



# CAUDWELL YOUTH

**Quarterly Report**

**February 2023**

Charity Number 1200757

[www.caudwellyouth.org](http://www.caudwellyouth.org)

# Quarterly Report

## February 2023

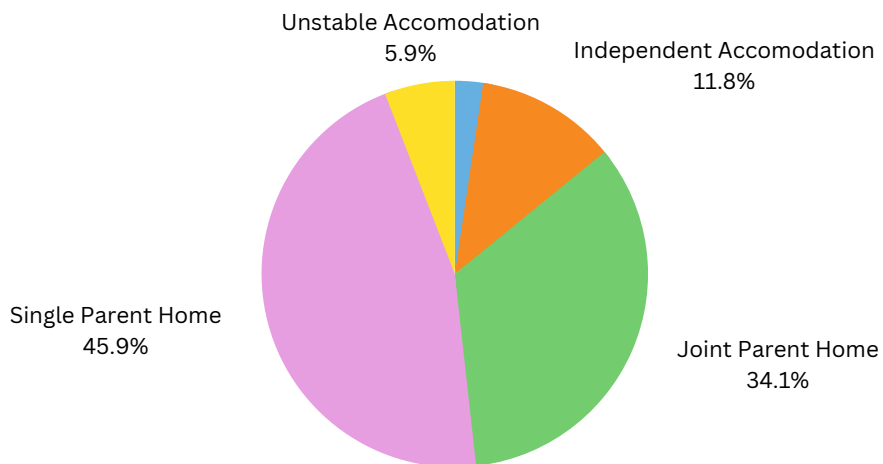
Welcome to the first Caudwell Youth quarterly report. We are proud to be able to write about, shout about and celebrate our young people and their achievements. In just a few months, we have had the pleasure of working with our young people and mentors and sharing their journeys. We would like to take the opportunity to thank all of our supporters; volunteers, Torchrunners, Youth Support Coordinators and donors for their support and dedication in shaping young people's futures.

We asked our young people a series of questions through a survey and compared these answers to the answers they gave at their initial assessment when they joined us, which are logged on our CRM system. Their volunteer mentors and Youth Support Coordinators supported them in completing the survey and this gave a good opportunity to focus on progress, look at goals and celebrate achievements.

When we sent the survey, there were 78 Young People working with us, 49 of these responded to the survey (63%). We were able to look into the young people who did answer the survey and we recognise that those on low income, in single parent homes or unstable accommodation were less likely to answer. It is important to identify groups of young people who may need further support in answering the survey and evaluating their progress.

This report shows progress 3 months in to our 2 year program of support for each young person. We recognise they have a much longer journey ahead of them and this is just the first step.

We have learnt a lot from this first survey and have identified areas we can work on in order to capture the journey of all of our young people in our next quarterly survey in May.



78 Young People



76 Volunteer Mentors

Over 700 hours of support

# Behind every statistic is a Young Person

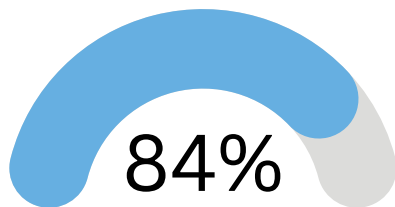
Your support for the work of Caudwell Youth makes a real difference, shaping young people's futures.

Outcome		Description
Reduction in Offending Behaviour	84%	84% of Young People whose presenting need was 'at risk of offending', did not offend whilst working with us.
Reduction in Substance Use	25%	The percentage of young people who describe their substance use as 'heavy' or 'moderate' has decreased by 25%.
Increase in engagement in Education		There has not been significant movement from NEET to EET amongst our young people. We recognise that engagement in Education, Employment and Training is a longer term goal for many of our young people. There is also a notable reduction in the number of young people engaging in Education as we approach exam season which can be a nerve-wracking and anxious time.
Community Engagement	73%	73% of our young people are positively engaging in their local communities; through work, work experience, sport and volunteering, as compared to 25% at referral.
Reduction in Exploitation Risk	83%	83% of young people who were high risk for exploitation when they were referred to Caudwell Youth, have lowered their risk of exploitation.
Improved Mental Health	82%	82% of young people have said their mental health has got better or stayed the same in the 2 weeks before taking the survey. (it is recognised that people struggle to reflect on their mental health over a period longer than 2 weeks.)
Social Relationships	41%	41% of young people have said their social relationships have improved since working with Caudwell Youth.
On track with Goals	71%	71% of young people feel they are on track in achieving their goals set at their initial assessment.
Mentoring	8/10	On average, Young People rated their mentoring an 8/10.

# Our Young People

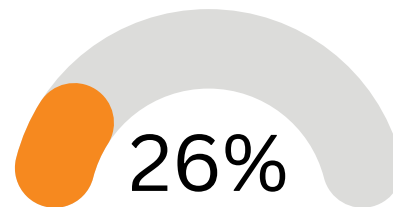
We have a breadth of knowledge and experience working with young people, in particular, those who are care experienced, facing mental health challenges, at risk of/offending and at risk of exploitation

All our young people are experiencing at least one of these needs, however most experience multiple needs which compounds the level of risk they face.



of young people report having **mental health challenges**

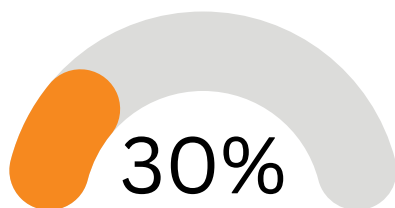
10% of children in the UK have a diagnosable mental health condition. Just over 1 in 3 children and young people with a mental health challenge get access to NHS care and treatment. 2 in 3 therefore DO NOT get access.



of young people are **care experienced**

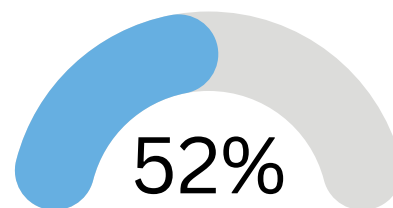
41% of care leavers aged 19-21 years are not in education, employment, or training (NEET), compared to 12% of all 19- to 21-year-olds.

