



# IMPACT REVIEW

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# WELCOME!

The last few years have been difficult for us all. The pandemic and the cost-of-living crisis have hit families hard and sadly it is often children and young people that are affected the most.

This report highlights some of the amazing things that PYF has been doing over the last year, helping young people to navigate the challenges of life. We are a 'people organisation' – everything we do is about improving lives and extending opportunities for young people. Nothing would happen without our brilliant staff team, whether they are working directly or indirectly with young people as well as our funders, ambassadors, patrons, and fellow trustees. Each has played their part in our success this year.

It is always hard to describe the impact of our work, but one thing I am struck by is the self-confidence that many young people develop from being involved in PYF. For some it means standing on stage live at the MOBOS or performing at events for the City of Culture 2021. For others it was feeling confident speaking enough English to make new friends or going to an interview for their first job.

These are moments young people will remember forever, and I am proud to be part of the team that makes such a difference in their lives.



**Drew Jack**  
Chair of Trustee Board  
Positive Youth Foundation



## Age of participants, 2020-22

Age	No. of participants	
	2021-22	2020-21
5	0	0
6	3	0
7	3	0
8	22	2
9	47	1
10	91	9
11	85	15
12	122	16
13	94	21
14	126	25
15	168	44
16	148	46
17	220	54
18	126	46
19	89	41
20	51	31
21	46	30
22	26	10
23	13	9
24	15	12
25	10	17
26	11	8
27	2	3
28	2	0
29	1	0
<b>TOTAL</b>	<b>1,521</b>	<b>440</b>

Our participant numbers in 2021-22 began to pick up after the pandemic year of 2020-21. Although PYF's attendance range extends from age 7 to 29, our main programmes support young people aged 8-25. Over both years more seventeen-year-olds attended than any other age group. The median age of participants is 15.

## THE CONTEXT FOR OUR WORK IN COVENTRY

This was the year when we learned to live with Covid and slowly returned to normal. Many young people bounced back. For others, coming to terms with Covid and lockdowns took longer and was more difficult.

With Covid restrictions in place for part of the year we supported 1,519 young people, a thousand more than the previous year, but fewer than the 2,500 young people we would normally expect to participate in our activities.

As the social and economic impact of Covid lingered on we saw a change in young people's mental well-being and their self-confidence. Young people talked about changes in family relationships and financial security, and how they felt about their future. The pandemic often magnified the challenges young people faced before.

Across England, public services and voluntary sector organisations like PYF have seen a significant rise in the need for mental health support, a surge in the numbers of young people absent from school, and a significant increase in childhood obesity. In 2021-22 Coventry City Council and other statutory services referred 247 young people to PYF for support and we expect numbers to rise again in the coming year.

We saw growing public concern for childhood poverty and hunger. The cost of living, particularly fuel prices, began to rise and affected everyone, especially the poorest. Global events in Hong Kong, Afghanistan and Ukraine have led to the arrival of families seeking sanctuary in the UK.

This year PYF was delighted to be involved in two major local events: as Honorary Partner in the City of Culture 2021, and as a contributor to the community and outreach programme for the Commonwealth Games. We were also thrilled to support young people taking part in the MOBOs, and to join the incredible street theatre puppet Amal during her walk-through the city centre.





## NOTES FROM STAFF: TRENDS AND CHALLENGES IN 2020-21

As young people rejoined our activities, we asked staff for their thoughts on some of the themes they observed in their work...

