

4
REAL



4REAL

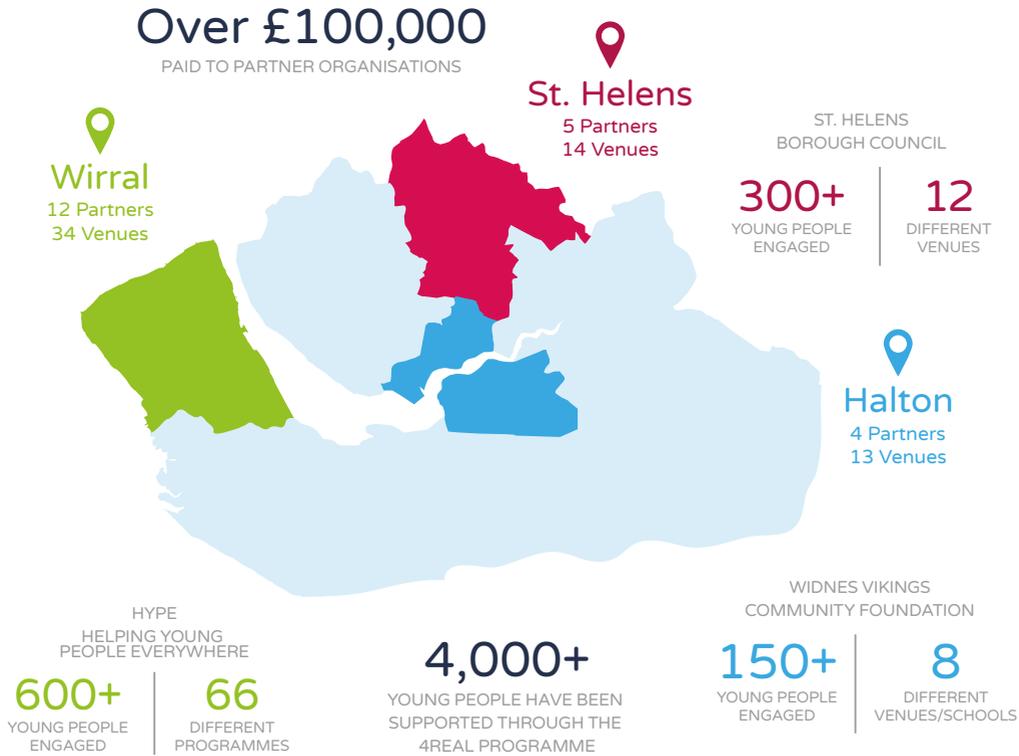
PROGRAMME

2017 - 2020

Funded by:



Where we worked



Funded by:



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About 4Real

The Youth Investment Fund is a £40 million joint investment by the Department for Digital, Culture, Media and Sport (DCMS) and the Community Fund for open access youth provision in targeted disadvantaged areas. One element of the YIF project is the 4REAL programme.

Launched in October 2017, the 4Real programme is a seven-week activity-based programme designed to improve mental and physical well-being through open access provision, with an emphasis on social action.

Through the engagement and promotion of the programme we are now working with a total of 21 delivery partners in over 60 different venues within Wirral, St. Helens and Halton. This can be broken down:

Wirral	Halton	St. Helens
12 partners across 34 venues	4 partners across 13 venues	5 partners across 14 venues

To date just over

4,000

young people have been supported through the 4REAL programme

With a total of over

£100,000

paid to the partner organisations.

The capital money allocated by the fund has improved the health of our organisation through improved infrastructure, resources and networks. We now have an ongoing strategic commitment to business development and are exploring options for trading services to support our charitable activities. This would not have been pursued without the funding.

