



Annual report 2017

Who are LYC?

Lancashire Youth Challenge (LYC) is a registered charity that began as an informal partnership to engage vulnerable and hard to engage young people from across the North Lancashire area.

LYC became a registered charity in September 2015. After securing funding and support from *Francis C Scott Charitable Trust* we were able to employ a Project Coordinator in April 2016. LYC is also supported by an active Board of Trustees from diverse working backgrounds - bringing years of experience of working with young people and within the third sector.

At the heart of our ethos is the belief is that everybody can achieve success and gain new skills when given the opportunity, effective encouragement and training.

We recognise that some young people, due to their home circumstances, mental ill health or lack of confidence will never achieve goals or excel in mainstream education or sports teams. Yet we understand that facing and overcoming challenges, and achieving goals, is key to building resilience and confidence – it will shape the adults our young participants will become.

Our programme of physical training, cultural and creative activity for 2017 was designed to ensure that every one of our participants could gain new skills, build confidence and achieve their own goals.



Summit of Scafell Pike, after successfully completing the 'National 3 Peaks' Challenge!

Summary of Activity in 2017

Through funding from charitable trusts, foundations and Local Authority funding, we have been able to offer a variety of services to young people at no cost.

We have provided young people with; 1-1 Personal Development sessions, professionally led weekly Fitness Training sessions, monthly group engagement sessions as well as team-building residential, and our big annual Challenge.

In addition to the above programme we have also provided the following cultural and creative experiences:

Calais - In January 3 of our older participants, accompanied by the Project Coordinator and Board members, travelled to France to volunteer with 'Help Refugees' - <https://helprefugees.org/>. They spent long days helping to prepare hot meals for over 2000 people, cutting firewood and creating care kits. Each young person was given an insight into the plight and life of refugees and migrants who are living in tents and temporary structures, with poor prospects and an uncertain future. This opportunity was life-changing for our young people, who, without prompting began reflecting on their own lives and futures back home in England.

International Food Cooking Workshops - The workshops, ran by a local business owner in Lancaster, gave the young people a chance to learn about other cultures. They prepared and cooked fresh food with natural ingredients and spices, and had the opportunity to chat about what it takes to run a business. The young people really enjoyed this and learnt new cooking skills, these were especially put to use whilst helping to prepare food on our team building Residential and Challenge.

Creative Film Making Workshops - A group of our participants were trained by Blackbeard Media in film production, so that they could capture their experiences over the whole year's programme, then edit and produce their own documentary film. They learnt how to use technical equipment, how to edit footage and interview techniques. Some of our young people found this particularly challenging at first. However, working through the difficulties and mastering techniques has sparked a real interest for some and they are exploring this as an option for college or courses in the future! Given this interest the Board have applied for funding to enable to the young people to make further films on some topics which are relevant in their own lives i.e. the rising reliance and use of Food Banks amongst young people and their families.

Fundraising Bag Packing - Our young people have used their voices to organise fundraising events and plan upcoming projects, which has also been fantastic for us to see. Young people who had once isolated themselves, have built up the confidence and courage to do fundraising bag packing in a local supermarket. There they spoke to members of the public about LYC, raising awareness of the charity and also just under £600.00! Finding most people to be generous and friendly was a real confidence boost for the group.

Cultural Trip to Edinburgh Fringe Festival - The over 15s visited Edinburgh to experience the 'Fringe Festival', where we saw two diverse theatre productions which explored themes of life & death, pilgrimages, sexuality, gender reassignment and feelings of belonging. These performances proved to be a great conversation starter amongst the group, resulting in some of our LGBT young people opening up about their experiences and difficulties. It also provided insight for the other young people in the group to understand how this affects their peers in day to day life. The trip was topped off by a visit to Edinburgh's Dynamic Earth Centre.

Confidence Building Group Exercises - In order to build strength and confidence prior to our annual Challenge this year we also put the following into our activity calendar; weekly swimming lessons; indoor climbing sessions; and went paddle boarding and wakeboarding.

The BIG Challenge

The annual Challenge lays at heart of LYC. It is the young people themselves who come up with the ideas for the annual challenge. It is then up the Board of Trustees and our Project Coordinator to make it happen.

Year-on-year the challenges have been HUGE. We have cycled from London to Paris; hiked and conquered both the Yorkshire 3 Peaks and the National 3 Peaks. The challenges we've chosen so far are widely recognised by athletes and experienced outdoors enthusiasts as being extremely difficult and challenging...

...and for 2017 it was no different. This year we headed to the beautiful Lake District to undertake the huge challenge of paddling (rowing/canoeing) 3 of the largest lakes in the UK.

This required the young people to canoe the full length of the 3 biggest lakes in the UK – Coniston, Windermere and Ullswater. This was a challenging 4 days away from home for the young people, travelling together in the minibus, staying together in our accommodation and then spending hours each day together on a canoe! It was unbelievably rewarding to see the young people supporting each other when they were tired and struggling, and keeping humour alive within the group. Everyone who embarked on this challenge completed the full challenge and everyone had a proud smile on their face when we reached the end of the last lake.



Ullswater, completion of the 3 Great Lakes Challenge!