- ▶ We are seeing lower-level and emerging mental health needs in young people, particularly stress, anxiety, and depression. There's a need for some young people to rebuild their confidence and social skills, and to adapt their behaviour appropriately with other young people. We are providing access to counselling for those where there is a more acute need.
- ▶ Young people are returning to outdoor and sporting activities in parks and sports centres. Attendance at football and basketball increased and we ran gym sessions and a new boxing club.
- ▶ With young people we cook nutritious food for as many as we can, as often as we can in our busy kitchen.
- ▶ We saw the rebirth of cultural and creative activities in the city as the City of Culture 2021 picked up – PYF's involvement in the year-long celebration increased.
- ▶ Our mentoring, coaching and flexible support for individuals has grown significantly as young people are finding their feet and looking for new opportunities to get training and move into work.
- ▶ We have seen a growth in our work with newly arrived young people. There are several reasons for this: the UK Government revived its resettlement scheme, the emergency in Afghanistan, new rules allowing Hong Kong nationals to settle in the UK and the crisis in Ukraine.
- ▶ Young people are often referred to PYF from statutory authorities so they can benefit from our skilled team of mentors and coaches. In 2020-21, almost 250 young people were referred to PYF, including 42% from the City Council and 31% from 23 separate schools in the city.
- ▶ There has been a marked increase in safeguarding cases– not just reporting concerns but supporting young people in times of personal crisis. 108 logs were created during the year, including 40 relating to mental health, self-harm, and suicidal ideation.
- ▶ We led the Coventry Youth Partnership. CYP offered training, carried out a baseline survey of core members, set up a programme to plan for its future.

# THE RANGE AND OF **OUR WORK** YOUNG PEOPLE



# ND IMPACT WITH E





# INVOLVED



“

We want Coventry to feel the same for everyone... we want our Coventry to be their Coventry. That is exactly what Involved is about.

**Tayyibah Mota,**  
Programme Lead,  
Involved

”





PYF staff and young people took part in the amazing visit of Little Amal, a 3.5-metre tall puppet of a young refugee girl, created by Handspring Puppet Company.

Representing all displaced children, many separated from their families, Little Amal walked across Europe to the UK, visiting Coventry in October 2021.

## HIGHLIGHTS

In January 2022 we held a Chinese Lunar New Year Event to celebrate the Year of the Tiger.

It was organised by young people who had recently arrived from Hong Kong, welcoming their families and helping them to feel at home. Over 130 people attended, and we were able to explain the support PYF provides. As a result, 65 young people from Hong Kong joined our orientation and induction programmes, sports activities, and other youth projects. We employed a youth worker of Hong Kong Chinese origin to make links with the community, and funding from the Dept for Levelling Up has allowed us to sustain this work.

## KHALED'S\* STORY

20-year-old Khaled arrived in the UK in 2019 with his family through the UK Government's Resettlement Scheme. **'WE ARRIVED FOR SAFETY, A FUTURE AND FOR DEMOCRACY,'** he says.

Like many new arrivals the language barrier proved to be the first obstacle, but Khaled soon set out to change that. In January 2020 he signed up to the MyCoventry programme – a two-year initiative designed to support new arrivals with employment, training, and language support.

PYF is a partner in MyCoventry and he began taking part in ESOL classes at our youth centre, improving his English skills and make everyday life

easier. Khaled's self-confidence grew to the extent that he applied to become a volunteer at PYF and was able to share his own personal experience with newly arrived children and young people.

Recently he has been in a paid role at PYF and is working for the City council as a translator. He is completing both Maths and English at college with his eyes set firmly on going to university in the future.

\*Not his real name

positive futures >>

# POSITIVE FUTURES

“

We need to build trust for mentoring to work well. It allows young people to talk about their lives, share their worries and explore solutions with their mentor.

**Ahmed Mohammed,**  
Youth Engagement  
Mentor, Positive Futures

”



## HIGHLIGHTS

Our mentoring programme *Chances* aims to increase participants' physical activity and improve young people's physical literacy.

The programme also supports improvements such as school attendance for those referred by Coventry City Council.

**OUT OF 245 YOUNG PEOPLE WHO JOINED THE PROGRAMME ALMOST 50% ACHIEVED A RECOGNISED PHYSICAL LITERACY OUTCOME.**

**WE SUPPORTED 16 YOUNG PEOPLE REFERRED FOR THEIR SCHOOL ATTENDANCE AND OVERALL, THIS IMPROVED BY 28% BY THE END OF THE THIRD TERM, FROM A BASELINE OF 42%.**

**MST Mentoring** is the newest addition to Positive Futures - a national mentoring research programme led by the Centre for Youth Impact. This year we are supporting 11 young people who have signed up for the trial mentoring scheme and more young people will join in the coming year.

