



Ad Astra Barnsley

North Area Council
Youth Resilience Fund



Background on our team

- ↳ Our company started in 2013
- ↳ The three directors alone have over 80 years experience working in community settings with children, young people and their families
- ↳ The team have experience working locally, regionally and nationally for both the statutory and voluntary sectors.
- ↳ All our staff are Mental Health First Aiders
- ↳ We have a dedicated team voluntary workers.
- ↳ All staff and volunteers have DBS checks and have annual Safeguarding training
- ↳ We deliver work in the North, the North East and Penistone and we've been based in the St Helens ward since 2016
- ↳ We are actively involved in the local community and with many local partnerships



Our Programme

- ▶ We deliver a wide and varied range of activities from our base in New Lodge as well as our commissioned work in local schools.
- ▶ New Lodge Community Centre
 - ▶ Weekly Food Parcels to over 30 families in the North Area
 - ▶ Women's Well Being Support Group
 - ▶ Afterschool Club and three youth club sessions
 - ▶ Tinky Dance and Play sessions
 - ▶ Community Bingo
 - ▶ Community Cafes supporting various groups
 - ▶ **Holiday Provision in all school holidays**



Continues....

- ▶ Old Town
 - ▶ MAD (Mind and Dance Session) for young people
 - ▶ St Paul's Afterschool Club
- ▶ Penistone Grammar
 - ▶ Listening Support Group Work and One to One sessions
- ▶ Darton
 - ▶ Lunchtime Support Groups
- ▶ North East Area
 - ▶ Outwood Shafton – Listening Support Group Work
 - ▶ Outwood Carlton - Listening Support Group Work and One to One sessions
 - ▶ Primary Schools – Teeth and Oral Hygiene and Personal Hygiene



Our NAC YRF commissioned project

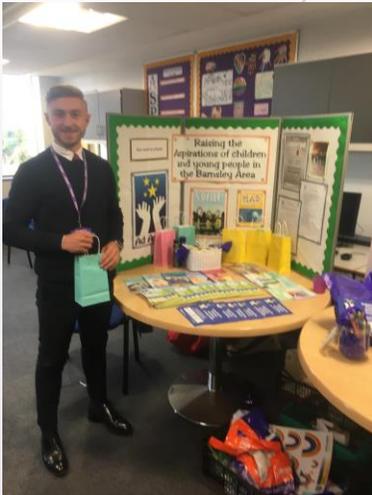
- ▶ **Secondary School – Carlton Outwood**
 - ▶ Year 7 Support
- ▶ **Primary Schools - Athersley South – Athersley North and Laithes**
 - ▶ All Year 5 pupils complete a 6 week Buddy Training Programme
 - ▶ All Year 6 Pupils complete 6 weeks of Transition Workshops
- ▶ **New Lodge Community Centre**
 - ▶ Youth Club Session - weekly
 - ▶ Holiday activities – 10 sessions throughout the year



OUR MAIN CHALLENGES

- ▶ **COVID** – at the start of the project this made contact and building relationships very difficult – we couldn't get into any of the Primary Schools until April 2021 and we didn't get into Athersley North until September 2021
 - ▶ During the lockdowns all our communication was via emails and telephone calls
 - ▶ We made contact with all schools in 2020 with the hope to start in January 2021 but after another lockdown this meant it was April before we did our first sessions in Athersley South and Laithes Primary
 - ▶ Our Youth Club and Holiday Provision sessions had to be Outreach initially as we couldn't open our centre so we did packs and met young people in their gardens and on recreational grounds after the initial lockdown
- ▶ **ATHERSLEY NORTH PRIMARY**
 - ▶ It took us many emails and many more phone calls to open a working relationship with Athersley North – **NOW** we have a great relationship with all information being passed prior to each session/term
- ▶ **DATA COLLECTION**
 - ▶ Getting schools to collate the relevant data

Outwood Academy – Carlton Y 7 Support



- ▶ We managed to get in to as soon as the project started in November 2020
- ▶ To date we have supported over 50 Year 7 pupils in Carlton
- ▶ Here are some of the issues the young people have brought to session..
 - ▶ Bullying
 - ▶ Transition issues - including getting lost – no IT to do homework – consequences
 - ▶ Gender issues and sexuality
 - ▶ Estranged families - domestic violence - family breakdown
 - ▶ Parents in prison – parents with disabilities – parents struggling financially
 - ▶ Fear around covid - being in school – not being in school – taking the virus home to family
 - ▶ General anxiety through suicidal thoughts
 - ▶ Self harming
 - ▶ We also participate in Y6/ Y7 Parent Evening and Well Being Sessions at Carlton

