



STREET BEAT
YOUTH PROJECT

2020

STREETBEAT YOUTH PROJECT

WHO ARE WE?

Streetbeat Youth Project is a registered charity based within the Greater Shankill area, working primarily with young people aged 11-25yrs. Streetbeat offers a wide range of services such as Group Work, One to One Mentoring, School programmes, Counselling, Drop-in, Outdoor Adventure Activities and Volunteering & Training Opportunities.

OUR VISION

'Helping Young People Fulfil Their Potential'

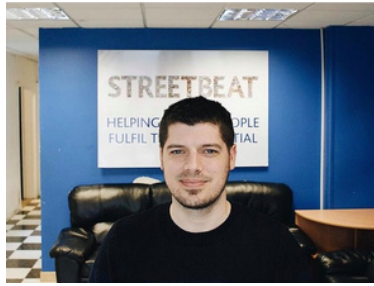
STREETBEAT MISSION

Creating spaces for young people to realise their potential and then provide them with opportunities for this potential to develop and flourish. Engaging with young people in a way that will challenge them positively, aiming to facilitate learning and development through new challenges and experiences

STREETBEAT VALUES

- Valuing informal education, providing space for young people to learn and develop new skills, and obtain relevant training and qualifications that will further their future opportunities.
- Valuing engagement with young people in an environment that builds them up and encourages them to succeed in every aspect of their lives.
- Widening young people's awareness and understanding of the world around them and helping them to discover what their role is within it.

THE STAFF TEAM



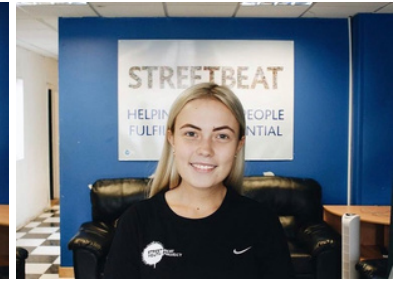
STEVE
Project Manager



LEIGH
Office Manager



LYNN
Counsellor



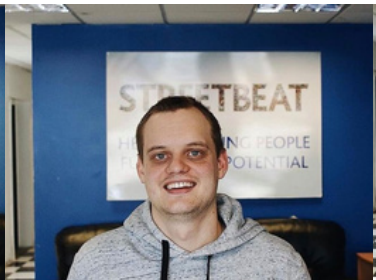
CHLOE
Youth Worker



DEE
Youth Worker



MARTY
Fresh Start Youth Worker



PADDY
ASPIRE Youth Worker

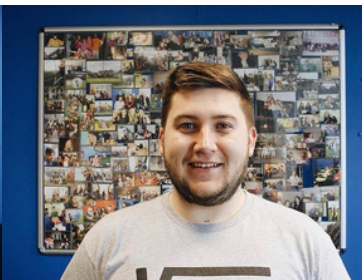


CLARISSE
ASPIRE Youth Worker



LEVI

Breakthrough Youth Worker



DAVID

Breakthrough Youth Worker



JORDAN

Breakthrough Youth Worker



CHRISTINA

Breakthrough Youth Worker



MORGAN

Part-time Youth Worker



FAITH

Part-time Youth Worker



MARK

Part-time Youth Worker



GARETH

Part-time Youth Worker



NICOLA

Part-time Youth Worker



STREETBEAT SERVICES

GROUP WORK

Streetbeat runs several personal and social development groups on a weekly basis, primarily working with young people aged 11-19yrs. Within the group work process, we create a space for groups of 8 or more young people to come together on a weekly basis to engage in a specifically designed programme aimed at meeting the individual needs of the young people participating. Our group work process is designed to promote the active participation of the young people taking part within the programme. The youth workers will work closely with the young people to develop a programme that is designed by and for the young people participating.

We also offer a number of groups specifically focused on supporting young people on the Autistic Spectrum. Our youth workers have been trained to support these young people and will often develop programmes focusing specifically on helping them develop social skills, communication skills and other areas of personal development. A diagnosis is not necessary for a young person to participate within this programme.

DROP IN

Our drop-in is an open service available on Friday nights for young people aged Year 8 and above. The programme is designed for young people to come into the project and take part in the activities and services available. Our youth workers will engage with the young people within this setting, creating a safe and relaxed environment that will encourage the young people to feel comfortable and welcome.

Our aim through the drop-in service is to create a space on a Friday evening as an alternative activity for young people to engage with. We also offer a drop-in service on a Monday afternoon specifically for P6 and P7 students.