## KEEPING YOUNG PEOPLE SAFE

PYF provides intensive support to young people where there are concerns about their safety.

In the year of the pandemic (2020-2021) 21 logs were reported. In the following year the number rose significantly to 108.

### Why this change?

- ▶ Moving our activities with young people online took a lot of adjustment, both for staff and young people.
- ▶ The opportunity to talk privately with young people wasn't as easy as when we were face-to-face.
- ▶ Young people were more 'protected' by being in their homes and away from outside influences that could usually cause concern.
- ▶ The nature of safeguarding in the home and increased mental health issues may have been a barrier to disclosures by young people (i.e. not wanting to make situations in the home worse).

## FREYA'S STORY

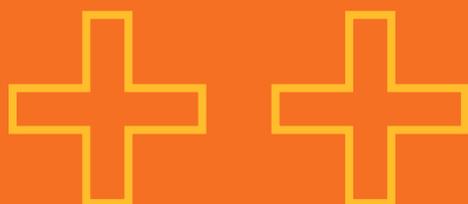
Freya is 14 and has taken part in Positive Futures since the start of 2021.

She has significant screen time compared to other young people her age – up to 19 hours a day. This is a barrier to her personal development, and she struggles to work well in busy settings without her phone, like school.

Freya was reluctant to come on her own to our youth centre, but she did attend when her guardian brought her.

Once in the centre, her mentor worked with her to make her comfortable.

Eventually Freya was happy enough to put her phone away on charge in the office, to sit down and do some arts and craft origami with her mentor for almost an hour.





# RAISING ASPIRATIONS PROGRAMMES (RAP)



RAP uses young people's interests as a starting point to inspire them and realise what they can achieve.

**Krishan Singh,**  
Director of Operations



## HIGHLIGHTS

RAP supports young people to achieve their potential.

It helps those experiencing challenges in mainstream education, or those out of education, training, or employment. Youth work principles are adopted to meet the diverse needs of young people, ensuring that they are supported and challenged in equal measure.

This year RAP's main programme, *Building Better Opportunities* (BBO), supported 139 young people, 70% of them aged 16-18. BBO Progress Coaches provided an average of 23.5 contact hours with each young person.

BBO is funded through the European Social Fund –this amazing programme which has supported almost 350 young people altogether, will end in March 2023.



## Baseline survey of young people

	None of the time	Rarely	Some of the time	Often	All of the time	Don't Know	No Answer given	Total
I've been feeling positive about the future	3%	7%	23%	30%	32%	5%	0%	100%
I feel confident	1%	7%	21%	29%	40%	2%	0%	100%
I feel safe at PYF	0%	1%	4%	11%	81%	2%	1%	100%
I make choices that improve my day-to-day life	3%	7%	28%	31%	28%	2%	1%	100%
Creative activities are important to me	4%	7%	20%	26%	39%	3%	1%	100%
I feel physically fit/ healthy	3%	7%	22%	24%	41%	2%	1%	100%
PYF listens to what I say	0%	1%	6%	16%	72%	4%	1%	100%

PYF uses different methods to understand young people's personal feelings and attitudes to participating in our programmes. This year we introduced a baseline survey which will be repeated at six-monthly intervals so we can monitor changes in individuals as well as participants overall.

## JOHNNY'S STORY

Johnny was referred to PYF by Coventry College, because of a low attendance record and a belief that he would not meet course requirements because of health conditions.

Johnny suffers from Type 1 Diabetes, chronic kidney failure and only has one working lung. This meant he was not always able to attend his education placement and sometimes had to leave early due to his condition.

Since starting BBO Progress he has only missed 1 out of 21 planned sessions. These have been tailored to Johnny's needs, starting later in the day, and are kept short. He is allowed to take breaks if his sugar levels are running low and the work that he is set is specific to his ability levels. Johnny attends Functional

Skills sessions, and these are tutored on a one-to-one basis. The tutor is aware of the needs he has and what can be put in place to support these, creating an environment where he can learn and achieve. This has helped develop his confidence and aspirations around what he perceives he can achieve.