Year 5 Buddy Training

Year 6 Transition Workshops



- ▶ The Buddy Training was the first programme we did in the Primary schools, followed by the Transition Workshops
- ▶ To date we have completed Buddy Training with **over 200** Young people and **over 120** Young people have completed the Transition Workshops
- ▶ From April 2021 to July 2021 we managed to work with all Year 5 and Year 6 pupils in Athersley South and Laithes Primary
 - ▶ We doubled up on the class numbers to ensure that no Y5/ Y6 missed out
- ▶ From September 2021 we managed to get into Athersley North
 - ▶ We have just completed this years Y5 Buddy training and they are getting ready for their school duties and started the Transition Workshops for the current Y6s

Youth Club

- ▶ Since lockdown finished young people wanting to join our youth club has grown immensely – the age range has expanded so we now have had to open two additional sessions – several have come from the schools we work in.
- ▶ Due to limitations on the number of people we are allowed in the centre due to the regulations in place we now offer two sessions on a Tuesday evening as part of our NAC programme and to enable us to continue support for the young people from Year 8 we run a session on a Wednesday evening as well



Holiday Provision



Dealing with Holiday Hunger has always been a major part of our Holiday Activities.

As part of our project throughout the school holidays we continue with our youth groups and add additional sessions to ensure the young people we work with have continuation support.

We have done Cook and Eat Sessions with Y6 pupils

We have done 'Walks to your New School' as part of our holiday activities

We have also done litter picks and walks around the local area as well as our regular youth clubs



Year 2 into Year 3

*A little
progress each
day adds up
to big results*

- ▶ We see this project as being very proactive

The way we support young people in Years 5 / 6 and 7 - building their confidence and self esteem gives them skills to manage their emotions and helps them to become resilience.

Children with greater resilience are better able to manage stress, which is a common response to difficult events.

So if we can give them the skills early enough through this project, the young people won't need as much support from us or other agencies in later years.

RESILIENCE:

THE CAPACITY TO
RECOVER QUICKLY
FROM DIFFICULTIES

Proudest Achievements

- There are so many ...
 - Being able to work with some amazing young people
 - Watching the young people grow as individuals
 - Being able to support families during Lockdown with Food Parcels
 - Enabling parents to go back into education/ learning to help their children
 - Providing homework support – reading books and creative packs for children and young people in Lockdown
 - Completing Buddy Training and Transitions workshops with so many young people and presenting them with their certificates
 - **BEING ABLE TO DO THIS FOR AT LEAST ONE MORE YEAR**





From Clare Storr – Headteacher at Athersley North Primary
When she asked her students this is what they had to say....

- ▶ *Lewis 'We learnt how to be a good friend and what to do in different scenarios like someone being bullied'.*
- ▶ *Emily 'We learnt what secrets to tell and what not to tell'.*
- ▶ *Eve 'We learnt different ways of communication'.*
- ▶ *Jude 'We learnt lots of ways to stop bullies'.*
- ▶ *Lacie ' We learnt how to be a buddy and how to be the best buddy'.*



From Emma Sanderson Head teacher at Athersley South School

- ▶ **Working with Ad Astra**

- ▶ Our relationship with Ad Astra continues to go from strength to strength and we have found being part of the project of great benefit. We work closely together and the project is personalised to our school, taking account of individual needs and the different cohorts of pupils involved. Relationships are strong and the sessions not only appropriate, but also engaging, for our children. This enables all our children to feel valued and involved, increasing participation and ultimately the benefit to themselves.
- ▶ Since working with Ad Astra, individuals have become more confident, able to work with others in a different way and have had opportunities to engage in different experiences or think about things differently. The sessions compliment work in school due to the effective communication between Ad Astra and ourselves and are supporting the children to develop new skills, confidence and abilities. The sessions have a positive influence on the children's experiences in school and their ability to contribute to, and make a difference within, the school community, while also supporting the children's own mental health and wellbeing.
- ▶
- ▶ We look forward to continuing to work with Ad Astra.