



# IMPACT REPORT 2022/2023



# Our year in numbers...



We've dealt with

**384**

safeguarding concerns



**45,000+**

visits from young people



**1,911**

sessions delivered this year



**4,278**

free meals provided and over **18,000**  
subsidised meals



# A MESSAGE FROM OUR CHIEF EXECUTIVE

**At Inspire, we have one mission, to help all young people be the best they can be.**

The past 12 months have been challenging to say the least. Whilst we can now say we are on the other side of the pandemic, we are only just starting to see the long-term impacts that it's had on young people and their families.



As a central hub with young people at its heart, we know we need to make sure that we develop and adapt to meet their ever-changing needs. By the end of the year, we will have recorded over 200,000 visits to the youth zone and every one of those visits has brought with it, its own learning for us.

Over the past year, we have held 1,911 sessions with over 45,000 attendances. That's more than 45,000 times young people have walked through our doors and entered a safe, warm place that oozes energy and gives them access to a world of opportunity.

We've also seen the cost-of-living crisis push many families that we work with close to breaking point. Along with our promise that we cannot and will not increase our prices to above 50p per session and £1 per meal, we have also taken additional steps to try to relieve pressure. We have now guaranteed that, from a salad bar to hot soup, there will be free food available on every session and for all our members.

None of what we do would be possible without our amazing donors. I am only able to talk about how we are changing the lives of young people because of their support and dedication. No matter what the world throws at our young people, we can always be there for them.

Thank you.

A stylized, handwritten signature in black ink, appearing to read 'R. Hope'.



# OUR STORY SO FAR

Imagine there was a place that was purpose-built so that young people could get involved in activities they've never even dreamt of, make new friends, and be introduced to a world of opportunity.

A place where there are people inside who will be there for them no matter what. People they can open up to, trust, and ask for guidance about anything that is going on in their lives. A place where they can not just be themselves, but where they can become their best selves. **There is a place just like that...** It's a place that was named 'Inspire' by the people and it's here to serve.



At Inspire, we don't just offer young people a place to go. We transform lives. We work to raise aspirations, enhance prospects, improve health and well-being, and support each young person to achieve their potential.

Whilst we offer over 20 activities each day and are a place to have fun, we can also support with:

**1-1 support**

**Mentoring**

**Employability and  
Enterprise**

**Health and Wellbeing**



# FRANKIE'S STORY

**"Inspire has helped me be more social. Inspire makes me feel safe."**

Frankie, age 12, spent a lot of time living in an online world to escape from real life. She lives at home with her Mum and siblings and in 12 short years, has suffered serious trauma and distress.

Frankie's sister has severe mental health issues, and her brother was involved in a hit-and-run accident that almost killed him.

He now has a life-changing brain injury, and this has been extremely difficult for the whole family.



*"Nobody listened to my pleas for help and support. We made the decision to home-school Frankie as she was suffering so much sadness and was constantly saying she wanted to die because life was horrible to her." - Frankie's mum*

When Frankie first came to Inspire, she was assigned a key worker to work alongside both her and her Mum, to make sure that we were meeting her needs and going at a pace that worked.

*"It took a lot of 1-1 work to help Frankie feel comfortable in the centre. We would head to an empty room with art equipment, giving her a chance to feel comfortable on her own terms. She refused to engage in conversation at all, and we would just sit silently and draw. On our second session, she refused to even get out of her Mum's car." - Youth Worker*

Early on, Frankie would suffer severe panic attacks, getting aggravated and swearing. Throughout her time at Inspire, she has worked with staff to battle through her anxieties, build her self-esteem and embrace a more childlike spirit.

As sessions continued, Frankie slowly opened up. First with the trivial conversation, then engaging with jokes. Eventually, this evolved into talking about insecurities, feelings, and self-reflection.

*"Frankie is happier now. She doesn't want to take her own life anymore. This week she is chatting and playing games online with her friend. Having a youth worker has been our saviour. Not just for Frankie but for the family too. We feel listened to and supported where others have not seen the difficulties." - Frankie's Mum*



# A FOCUS ON MENTAL HEALTH

Since March 2020 the number of young people struggling with mental health has increased to alarming levels with unprecedented demand for our mental health support.



The type of challenges our young people have faced includes bereavement, chaotic home circumstances, isolation, and deep anxiety.

