



'Building Better Communities through building Self-Belief'

Building Self-Belief CIO Annual Report 2019 – 2020

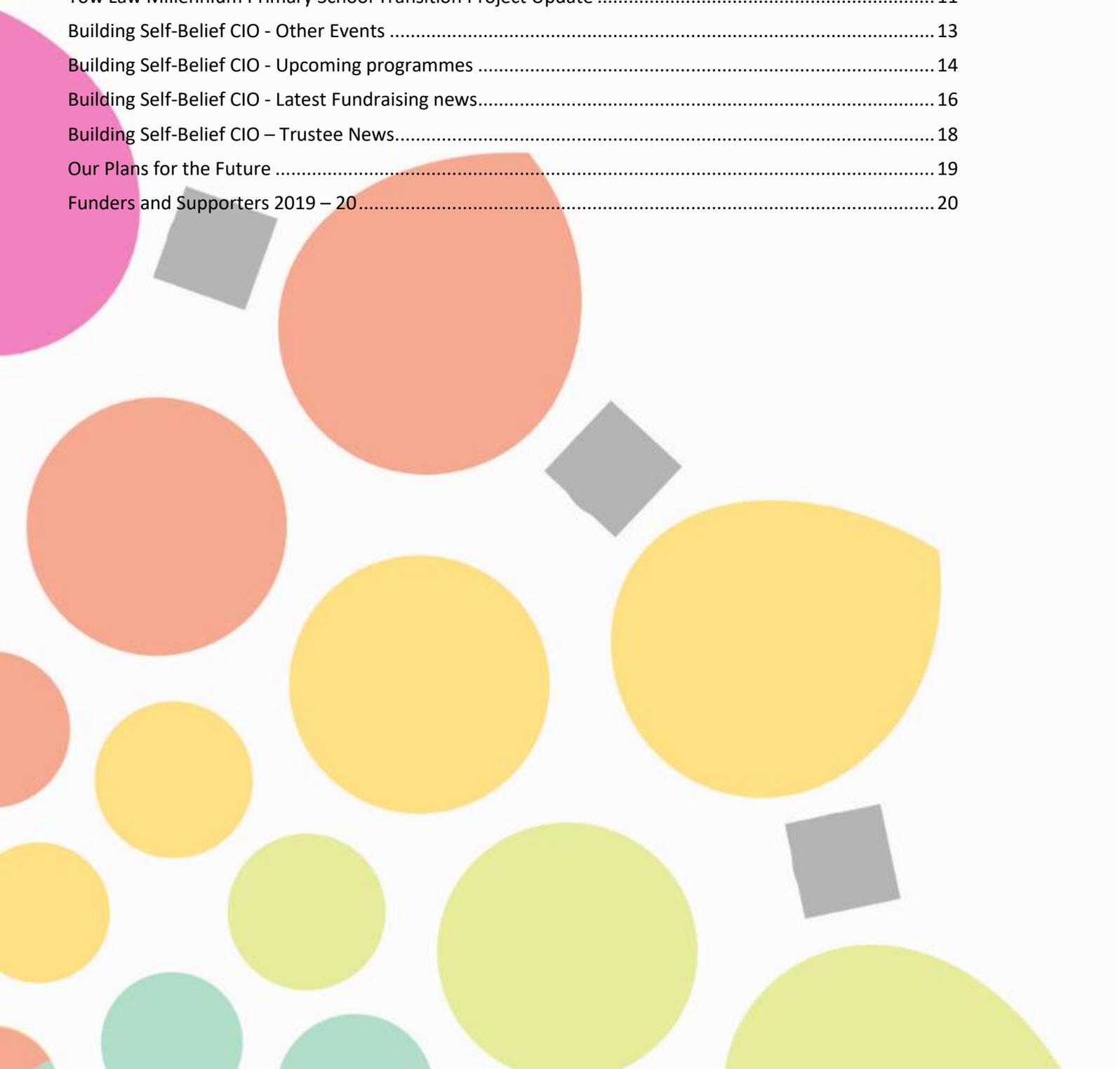
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Report from the Executive Trustee



Once again this has been an incredibly exciting year for Building Self-Belief CIO, but also one that has seen us face the extremely challenging circumstances surrounding the national Covid-19 emergency.

