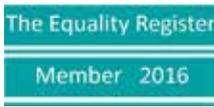




Impact Report 2018/19



Welcome to Chilypep!

Children and Young People's Empowerment Project

Our Managing Director



Lesley Pollard

Chairperson



Andy Dykes

As a small charity, and in the current climate of austerity (cut-backs) and low resources, we understand the importance of not only telling everyone what we do but also what difference we have made for the people we are doing it for.

This report highlights what we've accomplished over the last year, and the outcomes we've achieved for the young people, organisations and partners we've worked with, and some of the strategies that affect young people's lives.

Our influencing and empowerment work has focused on key themes which are:

Improving young people's mental health and emotional wellbeing and access to services and support

Raising awareness and improving support to young people experiencing domestic and sexual abuse, and promoting healthy relationships

Promoting and building community cohesion in established communities, and supporting refugee, asylum seeking and newly arrived young people

Delivering a range of training and development opportunities for professionals, communities and young people to promote participation practice and understand young people's mental health and wellbeing needs

Gender specific work to support boys and young men, and girls and young women to develop their sense of empowerment, wellbeing and emotional literacy

Welcome to the Chilypep Impact Report 2018/19!

Our impact report 2018/19

Chilypep's mission

To work with children and young people, supporting them to influence and improve their lives and the communities they are part of. Chilypep does this through empowerment and participation in a challenging, fun and action packed way.

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Chilypep's work: Projects

You can read more at chilypep.org.uk/projects

Over the last year Chilypep has delivered some amazing work alongside young people and our partners. We have supported young people from a wide range of groups to have their voices heard and influence positive change, and we've developed new projects to try out different ways of working.

Barnsley Schools & Colleges

At Barnsley College Chilypep runs a Peer Mentor programme. Through this students train as qualified mentors to support other students' wellbeing. We also provide mental health awareness tutorials to students. For staff, we offer a range of youth mental health training courses.

Chilypep also works alongside Mindspace in secondary schools. This is to support students with the transition from school to college. We focus in particular on their mental health and wellbeing.

My Mind, My Life!

This project is for looked after children, aged 11-17, with identified mental health difficulties. The project gives them the chance to explore what they need to improve their mental health and wellbeing. We support them to set goals and provide the equipment or activity that they need to achieve these.



BRV Project (Belonging, Resilience, Vocabulary)

Our goal is to support boys with their emotional literacy. They do this by learning how to recognise, communicate and manage their emotions. Through this project boys gain a better understanding of themselves. It also helps their education and behaviour. As a result they become active, empowered students & citizens.



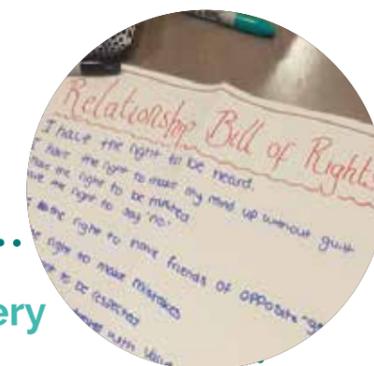
OASIS (Opening up Awareness and Support and Influencing Services)

OASIS is a group of young commissioners, young people involved in decisions that impact young people's lives. Based in Barnsley they shape the services they use to look after and treat their mental health. Whether it's taking on the stigma attached to mental health, drawing attention to relevant services or making a positive change to existing services, OASIS is up to the challenge!



Recovery and Empowerment Partnership

This is a partnership between Vida, Ashiana, Haven, Young Women's Housing Project and Chilypep. The project aims to help women and girls to recover from violence, abuse and trauma. The women and girls we work with come from a broad range of backgrounds and abilities. We work to build their resilience to future harm and empower them to live the lives they want.



RUBIC (Respect & Understanding: Building Inclusive Communities)

The RUBIC project aims to build community cohesion & strengthen community voice in the North of Sheffield.



Young Community Leaders

Chilypep developed this programme to train future community leaders. We work with talented, committed and passionate young people from diverse backgrounds. The aim is to develop these young people's skills, confidence and knowledge. As a result they can influence decision making systems through active participation.



