

# ANNUAL 2012-2013 Review



Barnabas Safe & Sound Registered Charity No 1094570  
Company Limited by Guarantee No 4462901



Welcome to Barnabas Safe & Sound's Annual Review for 2012-2013.

We are a small charity based in Morpeth that provides emergency and supported housing accommodation for homeless young people from across Northumberland. We offer youth activities for the Morpeth area and also have a bouldering wall at our base in the town centre.

This Annual Review tells you about what we did in 2012- 2013. We hope you find it interesting and please do get in touch if you would like to learn more about Barnabas Safe & Sound's work or if you would like to help us in any way. We are always looking for volunteers to help us with all kinds of things – from youth work to fundraising or with odd jobs or office support – the list is endless! Our contact details are shown below.



## TRUSTEES FOREWARD

The Trustees of Barnabas Safe and Sound are delighted to present a review of the year 2012-2013. It has been another really busy year for the project. You will see in this review how we have worked with homeless young people across Northumberland and developed our youth activities in Morpeth. We are extremely grateful for the continued support of Morpeth Town Council and all the organisations and individuals who have helped us in 2012-2013.

We would like to thank the goodwill and support of our volunteers, donors and funders for their continued contributions towards our work with young people in Northumberland. Thanks too to Newcastle Building Society and The Original Factory Shop in Morpeth who chose Barnabas Safe & Sound as their local charity of the year.

Thanks also to those individuals who pledged their support by becoming a member, or by giving financially to Barnabas Safe & Sound. We are

supported by some exceptional people who fundraise in lots of different ways for us. An example is Freddie Spearman of Leeds University who raised £2,398 for Barnabas Safe & Sound by literally walking across hot coals!

## TRUSTEES

Chairman **Mr Gordon Bolton**  
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Director **Sue Mathieson**  
Director **Paul Crook**  
Director **Rhona Dunn**  
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Housing Support Worker **Sandra Miller**  
Housing Support Worker **Tony MacDonald**  
Sessional Youth Worker **Matthew Adamson**  
Sessional Locum Worker **Tony Cartledge**

Session Climbing  
Wall Instructors:  
**Paul Cairns**  
**Craig Bamfather**  
**Louis Edgar-Mason**  
**Joshua Browell**  
**James Gowdy**  
**Andrew McMillan**

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# Youth homelessness



Youth Homelessness is increasing in Northumberland, regionally and nationally. We believe this is due to a range of factors such as family breakdown, high youth unemployment rates, tough economic times, long waiting lists for social housing and changes to our benefits system all coming together to make life particularly hard for some young people and their families. Parental eviction is the second greatest cause of homelessness in Northumberland.

In 2010-2011 we first developed our emergency accommodation, known as the Safe Space Crash Pad, for young people with an immediate housing crisis.

In 2012-2013 we accommodated **12 young homeless people** in our Safe Space Crash Pad. We gave these young people a safe place to stay and a roof over their heads but also the intensive help and support they needed to overcome their housing crises.

We help young people develop independent living skills and teach them how to cook, clean and budget. We help them sort out their benefits and look for work or a college or training place. We support them with their health and well-being and signpost them to specialist help if necessary. When they are ready to move on, we help them with housing options. They might move into one of our supported housing units, return home or take up their own tenancy. Sometimes things don't go to plan and young people leave us unexpectedly, something we call an 'unplanned move'.

The table below shows where the 10 young people went who left our emergency accommodation in 2012-13.

	Planned Moves				Unplanned Moves				Number of Moves
	Supported Housing	Eviction	Own tenancy	Home	Supported Housing	Eviction	Own tenancy	Home	
	5					1	1	3	
Crash Pad	5				5				10

Last year we had more referrals than room to accommodate young people and we think this trend will continue for the foreseeable future. So we are fundraising to extend our Safe Crash Pad provision to help more young people who are in housing crises.



Barnabas staff sleep rough to raise awareness of homelessness. See their blogs on our website.

“ It makes a big difference, I don't know where I would be without this accommodation and support. ”  
**Luke, 22**



Safe Space Crash Pad kitchen



Safe Space Crash Pad lounge



Safe Space Crash Pad bedroom



# Supported housing



Learning new skills

We also have 12 units of accommodation in Morpeth, Pegswood and Ashington where with our partners ISOS Housing Ltd, Arch Homes and private landlords we offer our respected 'More than a Roof' Supported Housing Service. Young people might move from our emergency crash pad accommodation into one of these shared houses when they are ready. However, most of our referrals are for a young person to be accommodated directly in one of our properties.