Throughout the course of the year we have worked with over 200 young people, in socio-economically deprived areas of the North East, in order to improve the self-esteem and mental wellbeing of vulnerable young people.

We continue to deliver a range of ongoing programmes to support the emotional wellbeing, and increase the life chances, of young people across an increasing geographical range of the north east including; Stanley, Crookhill, Consett, North Shields, Newton Aycliffe and Darlington. All of the children that we support live, and are educated in, areas that are in the bottom 20% according to the government's National Index of Multiple Deprivation.

We continue to use the Revised Children's Depression and Anxiety Scale (RCADS) and Self-Esteem measures to closely monitor the impact of our programmes, sharing this with school support teams where appropriate, in line with Safeguarding best practice.

Despite the extremely challenging circumstances that individuals, business and charitable sectors have faced during the Covid-19 pandemic, our important work has continued to be supported by an increasing number of grant providers, individual donations and fundraising activities, as well in the time and commitment of our Trustees and supporters in the local community. We extend particular thanks to the National Lottery Heritage Foundation, The Sir James Knott Trust, The Foyle Foundation, The Stanley Area Action Partnership, The Stanley Community Fund, The Derwent Valley Area Action Partnership, The National Lottery Awards for All England, The People's Post Code Lottery, The

County Durham Community Foundation #iwill, Warburton's Family Bakers, Durham Masonic Benevolent Fund and Valued Accountancy.

We have been successful in meeting our goal of increasing the revenues around our core costs, but of course this remains an ongoing area of focus for the ensuing year.

We have continued to deepen our links with our partner, The University of Newcastle, and after a rigorous process we were delighted to appoint Isabel Wherritt, a third year Psychology student as our first student Intern, who will formally join us in at the end of September 2020.

We are already well-regarded as a charity with the trust and confidence of our local community and charitable partners. The wide experience of our Board of Trustees is the bedrock of our charity and their decades of experience underlies our growing reputation. To this end we, this year has also seen us welcome our first Young Trustee, Kate McGuigan, who has previously supported our programmes as a volunteer.

My fellow Trustees will continue to focus upon our finances and ongoing strategy with pragmatism and a driving commitment towards making a difference to the lives of young people.

We once again look forward to meeting the challenges that lay ahead, with an ever-growing demand from schools, learning providers and community groups for our services.

Thank you all for your continuing support and commitment which is so valued by us and the young people that we support.

Christine Thomas
Chief Executive

Crookhill Primary School – ‘1950’s Changing Childhoods, Changing Lives Transition Project.’

Funded by the National Heritage Lottery Fund, and due to begin in the summer of 2020, we have begun a programme to support the Year 5 & 6 children of Crookhill Primary School in developing their creative writing, poetry, art, photographic, communication and historical research skills to create an anthology of work, a film and a public display.

The focal point of the project was what life was like for local young people in the 1950’s, a time when the future existence of areas such as Crookhill and Ryton came under threat. In the 1950’s many small communities, across County Durham, were categorised by planners as ‘Category D villages’. Category D areas were regarded by the county council as not fit for further investment and with a view to future demolition.

Building Self-Belief CIO were also delighted to have the support of Peter Rogers, the Secretary of ‘Brighten Ryton Local Environment Group’, who arranged their members to be interviewed by the children regarding their experiences of childhood in the 1950’s as well as their memories of the local area.

It was a joy for us to meet the children during the planning day where the children’s enthusiasm really shone through.

Due to the Covid-19 crisis, The National Heritage Lottery Fund have kindly extended the programme deadline by a year and we very much look forward to completing the programme in the summer of 2021.

Debra Kelly, Assistant Headteacher at Crookhill Primary school commented ‘We very much look forward to the children completing the 1950’s Transition Heritage Project with Building Self-Belief CIO. The 1950’s was a period of real transition for the people of Crookhill and it will enable the children to develop their historical and research skills and develop a real understanding of the way in which our community changed during this period.’

The children of Crookhill Primary School, searching the school archives, with Peter Rogers, Secretary of Brighten Ryton Local Environment Group & Building Self-Belief CIO.



North Durham Academy – ‘Bridging the Gap – Prevention of Poverty Programme’

Supported by The Stanley Community Fund, and also by #iwill County Durham Community Foundation, Building Self-Belief CIO worked with 15 key Sixth Form students at North Durham Academy, in Stanley, to support them in ‘bridging the gap’ between education and employment.