SCHOOLS PROGRAMMES

Currently we offer several informal education services within a number of the local secondary schools including Belfast Boys' Model and Belfast Girls' Model, Hazelwood Integrated College and Belfast Royal Academy. Our services within the formal education sector provides an alternative approach to learning built on the principles of youth work. Our schools work consists of weekly group work and mentoring sessions with Year 11 and Year 12 students aimed at personal and social development, good relations and citizenship. We also provide personal development programmes for Year 10 classes based on developing their resilience and mental wellbeing. This work provides young people with an alternative option to learning and developing within their school, aiming to help young people fulfil their potential in and out of the education system.



MENTORING

Streetbeat provides a one to one mentoring support opportunity for young people aged 11-19yrs. Within the mentoring process, a youth worker will work with a young person on an individual basis, meeting up for one hour once a week. Mentoring will usually last 6-8 weeks and will be catered to their individual needs determined by the young person and the youth worker. At the start of the process, the youth worker will help the young person set several goals and targets to meet throughout the programme, and then design a weekly plan that will support the young person in meeting these goals. The aim of the mentoring programme is to help our young people develop on an individual level, offering them support to encourage development



COUNSELLING

We currently employ a full-time counsellor within the project who works morning sessions within two of our partner schools and then afternoons and evenings within Streetbeat. The counselling offers young people the opportunity to explore issues and challenges in a safe and comfortable environment. The counsellor also facilitates family support sessions and weekly parent groups which allows us to offer our young people support within all aspects of their life outside of the project. Our counsellor creates a warm and relaxed atmosphere within the sessions, often drawing on yoga, mindfulness and other relaxation techniques to support the young people we engage with.



ADVENTURE PROGRAMME

Participants in the Adventure programme sessions are offered the opportunity to get involved in a range of adventure activities and experiences. These are delivered by our team of experienced Youth Workers/ Adventure Sport facilitators.

What type of activities?

The activities will be tailored to suit the group, examples being;

- Hillwalking & mountaineering
- Mountain biking
- Canoeing & kayaking
- Gorge walking
- Archery
- Outdoor team building
- Climbing & abseiling
- Orienteering
- Therapeutic wilderness sessions
- Adventure arts & crafts



We design the days around the group & using a range of mediums

the programme co-ordinator will actively & intentionally seek to promote the following:

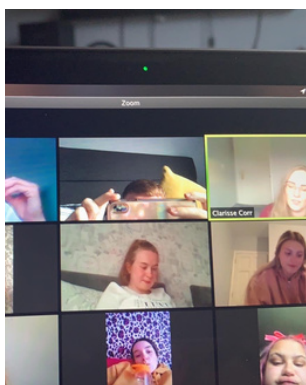
- Initiate positive person-centre experiential learning
- Formation and building of helping relationships
- Greater awareness of self
- Reducing isolation
- Challenging concepts of self
- Promotion of mental health and physical well-being
- Connection of sessions to personal journey
- Creation of therapeutic discussion
- Personal action and development
- Exploration of new wilderness-based skills and experiences



