others

We are committed to the wellbeing of the communities we serve and believe in the positive benefit of participation, locally and in the wider world.

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WELCOME

YMCA Manchester has risen to the challenge of the Coronavirus pandemic over the last year, drawing on the collective experience between our staff and young people to maintain vital services. It has been a truly unprecedented journey for us and for every other organisation across the country.

We mobilised ourselves in advance of the lockdown by considering what we needed to have in place. We adapted our services to go online, learning as we have gone along to make sure our services were continuing to reach young people. For this we have worked alongside our young people, who have given their time as virtual volunteers. We've been guided by their experience and skills of what works well for young people using social media. Their contribution has been of such enormous value and we could not have otherwise made things as accessible to young people. We have reached over 3000 young people through our online presence and through our partners such as the Salford Colleges.

All our staff have been amazing, worked relentlessly to keep things going, aware of the impact the pandemic had on young people's lives and with a deep desire to give their best. Together they have worked as a team, drawing on all their collective creativity and abilities to find solutions, and have had fun along the way! The positivity has been so crucial to the wellbeing of everyone.

Without a doubt it has been a very challenging year, especially in respect to applying for funds given the impact of the pandemic on the survival of VCSE organisations. It's created a hugely competitive environment for financial resources. We have persevered and been working to a funding strategy. We are very grateful for the funders who have seen the value of our work by investing in us.

We want to say a big thank you to everyone who has contributed to our youth and community work. We are deeply appreciative of all our partners who have continued to work alongside us, and of the new partners we have connected with over this last year.

Looking ahead at 2021-2022, we look forward to greater stability and growth of our much needed services. As the pandemic restrictions ease, we aim to return to more face to face activity. Although, the pandemic has had a big impact, we recognise the benefit of additional skills and experience in our organisation.

This puts us in a stronger position to adjust to difficult circumstances should the need arise again.

Carol O'Hare
Chair of Trustees



INTRODUCTION

Programmes of work over 2020-2021

The following Youth and Community programmes of work have been delivered or developed by YMCA Manchester over the period April 2020 - March 2021:

► Mental Health Champions Project:

This is a collaboration with Salford Colleges, and other partners such as Moorside High School and Salford University to co-produce and co-deliver with them and students a mental health campaign to young people. The campaigns serve to break the stigma related to mental health, raise awareness of mental health and wellbeing and provide information on strategies and services which support mental health and wellbeing.

► Alternative Education:

This provision is crucial to vulnerable young people and LAC who require additional support to succeed in education and who otherwise would fall behind in their education. It includes young people who have experienced trauma. Our education offer enables them to compete on par with others, not only through gaining academically but also through becoming confident young people who can take their place in society.

► Social Prescribing Programme:

This is a new offer which we have developed. It will support people who are experiencing weight issues and/or mental health problems that can be addressed through a wholistic and psychologically informed wellbeing programme, focused on achieving healthy weight and/or improved mood.

Our Mental Health in Elite Sport Project is a collaboration with British Wrestling to co-produce a programme of training for senior coaches and athletes engaged in elite wrestling, many of whom live and work in Salford. We intended to complete the delivery of this much needed project over 2020-2021, however due to the impact of the pandemic, the continued delivery was postponed.

The report outlines the work which has been achieved by the above 3 programmes.

Implementation and delivery

The implementation of all our projects has required a lot of creative solutions to continue their delivery under the COVID-19 pandemic environment. We recognised too the importance of continuing our delivery to young people as they were traumatised by the changes resulting from the pandemic and the consequent impact on their lives.

We've explored online and remote possibilities, with guidance from both our young people and professional partners on how best to do this. This approach has been of great benefit as the online solutions from them has meant that our Mental Health Champions project has reached far more young people than if we had been delivering face to face. We have also ensured safety for everyone involved by carrying out risk assessments for all our online activity.

The online delivery was set up to support community cohesion and mental health by addressing four key elements that need to be managed when living with trauma, BBBC, this being:

- Be active- keep moving
- Be connected
- Build on existing skills- keep learning
- Create routine

For our staff, there has been an increased sense of doing something valuable at this time of great difficulty for the community. It's given them self-esteem and boosted their mental health and wellbeing.

