



Annual Report 2023

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Dedication and Thank you

Foreword

I have always been a supporter of Projects4Change, ever since it started.

It was hard to imagine what the project would look like in the early planning stages and that is because Young People are at the heart of the project, and once they arrive it all makes sense. As soon as they arrived and gave life to the activities, plans and events I realised what Kelly had envisaged.

I have been a Youth Worker for most of my life and I have always thought that there were too few resources devoted to the young people we see. Young people need a quality social life and the ability to meet friends regularly.

Reports from Projects4Change are inspirational and uplifting. I love the stories from friends who come to Betty's Hut. All had different paths in life.



Betty's Hut appears to be an oasis in an Urban environment. A safe space for young people to associate with each other. Projects4Change are faithful to the interests and needs of young people because they engage closely with them.

Young Women's voices are promoted. Creativity is encouraged. Confidence is built. Young people are at its heart. No one is a stranger.

And finally, the new potential with the Cowshed Project looks fantastic.

More Power to Projects4Change. I will always support you!

[Roger Layton](#)

[North Tyneside UNISON rep and youth worker.](#)

Charity Details

Name: Projects4Change
Registered Charity Number: 1181162
Registered Address: The Cowgate Centre,
Houghton Avenue, Newcastle upon Tyne,
NE5 3UT

Management Committee:

- Linda Hobson - Chairperson
- Amy Coates - Secretary
- Tahir Rashid - Treasurer
- Chesley Conlin - Trustee
- Helen Hall - Trustee
- Shannon Devline - Trustee
- Precious Obiybo - Trustee

Changes to Management Committee:

3 new Trustees, including new Treasurer. One Trustee became Chair, 2 Trustees resigned.

P4C Team:

- Kelly Coates - CEO
- Tim - Youth Work Co-Ordinator/Counsellor
- Adele - Senior Youth Worker
- Shannon - Youth Worker
- Elisha - Trainee Youth Worker
- Chantelle - Youth Support Worker
- Les - Youth Support Worker

Structure, Governance and Management:

Projects4Change is a registered CIO within the UK Charity Commission. The organisation is managed by Kelly Coates, CEO and governed by the Management Committee through regular Committee meetings. We have a strong pool of youth workers within the region who work on our projects and funding bids under supervision and management of the CEO.

All major decisions are made via committee vote and approved and documented in committee meeting minutes which are signed off by the Chair of the Management Committee.

Recruitment of new Trustees takes place through local advertising, word of mouth and advertising on Charity forums. Trustees are appointed in quorate Committee meetings and documented in meeting minutes.

Public Benefit Statement:

Charity Trustees have complied with their duties to have due regard to the guidance on public benefit published by the commission in exercising their powers and duties.

*“I did things in the past, I was ashamed of what I did. The project helped me a lot, saying I could come back, I got help from Tim the Counsellor and I came back, it helped me branch out and meet nice people. I have really good friendships now. “
Male, age 16, who came to P4C via Youth at Kenton*



Objectives

To relieve the needs of young people for the public benefit through:

- The provision of support and activities which develop young people’s skills, capacities and capabilities to enable them to participate in society as responsible individuals.
- The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve young people’s conditions of life.
- Providing more youth work places for young people through developing projects in partnership and providing direct delivery support to youth organisations.

Introduction

Projects4Change (P4C) works predominantly with young people ages 11-18 in Cowgate and the surrounding areas of Newcastle-upon-Tyne. Many of the young people are living in poverty and are falling significant barriers to a happy and stable life. The local community has a higher-than-average number of young people and a larger number of single parent families. This means the poverty experienced on the estate particularly affects the lives of children and young people.

Working together with young people, we have created fantastic opportunities for their development and responded pro-actively to the challenges of 2023-24. You can read all about them in this report. (Or some of them at least: we did so much, it is hard to fit them all in!)



A Year in Projects

Achievements, Activities and Progress

Highlights from Betty’s Hut and Garden

This year we made lots of progress and worked hard improving our Garden and had fun both indoors and outdoors at Betty’s Hut – the beating heart of Projects4Change.

All of our outdoor pallet furniture is made by our young people.