Nearly 50% of under 21-year-olds in contact with the criminal justice system have spent time in care.



of young people are **at risk of offending**

Young people not in education, employment, or training (NEET) are 5 times more likely than their peers to become involved in the youth justice system and 3 times more likely to suffer depression, leading to longer term health problems and costs to society.



of young people are **at risk of exploitation**

Gang associated children were 77% more likely to have an identified mental health need than other children assessed by children's services – and twice as likely to have a history of self-harm.

"I have loved watching them come to a realisation that things can be positive, and working through things even though they are tough. "

- Mentor

# Change and Challenges

**88%** of Young People have **overcome a challenge** in the last 3 months. Our Youth Support Coordinators and mentors work hard to support our Young People to build resilience and prepare for challenges ahead.

Some of our young people shared the challenges they have faced since working with Caudwell Youth.



School has been a challenge because I was getting bullied and it made me really anxious to go in. But I kept going in anyway because I know that school is important. I told school about the bullying and suggested a reduced timetable and the school have changed my timetable so that I don't mix with the bullies. I now go to school 3 days a week.

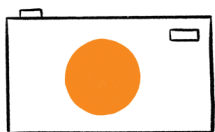
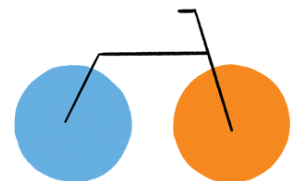


I got the train independently to Hitchin - I found it really scary, but I kept thinking that my mentor would be waiting for me at the end so I would be okay!



We have referred **1 in 4** of our young people to **partner agencies**. We recognise the strength in working together to support our young people.


**74%** of our young people have reported a **positive change in their lifestyle** choices. This includes cutting down on vaping, increasing exercise, keeping a journal and cutting off unhealthy relationships.



**29%** of our young people have said their **financial management** has improved since working with Caudwell Youth.

" I'm really proud of all the progress they had made especially everything that happened with college. "

.- Mentor



**We asked our young people if there was anything they wanted to shout about, here are a few of their proudest achievements in the last few months.**

"Started maths tutoring after over a year out of school"

"Really proud of my work in my Nan and grandads bathroom, I'm decorating it and really proud of the woodwork"

"Going to the gym once a week independently.

Working really hard at work experience"

"I am proud of building a pc from scratch with my mentor."

"How well I work with the young people at my job."

"Becoming who I truly am, having gratitude "

"I am proud of myself, attended sessions with new therapist, keeping positive behaviour, healthy thinking, staying in contact with everyone and enjoy my time while I can."

"Kept a job for a year. Made new friends. Managing anxiety better. Better relationships. "

"Having a healthy baby and getting my new flat."

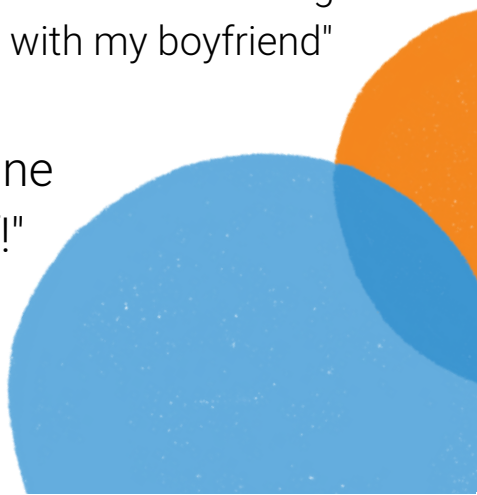
"IT exam - I handled a stressful situation really well and answered every question "

"I am proud I found the courage to split up with my boyfriend"

"Playing well for my football team "

"I can actually imagine a future for myself!"

"Going to CAMHs assessment and opening up "



Question	Answer
How long have you been working with us since initial meeting?	Select Answer
What is your current education status?	Select Answer
What is your current housing situation?	Select Answer
What is your current income?	Select Answer
Have you previously been arrested/charged with an offence?	Yes/No
What is the young person's current exploitation risk?	High/Medium/ Low/None
What is the young person's current drug and alcohol use? (consider if under 18 and use of vapes)	High/Medium/ Low/None
In the last 2 weeks has your mental health ...	Stayed the same/better/ worse
How would you rate your mentoring?	1-10
In the last 3 months have you taken part in any community based activities such as volunteering?	Free Text
In the last 3 months has your financial management improved?	Stayed the same/better/ worse
In the last 3 months have your social relationships improved?	Stayed the same/better/ worse

Question	Answer
(Resilience) In the last 3 months can you describe a time you have overcome a challenge?	Free Text
Have you made any lifestyle changes that have positively improved your health?	Free Text
Are you on track with goals/targets?	Free Text
Do you need to set new targets?	Free Text
Anything to shout about? (successes, achievements, what are you proud of?)	Free Text
(YSC/Mentor) Any other referrals made to other organisations including safeguarding	Free Text
Discussions around any safeguarding incidents	Free Text
YSC comments	Free Text
Mentor Comments	Free Text
Is this part of an exit strategy?	Yes/No
Can we contact the young person when they leave?	Free Text