Although the extent of some of our delivery has been curtailed by the financial implications of the pandemic, we have maintained our ethos and approach throughout:

- Co-designing and co-producing work with young people and other partners.
- Youth people's contribution being at the heart of all our programmes of work with young people.

ACHIEVEMENTS

- We have reached over **1700** young people at the Salford Colleges.
- We have reached over **1700** young people through our online platforms.
- We have delivered:
 - 12** mental health campaigns.
 - 22** new Mental Health Champions have enrolled in the MHC programme.
 - 5-day** mental health online delivery throughout the pandemic.
 - 1** article written by one of our Mental Health Champions was published in two professional journals.
 - 1** online manual was produced by one of our Mental Health Champions and was disseminated to over 6000 Salford residents and young people.
 - 1** Mental Health Champion won a national BTEC Award 2020 for his work around mental health with the YMCA, a Silver Award in BTEC IT and Computing Learner of the Year.
 - 2** interviews with local radio about the work that we do was given by the Head of Service and Mental Health Champions.
 - 32** online informal mental health discussions were delivered.
 - 4** online mental health workshops at Eccles College.
- We secured a grant from National Lottery Awards for All towards setting up the new online mental wellbeing offer with young people, in response to the impact of the Coronavirus pandemic, to support other young people through the very difficult time.
- We secured grants from the Booth Charities, Forever Manchester and The Pixel Fund towards the continuation of the online Mental Health Champions Project.

MENTAL HEALTH CHAMPIONS PROJECT

OVERVIEW

We responded to the lockdown in March 2020 by setting up an online delivery of the Mental Health Champions (MHC) Project. The MHC project aims to raise awareness of mental health and wellbeing amongst young people through two ways: peer education and mental health campaign activity, involving young people who we recruit as Mental Health Champions (MHCs).

The campaign activities have been co-designed and co-produced by the MHCs. They have been involved in shaping the strategic direction of the project and have been key in informing our response to the needs of young people during the pandemic.

Our programme over this last year has targeted young people aged 14-25 who live and study in deprived communities mainly across Salford, including college and university students.

We have maintained relationships with Salford Colleges, particularly FutureSkills College and Eccles College. Our key partners have been:

- The Pastoral Team within FutureSkills College, Eccles College and Moorside High School.
- The Head of I.T, Computing & Games Department, FutureSkills College.
- Salford University

WHAT WE DID

Recruitment of Mental Health Champions

We reached out to the students and offered them volunteer opportunities as Mental Health Champions (MHCs). We recruited from both existing MHCs and recruited and trained new MHCs to deliver the project.

There have been 2 main MHC roles: social media content development, and marketing and PR. Content development has included new ideas/themes for the campaign to address the stigma of mental health. Some MHCs have been part of a young people leadership group, giving direction to the project. Young people have also taken on the roles of:

- Video editing
- Graphic design
- Befriending
- Publishing

'You Say, We Do, that's how we create something new!'

We recognised that, above all, content is crucial in driving brand awareness and brand influence, so it was not about just producing content, it was about producing content that was relevant. Thus, we ensured that young people were at the heart of development and vision. Having MHCs involved in all aspects of our online offer, ensured that the dynamic relationship between brand, influencers, and customers was close and responsive. The youth-led approach ensured we could reach out to young people in a way that would be a close fit with their needs and wants. We appreciated that during lockdown for many young people social media, and in particular Instagram, was and is a primary source of communication with other young people. Thus, our online offer was born.

Mental Health Campaign Activity

The Mental Health Champions have been involved in shaping the campaign activity, deciding on monthly themes for mini projects. Young people have participated in a variety of ways to these projects; they have contributed pictures, stories, videos, mental health strategy videos, ideas for self-care, done radio interviews.

Reaching young people

- One of our staff members has the role of PR and marketing. He has supported this role by outreach to young people to check in with them, ask for their contribution and engage them in activity.

“Over the last few weeks and months, I have been engaging with our young volunteers and former students over email and Instagram messenger. This involves contacting them to find out how they are doing and feeling; this is especially needed as a lot of our former students are going through GCSE and College exams. Additionally, I ask what they have been up to and what they have planned to do generally and academically. A lot of these young people will be coming to the end of their studies and either going to college, training, or work. During this contact I will also ask them to provide information that I can use on our SM channels.”