We have had the pleasure of working with some inspiring professionals on our highlighted project of the year. These include the talented Tim Bailey, Maral Tulip and Asha Kaur from XSITE Architecture, as well as the wonderful Daniel Mallo and Armelle Tardiveau, senior lecturers from Newcastle University’s School of Architecture, Planning and Landscaping. Turn to page ? for more information on what they got up to.

We also had some volunteers from Ryder Architecture helping us build new pathways in our allotment. It was hard work but great fun, and funded by Unison. Thanks to all of you for your help!

Throughout the year, we did a lot of work in the allotment and enjoyed cultivating and eating our produce. Eating the things we have grown is always so rewarding, and fruit and

veg taste so much better when freshly picked. We love it when young people experience growing from seed to plate - indeed, sometimes it doesn’t even reach the plate!

It’s not all about beautiful nature, however. We also have had to deal with fly-tipping and regularly have

to pick up litter on our site. In January, the litter pick was productive. Youth workers Les and John found not only a 25-year-old crisp packet but also our pond’s first frog – a fascinating find.



At Hallowe’en, we got creative, with pumpkin carving, spooky crafts, chocolate-covered strawberries, and marshmallows around the fire.

Space to grow

This was the year we allowed ourselves to think big. Although we dearly love Betty’s Hut, we are also aware that our activities and capacity are restricted.

“The Hut is too small, with too many things going on at once. Sometimes we want a quiet area, more room to be with friends and find our own space.” **Female, age 16**

Building a new space, we realised, would enhance our offer to young people, give greater capacity for running holiday activities and allow us to reach more young people. Thanks to the Youth Investment Fund, who awarded us a sizeable grant, we were able to begin to plan a new building on our existing site that will be called ‘The Cowshed’.

We began the process by carrying out a consultation with young people. Projects4Change recognises that young people experience the world differently and that their needs are not always taken into consideration – that’s why we work hard to listen to them.

Projects4Change engaged young people in many ways, including a ‘round-the-fire consultation’ and enabling young



people to meet with the architects to both understand the planning process and get involved in the design and decor.

This process was supported by Daniel Mallo and Armelle Tardiveau, senior lecturers from Newcastle University’s School of Architecture, Planning and Landscaping. During spring, they visited and consulted with the young people about the new space. Over the space of a few weeks, they made zines about their hopes for the new building and explored how they might use the new space. They involved the young people in mapping out the footprint of the building using pallets, door frames and makeshift furniture. This helped the young people imagine the final result, which informed the planning of The Cowshed.

“Some of us went to their office near town [the Architects], and we looked at bricks and tiles and colours. We said we want all the coloured tiles.” **Female, age 16**

The Cowshed’s design will constitute a simple wooden frame construction, with materials all made in the UK. The building will include a green roof, efficient insulation, solar panels and a heat pump. The inside space will house a kitchen, toilets, store cupboard, and a large circular space with skylights and circular seating. It will be enhanced by two smaller spaces for homework and chilling out. Young people said that they wanted a safe space, a skylight to look at the stars and an opportunity to try new things.

“We want to do dance, drama and more art and room to do homework and a skylight to look at the stars.” **Female, age 12**

The new space will be in keeping with our existing creative outdoor/indoor theme. Projects4Change is green at heart, encouraging young people to engage in environmental projects, like fire pit cooking, bushcraft growing, forest school and enjoying the natural environment. So, it is vital that the new Cowshed building is efficient, fit for purpose, sustainable and respectful of the environment.

We are all very excited about work beginning on our new home later this year!

“Round-the-fire chats with Tim, Maral and Asher (XSITE Architects), we wrote down what everyone said; we wanted a natural space that fit with Betty’s hut.” **Female, age 16**

“I need good access when I need to use my Wheelchair without the fear of falling out.” **Male, age 15.**

What the Toastie Club got up to

Our Toastie Club is a twice-weekly drop in session for young people aged 11+.

During the February half-term, Club members visited local places of worship. The idea came from their conversations with each other and youth workers. They were curious and wanted to know more about the lives of their neighbours in the west end.