Young people still receive a lot of support in these units and last year we worked with 23 young people. We work with young people individually and in groups to help them move their lives on and to live a more settled way of life. We help them find jobs or get back into education and if and when they are ready to move on, we help them move to their next tenancy. Some young people need more help than others but we are always there for them and offer a 24 hour 'on call' service for the young people and their neighbours so we can be on hand to sort out any problems that arise.

Boredom is a big problem for our young people when they are not in education or working. So we offer things for them to do during the day – for example getting them involved in local gardening or clean-up projects or taking part in team work activities at our bouldering wall. We also help them to develop their independent living skills so they are more able to successfully manage a tenancy in the future.

The table below shows where the 12 young people that left our Supported Housing in 2012-2013 went next.



Independent living skills – changing plugs safely

	Planned Moves				Unplanned Moves					Number of Moves
	Supported Housing	Shared Tenancy	Own Tenancy	Home	Supported Housing	Eviction	Own Tenancy	Staying with Friends	Home	
	2	0	5	0	0	0	0	1	4	
Supported Housing	7				5					12



Independent living skills – learning how to cook

“ I met new friends, they are proper welcoming – the support worker listens to my opinions! ”

Lizzie, 21

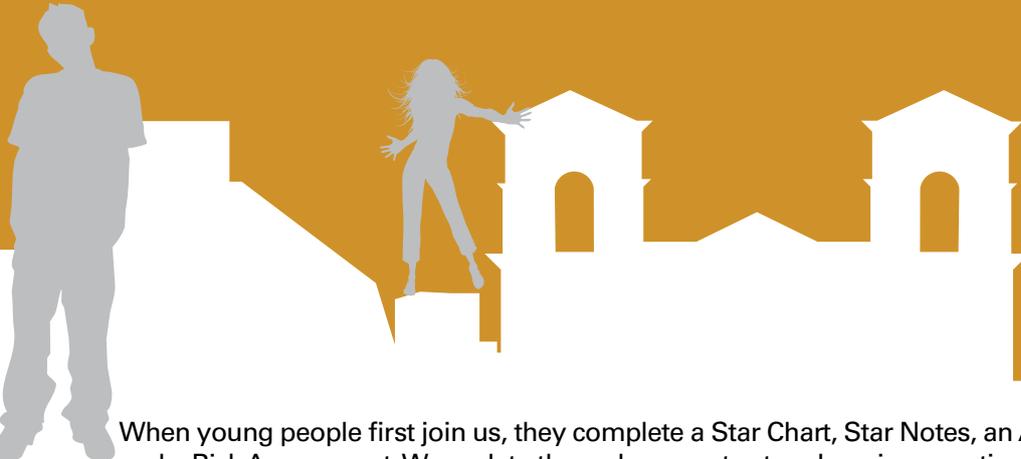


2012 Olympic football



Call: 01670 514881

# Towards independence

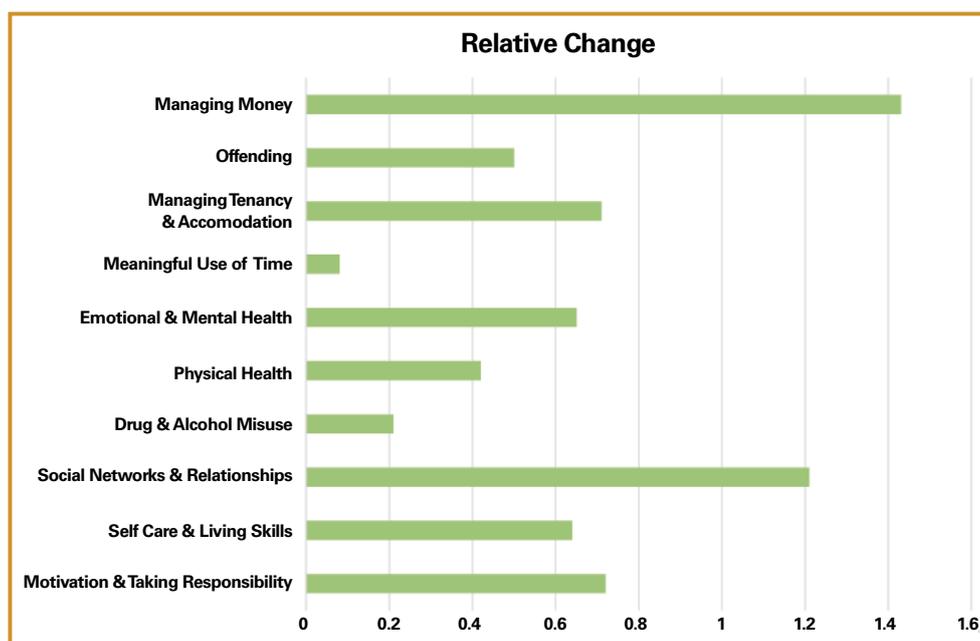


When young people first join us, they complete a Star Chart, Star Notes, an Action Plan and a Risk Assessment. We update these documents at each review meeting we have with the young people so we can measure their progress and look at their on-going support needs.

The Star Chart illustrates progress on the 10 areas of change which are crucial in helping young people move away from homelessness towards independence. Not all areas are relevant to all young people but they will generally face a number of challenges:

- Motivation and Taking Responsibility
- Self Care and Living Skills
- Social Networks and Relationships
- Drug and Alcohol Misuse
- Physical Health
- Emotional and Mental Health
- Meaningful Use of Time
- Managing Tenancy and Accommodation
- Offending
- Managing Money

The bar chart below shows the issues our young people worked on and the relative change achieved in 2012-2013 towards meeting their goals. We measure their direction of change across 10 points between 'stuck' and 'self reliant' and adapt our support accordingly.