Summary

2017's Programme has provided our participants with the opportunity to commit themselves to a project, set goals and achieve those goals. This has had significant impact on their lives. We have seen their confidence and resilience grow through persevering in weekly activities and workshops.

We have supported many back into education, and some into their own accommodation where their home life had become untenable.

We have, to date, completed over 35 weekly fitness training sessions with 39 young people who wanted to improve their general health, wellbeing and work towards being healthy and happier. The hour-long sessions take place every Wednesday in Lancaster and have reduced social isolation amongst the group. Our young people travel throughout Lancaster, Heysham, Morecambe and Preston to attend these weekly sessions, showing true commitment!

15 of our most committed young people attended both our 3 day residential and 4 day challenge!

Our monthly youth groups have given young people a platform to share thoughts and ideas about how we can fundraise, take on new challenges and make better personal choices. These have been a great way of young people coming together to make a difference to their own lives and to the communities they live in.

We have provided film production sessions throughout 2017; where young people have developed skills on how to use a camera, set-up and conduct interviews, and use editing software to capture their personal and team journeys through LYC activities and events. This has sparked a real interest amongst the group who are exploring this as a career option!

It has been an exceptionally successful year of achievements and personal growth. We are excited and inspired to launch our 2018 project in the New Year and are committed to helping young people to become positive change makers in their communities.

Activities and Events in Pictures 2017



International Cookery Lessons



Indoor Wall Climbing at Salt Ayre



Weekly Physical Training Sessions



Volunteering with Help Refugees, Calais



Dynamic Earth Centre, Edinburgh



Team Building Exercise, Residential



Ullswater



Team Work on Ullswater



Lunch and a well-deserved break halfway across



A bay on Ullswater Windermere.



A celebratory dip for the brave ones!



Evening group discussions and sharing

Finances

YEAR 2016/17

Income headings

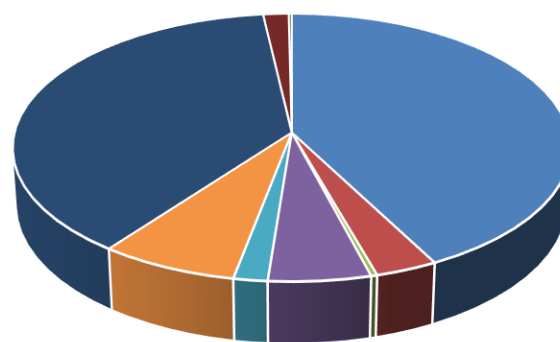
Grant income	£24,823.00
Donations	£84.00
<i>Total income</i>	<i>£24,907</i>

Expenditure headings:

Wages	£11,307
Rent	£870
Memberships	£85
Training	£1,428
Insurance	£473
IT / Equipment	£1,931
Young Peoples Activities	£10,136
Travel	£438
Misc.	£53
<i>Total expenditure</i>	<i>£26,721</i>

**Difference* - £1,813

2016/17 Expenditure



Wages
Memberships
Insurance
Young Peoples Activities
Misc.
Rent
Training
IT / Equipment
Travel

*This is due to the large grant from Francis C Scott which came in toward the end of the financial year 15/16, but which was expended on projects in 16/17.

What is next for LYC in 2018 and beyond?

We are currently liaising with our young people to fine tune the 2018 programme. A popular suggestion for the Challenge is canoeing across the whole of Scotland!

We are committed to providing peer mentoring training and offering our older members the opportunity to formally mentor new starters.

We have approached local trusts and foundation to support the increase of staff time to enable the growth of our charity and the positive impact we are making on our community,

LYC are continuing to take donations through our BT Mydonate page which can be found via our website on: www.lancashireyouthchallenge.co.uk

This has been a good tool for us to accept donations throughout the year and we are extremely grateful to those who donate and continue to share this link and spread the good word of LYC.

We have also recently set up a giving page via:

<https://www.easyfundraising.org.uk/causes/lancashireyouthchallenge/>

The idea being that if you shop online first through this site, retailers donate a percentage of what you have spent to LYC!

We have recruited new members to the Board of Trustees, which has been a great boost for us. We have a Board full of enthusiastic individuals who bring significant knowledge of the sector and a passion for making a difference. We are grateful that these new members have chosen to volunteer their time and skills to LYC.

LYC are very excited about 2018 and have developed so much in the past two years of being a registered charity. We are continuing to seek funding to allow future activities, workshops and our big Challenge to take place and we are optimistic about the future and for all the participants involved.

We would like to thank our funders, without whom none of our work would be possible:

Francis C Scott Charitable Trust

Galbraith Trust

Banks Lyon

Moto in the Community

Lancashire County Council Small Grants Fund

Lancaster Soup

Local individual donations- Sainsbury's Bag Pack

We would also like to thank our wonderful Trustees and Associates:

Guy Christiansen (Chair)

Yak Patel (Secretary)

Julie Brown (Treasurer)

George Harris (Trustee)

Rachael Holden (Trustee)

Andrew Fairbairn (Trustee)

James Walton (Associate)

For more information about Lancashire Youth Challenge please visit our website:

www.lancashireyouthchallenge.co.uk