St. Helens

St. Helens Borough Council

The aim was to engage the young people in sports and physical activity sessions and to then progress through the 4REAL activities, including team building, problem solving, health and well-being, social action, sport, leadership and communication.

www.sthelens.gov.uk



HAMMA Academy

HAMMA Academy is a mixed Martial Arts club based in St. Helens town centre. In partnership with Youth Fed, the 4Real project is supporting Kickboxing and Gym classes to young people in the area. The programme promotes Health and Wellbeing through confidence building sessions and general fitness.

www.hammagym.co.uk



Saints Community Development Foundation

In partnership with St. Helens R.F.C., the independent charitable trust "Saints Community Development Foundation (SCDF)" works in the local community and beyond. SCDF were the first professional "Listening Club" awarded by the RFL. They work with several partners, organisations, groups and individuals as they undertake their work in the local community. Reaching more than 50,000 individuals a year and making a difference to the variety of people within their very own community.

www.saintsrffc.com



Wirral

HYPE (Helping Young People Everywhere)

HYPE works directly with young people within the local community, delivering projects and workshops to best meet the identified needs to promote a healthy and more cohesive community.

www.hype-merseyside.co.uk

Belvidere Centre

The Belvidere Centre was founded in 1971 as a place for children and young adults with additional needs to come and socialise. They've evolved since then and now strive for social inclusion for everyone and welcome people of ALL abilities. They are no longer supported by the Council so rely solely on fundraising, donations and other independent income to keep the centre open.

www.thebelviderecentre.org



Evolve

Evolve is a non-profit organisation working with young people and adults to provide preventative education, early intervention, counselling, family support and training in relation to the abuse of 'Former Legal Highs', especially Volatile Substance abuse (the abuse of gases, aerosols, and glue). VSA kills on average one person every week in the UK and Youth Fed feels very strongly that our Young People are educated to make the right decisions.

Alison Hodgson from 'Evolve' was commissioned to deliver a Volatile Substance abuse (VSA) awareness session to two 4REAL groups in Birkenhead under the Health and Well-being theme.

The session was delivered at the Shaftesbury Youth Centre in Tranmere, Birkenhead, to a group of 11-15 year olds as part of the 4REAL structured programme. Over the last couple of years, Alison has delivered her session to over 40,000 young people and the effect she had on the 4REAL group was unprecedented.

www.evolenorthwest.com

Celebration at Chester Zoo

The wet weather didn't dampen the spirits of our first 4REAL group of young people whose seven-week programme culminated in studying 'Primate Behaviour' at Chester Zoo in December 2017. The group of young people from Birkenhead, based at the Beaconsfield Community Hub in Rock Ferry, spent the day at Chester Zoo observing the Chimpanzees, collecting data and looking at the behaviours demonstrated in the enclosures.

Hope, aged 11, commented: "I really enjoyed learning about the chimpanzees' moods, it was fun to watch them once you understood what their behaviours meant".

A celebration followed with the presentation of certificates to mark completion of the 4REAL programme.



Halton

Young Addaction

Young Addaction provides a service to young people aged between 10 and 19 and an additional needs service for young people between the ages of 20 and 24. They can help young people to get healthy by making better lifestyle choices and supporting them towards their future goals. The service is free, confidential and non-judgemental and works with young people whatever their substance issues are including alcohol.

www.addaction.org.uk

Widnes Vikings

The Vikings Sports Foundation has been set up as the affiliated charity of Widnes Vikings Rugby League Club. Alongside key partners from the public, private and third sector, the goal of the charity is to engage, educate and inspire the local community to bring about positive change and new opportunities for all through rugby league. Youth Fed has partnered with Widnes Vikings to deliver mental resilience and healthy lifestyle activities to over three hundred 11-15 year olds in Halton through the 'Youth Investment' 4Real programme.

www.widnesvikings.co.uk



Family Fiesta

On Friday 31st August 2018, the sun was shining for the Family Fiesta day at Shaftesbury Youth Club, Birkenhead. Lots of young people turned up to take part in the many activities on offer including Archery, 5-a-side, bouncy castles and an open mic session which all proved popular. Chester Zoo were also showcasing the plight of deforestation and the decline of songbirds.

Celebrating the Youth Investment Fund and funded through The National Lottery Community Fund and DCMS, the event was organised by Youth Fed, The Hive and Shaftesbury Youth Centre. Sharon Vaughan, Project Coordinator for Youth Fed, commented:

“

The day was a fantastic celebration of community, bringing together three local charities for the common goal of highlighting all that young people contribute to society with an emphasis on fun.