Happy Group

This group is for separated asylum-seeking children and young people and newly arrived young people in Sheffield. We meet weekly. It offers a space for young people to share experiences, support one another and explore ideas and cultures. Our activities are young-person led. They include creative English language activities, contemporary Afro dance sessions, drama-based games, film-making and local trips.

Chilypep's work: Projects

You can read more at chilypep.org.uk/projects

STAMP (Support, Think, Act, Motivate, Participate)

STAMP is a Sheffield based, mental health participation project. It is for 14-25 year olds who are passionate about mental health and making a positive change in the world around them. We aim to raise awareness and 'stamp' out any stigmas associated with mental health. We also influence the design and development of our local mental health services. We meet weekly as well as taking part in events, conferences, meetings and stalls across the city.



Training & Advice

Our certified staff run a range of youth mental health training courses. Clients include schools, councils, charities, businesses, organisations and individuals. We also offer advice based on our expertise of working with young people. We can help organisations to support children and young people better, and embed them in the work they do.



And more...

Chilypep is often approached to get involved in other people's projects around youth participation and social action. This enables us to build exciting partnerships and collaborations, all with the aim of youth empowerment.

This year we worked with Museums Sheffield and 13 young people. We recruited two local street artists. Together they designed their own 'protest art' and pasted it on the streets of Sheffield. They also delivered campaigning training to a further 10 young people.

We continued to work with researchers from the Universities of Dundee and Sheffield on BRIGTH, a project to help young people look after their teeth. We set up a youth panel to support them to ensure the project is young person friendly.

The UCL Institute of Education commissioned Chilypep to consult with primary aged children on the aims of the new Helen Hamlyn Centre for Pedagogy. The focus was to find out about children's experiences of education and how schooling might be improved. We consulted with 124 children at two primary schools in South Yorkshire: Pathways E-Act Academy in Sheffield and Birkwood Primary School in Barnsley.

Sheffield City Council funded Chilypep to consult with children and young people with a special educational need and/or disability about their ideas on how school should best work for them. We consulted with 16 young people who attend the Bents Green Specialist School Satellite Hub at Westfield School about their experiences of attending a mainstream school with additional specialist support.

2018/19 summary

Chilypep directly engaged with 1,187 young people

We delivered over 2,271 face-to-face hours with young people

133 young people from our groups gained 203 certificates (either ASDANS or other certifications)

We delivered training to 854 young people

We consulted with 750 young people

We were supported by 25 amazing volunteers and placement students!

Chilypep has 6 full-time staff and 10 part-time staff

We trained 577 professionals

We worked with over 99 organisations, locally, regionally & nationally

We were awarded the NCVO Approved Provider Standard for Peer Mentoring

We have been highly commended for Positive Practice in Mental Health

Winner of the VAS Voice and Influence Award

Income statement

The total income received during the year was £484,259 with total expenditure of £496,348. Reserves stand at £148,112 (this includes designated funds to be carried forward for next year's projects). A reserves policy of £60,000 has been set by the committee to allow for closure costs (should they be required).

Icon Credit: By Victoruler from the Noun Project

Chilypep's impact

On the young people we work with

Our priority is always to have a positive impact on the lives and experiences of the young people we work with. Increasing their sense of power as individuals and as young people, building confidence, and ensuring they have opportunities to challenge, speak out, and make positive life choices, are the driving forces of the work we do.

Providing a sense of value and belonging

The RUBIC project (page 5) held a celebration event on 22nd January 2019. It brought together participants of all aspects of the project. This included Young Community Leaders and Happy Group as well as community mediators and representatives of the schools that had achieved 'School of Sanctuary' status.

The event was happy, friendly and relaxed. It saw young people from different backgrounds meeting, mixing and sharing food together. The Lord Mayor of Sheffield, Magid Magid, presented certificates and ASDAN awards to 21 young people at the event. These were for leadership, personal and social development, as well as residential and adventure achievements. This gave the young people a sense of value and belonging in the Sheffield community.



It was great to see the young people connecting with him and taking inspiration from a story like their own. Young people described the event as 'inspiring', 'awesome'. They also said it made them feel 'included' and 'proud'.