According to our CEO, Kelly: *“I think we all want to be a part of a wider community of understanding and kindness.*

To achieve this, we needed to reach out to others, and we were so glad we did. We were welcomed with open arms.”

The group also spent time making origami doves – surprisingly tricky! The doves were for an exhibition to be installed in the Nave of Durham Cathedral in July.

This exhibition is called Peace Doves, a ‘mass-participation artwork’ by Peter Walker. It will be a large-scale installation of thousands of individually handmade paper doves suspended above the iconic Crossing of the cathedral and set



to music by composer David Harper.

The doves are made by visitors to the cathedral, community groups like ours, and schoolchildren, and each dove includes a personal message of hope.

At a time when peaceful thoughts and actions are needed more than ever, this was a beautifully symbolic initiative.

Change Maker Volunteers

We are not toys

Led by Change Maker Volunteers (CMV), our young people began working on photography for a gender-based violence project in April.

In October, the finished product was ready. It was a booklet dedicated to



young people who are struggling with their mental health or under challenging relationships; it is for survivors and anyone who feels lost or is trying to figure out who they are.

The creators were our inspirational change-makers, Junior, Angel, Jemma, Ellie and Zoe, who worked with the inspiring writer Amelia Loulli and accomplished photographer Damien Wooten. It was a partnership with Newcastle City Council Arts Team as part of their White Ribbon initiative. Alison Flanagan Wood, our friend and creative contact at NCC, was essential to this process. We extend our thanks to the partners involved in making this project a reality.



A space to plan at Broomley Grange

Two of our Change Maker Volunteers spent a weekend at Broomley Grange in June. They tried the activities and discussed starting a young men's group to discuss mental health, the outdoors, and nature. We are behind this worthwhile



initiative, which recognises the need for more work on boys' mental health.

Prism NE

Our Trans and Non-binary support group renamed themselves Prism, symbolising light, colour, beauty and change. They worked with textile artist Melanie Kyles who we have a long-standing relationship and, in partnership with Action for Children, to design and make graphics for Prism T-Shirts.



Other activities included a second trip to the Wardrobe - a clothing resource for trans, non-binary and genderqueer people run by the Newbridge Project, which collects quality second-hand clothes and provides a safe space to try them on. The group members loved this visit in June; there were some great finds.

They also had a beautiful, chilled February half-term trip to Belsay Hall.

Youth at Kenton (YAK)

Our lovely boys at Kenton High School expressed concern about knife crime and safety in their communities. This partnership with Action for Children was supported by guest worker Yvonne from the Police and Crime Commissioner.

"Kelly has supported us very well, I was proper scared of Knife Crime, I can go wherever I want now and not feel scared." Male, age 11

"Before I didn't have much of a conscience now I have developed into having a better one, I feel I don't need to rely on others, I can do my own decisions." Male age 12

As for the girls, our Youth at Kenton (YAK) Year 7 girls' group named themselves 'The Breakfast Club'. Again, supported by Action for Children, we provided 3 days' worth of on-the-go breakfasts to help them conduct an experiment. They wanted to see whether having breakfast would affect their mood and energy levels.

The girls found their mood and concentration improved, especially in the lesson before lunch. They said the on-the-go nature of the food meant they did stick to eating breakfast throughout the experiment. This was fed back to teachers.

The Haven

After meeting with young people in Kenton during evenings of detached youth work, Projects4Change opened up a new session after the May half-term in a beautiful outdoor space called the Haven.

Commissioned by Action for Children, The Haven is a new space where young people can enjoy and experience nature through den-building, arts and crafts and bushcraft.

During term time, sessions for young people aged 11+ were held on Wednesday evenings after school. Snacks and drinks were provided for the 10 to 15 young people who attended the sessions.



Counselling in Nature

Our continually successful Counselling in Nature programme provides weekend and evening person-centred counselling in a natural environment.

A point of view

(from our Youth Work Co-Ordinator/Counsellor, Tim)

“The Counselling in Nature programme took off this year. I think we have created a culture where the young people are open in talking about their mental health and also will refer friends to me in a timely manner, where they can be referred and seen on the same evening.

