



## **TRAYE Annual Report 2022:**

### **Introduction:**

Totnes Rural Area Youth Engagement (TRAYE) has been delivering community youth work and developing opportunities for young people in rural communities in South Hams and Teignbridge for the last 7 years. Our work uses various methods of engagement ranging from, open access youth clubs, project work, participation and 'youth voice' work through our 'Youth Can Make a Difference' Forum, outreach 'street-based' work and 1:1 support for those identified as most vulnerable.

During 2022 we have engaged with **795** young people. This is an increase in our reach of over 40% and shows not only the strength of our approach, but also the willingness of young people to engage in the work the TRAYE Project offers.

We have carried out research with young people and their families, to develop an informed, needs based approach to delivering our much-needed work. Our key strength is our assertive approach to delivering rural youth work in some of the most isolated communities where young people live.

**Our sessions are fun, inspiring, educational, inclusive, and engaging.**

TRAYE Project's Mission and Vision is ***'to provide youth work in an inclusive and connected way, reaching out to rural parishes and towns in South Devon and working with young people aged 8-19 years old, TRAYE is a powerful advocate for young people and helps them to have a strong voice in their communities. We promote health, wellbeing, kindness, compassion and respect at the heart of the work we do and together we encourage creativity, fun and new opportunities, thereby enabling young people to reach their full potential and create positive changes in their own lives and the world around them'***.

Once again, throughout 2022, the project has grown and flourished. Our sessions have continued to adapt to the new and difficult demands of the social and political landscapes we find ourselves in. For example, as the Cost-of-Living- Crisis continues to bite and families find it increasingly difficult to manage, we have found ways to create safe and vibrant spaces where we as a team we have developed more opportunities for young people to access youth work, emotional support, friendship, and fun. This is of huge importance, not just for us, but for the young people we serve. As Janet Batsleer (2002: Routledge) reminds us; ***'little thought is given to creating spaces dedicated to the exploration of care and relationships and young people are seen, not as full***

*citizens now, but only through the imposed lens of the “adult to be” and measured accordingly. It is our job as youth workers to challenge this harmful perspective’.*

**TRAYE Team:**

Over the last 7 years, TRAYE has grown, and our team of Youth Workers has changed. We now have seven part time staff and as you will see in the table below. The Team have a wealth of talent and experience and between us all, we have over 60 years of experience of creating opportunities for social education with young people within the communities where they live and where we take the many opportunities to accompany them.

<b>Name:</b>	<b>Position:</b>	<b>Qualifications:</b>
<b>Kerry McCabe</b>	<b>TRAYE Service Manager</b>	BA Hons Degree in Youth and Community Work and has 23 years’ experience of leading and managing community-based Youth Work. Experience working with vulnerable families and substance misuse.
<b>Laura Hamlyn</b>	<b>Senior Youth Worker</b>	NVQ Level 3 Youth Work and has 5 years of experience working with young people. She has also taught Yoga and Mindfulness to young people for over 5 years.
<b>Adele Marshall</b>	<b>Senior Youth Worker</b>	Certificate of Education Has 4 years of experience working with a wide range of young people with different abilities at Plymouth City College.
<b>Nathan McCabe</b>	<b>Senior Youth Worker</b>	Ba Hons Degree in Youth and Community Work and has over 18 years’ experience leading and managing youth provision. Has worked for many years in the field of young people’s substance misuse and harm reduction.
<b>Sophy Creed</b>	<b>Youth Forum Worker</b>	Ba Hons in Fine Art., BSc in Physiology, NVQ Level 3 in Youth Work has 11 years’ experience working with young people in community settings and has a strong focus on art therapy for young people.

<b>Christian Murison</b>	<b>Youth Support Worker</b>	Level 2 in Children and Young People and has 6 years of experience working with young people in alternative education settings. Is very keen to bring his years of experience working within the field of sustainability and ecology into his work.
<b>Lucy Homer</b>	<b>Youth Work Assistant</b>	Has completed Youth Work Traineeship, currently studying level 2 in Youth Work. Has volunteered in various Youth and Community Work settings for over 5 years.