Magid Magid with young people from RUBIC's Happy Group

The Lord Mayor also invited members of Happy Group to visit him in his parlour at the Town Hall. He wanted to share his own story with them. He talked about arriving in Sheffield from Somalia as a child refugee to becoming involved in politics.

Equipping young people with knowledge and tools

The My Mind, My Life! project (page 4) enables young people to improve their mental health and wellbeing. They do this by having 'Different Conversations' about what is happening in their lives. They then set their own goals to decide for themselves what will help them.

This year 26 young people engaged with the project. They set their own goals and completed activities that they chose. These included volunteer placements, music lessons, graffiti workshops, drama classes, the cadets and driving lessons. Others purchased equipment such as nail kits, board games, art materials, football boots, cinema passes, bikes and garden furniture.

"The BRV has learned me how to trust the right people and to look after myself more. He tells me things to keep me safe and I can trust him about anything."

Boy, 15 years old. BRV one-to-one. Horizon college

Increasing resilience

The BRV programme (page 4) supports boys and young men with their emotional literacy. It helps them to deal with the difficulties of developmental transitions. We explore ethics, values and their responsibilities as young men. As a result the boys and young men develop coping skills and greater resilience.

This year the BRV programme has supported 50 boys. Activities include the boys designing the BRV logo. They also guided the programme delivery and curriculum. These activities created a sense of belonging and ownership.

"The project is helping me to gain confidence in myself... I'm feeling happier because I'm achieving"

Girl, 16

"I have helped others and animals at the farm and through this I have been more social... I feel a sense of accomplishment for doing this"

Girl, 17

This has led to improved self-worth and given young people a focus. They have reported feeling a sense of accomplishment, feeling proud and feeling like they are helping others. They have also reported increased independence, increased confidence and are feeling better/happier.

The young people involved in the project have had time to explore what is going on for them as a whole and with their mental health. They feel more in control and empowered to make changes themselves that will help to improve their mental health. Their involvement has also equipped them with the knowledge and tools for this to continue once the project has ended.



There was also one-to-one support for the boys. Themes included domestic abuse, sexuality, drug and alcohol abuse, sexploitation and male rape, self-harm, coercion, arson and identity crisis.

The boys contributed to Barnsley Metropolitan Borough Council's strategy to prevent male suicide. They also co-wrote an educational article for the Barnsley Chronicle and the National Youth Agency.

All 50 boys achieved two ASDANs in personal development. Horizon College saw improved behaviours in other lessons. The college also reported improved attitudes to education and attendance.

Chilypep's impact

On organisations & individuals who work with young people

Supporting organisations to develop their participation practice is a vital part of our work. Delivering training has also increased this year, with a focus on mental health and emotional wellbeing. By involving young people, we can clearly demonstrate the positive role young people have to play in this.

Recruiting, training and informing mental health professionals

Chilypep works in partnership with Sheffield CAMHS, through the CYP-IAPT programme, around participation. We encourage and influence the service around how they engage children, young people and parents or carers. This year, we have been working in community CAMHS at Centenary House and Beighton. We have also started working with in-patient lodges at Becton.



We supported young people to help CAMHS choose staff at seven interviews. These were for roles ranging from Assistant Psychologist to the new In-patient Service Manager. Having young people in the room during the interviews set an important precedent: young people's voices matter!

We have also delivered training and workshops. This included a day of participation training for in-patient staff. Our practical tools and ideas and went down well with staff. We hosted a workshop at the Sapphire Lodge away day looking at a document young people living on the lodge had written. Their 'Sapphire Suggestions' were about how to improve their stay and treatment. We also worked alongside staff on Emerald Lodge to improve their service user group.

The young people helped to make a 'You Said, We Did' board which showed what they have changed on the lodge.

We have looked at transitions with CAMHS too. This involved bringing CAMHS and AMHS together for a day of training. This was to reflect on how they can work together better to make transition work for young people across Sheffield.

"Your help with interviewing for an assistant psychologist was really valuable for deciding who we should appoint to the post. You were brilliant."