- Since December 2020 we have increased our profile by using other social media platforms, particularly through learning from PR companies and listening to young people of what works. Our online content is now posted on various YMCA social media channels, Instagram, Twitter, Facebook, LinkedIn. Instagram and Twitter have particularly increased our followers, as well as young people who have been active in posting content on their profiles.
- We have drawn on the expertise of a professional PR company, Brazen, to support our reach to young people. Some young people have gained experience through contributing to the PR activity which they set up.
- Positive mental health messages and sign posting have been included in the respective newsletters of Eccles College, FutureSkills College, Salford CVS and Chamber of Commerce.
- Presentations of campaign themes have been created for college tutor groups within Eccles College and FutureSkills College.

Online delivery to young people:

The online delivery has developed and evolved over the last year. It has comprised:

• Virtual Youth Club

We adapted our open access youth club services so they could be delivered online, creating an online interactive community supporting young people to take care of their wellbeing and to stay connected with each other. This could not have happened without 22 supported volunteers, Mental Health Champions, who used their skills, knowledge and expertise to develop and deliver online content to support other young people.

Our initial posts included daily good news bulletins, creative activities, self-care tips, weekly quizzes and live art classes on our Instagram account. We encouraged young people to respond with pictures of what they have created, videos, share quiz answers and/or attend the live classes via Zoom.

The online community has provided

- Access to wellbeing activities 5 days a week, e.g. mindfulness arts, interactive games, wellbeing strategies, and self-care activities.
- Informative posts, news bulletins, blogs and articles.
- A wellbeing hour every week for young people to talk with professionals about their mental health and wellbeing in recognition that they may not get this opportunity in their households.



See our Instagram account [HERE](#)

• Virtual volunteering

This was set up to increase social value in young people through virtual volunteering opportunities. With the onset of lockdown, our young people expressed a desire to use their skills and knowledge to help others in their community. For example, students from the I.T, Computing & Games Department at FutureSkills College formed a virtual team; they used their expertise in social media and technology to create a digital accessibility guide to support the older generation and others who may want to learn more.

- The provision of volunteering opportunities is fundamental to the delivery of our services as it provides young people with a progression route from that service through to real work experience which is invaluable. It also helps consolidate the development of their soft skills in particular leadership, teamwork and communication and raises their aspirations about what they can achieve in the future.

OUTCOMES

Indirect delivery to students

1700 students have been reached from FutureSkills and Eccles Colleges, through weekly tutorial groups, and weekly e-newsletters.

Mental Health Champion engagement

Through the pandemic we managed to recruit an additional 22 Mental Health Champions:

- In April 2020, of 13 Salford students who attended the YMCA alternative sports education programme, 10 chose to enrol as Mental Health Champions (MHCs). All 10 students were involved in content development, and 3 of the 10 took on the additional duties of marketing and PR.

- A further 9 Mental Health Champions enrolled in November 2020, and 3 in January 2021.

Once involved the majority of young people wanted to make a difference and feel connected. This was heightened over the lockdown.



Content development by Mental Health Champions

- 11 (5 males and 6 females), used their life experiences, skills and knowledge to co-develop/ co-produce content for the YMCA mental health online offer. We recognise and value “lived experience”. This involved mindfulness activities, physical challenges, themes for discussions, content for polls and quizzes.
- 8 co-produced story polls which are questions/ surveys that last for 24 hours on our profile and enable students to feedback.
- 1 co-produced “Student Shout Out”. This is based on the mental health strategy of positive thinking. He wrote motivational quotes. This section of the programme came from the MHC’s own experience of using positive thinking to support his own wellbeing. In addition to the student’s shout out he contributed to a number the “self-care” posts.
- 18 co-produced campaign activities, including the community challenges - this supported the growth of the protective factor of connectivity. Our content developers produced 50% of the materials used and 100% of the themes were driven by young people.
- 9 co-produced Feel Good Movies/Series - promoting positive mental health through YP suggesting ideas for things to watch.
- 11 produced short films for the mental health campaigns.
- 1 wrote blogs and had articles published in national professional magazines.
- 1 won a Young Citizen of the Year award for his work with the YMCA Manchester; this was launched by the Queen’s High Sheriff of Greater Manchester. This award aims to celebrate kindness, thoughtfulness and actions that have made a difference to our communities during the past year.
- 2 were interviewed by local radio about their work with YMCA Manchester.
- 1 took on the co-production of physical activity trick shots.
- 1 produced short animations films.