### **Project Breakdown:**

#### **Dartington Youth Club:**

**Lead worker: Adele Marshall**

**Youth Support: Christian Murison, Loui Prince Marno.**

**Age Range – 8 years +**

The Dartington Youth Club continues to run every two weeks on a Wednesday evening and is delivered from the Dartington Village Hall, which is a large space with good facilities. Attendance has grown and we now have **67** members in the group. The usual attendance is around **25 - 30** young people in each session. Sessions are fun and engaging. Adele, Christian and Loui have created a wonderful atmosphere in which young people can flourish and learn new things such as self-care regimes, arts-and-crafts and about topics such as International Women’s Week and Diwali.

We have delivered quality youth work, in line with our Yearly Programme Plan and the main highlights include indoor and outdoor games, Nerf Wars, Table Tennis, Face Painting and Cookery.

What young people and families have told us:

***F says, ‘Coming to Dartington Youth Club is fun. We are like one big family! Sometimes we fall out, but the Youth Workers always help us become friends again. I love it, I can be myself’.***



### **Staverton Youth Club:**

**Lead Worker: Laura Hamlyn**

**Youth Support: Adele Marshall, Albie Taylor.**

**Age Range – 8 years +**

Staverton Youth Club sessions take place on a Thursday evening and on a two-weekly basis, with sessions delivered in the Staverton Courtroom, Staverton Pavilion and Landscope Victory Hall. This enables us to reach more young people and offer a wider scope of activities and settings. These sessions are well organised across these venues by Laura and the attendance at the session has grown throughout the year and the latest statistics show this area has **54** active members. Usual attendance is around **12 - 15** young people at each session. There is a wonderful sense of belonging and purpose at these sessions and some of the group members have been coming for over 4 years and have been supported right through the pandemic and beyond. Many have used this space to express their feelings of anxiety and fear as well as optimism and hope for the future, surrounded by an experienced team of youth workers who are keen to help them articulate their thoughts, feelings and wishes through conversation, arts and crafts and expressive play.

Once again, in line with our yearly planning we have delivered activities such as Outdoor Education including nature walks, river swimming and outdoor ball games and picnics. The topics we have focused on are National Youth Work Week, Nature Connection, The 5 Steps to Wellbeing and Appreciation and Kindness.

What young people and families have told us:

***A says, 'It's so important to have a youth club in Staverton, somewhere where I can come and be myself, meet my friends and have fun. I live out in the sticks and don't get to see many friends so coming here is really good for me and my wellbeing'.***



## **Marldon Youth Club:**

**Lead Worker: Adele Marshall**

**Youth Support: Kerry McCabe**

**Youth Assistant: Lucy Homer and Isabella**

**Age Range – 8 years +**

The Marldon Youth Club runs every two weeks on a Friday evening at the Marldon Village Hall. Again, attendance has grown since bringing our age group down to 8+ years and we now have **67** active members. We normally see around **25 – 30** young people at each session.

Sessions are well planned, and this is the norm throughout TRAYE as a whole, to always be youth led. What this means in practice is that there is a constant conversation between youth workers and young people so that activities and themes are always based on what the young people want. This ensures high levels of engagement as the young people feel listened to and valued. For example, the young people in Marldon have asked to do some more crafts and dressing up and creating plays, they are an active group who love to learn through play.

The young people have asked to have a non-contact boxing session as part of learning about how physical activity is important to their wellbeing, so we ensured we brought a Boxing Coach into their session. Please see photo below.

What young people and families have told us:

***R says, 'There's not much to do here in Marldon. It's nice but my mum can't afford for me to go to other clubs. Marldon Youth Club is free and that means I go every time. Its fun, its active and it's helped my family get through tough times'.***



## **Rattery Youth Club:**

**Lead Worker: Adele Marshall**

**Youth Support: Nathan McCabe**

**Age Range – 8 years +**

**Finished in May 2022**

Rattery Youth Club used to run every two weeks on a Monday evening at Rattery Village Hall. Although attendance grew and the club had 24 active members this session came to an end in May 2022 as the Parish Council decided not to fund it.