Along with North Durham Academy, we identified key students who needed additional support to improve their communication and workplace skills for the future.

The young people developed their employability skills in a range of workshops on areas such as: the use of social media in the workplace, finding apprenticeships, University applications, CV building and communication skills.

The Sixth Formers had also arranged a community fund raiser, linked to an outwards bound experience and a team building event. They were also due to meet local business leaders to undergo mock job interviews, just prior to the Covid-19 lockdown. Sadly, these events were postponed during the Covid-19 emergency.

However, we are delighted to say that at the time of writing, at the resumption of School activity in September 2020, the children are once again looking forward to their fund raising event as well as to meeting the local business leaders in rearranged workshops.

The ‘Bridging the Gap’ students from North Durham Academy and Ross Thomas, Head of Sixth Form.



The Sensory Space Project at Learning for Life, Consett

Partnership working across the community is central to our core values. To this end, we were delighted to receive funding from the Derwent Valley Area Action Partnership to work with a group of Year 10 girls from Consett Academy who would benefit from taking part in a community and volunteering based programme.

Our vision was to build lasting links between Learning for Life, a specialist provider for young people aged 16 plus whom have a diverse range of complex needs and disabilities, Consett Academy and the wider Consett community. Building Self-Belief CIO worked with local businesses, and the Derwent Valley Area Action Partnership to fund raise towards a new 'Sensory Space' for the learners at Learning for Life. We are incredibly grateful to all of the organisations that have supported the programme by sponsoring equipment for the 'Sensory Space'.

The girls have already given their time to meet and participate in supported activities with the learners at Learning for Life, created mood board designs and selected the equipment for the new sensory Room. Several of the group have also confirmed that that would like to volunteer to support Learning for Life in the future.

The group has also undertaken activities such as disability awareness training, bulb planting, Makaton signing classes and given their time to support on a Learning for Life social evening.

The girls are looking forward to completing the programme and formally launching the Sensory Space, with members of the local community early in 2021.



The girls from Consett Academy, and the learners from Learning for Life, complete their Makaton signing lessons & our visit to Oasis Café at Citizens House Consett





Our social evenings at Learning for Life, where we played cards, connect-4 and had a disco!



Consett Academy - 'Bridging the Gap between Education and Work'

With the generous support of the Derwent Valley Area Action Partnership, Building Self-Belief CIO identified 15 key Sixth Form students, with our programme partner Consett Academy, who would benefit from additional specialist support in developing workplace skills and business-related experiences.

The students undertook a range of specialist workshops from Public Speaking to Cyber Security in the business world. The three month programme was due to culminate with a London residential visit on March 16th – 17th 2020, where the students would visit KPMG Accountants at Canary Wharf, University College London and the Bank of England as well taking in a West End performance of 'Wicked' at the Apollo Theatre in Victoria. However, it was incredibly disappointing, if quite understandable, that just two days prior to our departure the nation was put on a national lockdown due to the Covid-19 outbreak.

The unavoidable cancellation of bookings at such short notice did come at a significant financial cost to the programme. However, we would like to thank Derwent Valley Area Action Partnership for their ongoing support and we look forward to completing the programme, with the best possible outcomes for the students, when it is viable to do so.



The students on the programme quiz the Durham Constabulary Cyber Security Team.

Delves Lane Primary School – ‘Consett Steelworks - Children’s Research & Community Project’.