# Outcomes for our youth homelessness work



## We Encourage We Enable We Support We Listen We Accommodate

When the young people join us, we work through an individual support plan with them. We provide personalised support to help the young people gain the skills and experience to be self-reliant. But before we do this, we ask the young people what is important to them and what kind of support they need to achieve their goals. We need to understand what is working and not working in the young person's life so we can identify the steps needed to achieve their goals.

We also want the young people to **Enjoy and Achieve**. We know that getting involved in positive activities is a protective factor against depression and poor mental health – so we encourage the young people to get involved in social activities and learning new skills. We often use our bouldering wall so the young people can try climbing which in turn boosts their confidence and encourages team working. Barnabas Safe and Sound is an AQA registered centre so the young people can develop and be assessed on the basic skills needed for successful independent living.

In 2012, our young people gained 15 AQA certificates in subjects such as the responsibilities of independent living, safety in the home, basic household cleaning and emotional and mental wellbeing.

Thinking about other people or volunteering for a good cause can give an enormous sense of wellbeing so we encourage our young people to **Make a Positive Contribution** through, for example, working in a charity shop or organising some fundraising.

Often our young people struggle with money and are in dept. Despite this, they are encouraged to **Achieve Economic Wellbeing** by sorting out their finances, learning to budget, and if not studying, finding a job. An example of this is the rent and service charges the young people pay for. We encourage them to pay their rent fully and on time so they develop the skills to maintain a tenancy and reduce the risk of eviction. We review rents each week, meet with the young people when necessary to discuss any problems and send out text reminders and warning letters according to the levels of their arrears.



*Taking a rest from gardening*



*Being creative*



*Independent living skills – learning how to cook*



Call: 01670 514881

# Youth work



We continued to develop our Youth Work in 2012-2013. With the on-going support of Morpeth Town Council we offered 43 youth work drop in sessions every Monday during term time for 61 young people over the year.

We complemented this youth work with occasional group activities which provided a unique support service for the groups of teenagers who accessed the service. In our sessions we dealt with a huge range of issues such as:

**Homelessness**

**Bullying**

**Confidence**

**Sexual Health**

**Rights**

**School Issues**

**Drugs & Alcohol**

**Money**

**Careers**

**Volunteering**

We worked in partnership with King Edward VI School in Morpeth to offer 2 weeks of alternative work experience to 8 students. We were helped by local businesses including J & D Shepherd Electricians who talked to the young people about what employers would expect from them.