We have ensured that the young people who attended the Rattery session still have access to our free trips and activities during the school holidays and are informed of our other sessions and upcoming programme of activities.

What young people and families told us:

A parent/ carer said, ***'Rattery Youth Club was so important to my children, it's such a loss that this session is no longer running, a big loss to the village of Rattery'***



## Harbertonford Youth Project:

**Lead Worker: Adele Marshall**

**Youth Support: Laura Hamlyn, Lucy Homer**

**Age Range – 8 years +**

Harbertonford Youth Project runs every two weeks on a Thursday evening at Harbertonford Village Hall. Attendance in this area has grown hugely and we now have **38** active members. This is a big increase from last year and shows the hard work of the team.

Adele and Laura have been able to build a working relationship with the volunteers that run and maintain the village hall and also many local parents and carers. This has ensured that word has spread about the project and generated lots of new interest. The young people here enjoy a wide variety of activities such as face painting, crafts, outdoor games and creating homemade soaps and gifts for their families. The young people have enjoyed learning about being mindful and peaceful, and how that working on this yourself can cause a ripple effect and help others.

What young people and families have told us:

A parent/ carer said, ***'More and more young people are coming to the youth club now which is really good. The word is spreading and its nice to see more young people coming along and enjoying this wonderful group. The youth club is so valuable, and my daughter really enjoys it, especially the free food and crafting!'***



## Buckfastleigh Youth Wellbeing Café:

**Lead Worker: Laura Hamlyn**

**Youth Support: Adele Marshall, Nathan McCabe and Albie Taylor.**

**Age Range – 11 years +**

The Buckfastleigh Youth Wellbeing Café offers a holistic programme of sessions to young people aged 11 -19 years. The delivery of this project includes weekly youth work sessions on a Wednesday evening. This session has **90** active members with an average of **10 - 25** young people turning up to each session.

This session is always well planned, with a strong focus on wellbeing and emotional resilience. Young people plan and cook a meal together, relax, play pool and chill, whilst the team develops an idea or concept related to mental health and wellbeing and explores this with the young people through conversation, quizzes, arts or games.

We have also developed some excellent work around drugs and alcohol and risk-taking behaviour and been able to secure funding from the Police and Crime Commissioner to access resources to better support the young people to become more informed and able to manage their choice making as well as where to access support.

What young people and families have told us: ***'Going to the Well-being Café puts me into a positive space being around youth workers I can talk to and trust. It's good fun and always lots going on'***.



Cooking and eating together is an important part of Buckfastleigh Youth Wellbeing Café. Here the young people are enjoying homemade curry.

### **Youth Can Make a Difference Forum**

**Lead worker – Kerry McCabe**

**Youth Support – Sophy Creed**

**Youth Assistant – Lucy Homer**

**Age Range – 11 years +**

Over the year, the Youth Can Make a Difference Forum has grown considerably. The Forum is now our largest group within TRAYE with **128** active members in total.

In August 2021, TRAYE were given funding from the National Lottery to continue this valuable group and to:

- To ensure young people are heard. Participation is a prerequisite of empowerment and creating the spaces for young people to explore their lives and be heard is a vital component allowing us to move beyond a tokenistic approach.
- Help young people take part in decisions that affect their lives. Helping young people to become decision makers in their lives is the first step to authentically improving self-esteem and confidence.
- Create safe spaces for young people to explore their feelings, thoughts and wishes.
- Develop young people's capacity to care for each other and support them to value this as a key life skill.
- Increase access to volunteering, training, and paid work opportunities.
- Increase employability for young people and work readiness.
- Help with access to existing community support, such as partner organisations, local activities and community events helping young people to become more actively involved in the life of their community.

This project began in September 2021 and will continue until September 2024.