Consultant Psychologist

Influencing and training social care professionals

In Autumn 2018, young women from Chilypep worked alongside the national charity AVA. The focus was to influence and train professionals on how to support girls and young women who have experienced abuse.

We consulted with six care-experienced young women. We worked with them to find out about their experiences of services such as social care, mental health and housing. We also asked them what training they would like professionals working with them to receive.

Chilypep supported two of these young women to develop a half-day training session based on the findings of this consultation. They delivered this to nine professionals from Sheffield City Council Social Care, Foster Care and Domestic Abuse teams.



100% of the professionals who did the training said they 'strongly agreed' or 'agreed' their knowledge of young women's experiences of social care had increased as a result of the training. They said the same about their knowledge of how to best support young women who had experienced domestic or sexual abuse.

One participant commented: *"Really clear, focused and well-paced. Informative and great to have young person's perspective. The exercises were challenging, involving and thought-provoking. They also gave us strategies to take into the workplace. Great workshop!"*



"Thoroughly enjoyed, well explained, clear guidance given to give and improve confidence. Would highly recommend."

"Very good training it should be on CPD training in all work places."

"Really excellent session where I felt safe and confident to express my thoughts & feelings."

Feedback from our training courses

Mental health training for the young people's workforce in Barnsley

Chilypep support young people experiencing mental health problems. Training (page 6) is a vital part of that commitment, both with young people as well as the adults who support them.

This year our Barnsley team trained 351 adults who support young people, from 43 organisations. Courses ranged from 2 hours to 2 days focusing on mental health issues and crisis intervention.

The impact of this work shows in our feedback. For example, after the Youth Mental Health First Aid training courses, 96% of participants said their personal confidence had improved, and 95% said their knowledge and understanding of how to support young people with a mental health problem had increased.

Chilypep's impact

On the national and local strategies and policies that shape young people's lives

Over the year Chilypep has supported young people to influence a range of local and national strategies, ensuring that they have affected policy at the highest levels, leading to improved services, support and outcomes for countless young people and promoting the value of youth participation.

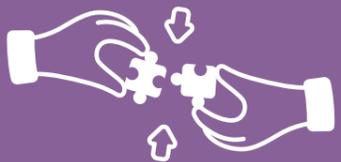
Consulting on the role of youth work: Is it fit for purpose?

In 2018 the Government launched an inquiry into the value and role of youth work in supporting young people with the challenges they face. They did this with a view to developing a national youth work strategy.

Throughout June 2018, Chilypep ran creative consultations with young people. We launched a young-person friendly online survey. We also carried out consultations with professionals and launched a supplementary online survey.

100% of people said that there was 'definitely not enough support' to help with the challenges they and other young people face. 90% said it would be helpful to have a youth service to support them. We fed our consultation findings back to the national inquiry team to influence the government youth strategy.

We have fed these findings back to local decision makers too. We have been working with young people and other local voluntary sector organisations to develop a Young People's Vision and Strategy for Sheffield. This work has taken the views of young people forward to campaign for holistic youth services in the city.



Shaping mental health and emotional wellbeing support

We have two mental health participation groups, STAMP in Sheffield (page 6) and OASIS in Barnsley (page 5). They work hard to influence local strategies. These include strategies on suicide prevention, crisis care, and early intervention and prevention.

STAMP developed and delivered a workshop for decision makers on transitions awareness. It focused on what is important for young people when they move from children's to adult mental health services. Senior CCG staff, CAMHS, AMHS and wider NHS trust staff attended. Feedback from the organiser said "the STAMP session and Dragon's Den activity was highly evaluated, and placed as the most meaningful part of the training".

OASIS contributed to the consultation exercise that informed the 0-19 Public Health School Nurses National Strategy. They organised creative consultation and focus groups across Barnsley. They fed their findings back to Public Health England. This work helped to shape future services and support offered to young people through public health school nursing teams.

"I know it's not always obvious, but you really do play a key role in commissioning eg STAMP has really helped with Door 43, Healthy Minds, Green paper trailblazer bid, transitions, mental health passport, and much more!"