Johnny aspires to go to university in the future and as part of his support we have been looking at access courses and other alternative avenues to support this ambition of his.

HEALTHY  
★ FUTURES ★

# HEALTHY FUTURES

“

Improving the physical, emotional, and mental health of young people...

**Nikki Miles,**  
Programme Lead,  
Healthy Futures

”

Healthy Futures helps young people to live fuller and more active lifestyles, through a good mix of both mainstream and non-traditional sports and physical activities.

## IT AIMS TO OFFER SOMETHING FOR EVERYONE.

In 2021 Healthy Futures completed a 5-year programme funded by the National Lottery. Altogether it reached 3,460 young people and delivered over 2,700 health and physical activity sessions

**85% OF PARTICIPATING YOUNG PEOPLE SAID THEY FELT HEALTHIER FOR TAKING PART.**



## HIGHLIGHTS

In 2021, with other partners in the city, PYF launched the Go Foleshill programme, named after inner-city ward in the central north of Coventry.





Go Foleshill is a community-based initiative encouraging local people, especially young people, to get out and use local spaces to get active. **Working with over 3,000 people, Go Foleshill has been an enormous success**, offering the diverse resident population new experiences including swimming, cycling, canoeing, fishing and more.

Alongside this, we secured funding from the Alan Higgs Foundation to support 25 care-experienced young people, increasing the opportunities offered to them across the city including a platform to express their views.

This led to the creation of a guide for other care leavers and professionals who work with them, offering support and guidance for their journeys. This programme has also led to a mentoring scheme to offer care leavers additional support.

57% of young people at PYF are engaged in the recommended physical activity levels stated by Sport England (outside of school time).

**THIS IS A 20% INCREASE FROM OUR 2018 SURVEY.**



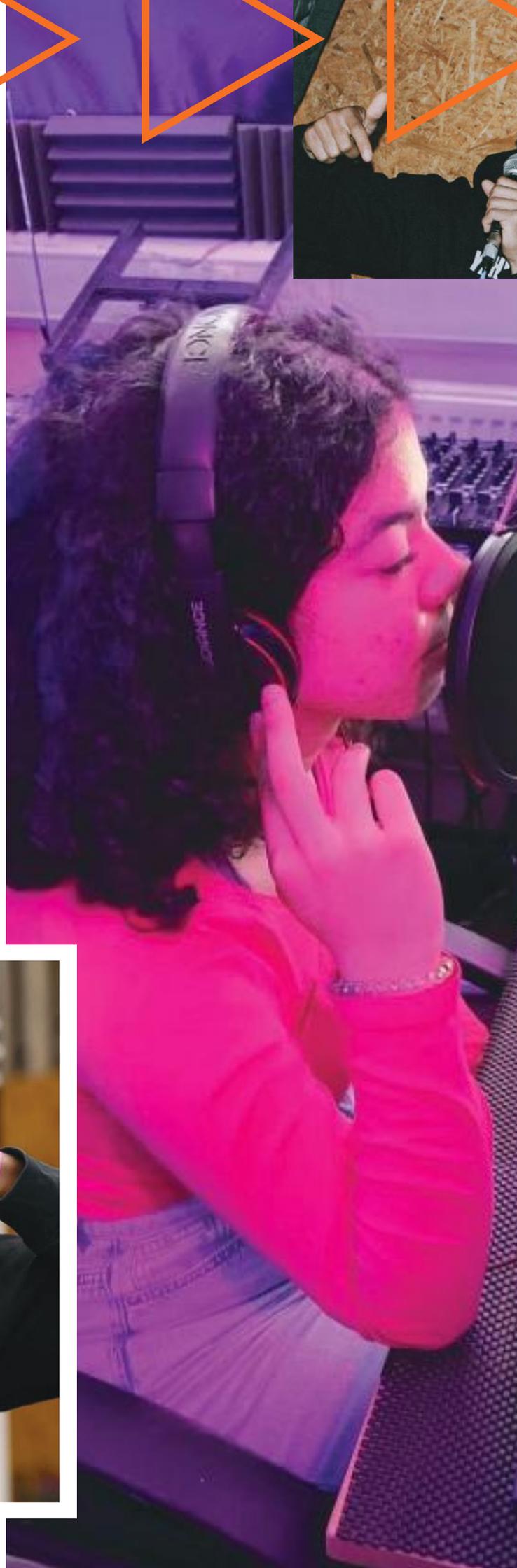
# CHANGING TRAX

“

Working with young people to inspire, develop and unleash their creative talent.