The Youth Can Make a Difference Forum continue to take action in the local community, most recently sharing their views on the Early Help Strategy, co-designing the Free Zone – a safe place for young people to come and be themselves, taking part in Exeter University's research around Healthy Relationships, celebrating National Youth Work Week, Interviewing ne Young Bank Workers, sitting on the Steering Group, deciding what fair pay was for our Bank Youth Workers and planning holiday activities for TRAYE as a whole.

C from the Forum said, *'I think the forum is important because it creates a safe space for young people to go and have fun, make friends and make the world a better place. I like being asked what I think, I like being part of something that can make change happen. It would be great if this forum continues as it means so much to us as we get our voices heard'*



### ***Creating cards for International Women's Week***

#### **1:1 support work:**

We continue to support young people identified as most vulnerable on a 1:1 basis. This work is only carried out by experienced senior staff and robust supervision processes are in place to surround it. In 2022 we supported **6** young people for a total of **288** hrs.

This has led to some tremendously positive outcomes for young people and their families (see attached impact report). There is however a very real cost implication both in money and worker time to this work. We have been very disappointed with the Local Authority and their response to

our request to even explore the possibility of receiving payment for this work and have instead been drawn into fruitless conversations about thresholds and perceived need.

In response to this we have continued to offer this work ourselves and to seek out possible funding streams to enable us to continue to offer this valuable work and are optimistic we will be able to continue to support young people in need.

***AJ says, 'I have learned a different point to view and to see things from a new perspective. This has helped me make different choices in my life and who I am able trust in my friendship groups'.***

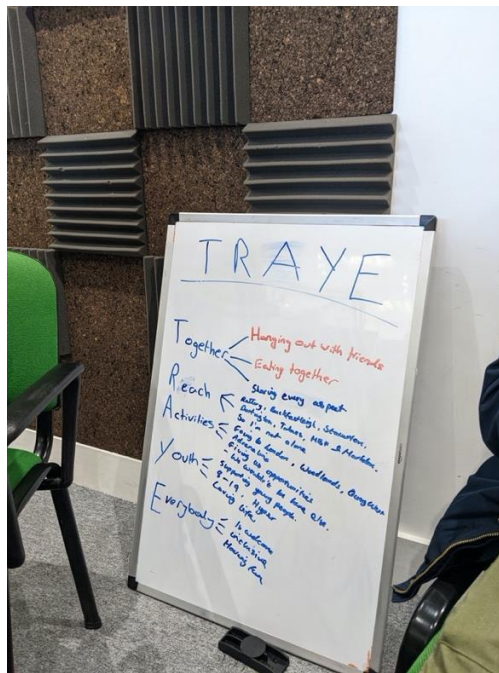


### **Consultation Work:**

Through consulting with the young people who regularly attend our provision throughout the year and using the rich data we received in our 2022 surveys; we have ensured that the TRAYE Project offers:

- Free food and drink at all our sessions, such as hot chocolate, milkshakes, smoothies, pasta bake, curries, toasted sandwiches, jacket potatoes and sweet options such as banoffee pie, fruit salad and cake. Most of the food is made from scratch by young people supported by youth workers.

- A safe space to relax and meet friends, with games, quizzes, and educational activities to get involved in. We have continued to talk to young people about the current issues that are affecting their mental health and wellbeing.
- Free trips and activities are available if needed and take place during school holiday times, as well as sports and fitness such as Non-Contact Boxing, Yoga, Basketball, Swimming and Cricket.
- Sessions continue to take place on a two-weekly basis, except for Buckfastleigh Youth Wellbeing Café, which runs weekly. Sessions are generally held in Village Halls, although the Buckfastleigh session is held at Inspire Interventions and the Youth Can Make a Difference Forum is held at Kennicott Library.
- We continue to offer one to one support to young people who need extra help outside of the sessions and continue to refer young people and their families onto services such as Foodbanks, Social Services, Post 16 Education and Early Help.



Young people continue to express their thoughts and feelings in many different ways and during a trip to Sound Communities in Paignton they were supported to create a film and a song about why TRAYE Project is important to them. Please feel free to visit our website: [trayeproject.org](http://trayeproject.org) to see and hear both pieces of work.