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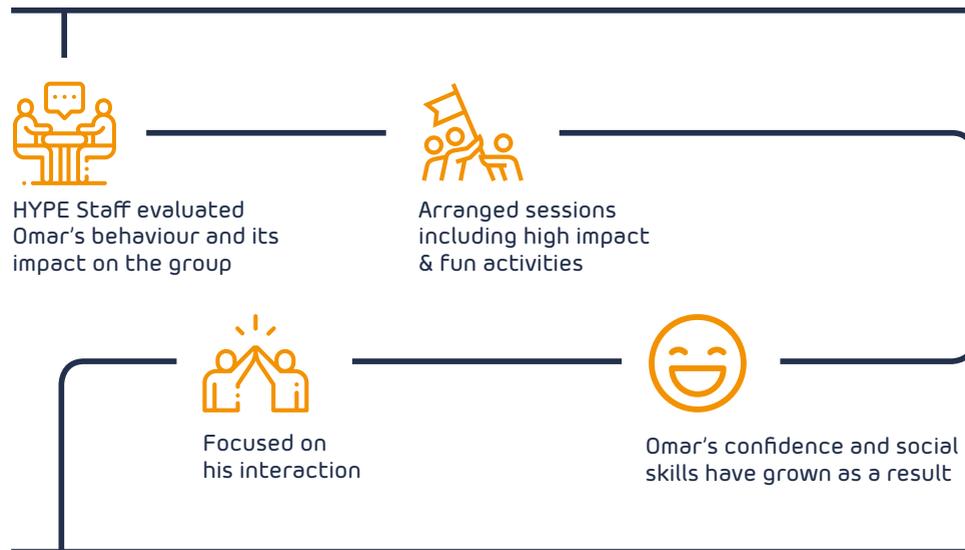


Real Stories

Omar's Story

Omar began attending HYPE'S 4Real sessions in April 2018, at the Carrbridge Centre in Woodchurch, Birkenhead, where he lives locally. After his initial induction Hype staff were keen to support Omar's mother after she voiced her concerns regarding his lack of spontaneous social interaction. "All he wants to do is play on his computer, he never wants to go out and play."

Hype staff had observed that Omar appeared to be socially awkward during his first few sessions; he struggled to make eye contact with other service users and staff and often mumbled when he spoke.



Since this structured fun session plans have been put in place Omar's mother has commented that Omar is "like a different child. He's been playing with his brother and out in the street, he's a nice kid to be around."

His computer gaming usage has been greatly reduced and staff have commented that now he is "polite, friendly and optimistic".

HYPE Urban Bikes: ReCycle Roadshow

Funded by:



As a result of an idea which originated following the YIF assemblies, HYPE Urban Bikes ran a ReCycle Roadshow during October half term across 6 communities in Wirral, with the aim of encouraging more people to be active through cycling. The team of mechanics at HYPE delivered a cycle event at six locations, followed by community bike rides to encourage their 'get active' ethos.

The roadshows enabled residents to:



Have their bicycles checked over



Have their bikes fixed by the team



Test their bike skills on small challenges

The team was on hand to show people how to fix and maintain their bikes to ensure they can be kept in good working order throughout the year. Additional information was provided in relation to road safety, healthy living, cycling equipment do's and don'ts and 'being seen' on roads.

Finally, in November, Hype took a small group of teenagers on a trail ride to Delamere Forest with our Qualified MTB leaders. Without the generous funding that was received, this scheme would never have been possible.

Impact



HYPE generated a social value of **£214,780**

"I thought it was great and both mechanics were amazing. I love the fact I can now ride again but my highlight was seeing how happy it made a local mum seeing her kids' bikes fixed as coming up to Christmas she didn't have the money to do this herself."

Helen Oliver - Happy Times

Closing remarks from the CEO

Restrictions on funding to youth services have had a negative effect all around the UK, including the North-West. Local authorities have cut their expenditure on youth services in England and Wales by a staggering £750 million. Further to this, the news has reported on the link between the scale of cuts to youth services and the current knife crime epidemic.

The consequences of under-investment are very clear. All young people need something to do with their time whether that be education, a job or an activity. They need to be supported, have safe places to go and be able to rely on someone to speak to if they need it.

Here at Youth Fed, we remain very proud of the support we provide to thousands of young people across the north-west. Youth Fed is helping young people to realise their vast potential by creating and delivering a range of programmes designed to enable young people to achieve their full potential in life.

Chris Hindley
CEO of Youth Fed

There are three ways you can help us:



Make a donation



Join in



Find out more

www.youthfed.org.uk

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