Matt Peers
Commissioning Manager for Sheffield City Council and Sheffield Clinical Commissioning Group



At a national level, STAMP delivered two NHS summit workshops to over 100 staff. These were on meaningful co-production and participation. One participant said "Big thank you for your workshop, it was really interesting to hear you talk about participation and how we can engage with young people better. It is something we are looking at more as a service and I've enjoyed trying to implement some of your ideas into my work since." (SCH HR staff)

In March 2019 the Participation Lead from NHS England visited OASIS along with a spoken word artist. The young people looked at the NHS Long Term Plan around mental health for children and young people. They then created spoken word pieces around key points and why this is important to them. They presented this at the NHS Youth Summit. Simon Stevens, the CEO of NHS England, was there along with other national influencers. In this way the young people's views informed the Plan.

Both OASIS Young Commissioners and STAMP have engaged in the consultation of the government's Green Paper for Transforming Children and Young People's Mental Health Provision. They have also worked to influence what the new national mental health support teams in schools and colleges should look like, one of the Green Paper's requirements. They did this through actively participating in a national focus group led by the Royal College of Psychiatry.

Chilypep's people

A huge thanks to our staff, trustees, volunteers, parents and partners who have given our young people amazing ongoing support and encouragement throughout the 2018/19 year.

Most of all, a MASSIVE thank you to each and every young person we've worked with this year – you're the reason we're here!

Our staff

People who worked throughout the year
 Chantelle Parke
 Charly Calpin
 Clare Turner
 Ellie Munday
 Emma Manser
 Kirsty Hartley
 Laura Abbott
 Lesley Pollard
 Marcus Hurcombe
 Olivia Harvey
 Rebecca Cooke
 Sian Beynon

People who joined us this year
 Amber Scarfe
 Greer Furniss-Coates
 Marie Ellis

People who left this year
 Tara Ball

Safeguarding and equality

Chilypep adheres to safeguarding and equalities policies. We are committed to ensuring the safety and equality of children and young people and to maintaining and updating these policies in line with most recent legislation and good practice guidelines.

Our Trustees

Addy Drencheva
 Andy Dykes, Chairperson
 Bethan Plant
 Jane Sedgewick, Vice Chair
 Mick Warwick, Treasurer
 Nitya Teagarajan
 Pam Allen

A huge thank you to our trustees for their ongoing fundraising events.

Our Volunteers

Young volunteers, student placements & interns
 Akaash Mahmood
 Amber Scarfe
 Beth Goodliffe
 Ben Shaw
 Chloe Whitham
 Danait Tebarek
 Davina Casswell
 Emily Gee
 Georgia Trelogan
 Halan Asem
 John Parr
 Karim Al-Mahayni
 Kessio Kebi

Liam Collins
 Lizzie Miller
 Lottie White
 Maariyah
 Rasheed
 Nur Mustafa
 Tabbaa Hammami
 Samantha Fielding
 Selam Habtom
 Simran Rattu

Adult volunteers
 Anne Robinson
 Owain Miller
 Paul Deehan

Our partners

Ashiana
 Barnsley Clinical Commissioning Group
 Barnsley College
 Barnsley Local Authority
 City of Sanctuary Sheffield Haven
 MESH Mediation Sheffield
 MindSpace
 Museums Sheffield
 Parkwood Academy
 Sheffield CAMHS
 Sheffield Clinical Commissioning Group
 Sheffield Local Authority
 The University of Sheffield
 Vida Sheffield
 Who Is Your Neighbour
 Young Women's Housing Project
 YMCA Barnsley



Funded by:



And many individuals who have given their time or oneoff or regular donations to Chilypep. We are extremely grateful for your support!

We're
always happy to hear
from children, young people, their
parents or carers who may want to get
involved with our projects. Get in touch!

Phone: 0114 234 8846
Email: info@chilypep.org.uk
Facebook: [facebook.com/chilypep](https://www.facebook.com/chilypep)
Twitter: @chilypep

Chilypep
11 Southey Hill
Sheffield
S5 8BB

Patron: Rt Hon Lord David Blunkett
Charity Number: 1114047
Company House Number: 5317925



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