**67%**

of young people aged 13 to 25 believe the pandemic will have a long-term negative effect on their mental health.

**75%**

of young people aged 13 to 25 said they found the 2021 lockdown harder to cope with than previous ones and 44% said it was 'Much Harder'

**1/3**

of young people say they aren't comfortable asking for help if they need it.

With the support of our donors, our committed programmes, 121 support, and qualified counsellors have helped our young people who are struggling with their mental health the most or who are most at risk of experiencing problems in the future. We now conduct a number of programs aimed at supporting young people with their mental health, including:

## **The Bereavement Programme**

Members engage in a variety of craft-based activities and Art Therapy. These sessions are a great time for the bereavement youth workers to start conversations about the person they have lost.

## **Himpact**

A targeted support group for young males aged 8-19 providing early intervention support around mental health challenges, isolation, and broken relationships.

## **EmpowHER**

A targeted support group for young females aged 8-19 building confidence and self-esteem through social action



# Be Successful ENTERPRISE

Inspire'ing the next generation or sparking the imagination of the next Jeff Bezos... are the things that could be said for the work of our Enterprise Team.

Over the last few months, our young people have been working on creating and developing their own candle business.



From logo design to trade centers, they have carefully considered and taken ownership of every element. Though a small business, Be Inspired probably has more 'Directors' (finance, marketing, sales) than most large firms, with each young person being truly dedicated to certain areas.



The wax for the candles was kindly donated by local wax distributor, **Kerax**, but the team needed to find the perfect 'pot' for the candles. So, what did they do? They partnered up with the members in the pottery room who created their very own, handmade, candle jars.

After heading out to the Christmas markets and selling their product, they are now looking to expand and are testing wax melts and tealights.

"It's mad how many different things you need to think about. I thought we could just sell candles, but it's harder than that. I've learned loads and can't wait to see how big we can make 'Be Inspired'."

**Georgia, Sales Director, Age 13**



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Inspire provides a sanctuary. Children can experience opportunities to develop their skills, talents, and fitness that they would never otherwise have the chance to, and this builds much-needed aspiration in our community!

**Annie Douglas, Headteacher,  
St Joseph's Catholic  
Primary School**

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# Targeted Youth **WORK**

## EmpowHER

EmpowHER is a social action programme aimed at 8-18 year olds. Established to increase self-esteem, build confidence, and improve wellbeing in young women and girls – it ultimately inspires them to lead positive change in both their own lives and in the world around them.



Similarly, all aspects included in the range of questions (Confidence, Social skills, and relationships, Emotional skills, Health and wellbeing, Aspirations and achievement) showed an increase, with aspiration and achievement being the greatest at **143%**.

## HiMpackt

Working with young males aged 8-19, we provide early intervention support for mental health challenges, isolation, and broken relationships. This is done through introducing positive role models and raising aspirations to break cycles around crime, domestic violence, and low career prospects.



Self-scoring pre and post programme in confidence, social skills and relationships, emotional skills, health and wellbeing, and aspirations and achievement, young people reported an improvement of an average of **61%** with scores ranging from **35%-171%**.



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I've really enjoyed working with clay, especially during the EmpowHER programme at Inspire. It's allowed me to clear my mind and have the opportunity to focus on myself and the sculpture I'm making. It's been really relaxing just playing with it.

**Ella, EmpowHER member,  
age 10**

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# Targeted Youth **WORK**

Working in partnership with The Chorley Neighbourhood Team and Fairview Community Centre, Inspire's Detached Team has launched a brand-new satellite site in Adlington.

After an increase in complaints of young people getting involved in anti-social behaviour (ASB), the project, based at Fairview Community Centre was launched to ultimately *'make Adlington a greater and safer place to live'*.

Running every Friday 6:30-8:30pm with an average attendance of 25 young people, the sessions have been really well received in the local community.

**"Feedback has been great and there have been no reports of ASB in the area since it opened"**

PCSO Fern, Chorley Neighbourhood Team

Within the first year of Inspire opening, reports of ASB in Chorley and its surrounding areas had reduced by **49%**. Whilst this figure was impressive, it showed there was still work to be done, so Inspire's detached programme was created.