Larna Andrews,  
Programme Lead,  
Changing Trax

”





## HIGHLIGHTS

Since the pandemic, Changing Trax has supported 214 young people to access creative spaces and perform their work.

They have built new relationships and extended their networks with professionals like sound engineers, events managers, and social media experts. PYF's music studio is now bookable, and this has encouraged creative collaboration and networking with other like-minded young people through weekly studio sessions, workshops, networking events, and panels around the city.

**THESE ACTIVITIES ARE OFTEN A STARTING POINT FOR FURTHER SUPPORT WE CAN OFFER, INCLUDING MENTORING AND PERSONAL DEVELOPMENT.**

Thanks to our involvement with the Coventry City of Culture Trust young people had access to an incredible range of creative opportunities during the year. Seventy-three young people took part in pop-up open mic and busking events, as well as televised events like the MOBO Awards, the CVX Festival and parades in the city.

## SEAN'S\* STORY

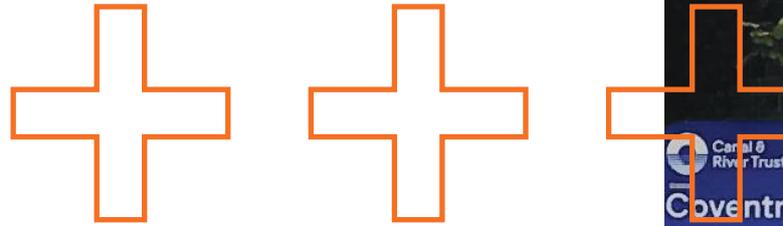
Sean is a young person who struggled to connect with his teachers and to attend school. He was referred to PYF in May 2021 and started on the Building Better Opportunities Programme.

After working with a Progress Coach, Sean became more familiar with PYF and began to explore other programmes like Changing Trax.

He took part in music sessions in our studio twice a week, while continuing to learn practical life skills like cooking with his Progress Coach. Changing Trax led Sean to

pursue his creative interests and enabled his confidence to grow. This year he performed for the first time, live at the CVX Festival in front of an audience of around 200 people. This had an enormous impact on him personally, and he hopes to use music as a tool to keep him on the right track and towards a positive destination.

\*Not his real name



# PYF CONNECT



Supporting a strong network of youth organisations in Coventry...

**Jon Boagey,**  
Executive Director



PYF Connect is our contracting and commissioning strand and secures funds to support PYF's core costs.

It includes work to develop the Coventry Youth Partnership, a city-wide initiative that brings the city's youth sector together, improving youth work and maximising the impact of what we do together.

**With funding from the National Lottery CYP partners were able to:**

- ▶ Provide small grants to CYP members to deliver youth activities across the city.
- ▶ Set up a series of task and finish groups to explore areas of CYP's work and make recommendations for the future.
- ▶ Invest in an audit of CYP members so we could understand better their reach and impact.

**In 2021-22 CYP core members delivered youth services to over 6,000 young people in Coventry (13% of the 8-18 population), generated over £3.2m of investment in the city and employed 110 staff.**