Marketing and PR

5 out of the 22 young people took on the additional role of marketing and PR role by encouraging their friends/ followers to become a part of our community by posting on their profiles to follow us (AD – 199 followers, PC – 886, KH – 122, totalling an additional 1207). Ultimately our young people became “young influencers”. Others produced articles for national and local papers and were the voice of the programme for local radio.

Online activities

- Literacy, Numeracy, Mindfulness & Fitness Challenges
- Get Creative (Arts & Crafts Challenges)
- Zentangle - mindfulness art activity
- Good News Bulletin
- Self-Care Tips
- Student Shout Out!
- Student 6 o’clock Trick Shots!
- Staff 6 o’clock Trick Shots!
- Guy Talk/CheckMate; live talk about different topics like virtual friendships
- Morning Challenges
- Manchester Arena Attack – Mindfulness activity
- Student vs Staff Challenge!
- Students vs Staff Feel Good Movies!
- Students vs Staff Feel Good Series!
- Half-Term Riddles
- Care Crafts
- Online mental health workshops; advertised through Salford CVS, LinkedIn, Chamber of Commerce, housing associations.

Engagement with online mental health programme

We have 1750 combined followers:



Instagram
1025 followers
Post impression was 204,331.



Twitter
725 followers
Most popular tweet was mental health related with 9,324 impressions.



CAMPAIGN ACTIVITY

April 2020: Community Challenge 1

Mental Health Awareness

May 2020: Community Challenge 2

Pride LGBT and mental health, CommUnity

June 2020: Community Challenge 3

Champions for Change

July 2020: Community Challenge 4

Friendship project; #shareabrew, caring for others

August 2020: **Never Give Up**

Sep 2020: **Change/Transition; coping techniques, self care**

October 2020: **Be Brave, included inspiration and influence from black history**

November 2020: **Anti-bullying; coping techniques**

December 2020: **Connectivity at Christmas; opening up conversations around isolation and mental health**

January 2021: **Caring for you; raising awareness of impact of stress on mental health**

February 2021: **Body positivity; offering insight into eating disorders**

March 2021: **Covid-19; 12 months on; reflecting and celebrating achievements post pandemic**

The topics were chosen because they were related to the production of the happiness chemicals of:

| | |
|-------------------|--|
| Dopamine: | doing self-care activities, celebrating wins |
| Oxytocin: | giving a compliment, friendship campaign |
| Serotonin: | mindfulness, physical activity, good news bulletin |
| Endorphin: | laughter, trick shots, quizzes, polls, feel good movies/series |

In addition, evidence indicated that imagination is an antidote to adversity. It is also a way to engender hope and enhance personal agency and self-efficacy. We ensure we promoted this in all our activities, they were all ways purposeful, fun, engaging and responsive to our followers.

What young people have gained

The Mental Health Champions have reported the following changes:

- 85%** increased their self-efficacy
- 93%** had a greater sense of belonging
- 100%** had a greater sense of purpose
- 90%** that the project made them feel better about themselves

For another Mental Health Champion, it has given them:

- A lot of confidence at a time of feeling very isolated and a sense of purpose.
- Something worthwhile to do. They said, “this opportunity has come at the right time for me, I was struggling, I have a caring responsibility for my parent who has sickle cell disease”. They had to isolate being a carer for their parent who was shielding due to the sickle cell disease. They added, “Being able to be part of the online mental health programme has meant that I could still keep safe, whilst making a difference to other young people”.
- Work experience in an area they’re particularly interested in.