“We also have full support from parents and carers, although our young people believe they are more aware of mental health issues than parents and carers. Some of our harder-to-reach young people are encouraged by friends. Counselling or pre-counselling self-care chats can occur in any suitable location.

“We can target support through a team effort which allows individual team members to spend more time with individual young people not only during sessions but whilst on summer and half-term activity trips. We have done this during journeys to and from activities. There have been some great residentials, especially to Beadnell where we get a chance to get to know each other and for the young people to feel safe and happy.

“We see several instances where the young person has taken part in an activity where we have an opportunity to support them not only during but before and after. Prior to a sailing trip I was tasked to complete consent forms and kit lists and there were several who had never been away previously and thought they may not be suitable as they did not have the right kit (one of them only had a large bag as

her grandmother had received it when released from prison earlier that week). However, the preparation really helped develop them and the enjoyment and challenge was not only about getting away at sea but about working together with people from different areas.



“Afterwards it’s about the recognition, the photos, feeling tired but challenged, being away from daily life and thinking about something else; but the work then continues when they return as they can revisit the activity as a safe place in their own minds and think about the challenges and how they overcame them.

“So it’s not just about the trip - we constantly look to interact with and develop young people and get them to think about their own futures. It’s great to see them coming through the ranks and taking responsibility for planning and organising, packing and cleaning the vehicle when we go away - it’s really like a big happy family. One of the best things about our young people is that they feel safe and do not tolerate any form of bullying.”

The Extra Mile Project

In January 2024, we started The Extra Mile project, which saw the team reach out to new young people via detached youth work, supporting those who don’t attend youth groups to regain a sense of agency.

The Extra Mile Young People’s Project aims to do what it says on the tin: go the Extra Mile to help and support young people. It uses a range of interventions, starting with filling young people’s time and building trusting relationships through detached youth work, fun activities, and residentials.

We then draw upon these relationships, learning and shared experiences to better understand and support young people. We aim to support young people to progress towards paid work or placements and work towards their chosen careers by removing barriers to success such as a lack of identity, low self-confidence, no access to Wi-Fi/ technology and low Maths and English ability.

To do this, we engage young people in volunteering locally and within the project, capitalising on young people’s talents, skills and motivations and supporting positive self-esteem in the process. We try to help them change their outlook and behaviour patterns by responding flexibly to their needs and giving sustained and intensive support throughout the process.

The Unfolding Theatre

Family Fun

During the late May bank holiday, we saw lots of fun and games at Betty’s Hut and Garden as we hosted our annual Family Fun Day. We were aided again by [The Unfolding Theatre](#), our artistic partners since 2019, who sent Alex and Michael along a week before to help us prepare, making bunting and painting.

Over 100 people attended and enjoyed food, music and fun. With a DJ, dance artist and musician helping the children make songs about everyday experiences.



Launch of Cowgate Young Theatre Makers

At the end of the (reporting) year, Projects4Change had an exciting new project in the pipeline in collaboration with the Unfolding Theatre: a drama group for children and young people, aged 8-14 years old.

Starting in April 2024, the group uses drama, theatre-making, movement and creative writing to create and share stories. Taster sessions were planned for early April to run weekly sessions on a Monday evening during term time at Cowgate Community Centre.

Sailing with Blue Spirit

The summer of 2023 saw us cement our partnership with Blue Spirit through three different sailing experiences for our young people. Blue Spirit matched the groups with an appropriate experience and funded most of the costs.

The first was a 5-day residential voyage for six of our young people, who joined some from Patchwork on board Ocean Youth Trust North's boat, the James Cook.

Senior Youth Worker, Adele Clayton, said:

"One of the hardest things I've done for a long while! 175 nautical miles, 4 nights, round-the-clock watches, 12 hours straight sailing yesterday, in ROUGH sea. IS THAT A POT??? Lots of green faces, a fair bit of vom, but lots of

laughs and a seriously fantastic effort from all our young people! Smashed it yous did - Enter as Strangers, leave as friends."

There was also an activity day at Derwent Reservoir Sailing Club in conjunction with Hexham Youth Initiative, where eight young people enjoyed getting hands on with dinghy sailing and paddleboarding.