VOLUNTEERING AND TRAINING OPPORTUNITIES

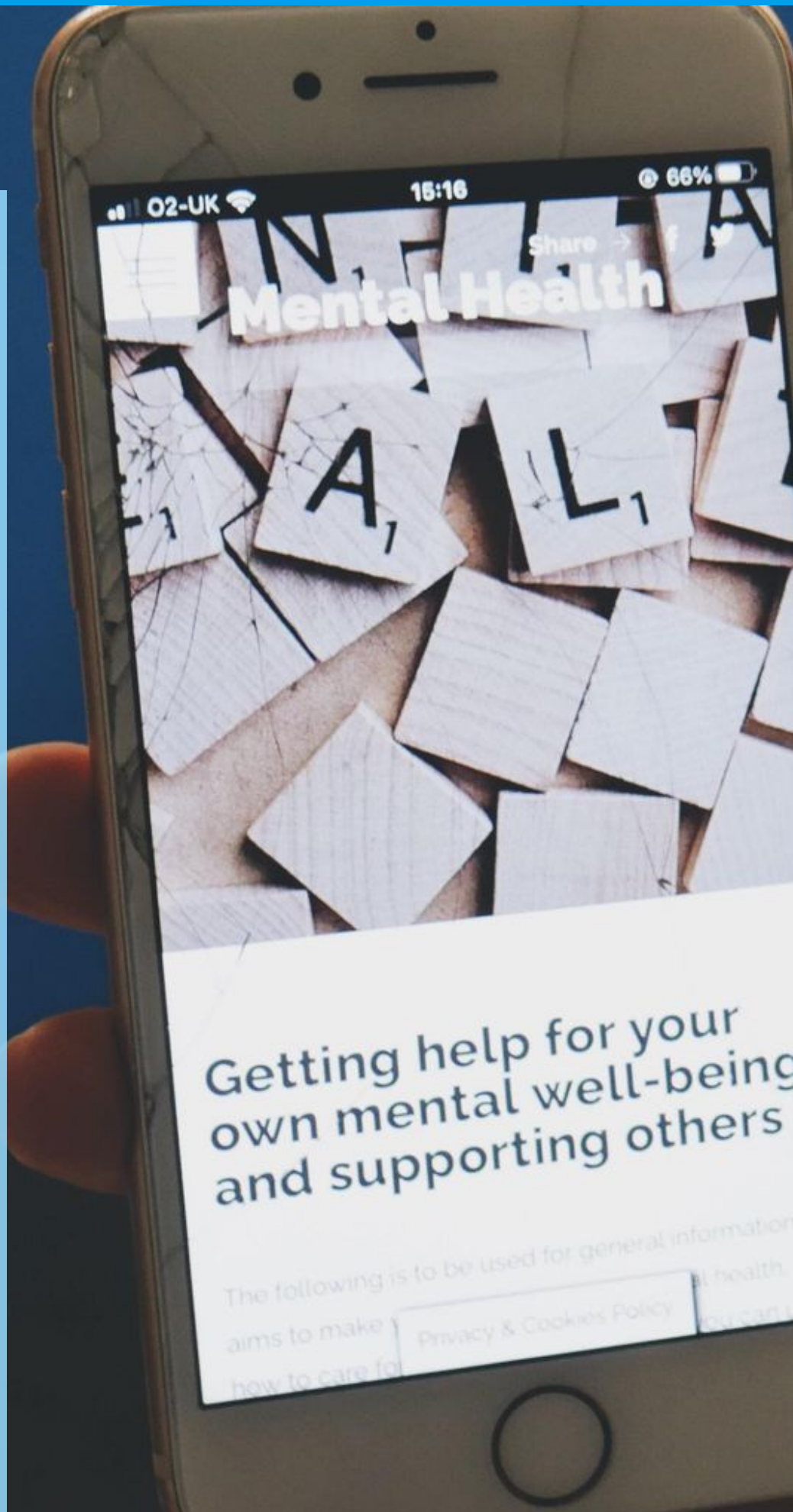


Streetbeat offers young people aged 16+ years old the opportunity to grow and develop in a volunteering role within the project. Young people interested in volunteering within Streetbeat will take part in a group work programme aimed at supporting the young people through a process of learning and developing into young leaders. This programme will challenge the young people to step outside of their comfort zones and encourage them to step up within the project, taking on more of a leadership role within both the drop-in, schools and group work services. The volunteering element of the project is a great opportunity for young people to build up their skills whilst gaining new learning and experiences.



STREETBEAT SUPPORT

The Streetbeat Support app was launched in September 2020, focusing on 4 key areas that were identified as important to young people; Mental Health, School and Employability, Relationships and Substance Misuse. Each section of the app provides users with important information, useful contacts and downloadable and online resources to use in their own time. The app is also updated regularly with activities and resources that young people have identified as useful and relevant; these include, easy baking activities, interviews with staff and volunteers and content around specific topics such as money management and personal statements. The volunteer team at Streetbeat have taken a lead in directing content for the app and testing it to ensure it is appropriate and engaging.



COVID-19



Streetbeat Youth Project moved to online delivery in March 2020 due to the Coronavirus Pandemic and National Lockdown. All group work, mentoring and counselling continued via video calls and phone calls as well as providing weekly activities through our social media such as self-care tasks and the Take-5 initiative. During this time, Streetbeat continued to engage with 22 groups as well as a number of individuals. Face to face sessions resumed in July 2020 with a number of measures in place to ensure that we were adhering to Government guidelines. After some preparation and sorting out the new space, seen in the before and after photos above, all groups were moved to our Merkland building. Since then, the space has continued to develop and has welcomed many new groups and mentoring sessions. Throughout this time, we are also very thankful to have used spaces in the Woodvale Community Centre, Amy Carmichael Hall and Spectrum Centre which has helped us deliver to maximum capacity.



WHAT THE YOUNG PEOPLE SAY

Streetbeat have helped us as it has given us something to do during the pandemic, which has been extremely hard for us all.

I like attending Streetbeat as I like how supporting they all are and how they can lift my self-esteem by encouraging me to do different things I would have never done in the past!