## Ethnicity of PYF Participants, 2020-22

	2021-22	2020-21
<b>Asian or Asian British</b>		
Asian - Indian	4%	2%
Asian - Pakistani	6%	4%
Asian - Bangladeshi	2%	1%
Asian - Chinese	1%	0%
Asian - Other	3%	3%
	<b>16%</b>	<b>11%</b>
<b>Black British</b>		
Black/British - African	26%	20%
Black/ British - Caribbean	3%	3%
Black/ British - Other	2%	1%
	<b>31%</b>	<b>24%</b>
<b>Mixed</b>		
Mixed - White & Black African	1%	1%
Mixed - White & Black Caribbean	2%	3%
Mixed - White & Asian	1%	2%
Mixed - Other	3%	3%
	<b>7%</b>	<b>9%</b>
<b>White</b>		
White - British	18%	26%
White - Gypsy / Irish traveller / Roma	3%	3%
White - Irish	0%	0%
White - Other	6%	5%
	<b>27%</b>	<b>34%</b>
<b>Other ethnic group</b>		
Arab	9%	11%
Other Ethnic Group	4%	4%
	<b>13%</b>	<b>15%</b>
<b>Unknown</b>		
Not Specified / Unkown	6%	7%
	<b>6%</b>	<b>7%</b>
<b>TOTAL</b>	<b>100%</b>	<b>100%</b>

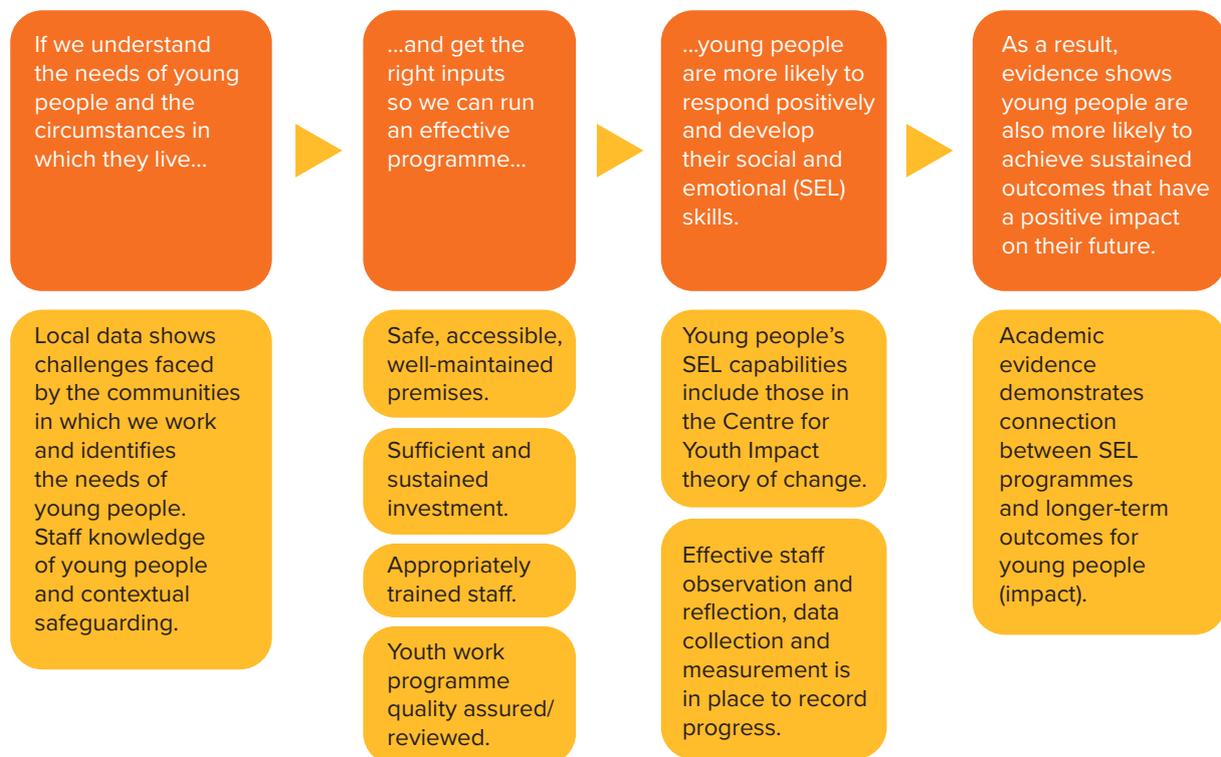
PYF participants reflect the diversity of the neighbourhoods where we work, particularly Highfields, Foleshill and St Michael's wards in Coventry. PYF uses the Census classifications for ethnicity, which allows us to compare our data with that published by National Statistics. The most significant changes since last year are a reduction in White British and an increase in Black/British – African participants. This reflects the profile of families living closest to our youth centre in Hillfields where we focused much of our work during the lockdown periods.