Two Mental Health Champions have said:

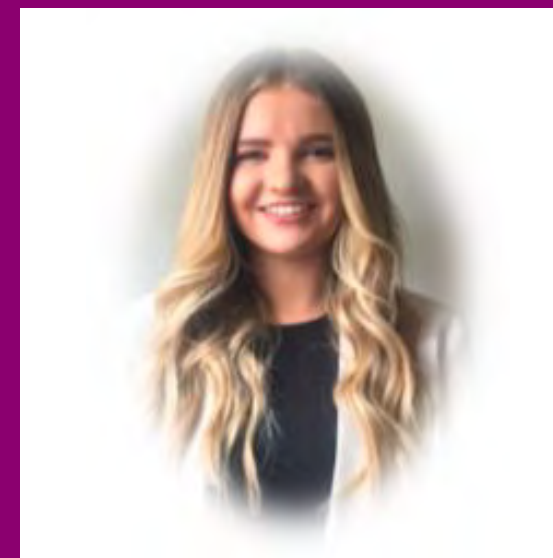
“I really appreciate working with YMCA because it’s given me valuable work experience that I wouldn’t have had otherwise. The pandemic has meant that the opportunities that were available to us before COVID-19 are no longer available. It’s been such a boost to my confidence having my blogs printed in professional magazines, it has made me feel that what I think is of value. YMCA has been a life-line.”

“In my opinion I have gained a purpose and a confidence that I didn’t know I needed to be part of, until working with YMCA. I feel like I have joined a community that takes care of everyone they work with and YMCA is very understanding. I have gained a lot from being a Mental Health Champion, but I think the biggest thing I have gained is a support network.”

Overcoming negative perceptions of young people

The young people we have worked with have spoken about the impact of:

- The negative images of young people in the media. They tell us this has exacerbated their experience of isolation “it makes you feel bad about yourself, like you are a problem and bad”.
- The reality of their lives. While the media has propagated the image of super spreaders of Covid, who break the law, the reality has been, a number of young people with have lost members of their family through the COVID-19 pandemic. They have had to be in isolation either because of their own health issues or that of their family, and have found the lack of contact with friends and family has diminished their sense of well-being, “I lost my grandad to COVID-19 pandemic and could not go to the funeral or see him before he died”.
- The Mental Health Champions project has combated the negativity through showcasing the positive things young people have done, and challenged the perception of what young people are like with the reality, for example:
 - Showing young people are helping their community as part of our PR, e.g., the students who produced the Digital Accessibility guide.
 - Having the presence of young people on our social media was about promoting young people in a positive light.



“A little side note:

My name is Olivia Morris, I am 20-years-old and originally from Nottingham. Whilst studying at the University of Salford I was given the exciting opportunity to work with the YMCA to write some content that I believed would be beneficial and could help those struggling during what is an incredibly strange and confusing time.

As a born worrier myself, I am extremely passionate in supporting children and young people to feel comforted and reassured that they are not on their own. When the phrase ‘mental health’ is mentioned we assume this has negative connotations, whereas in reality we all have mental health and it’s how we care for our own mental health and choose to look after our mental wellbeing that is important.

I really hope this blog helps the ‘next generation’ feel calmed that their emotions and thoughts are being experienced amongst different ages, in different cities but most importantly, they are not alone and there is help out there.”

Olivia, the student who wrote blogs and articles, had these published in a number of professional magazines and we shared them nationally through the YMCA network. One of her blogs was about children and young people’s mental health, within which she wrote:

ALTERNATIVE EDUCATION

OVERVIEW

We believe all young people should be given the chance to reach their full potential. We aim to help young people explore their abilities. Our education services show them the possibilities and potential they have through:

- Support for those excluded from school/ college or at risk of exclusion.
- Vocational training and work-based learning for 14-19 year olds.
- Specialist provision for young people with challenging, complex and profound needs.
- High quality national accredited education and training, which is designed and delivered by qualified teaching staff.

Our delivery is trauma informed. Evidence shows that traumatic experiences in childhood can diminish concentration, memory, and the organisation and language abilities of a young person. Thus, we take a holistic view of each young person, in context, and are flexible and responsive to their needs. In this way we build and maintain a positive learning experience for each young person. Our staff are trained in trauma work.

WHAT WE DID

We researched and adapted our delivery to include online access, as well as face to face where possible, to maintain the education of the students in our care. Throughout lockdown we have continued to deliver an accredited course to a Salford student. Working within government guidelines we have worked both online and face to face with this student. He is particularly vulnerable and has a caring responsibility for his family.

OUTCOMES

We completed our work with 10 students from Moorside High School for the 2019-2020 academic year; they achieved a Diploma in Sports and Leisure, YMCA qualification.