**Session Themes:**

***“Conversation is the currency of youth work and education is the business”***

Kerry Young: The Art of Youth Work.

Through regular Needs Assessments in our sessions, Team and Lead Workers Meetings, the Youth Workers continue to plan and co-ordinate the delivery of the TRAYE Programme. This has meant

that we now have a common socially educative thread running across all of our sessions and that at every point in the calendar there is a joined-up project such as our Budget cookery project or our 5 Steps to Wellbeing Project (please see photo below) where we cooked spaghetti bolognese from scratch.



***'Being able to come to youth club and get a free healthy meal really means the world to me. My family have been finding it hard to make ends meet and a good meal each week helps with this. Please continue to keep our youth clubs free for free food and drink for young people like me'***

(Anonymous young person from Buckfastleigh).

And please see below when the Mental Health Foundation visited our sessions with the Genius Workshop. It was lovely to see the young people explore their individual skills and uniqueness.



### Trips and Activities:

Throughout 2022 TRAYE completed **23** different trips across the year, these included:

Meals out in local restaurants, Adrenalin Trampoline Park, Marldon Pantomime, Sound Communities (music and film making), Snow Tubing, Tobogganing, Picnics, Crealy, Karting, Laser Quest, Wildwood Animal Sanctuary, Quay West, Pondfield (Totnes Living Projects), Paignton Zoo, River Dart Country Park, Woodlands, Snorkeling, Nature Connection sessions, our very own Halloween party at Jacqi's land in Littlehempston and Exeter Winter Wonderland.

Through these trips we have reached **201** young people, 120 of these young people were new participants to the TRAYE Project. Trips and activities are paid by donation, and some are subsidized or free for our most vulnerable and low income families.

This was one of our best trips! We all went to Adrenalin Trampoline Park.



### Young Bank Youth Workers 2022:

At the beginning of 2022 we said goodbye to Oliva, Izzy and Erin who had been employed previously as part of the National Lottery funded scheme and recruited and employed Isabella, Albie, Loui, Jack and Odin as our next cohort of Young Bank Youth Workers. They completed an online Youth Work Training Programme, delivered by Kerry McCabe with support of Lead Youth Workers. This training was based around youth work theory, safeguarding and safe practice, drawing upon many of the resources available via the National Youth Agency (NYA) and training modules supplied by The Training Hub. Young bank workers completed 6 sessions before going on to work on our sessions learning valuable Youth Work skills and being paid well for their time and efforts.



Later in the year, we employed two new Bank Youth Workers, Ty and Kyra. These young people are currently completing their training and are looking forward to working on the TRAYE sessions during 2023.

All our Young Bank Youth Workers are aged between 16 – 25 years old and have had positive experiences of community youth work throughout their lives. Many have been part of TRAYE since

the beginning and have continued to grow with the project and are keen to support the services they once used. We feel privileged to be able to attract young people from a varied mix of backgrounds and to have them as part of the TRAYE Team.

***Kyra says, 'I feel like working with TRAYE has really helped me find my feet with where I want to pursue my career further. As a whole, TRAYE is just an overall fantastic organisation to work for. The job is fun and exciting, always bringing something new. I love that the role encourages creativity and open mindedness and always welcomes room for growth'.***

### **Young Volunteers:**

We are consistently providing opportunities for young people to take on a leadership role within our sessions. Many of our volunteering roles are informal and young people will often help set up or pack down the sessions, prepare and cook food for others as well as support younger members. We do also provide regular and more formal volunteering opportunities, for example within our YCMAD Forum senior members have set volunteering roles and help to make important decisions on where TRAYE should focus its energy on in the future.

We currently have 10 young volunteers across the project as a whole. Here is L learning how to break the bias around gender discrimination and stereotypes.



