



<b>Name of Project/ Group:</b> Kesgrave Hang out	
<b>Staff Members involved:</b> 3	<b>Start/ End Date:</b> Dec 21 / Dec 2022
<b>Age Group:</b> 10 – 14 Years old	<b>Location:</b> Millennium Hall Kesgrave
<p><b>Summary of Sessions:</b></p> <p>It has been almost 4 years that 4YP has worked in Collaboration with Kesgrave Town Council to provide a weekly Youth club every Thursday evening between 5:30pm and 8:30pm for local young people to come and engage with their peers and workers in a range of activities. Such as Self – esteem, Healthy friendship and relationship, Feelings and emotions, healthy eating, celebrate different cultures, keeping active, finding different ways of coping methods, personal and online safely.</p> <p>We have seen a big increase with numbers over the last year and working closely by promoting the youth club with going into schools, network meetings, working with the community and businesses and around the area in general.</p> <p>Since opening back up after covid we have noticed we have seen a whole range of young people we now have around 30 YP to a session, when we were running in summer, we had around about 70 YP attending the youth club, to which we had another member of staff to help us with the ratio and volunteers. All YP who walked through the doors engaged well with staff and other young people within their peers. We have had great feedback from community and the parents to recognise the positive changes within young people behaviour and provided them a safe place to be to come and hang out with their friends and peer groups.</p> <p>4YP has been using social media by regulating posting update and what sessions we are running and what the YP are getting up to in the sessions. The Regular activity has bought a lot of enquiries from the local and surrounding communities. We also have detached youth workers around Kesgrave on a Friday evening letting YP know who we are and making ourselves know round the community by doing this. We have also attended the local fun day.</p>	
<p><b>How did this session impact young people and the community?</b></p> <p>We have found that YP attending regularly have grown as individuals, becoming more confident and independent. This has also brought new YP in with their friends as they have found it to be both fun and rewarding. Feedback from parents and the wider community has been positive. Giving YP three hours each week of activities where they are included in the planning of future sessions by coming up with their own ideas for games and activities.</p>	



The YP look forward to the following week and engage well with their peers and the workers. Often making new friendships or talking to people they may know of from school but had yet to become acquainted.

We have also had occasional visits by the local community police officer. The YP have enjoyed chatting and interacting with her and this has helped to foster a degree of trust between them.

**Any challenges for this group? If so, how did you manage these?**

As with any group, there are always challenges. Whether this is behavioural or becoming bored. Long, intricately planned sessions tend not to work so often, it is down to the youth team to think on the spot, and sometimes out of the box to come up with different things for them to do.

Some of the YP have had a variety of medical/mental health challenges and these have kept the youth workers on their toes, coming up with different strategies to deal with them.

**What hard outcomes did you achieve?**

Some of the YP have moved on when they turned 15 to our Young Leaders program when they are able to help on a voluntary basis. YP returning each week and wanting to become involved by coming up with ideas for future sessions. Also, YP returning after long spells of staying away and finding a renewed sense of joy.

**Where there any unexpected outcomes?**

The first night we had 60 YP was a shock to us all. Thinking this would be a one off, the following week, 70+ YP arrived. Numbers leveled off after a few weeks at around 50 and stayed like this for a while until the winter months. Naturally and to be expected, the numbers dropped to an average of 30YP per session.

Bumping into a YP on the field who used to attend regularly in the early days and having a conversation with them. Finding out how they had been getting on over the following couple of years and hearing how much they missed coming. Remembering them from when they used to come to then did highlight the positive impact it has on the YP who do attend regularly.

**Is any additional support required/in place?**

As one of the challenges is keeping the YP entertained and engaged, it would be beneficial to have additional means to be able to afford some new equipment and activities.

**Any other comments:**

We noticed that the YP in year 7, feel more comfortable and confident around the older YP that attend the youth club. We often overhear them having conversation about something that happened at school. This brings them closer, and the support they feel during this transition is evident in their interactions.

Currently we are working with few disadvantaged YP, having the youth club available, means that they have a safe space to express themselves and to have an extended support network in place.

Being there for the YP and working closely with them has enabled us to keep YP safe and take the necessary precautions such as: safeguarding, signposting etc.



**Case Study:**

JE

J has been coming to the youth club since October 2020. When they first attended, they were quiet and tended not to engage in the activities (other than cooking). Following their progress over the time they have been coming has shown the impact that the youth club can have.

J has grown in confidence, is self-aware and became more comfortable in peer interactions, often helping others by sharing their knowledge and supporting younger members of the group. Last year, they completed their DoE Bronze Award with the support and mentoring of one of the youth team. Their improved interpersonal skills have been very evident in their communication and engagement.

J also found a new interest in drumming when we had several visits by Musica.

When J turned 15 in February, they were no longer eligible to attend though has expressed an interest in becoming one of our young leaders and to expand their skills around people. They are currently working towards this.

**Feedback:** We often receive feedback from parents at the end of the sessions and the common feedback is that they are happy that the YP of that age have somewhere to go and to keep them busy on the evening. Also, there are few YP who don't have any siblings, so their parents have noticed since attending the Youth Club, YP are finding it easier to interact with other around them and are more understanding of other people's needs.

**Stats:** We have had 403 interactions with YP during this time.