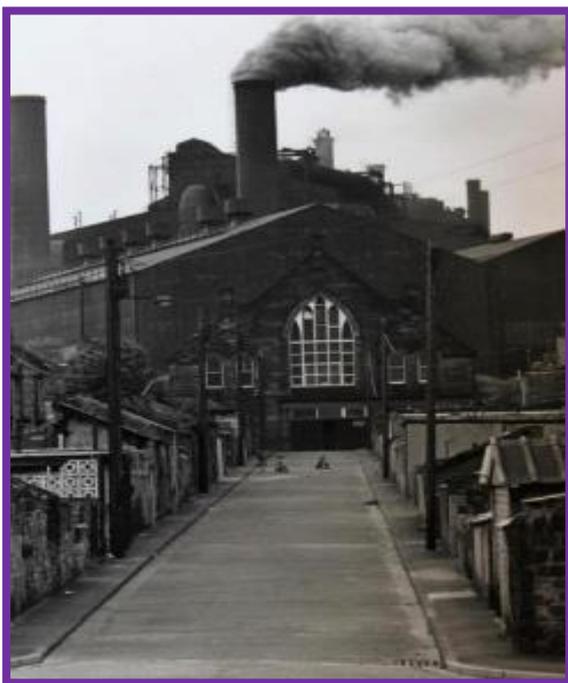
The ‘Consett Steelworks - Children’s Research & Community Project’ was due to involve 30 Primary School students, in Delves Lane Primary School, Consett, researching the importance of the former Consett Steelworks on the development of the town, the experiences of the workers and the way the local community was socio-economically affected by its closure in 1980. The project marked the 40th Anniversary of the closure and also looks at the town’s recovery since 1980, including the regeneration of the site.

The area surrounding Delves Lane was significantly impacted upon by the Steelworks closure and this project will enable the children to research how their community survived this period and to understand the challenges the community faced at that time. Delves Lane remains in the bottom 30% of economic deprivation nationally according to the National Index of Multiple Deprivation.

The primary research aspect of the project includes the children surveying the former Steelworks site, working with sources and interviewing former Steelworkers to create a lasting record of their memories for the community. This will enable the children to bridge boundaries between young and old and help to see their lives in the context of the wider community.

We are extremely grateful for the generous support of The Sir James Knott Trust in order to make this project a reality. We also thank Arthur Harkness, the Secretary of the ‘Consett and District Heritage Initiative’ for his support with our historical research and also our Trustee, John Watts, who has supplied a treasure trove of family artefacts related to the Steelworks

Sadly due to the Covid-19 pandemic the remainder of this project has had to be delayed until the summer of 2021, although we very much look forward to working with the children and staff at Delves Lane primary in due course.



Consett Steelworks dominating the town.

Tow Law Millennium Primary School Transition Project Update

Funded by the National Heritage Lottery Fund, across the summer of 2019, we supported the Year 5 & 6 children of Tow Law Millennium Primary School in developing their creative writing, poetry, art, photographic, communication and historical research skills to create an anthology of work, a film and a public display.

As a focal point, they researched the experiences of the men who fell in the Great War 1914-18, as named on the Tow Law War memorial, as well as studying the impact of the Great War on the Home Front at Tow Law and the local community.

After the display and film were premiered at a packed community event at Tow Law Millennium Primary school, their display was moved to Tow Law Community centre and is available for viewing by the local community across the area.

We were delighted that the children's anthology was publicised in the local press and then went on to be displayed in the Chapel at Beamish Museum for many months, where it was seen by tens of thousands of visitors.

After the success of the community event the children's anthology was moved to Beamish Museum, where it was seen by tens of thousands of visitors across 2019 and 2020.



[Building Self-Belief CIO – Other events](#)

Newcastle Races Event

Once again, we are extremely grateful to Valued Accountants for their on-going support of Building Self-Belief CIO this year, and in particular for yet again making us their nominated charity during the October Newcastle Race Meeting. We were delighted to have a race named after the charity and to also receive the support of Valued Accountants, and their generous clients, in bidding for prizes that were auctioned during the evening. The fantastic sum of £1314 was made on the night!

It was a lovely evening and a great opportunity to promote our work in supporting young people. Many thanks once more to Stephen Paul and the team at Valued for their generous support.

Consett AFC Bears Sponsorship

Congratulations to the boys from our sponsored football team U17 Consett AFC Bears who won promotion to the Premier League. The team included many players who had participated in our programmes.



**Congratulations to the boys from the U17
Consett AFC Bears**

[Building Self-Belief CIO – Other events](#)

Stone painting with the Benfieldside Rangers.

In preparation for a Christmas Fayre to raise funds for the Learning for Life Sensory Space, the girls from Benfieldside Rangers put their artistic skills to use by designing Christmas decorations. Our Trustees then went on to raise funds for the project by selling the Rangers' creations on the Building Self-Belief CIO stall.

Christmas stone painting with the Benfieldside Rangers.



The Building Self-Belief CIO Trustees had a busy day fund raising for the Sensory Space at the Learning for Life Christmas Fayre.