Finally, a small group joined some young people from N.E.S.T. for another five-day voyage, this time with the Cirdan Sailing Trust. The group worked so hard that they got their first sailing qualification in a 100-mile voyage.

Adele was once more on board and afterwards said:



"One of the best experiences I've had in a long time! Absolutely bursting with pride at how resilient, versatile and absolutely fantastic our young people are. I feel so privileged to have been part of their journey this week."

Park with a Heart

Our young people love Kenton Park, so it was terrific for them to work with artist Josie Brooks to create posters, gifts and videos, as well as bird boxes, dragonfly lagoons and feeders to support local wildlife and protect their park. This project, named the Park Life project, was led by Northumberland Wildlife Trust.

Over the summer, we worked with Northumberland Wildlife Trust's Community Engagement Officer, Cathy Sharp to learn about our local wildlife landscape.

One of the activities was a trip to Hauxley Nature Reserve, where the young people went on a nature walk, birdwatched, and identified and collected wildflowers and grasses to make cyanotypes.

According to Cathy *"They saw a fantastic range of wildflowers, birds, bees and butterflies, and made some stunning prints."*

Cyanotype prints are made by laying objects on light-sensitive paper to create silhouettes

Photo by Cathy Sharp.



12 Days of Christmas

Every year the LGA Foundation runs a campaign called the 12 Days of Christmas Campaign. They provide 12 specifically chosen projects with an additional £1,500 in funding to spend throughout the festive period.

The Foundation says: *"This is our favourite time of year at LGA and we just love seeing what these amazing projects are able to do with their additional funds."* (From the LGA website)



This year Projects 4 Change was again one of the beneficiary projects. We decided to use the funding to bring Christmas warmth to the Cowgate community, focussing this year on helping community members to stay warm as fuel poverty remained a real hardship.

Thanks to LGA, we were able to provide slippers, cozy socks, hoodies and hot water bottles to help combat cold homes at Christmas. We also hosted fun workshops for our young people, including 'Christmas Crafts' classes, served with tasty hot chocolates.

Walk for Charlie

It's not often that we ask for donations, but in November, we made an appeal for Charlie, an absolute diamond of a young lad facing a huge challenge with his dad and big sister.

A group of Charlie's friends walked the Tyne Bridges to raise money for Charlie, who was undertaking treatment for Cancer.

The group and Bernard Interiors raised £500 towards his travel and other expenses incurred while he received his treatment several hours' drive from Kenton.



Bernard Interiors carried out a warehouse sale with the ticket price going to Projects4Change in aid of Charlie.

Some personal milestones & achievements

Goodbye, Adele

November 10th was a sad day for the project, marking Adele's last day. Thank you so much for all you've done for P4C and all your incredible work with the young people. Best of luck with your new job! We will miss you.



Ex CMV's art on show

We are proud of Anna, our youth support worker and previous Change Maker Volunteer. We had a wonderful time showing some of our current Change Maker Volunteers around her BA art show in June to admire her stunning and thought-provoking artwork. Anna has come a long way, completing her BA in Fine Art at Sunderland University. Congratulations, Anna!



Zoe completes Key Fund training.

Our Young Volunteer Zoe was the youngest person to complete Key Fund training at the age of 16! Keep up the good work, Zoe! Key Fund is a scheme which allows young people to raise funds for activities and projects they care about.



Zoe is second from the right in this photo.

Financial Review

The Trustees are responsible for the preparation of accounts. An audit is not required for this year under section 144(2) of the Charities Act 2011 and an Independent Examination was carried out in accordance with General Directions given by the Charity Commissioners.