- 1 Post 16 Student completed Level 2 Certificate in Sport. He is enrolled on a BTEC in Sports and Leisure and is on track to complete it. This student completed a work experience programme at the YMCA and is looking into becoming a Personal Trainer for u11's.
- 1 student is on track to complete his BTEC Diploma in Leisure and Sports.
- We have redesigned our offer to be in line with Progress 8 of the schools' curriculum and are delivering BTEC qualifications in sports. We are also delivering Maths and English that contribute to the students' GCSE and currently exploring an OCR qualification in Enterprise and Marketing.

The project has achieved the following positive outcomes for young people:

Student verbal feedback in respect to their participation and impact on their confidence:

"I have really enjoyed learning here at the YMCA, it is varied and we do a lot of different things. The staff always help you and listen to what you have to say. They work with you, so you can be the best you can. I have also become a volunteer for the Mental Health Champions project and made videos for their online campaign."

Our tutors have reported:

"It is always a pleasure to be able to work in a way that really supports and nurtures young people's talents and to see them grow into the best versions of themselves."

"I have just started at YMCA and have been looking for somewhere where you can work with students, learn from them, and find ways to bring the best out of them. At YMCA it has a culture of learning and creativity, so not only do the students learn and blossom so do we as teachers."



OVERVIEW

We have developed an exciting new offer, a 10-12 week programme, to support people who have problems with managing their weight in making changes to achieve healthy weight. Our offer can also be extended to support people who are experiencing mental health issues in improving their mental wellbeing through becoming more physically active and self-care.

The offer brings together our expertise in working successfully with people in making changes to their health and wellbeing with the extensive resources of the Y Club, our sports and leisure centre, which is the biggest in the city centre.

We have certified personal trainers. The programme is available to meet the needs of both young people and adults. It has 3 main elements, depending on the individual need and the programme commissioned:

- Developing positive behaviour change through life coaching; emphasising developing self-care, building self-esteem and confidence, developing a growth and positive mind set, a “can do” attitude, making choices, accessing motivation for change, exploring issues/barriers/solutions, getting started and maintaining changes, setting goals.
- Tailored physical activity programme; increasing activity and reducing sedentary behaviour.
- Bespoke nutrition sessions; facilitating and empowering positive food choices in the process to lose weight and/or improve mood.

Our approach is person centred in the following ways:

- Co-designing each programme with the individual and/or their family/carer if necessary.
- Taking account of the social context of someone's life, such as living in poverty, and the impact of adverse life experiences and trauma on lifestyle choices, food consumption, self-care, achieving, having self-esteem and confidence, and being resilient.

WHAT WE DID

- We have explored and networked extensively with various partners and commissioners in Salford and Manchester to publicise our offer and secure funding sources to deliver it. This has included the Social Prescribing Services within Salford and Manchester, part of the Big Life Group, Onward Community Homes and other Salford housing providers, Manchester commissioners for the under 18's PARS and for the Children's directorate, and MoreLife who have secured the tender for the under 18's PARS.
- We have included the programme as one of the options for pupils with weight management issues, who are looking to change their lifestyle and reduce their BMI, to access as part of our alternative education provision offer to Salford City Council.

OUTCOMES

We have secured a grant from the Social Prescribing Development Fund, which is being administered by the Manchester Social Prescribing Service.



Illustration by
Tengku Ilyana
YMCA Manchester
Mental Health Champion

CONCLUSIONS

OVERVIEW

2020/21 was another challenging year for both the young people we serve and YMCA Manchester. We collectively have managed to find our way to calmer waters, navigating the lockdowns, young people's concerns about their levels of stress, anxiety, and isolation. This is testament to the strong relationships between staff, young people and our wider community of investors and volunteers.

At YMCA Manchester we see our role in Greater Manchester VCSE sector as important. As a national charity with a local focus, we are able to bring our expertise in sports, education and mental health and emotional wellbeing to the table, and make a difference to the lives of young people. We have worked well with stakeholders and partners and together, we can continue to raise the profile of young people and their positive contribution to our communities.

At this time of uncertainty, and with the increase in youth unemployment, rise in mental health issues and young people becoming NEET, we know that our services will become more in demand. To this end we have made a commitment to the next steps we will need to take.