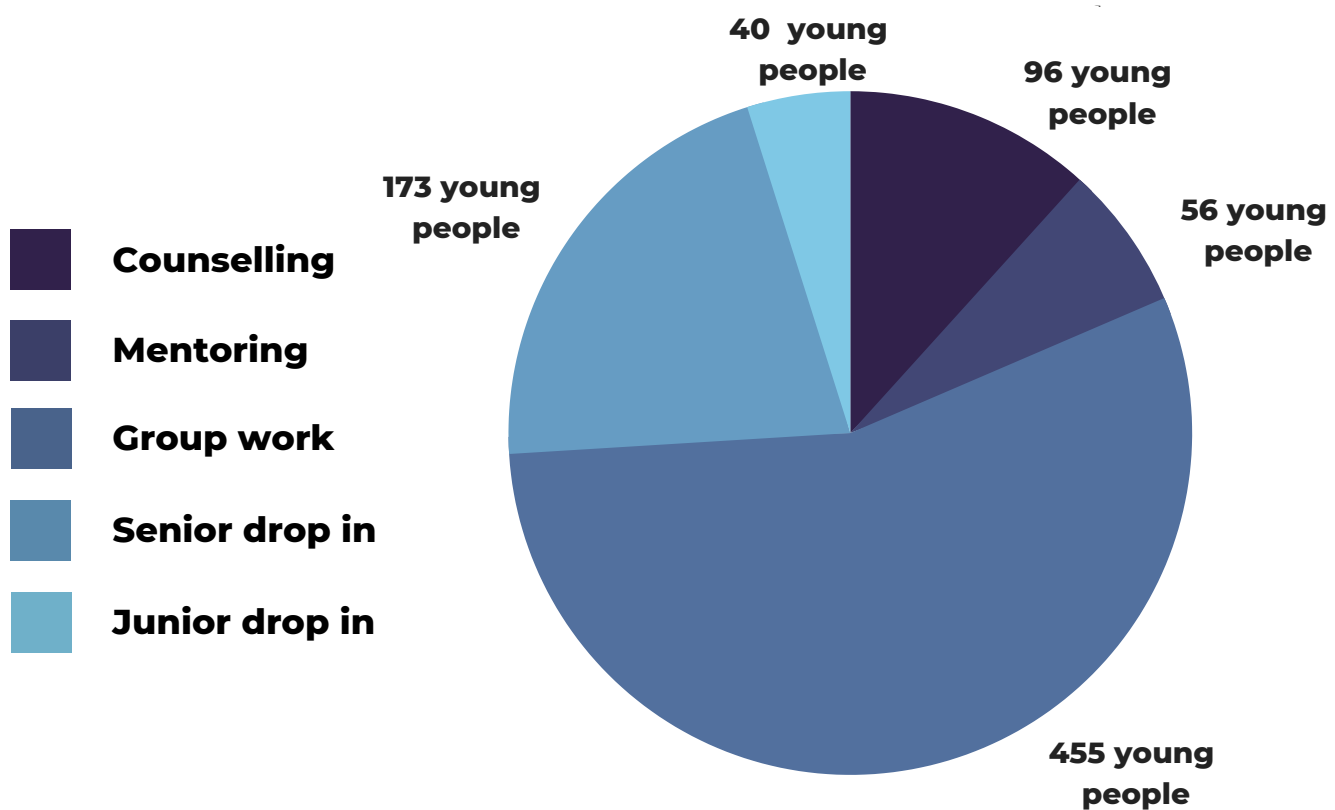


I love attending Streetbeat because it is a positive place and helps focus on ositive things.

It is always a positive place all round and we can openly express who we are and how we feel.

STATISTICS 2020

Total number of young people Streetbeat has worked with over 12 months - 1,208



The statistics found in the chart above are an overview of the young people that we engaged with through several of our services over a 12-month period. The group work statistics are made up of a number of services such as the Fresh Start, Aspire and Breakthrough programmes that we offer within the project, alongside our Personal and Social development focused groups.

MEASURING IMPACT

SELF-ESTEEM

Total in Streetbeat

**14% increase
across all
programmes**

Group work

9% increase

Counselling

10% increase

Mentoring

22% increase

THANK YOU TO OUR FUNDERS



DfC

Department
for Communities

www.communities-ni.gov.uk



Belfast Health and
Social Care Trust



ea

Education
Authority

Peace

Northern Ireland - Ireland

European Regional Development Fund



EUROPEAN UNION



**COMMUNITY
FUND**



The

Executive Office



Public Health
Agency



**BELFAST
CATHEDRAL**

THE CATHEDRAL CHURCH OF ST. ANNE



RIGHT TO
SUCCEED