Upcoming Programmes

The Meadow Well Teenage Boys – Emotional Wellbeing and Self-Esteem Programme.

This has been funded by the National Lottery Awards for All Community Fund and is now due to commence in late September 2020. It will provide a three-month series of workshops, a community-based programme and external cultural and team building trip, designed to improve the young peoples' emotional wellbeing and self-confidence.

The Meadow Well area is in the bottom 10% of the government's National Index for multiple deprivation, with Chirton Ward being in the bottom 1%.

Due to the Covid-19 pandemic this programme has been carried over from the summer of 2020.

We thank the National Lottery Awards for All Community Fund for their support and much look forward to supporting the young people in due course.



The Haughton Academy – Teenage Girls' Emotional Wellbeing Programme with a Focus on Bereavement and Loss.

This programme has been funded by the County Durham Community Foundation - Darlington Grants Programme Covid-19 Sustainability Fund.

This is a three-month programme designed to support teenage girls' emotional wellbeing with a focus on bereavement and loss, post the Covid-19 lockdown.

The girls will be specifically identified by the Pastoral Team at Haughton Academy and will develop their emotional wellbeing, self-esteem and aspiration in the short and longer term. It shall instil them with self-confidence in their own abilities and long-term potential. It shall provide opportunities for them to engage in cultural, creative, social and team-building based activities that their personal circumstances are a barrier to. The grant funding will also include cultural visits to the Theatre and a community team-building event as directed by the young people themselves.

We are very grateful to County Durham Community Foundation - Darlington Grants Programme Covid-19 Sustainability Fund for their support and very much look forward to working with the girls in the near future.



The Greenfield Community College - Teenage Girls' Emotional Wellbeing & Prevention of Poverty Programme.

For this programme we are grateful for the support of the County Durham Community Foundation – Great Aycliffe Fund.

The girls will be specifically identified by the Pastoral Team at Greenfield Community College and will develop their emotional wellbeing, self-esteem and aspiration in the short and longer term. It will instil them with self-confidence in their own abilities and long-term potential. It will provide opportunities for them to engage in cultural, creative, social and team building based activities that their personal circumstances are a barrier to.

The grant funding will include cultural visits to the Theatre and a community team building event as directed by the young people themselves. It shall include workshops on emotional wellbeing and confidence-based skills such as; making and sustaining friendships, coping with bereavement & loss, body dysmorphia, dispute resolution and developing teamwork and communication skills.

Due to the Covid-19 pandemic this programme has been carried over from the summer of 2020.

We thank the County Durham Community Foundation – Great Aycliffe Fund for their support and much look forward to supporting the young people in due course.



Warburtons and The People's Postcode Lottery Covid-19 support.

We would like to thank Warburtons, and also The People's Postcode Lottery, for their very generous support in funding some of our core costs during the period of Covid-19 lockdown. Their support was most gratefully received at a challenging time for all organisations in the charitable sector.



Latest fundraising news

Professor George Boys–Stones and the 2020 UGLE Prestonian Lecture

We were delighted to receive the on-going support of Professor George Boys-Stones, formerly of the Classics Department at Durham University, and now Professor of Classics and Philosophy at the University of Toronto, Canada. Professor Boys-Stones, a prolific author and editor, was extremely generous in donating the proceeds from his recent United Grand Lodge of England ‘Prestonian Lecture’ as well as his Amazon royalties from the print version of the lecture, entitled “A System of Morality: Aristotle and the Making of the Ritual”.

The historic ‘Prestonian Lecture’ was delivered to a live global audience for the first time using Zoom, in the middle of the Covid-19 lockdown, and it has led to a steady flow of donations throughout 2020 via the Charities Aid Foundation Link (CAF) on the Building Self-Belief CIO website. To date the proceeds have amounted to £500 and are continuing to rise!

We thank Professor Boys-Stones for his generous support and we wish him well with his future academic endeavours.



Dr Hugo Minney – Virtual Great North Run 2020

We were very grateful to Building Self-Belief’s Chair and Trustee Hugo Minney for his fund-raising efforts that saw him complete the 2020 Virtual Great North Run. Hugo completed the course in a brilliant time of 1 hour and 57 Minutes and raised approximately £500 for our cause. Many thanks to Hugo and congratulations on your achievement!