Receipts & Payments Account 1 April 2023 to 31 March 2024					
	Notes	Unrestricted	2023 - 24 Restricted	Total £	2022-23
Receipts					
Grants & Donations	4	66556	174183	240739	113520
Total Receipts		66556	174183	240739	113520
Payments					
Salary Costs		31283	55546	86829	57878
Capital Project			74478	74478	26730
Youth Training		2387		2387	435
Activities, Materials and Resources		6869	5177	12046	21362
Sweatshirts		673		673	563
Subsistence and Refreshments		8109		8109	3593
Betty's Hut Operating Expenses		2772		2772	1126
Motor and Travelling Expenses		1056	1876	2932	2708
Media Expenses		93		93	87
Insurance		460		460	208
Legal Fees		0	3240	3240	0
Postage and Stationery		555		555	547
Accountancy		300		300	280
Subscriptions		764		764	200
Sundries		652		652	282
Total Payments		55973	140317	196290	115999
Surplus/Deficit for the period		10583	33866	44449	-2479
Transfer Between Funds		0	0	0	0
Funds at 1 April 2023		44330	14218	58548	61027
Total Funds at 31 March 2024		54913	48084	102997	58548

Grants Received	£
Unrestricted	
Ballinger Trust	£20000
Action for Children	£4296
Post Code Lottery Fund	£30000
UK Youth (Cost of Living Fund)	£10000
Other donations	£2260
Total Unrestricted Grants	£66,556
Restricted	
Sir James Knott Trust	£13913
Unison Newcastle	£800
The Badur Foundation	£15000
Newcastle City Council Change Makers	£3000
National Citizenship Services	£8450
Crowdfunding	£526
Action for Children	£10960
Newcastle University	£300
Million Hours Fund	£8147
Main Grant - Million Hours Fund	£11251
Streetgames North East	£6773
Key Fund - Change Makers Volunteers	£1000
LGA Foundation (Toastie Club)	£9595
LGA Foundation (12 Days of Christmas)	£1500
Youth Investment Fund (Capital)	£74478
Youth Investment Fund (Revenue)	£8490
Total Restricted Grants	£174,183
Total Grants and Donations Received	£240,739
Total Salary and NI costs for the year: £86,829	
Total cost for the independent examination for the year:	£350



Restricted Funds	Balance 01/04/23	Income	Expenditure	Balance 31/03/24
Sir James Knott Trust		13913	13913	0
Streetgames North East		6773	5493	1280
Unison Newcastle		800	800	0
The Badur Foundation		15000	7500	7500
Newcastle City Council Change Makers		3000	3000	0
National Citizenship Services		8450	5600	2850
Crowdfunding		526	526	10960
Action for Children		10960		0
Newcastle University		300	300	8147
Main Grant - Million Hours Fund		8147		8347
Northumbria Police Crime Commissioner	1000	11251	2904	0
Ernest Cook Trust			1000	0
Key Fund-Change Maker Volunteers		1000		1000
New Writing North East	4000		4000	0
LGA Foundation (Toastie Club)		9595	1595	8000
LGA Foundation (12 Days of Christmas)		1500	1500	0
Community Foundation Tyne & Wear and Northumberland	9218		9218	0
Captial Projects - Betty's Hut				
Youth Investment Fund (Capital)		74478	74478	0
Youth Investment Fund (Revenue)		8490	8490	0
<i>(see notes for analysis)</i>				
Total	14213	174183	140317	48084
Unrestricted Funds	44330	66556	55973	54913
Total Funds	58543	240739	196290	102997

Delivery Partners 2023-24



Funders



Thank you



Lastly, a special thank you to the following people for their guidance, support and assistance during the year. Your help is hugely appreciated.

Andy Ditchburn and the team at Perro
 David Coates - Accountant
 Wayne Dobson - High Tide Adventure Company
 Emma Thompson - Robson Laidler Accountants
 Rick Bowler - Professor Sunderland University Youth Work
 Rico - Dynamix State Park
 Alison Flannagan Wood - NCC Arts Team
 Will Benson - Kids Cabin
 Annie and the team at The Unfolding Theatre
 Irene Teasdale - Mrs T Café
 Linda Hobson - Blakelaw Councillor
 Alison Ni Charraighe - Professor Childhood Studies, Northumbria University
 Alan Wear - NCC
 Julia and the staff at Children North East
 Charlene and the staff at Action4Children
 All the staff at The Patchwork Project
 Bobzilla - Artist
 The Children's Foundation
 Northumbria Wildlife Trust
 Juna Sathian - Counsellor
 Dan Connolly - Sunderland University
 Tim Bailey and the staff at Xsite Architecture
 Jen and the team at Bernard Interiors

PROJECTS 4 CHANGE

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