# PLANNING TO MAKE A DIFFERENCE...

The logic underpinning our work is set out in the table below. We believe it is important to get the structures and resources in place to deliver high quality services for young people.

## The logic underpinning our work



### This means:

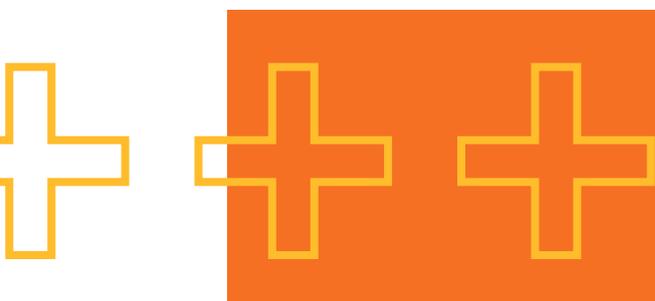
- ▶ Young people attending our activities are safe. We invest in our safeguarding support for young people, offering individual guidance and support, representation on safeguarding panels where appropriate and advocacy.
- ▶ Ensuring and the buildings and other locations for our work are welcoming and well maintained. We continue to invest in the Hillfields Young People's Centre, and this year moved into new HQ premises in Coventry University's Techno Park.
- ▶ Ensuring we have the financial resources to deliver our work so young people get the best services we can offer.
- ▶ Staff are appropriately trained and qualified, whether as youth workers, mentors, sports coaches, specialist instructors or trainers (e.g., in the arts or music sector) or professionals (e.g., teachers or clinical practitioners). We offer a range of training opportunities for staff – 88% took part in some form of training this year. 90% said they enjoy working at PYF.

Good youth work depends on the skills and experience of the staff who work with young people.

But the environment in which they operate creates the foundations for this to happen and more likely that we can make a difference in their lives. We have created a logic model (sometimes called a theory of change), which underpins our work which reminds us it is important to get the structures and resources in place to deliver high quality services for young people.

#### What does this mean in practice?

- ▶ We need to listen to and respond to young people, understand their lives and the circumstances in which they live. This includes reviewing local data and having knowledge of the services and policies that impact on young people's lives.
- ▶ Ensuring young people attending our activities are safe. We invest in our safeguarding support for young people, offering individual guidance and support, representation on safeguarding panels where appropriate and advocacy.
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- ▶ Ensuring we have the financial resources to deliver our work so young people get the best services we can offer. We need to ensure there is continuity in service delivery – not always an easy task when funding is often short-term.
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# 5 KEY THINGS ABOUT OUR WORK...



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# OUR FUNDERS AND SUPPORTERS

We are incredibly grateful to the following for their generous support during the year:

## FUNDERS

Alan Edward Higgs Charity	Groundwork
Alliance of Sport	Home Office
BBC Children in Need	Julia and Hans Rausing Trust
British Council	Paul Hamlyn Foundation
The Captain Tom Foundation	John and Julia Egan Charitable Trust
Centre for Youth Impact	Sport England
Comic Relief	StreetGames
Coventry Building Society	Substance
Coventry City Council	Think Active
Coventry City of Culture Trust	National Lottery Community Fund
Department for Digital, Culture, Media & Sport	UK Youth
Department for Levelling Up, Housing and Communities	Warwickshire County Cricket Board
European Social Fund	West Midlands Combined Authority
Football Foundation	National Foundation for Youth Music
	2022 Commonwealth Games

## TRUSTEES

Drew Jack (Chair)  
 Amy Foster  
 Carl Binns  
 Vincent Mayne  
 John Kiely  
 Cory Barrett

## PATRON

Sir John Egan

## AMBASSADOR CHIEF EXECUTIVE

John Ledwidge

Rashid Bhayat





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