Committed runner Hugo during his preparations for the 2020 Virtual Great North Run.



Conclave of Friendship No241 and also the OSM Province of Durham.

We were delighted to be invited to Old Elvet Masonic Hall, in Durham City, for a formal Christmas dinner as the sponsored charity of the Conclave of Friendship No 241. Their generous support, and subsequent match funding by the OSM Province of Durham and also the OSM Benevolent Fund, to the total of £900, enabled us to fully refurbish ten laptops for student use during our programmes. We would also like to thank our Trustee John Watts for championing our charity and helping us to raise the profile of the work we do with young people across the region.

The Provincial Grand Supreme Ruler, Rt.Wy.Bro Kenneth Embleton, from The Conclave of Friendship No 241, presents our Trustees, Christine Thomas and John Watts with the new laptops to support our work.



The Foyle Foundation ICT Grant Award.



We were delighted to receive a grant of £3,000 from The Foyle Foundation in order to fully refurbish the ICT, office and Go-Pro film making equipment that we use to support our work. This supported us at a key time as we welcomed our first Newcastle University intern Issy Wherritt to the team.

Thank you to The Foyle Foundation for their very generous support in refurbishing our office Equipment.



Trustee news

Kate McGuigan becomes our first 'Young Trustee'

We are delighted to welcome Kate McGuigan as our first 'Young Trustee'. Kate has previously been a volunteer with us, working on programmes at Stanley and also Tow Law, in County Durham. We were delighted that Kate was able to use these experiences to support the successful completion of her Degree in Childhood Studies from Sunderland University. Kate is also a qualified Youth Worker and has a passion for supporting children and young people. We look forward to Kate continuing to give young people in the region a voice in the charity sector, through her trusteeship.



Isabel Wherritt becomes our first 'Student Intern'

After a rigorous application process, we are delighted to have appointed Isabel 'Issy' Wherritt, as our first Newcastle University Student Intern. Issy joins the team from September 2020, and will be able to use her experiences to compliment her interest in mental health as well her formal studies in her Psychology Degree. Best of luck to Issy in what will no doubt be an exciting but challenging year ahead.



Our Plans for the Future

Despite such challenging circumstances throughout much of 2020, we have continued to see a steady increase in the demand for our programmes across the north east. We are determined to meet that increased demand and continue to provide high quality programmes to build stronger communities by building self-belief in young people.

We have been successful in our ongoing efforts to increase our levels of core funding across the last year, although this remains an area of focus for us going forwards.

We pledge to continue to build on our growing reputation to deliver significant improvements in the mental health, self-esteem and aspirations of vulnerable young people, in economically and socially deprived areas, of the North East.

Our focus is to build the skills and resilience in young people in order to successfully meet the life challenges that lay ahead. We shall continue to work collaboratively with community partners and will put the needs of young people at the centre of all that we do.

We truly value the support of our volunteers and shall continue to expand our community partnerships going forward.

We pledge to continue to make an impact on the life chances of young people across the region.

The Building Self-Belief Team



Funders and Supporters 2019 – 20

Building Self-Belief CIO would like to acknowledge the following organisations who either work with us to deliver services or support us financially.

This continued support is vital to us – thank you.

The Derwent Valley Area
Action Partnership

National
Heritage Lottery
Fund

Department for
Culture Media and
Sport

#iwill County Durham Community Foundation

Haughton Academy

Valued Accountancy

The Universities of
Newcastle & Sunderland

Delves Lane Primary School

North East Chamber of Commerce

Crookhill Primary School

Norham High School

Consett Academy

The Stanley Area Action Partnership

Learning for Life

VONNE

Durham Benevolence

Everything English
Education Ltd

Beamish Museum

The Foyle Foundation

The Sir James Knott
Trust

The National
Lottery – Awards
for All

OSM Province of
Durham

Warburtons Bread

The 'Do Business'
Network

A special thank you to all of the wonderful young people that we have worked with and supported across the year

Board of Trustees

Executive Trustee: Christine Thomas

Chair: Dr Hugo Minney

Trustees: Stan Fitches, MBE; John Watts; Andrea McGuigan, Elaine Riley, Kate McGuigan (Young Trustee)

Intern: Isabel Wherritt

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