Having now been running for four years, the programme typically focuses on the towns surrounding areas such as Adlington, Ecclestone, and Clayton Brook. They also work with the local council and police to identify areas within the town centre that could benefit from youth work presence.

These early engagements are critical in building trusted relationships between youth workers and young people. The feedback from young people directly has been incredible and has already promoted longer-term relationships with some of the harder-to-reach families in the area.

**"It's given us a place to go instead of just being stood out in the cold."**

Danny, age 17



# Inspire Cafe

At the heart of the Youth Zone is our Inspire Café, sponsored by Roccia and Chorley Building Society. Open when schools are shut, our café provides a safe and relaxing environment for young people to enjoy a hot meal with friends.

Heavily subsidised, young people can enjoy a hot meal for just **£1** and are completely free to those who need it. This year we have provided over **18,000** subsidised and 4278 free meals.



## The Learning Kitchen



Our Learning Kitchen is designed to provide young people with essential life skills often missed in formal education.

It helps young people understand food nutrition, experiment with new ingredients and even create their own mini enterprises from their products.

*InspireEats*, sponsored by Cadent, is our latest Learning Kitchen initiative.

Using slow cookers as the primary cooking method, young people take ownership of these sessions with recipe planning meetings, shopping trips and meal prep.





# The difference YOU make

89%



**of young people feel a lot more confident than they did before**

Increased confidence translates to higher level social skills, increased aspirations, and better long-term employment prospects. At Inspire, they develop a range of social and emotional skills that improve resilience, self-esteem, and self-confidence.

90%

**of young people get on better with others**

At Inspire, members are encouraged to mix with others from outside their social group, school, age group, and community, getting involved in new experiences and activities that push them outside of their comfort zone. Leading activities and campaigns in their community, developing leadership, communication, and relationship-building skills that stand them in good stead when entering the world of work.

70%

**of young people now exercise more regularly after attending a youth zone**

Exercise and well-being go hand in hand and lead to fewer employee absences, less dependence on NHS services, and benefit long term dependency. Inspire removes barriers to exercise, encourages positive habits and helps young people set themselves up for success.





# Employability & Training

At Inspire we provide 1-1 employability support for young people between the ages of 16 and 24 to prepare them for the world of work.

We offer them an enriching environment they feel comfortable in to explore and reach their potential.

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Young People

27

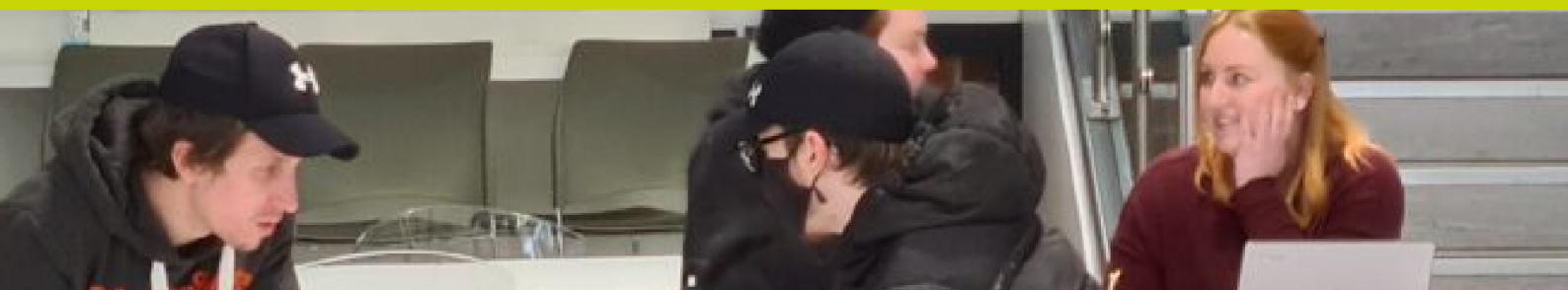
Into employment

20

Into education

27

Into Training



## Environmental Initiatives

During 'Great Big Green Week' we hosted a tonne of events for our members. There was street cleaning, bike maintenance, fashion upcycling, and material recycling all to educate them about climate change.

The Great Big Green Week is the UK's biggest-ever celebration of community action to tackle climate change and protect nature.



**631** young people participate in our Great Big Green Week activities.



# Thank you

for you for supporting  
Inspire Youth Zone



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