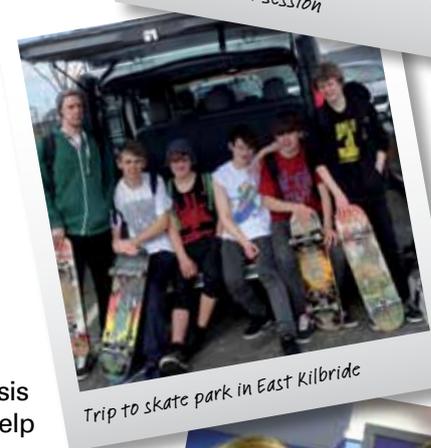
We also worked with 30 year 10 students at King Edward VI High School on how charities meet the social needs of society. They learnt how a housing crisis can affect anyone and the ways in which Barnabas Safe & Sound is able to help young people who find themselves homeless. In 2013-2014 we will roll this project out to 180 students.



Work experience



Youth work art session



Trip to skate park in East Kilbride



Halloween at Barnabas



Bouldering Wall. Contact:  
01670 514881 / 504668

## Bouldering Wall

We are the only youth project in Northumberland with a Bouldering Wall where young people can develop their climbing skills and learn teamwork. The Bouldering Wall is open 2 days during the week for climbing sessions. We also use it in youth work

sessions and with our residents. We hire out the wall to groups and for parties which generated over £6,000 of vital income for us in 2012-13.

**Contact us for details of climbing sessions or hiring the Bouldering Wall on 01670 514 881 / 504668.**



# Plans for the future



## We would like to

- Expand our youth work in Morpeth and Stobhill.
- Develop our premises at Wellwood House in Morpeth to provide an extra bed in our Crash Pad for emergency housing and 4 more beds in supported housing units.
- Create more training, office and youth space through the redevelopment of redundant workshops to the rear of our building.

## However, to do this we need to raise a lot more money.

About £250,000 in total! If you would like to learn more about supporting our work please do get in touch using our contact details which are shown below. One option is to become a member of Barnabas Safe & Sound and we will keep you up-to-date on our progress and invite you to future events.



Future plans...



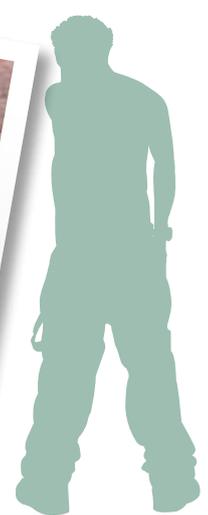
...to expand provision



Room for improvement!



Space to grow



Call: 01670 514881

# The finances

We spend 85p of every £1 raised on our Charitable Activities.



Brightening up our courtyard



We would like to thank the following organisations who have supported us financially in 2012-2013

- Northumberland County Council
- Morpeth Town Council
- Newcastle Building Society
- Northumberland Care Trust
- Northumberland Children's Trust
- Joseph Strong Frazer Trust
- Keyfund
- The Community Foundation
- The Northern Rock Foundation
- The Original Factory Shop
- Rotary Clubs of Morpeth and Wansbeck
- Morpeth Lions Club
- Soroptimists International - Morpeth
- Inner Wheel of Morpeth
- Morpeth Methodist Church
- New Life Church Wallsend
- King Edward VI School
- NRF Learning and Support
- The Rothley Trust
- The Co-operative
- Safer Northumberland Partnership Grant (LMAPS)
- Northumberland Village Homes Trust
- Kirkhill Ladies Club
- Morpeth Flower Club
- Collingwood Bridge Club
- The Steels Trust
- Hospital of God at Greatham
- Sir David Kelly Trust
- Morpeth Dispensary Group
- Christ's Hospital in Sherburn

We would like to thank the following organisations who have worked in partnership with us in 2012-2013

- Northumberland Social Services
- Northumberland Youth Service
- Northumbria Police
- King Edward VI School
- New Life Christian Centre
- ISOS Housing
- Stobhill Youth Club
- Berwick Youth Project
- Castle Carpets
- Gallery Youth Project
- Chantry Allotment Group in association with Meldon Park
- Escape Family Support
- Wansbeck Valley Food Bank
- Ian Mercer
- Real Food Works



Summer activities at Stobhill Youth Club



Independent living skills - learning to cook



Independent living skills - stain removals



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