### TRAYE Project Statistics 2022:

<u>Area:</u>	<u>Participants in 2022:</u>	<u>New Contacts 2022:</u>	<u>Total:</u>
Rattery (up until May 2022)	24	0	24
Buckfastleigh	71	19	90
Staverton	51	3	54
Dartington	65	14	67
Totnes (YCMAD Forum)	76	52	128
Harbertonford	16	22	38
Marldon	25	42	67
One to One Work	4	2	6
Trips/ Events	81	120	201
Outreach/ Detached	79	23	102
Young Bank Youth Worker and Young Volunteers	10	8	18

**Total number of young people reached over 2022: 795**

### Continued professionalisation of TRAYE:

In November 2021, we were able to offer both permanent employment contracts and Zero Hour contracts to all of our youth work team. This has been a very positive move for TRAYE as a whole and has ensured we have become more professional as a whole. This does however increase our core costs and we are working continually to secure funding to ensure the continuation of our growing offer. Nathan McCabe has now taken on the role as Funding Officer and has been working very hard to write authentic and sound funding bids.

### What the young people hope to achieve in 2022:

We asked the young people to think about what topics they would like to know more about, they told us:

**'LGBTQ+'**

**'More budget cooking'**

**'How to make money'**

**'Free sports in our areas'**

**'How to support our friends with their mental health'**

**'How to manage the Cost of Living Crisis'**

When asked about trips and activities, young people told us they would like to do:

**'More trips to Karting'**

**'Quay West, River Dart Country Park and Adrenalin'**

**'Sleepover at Woodlands or Crealy'**

**'Skiing'**

**'Being out in the fresh air!'**

Young people's thoughts for TRAYE'S future:

**'It would be good to have Nathan back on the sessions'**

**'I wish TRAYE was able to get more funding as its really important to me'**

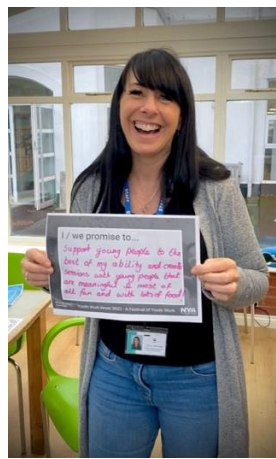
**'Things need to continue to be free or else I won't be able to come'**

**'It would be nice to have some sports sessions'**

**'TRAYE should be bigger and better so more kids can come'**

**'Please keep going'**

The TRAYE Team would like to thank the young people and their families for their continued support over the year. We would also like to say a huge thank you to the TRAYE Trustee's, Steering Group and of course our Funders! We as a Team pledge our promise to support young people to the best of our abilities and create with young people that are inspiring and meaningful but most of all fun!



### What Youth Work Can Do! - Impact Report - AJ

Hi, my name's AJ and I'm 13. I've been going to Buckfastleigh Youth Wellbeing Café for over a year now. I have also been having one to one support with one of the Youth Workers Laura. I see her every week and it's been really helpful to me.

Here's a photo of me on the moors when I was on a one-to-one session with Laura.



**Coming to youth club and having one to one support has helped me to come to my senses, to get back on track with my learning and stop getting into trouble. As soon as I started meeting regularly for the one-to-one meetings, I stopped getting into so much trouble. It has helped me to grow up and to realise, what's wrong and what's not. I can see light at the end of the tunnel, I feel more positive and believe in myself, and have more hope for the future.**

**Here I am making homemade pizza. Food is so important!**



**Going to the Well-being Café puts me into a positive space, being around youth workers I can talk to and trust. It's good fun and always lots going on. Like we can relax and enjoy a game of pool, or do some non-contact boxing.**



Here's how my pizza turned out.



**Coming to the Café and meeting Laura has helped in my home life, I now feel welcome in my home, before I always felt I was in trouble and not wanted. I now feel part of the family and have a happier homelife that is much more settled.**

**I have learned a different point to view and to see things from a new perspective. This has helped me make different choices in my life and who I am able trust in my friendship groups.**

**I now take responsibility for myself and getting on with my home learning, talking about my options with GCSE Maths and English and have ambitions to go agricultural college in the future.**



**I definitely feel that youth clubs and one to one support is important, especially if you're going through hard times like was. I someone I knew was struggling, I would send them your way and tell them about the support you offer!**

**Thanks Laura, thanks TRAYE Project.**

**AJ.**