As we come out of the last 15 months of lockdown and over 100,000 deaths from Covid-19, we recognize that 2021/2022, will have its own challenges. However, we have learnt to recognise and celebrate our collective resilience and are committed to our next steps with determination, fortitude, and confidence.



NEXT STEPS

- ▶ We are now ready for a new year and new challenges.
- ▶ We will continue to build on the positive relationships we have with our existing partners.
- ▶ We will deliver BTEC qualifications and functional skills English and Maths in response to requests from students and schools.
- ▶ We will review our experience of funding applications and apply the learning to future bids.
- ▶ We will start delivery of the Social Prescribing Programme to clients of the Be Well Service in September 2021.
- ▶ We will look to secure more funding to continue the Mental Health Champions programme and to expand our Social Prescribing offer.
- ▶ We will re-establish links with British Wrestling to complete the programme, as lockdown restrictions change.
- ▶ We will continue the process of applying for a National Lottery Heritage Lottery Fund grant, Call for Cloth, a Youth led Heritage project. It explores our collective heritage through textiles, storytelling and artwork.

Young people and others in the community will be invited to gift their stories and memories relating to specific items of cloth or clothing along with a description, the item itself, a photograph of the item or of someone wearing it, or even a drawing. All individual gifts will contribute towards a shared, yet deeply intimate community of stories. This will form our collective heritage.

The contributions will then be used to create:

- An item or items of new heritage for Greater Manchester. For example, building the community story through a fabric sculpture made from these contributions, such as a blanket. This will be through a series of workshops, either online or face to face, depending on Covid guidelines, with conversations on what item or items to produce, and then making use of the gifts to help create the final heritage item(s). The final artwork(s) will illustrate the conversations and story telling that happened throughout the workshops, symbolising our collective past, the present, and a gift to the future.
- An ebooklet.
- A video of people telling their stories.

We have had conversations with YP who we currently work with who have expressed an interest in this project.

We are reaching out to partners to establish interest from more young people and make contact with them to start shaping the project.



THE TEAM

The team which supported one or more of these projects comprised:

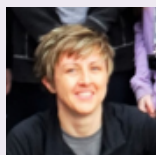


NICOLE JOSEPH

Role:
Head of Targeted Youth Service & Education

Specialist Areas:
Trauma & Resilience, Mental Health & Wellbeing, Creativity and Personal Development within a SEND context

Interests:
Communication and Connectivity, Cycling, Outdoor Swimming

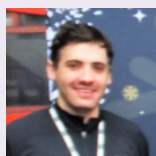


GEMMA SARSFIELD

Role:
Lead Tutor

Specialist Areas:
Anatomy and Physiology, Early Intervention for Mental Health, Challenging Behaviour, SEND, SEMH, Sports Coaching

Interests:
Bodybuilding, Rugby Fives, Basketball

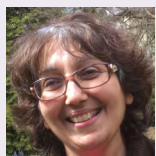


MICHAEL CORNEILLE

Role:
Tutor

Specialist Areas:
Mentoring and Personal Development, SEND, SEMH, Curriculum Development

Interests:
Football, Cycling, Boxing

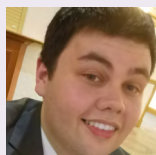


SHAMIN MALIK

Role:
Associate Mental Health Specialist

Specialist Areas:
Mental Health and Wellbeing, Training

Interests:
Being in nature, Walking, Painting and Drawing, Dancing

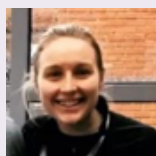


CONNOR PARKINSON

Role:
Peer-Education Coordinator

Specialist Areas:
Person Centred Psychotherapeutic Counselling, Infant Loss, Counselling Vulnerable Children
Counselling vulnerable people with Autism

Interests:
Mental Health, Theatre, Books, Vlogging



KATE HARVEY

Role:
Tutor

Specialist Areas:
Sports Coaching and Development, Contemporary Issues in Sport, SEND, SEMH, Trauma

Interests:
Rugby Fives, Cricket



Illustration by
Tengku Ilyana
YMCA Manchester
Mental Health Champion

PARTNERS AND FUNDERS



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YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION