



INSPIRE

An **OnSide** Youth Zone

**FIVE YEARS
OF IMPACT**

2018-2023

www.inspireyouthzone.org



JANINE BLYTHE **CHIEF EXECUTIVE**

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

For me, the last five years have been a rollercoaster, working tirelessly around the clock to give young people access to equal opportunities, raise aspirations and feel valued in society.

This has by no means been easy, but watching the impact Inspire has on young lives has been astonishing.

I am so grateful to every young person who has walked through our doors, every member of the Green Team past and present, and everyone who has supported us in whatever way.

Over the past 5 years we have been there for young people no matter what the world has thrown at them, and I can't wait to see what the next 5 years brings."

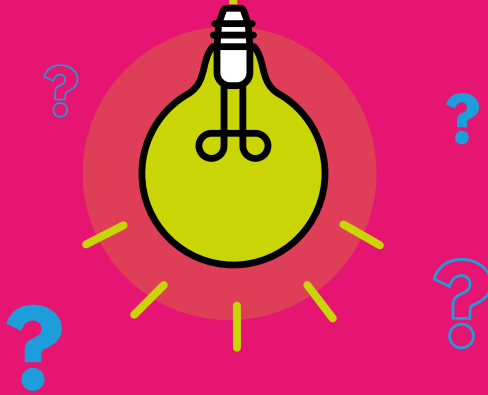
ANDREW TURNER **CHAIRMAN**

"It's been an honour to be on this journey with Inspire the past 5 years.

Watching young people grow, develop and go on to do incredible things - it's just amazing to see.

Without the support of individuals and businesses, we simply wouldn't be able to do what we do. Young people, staff, donors or advocates - sincere thanks go to everyone who has been on this journey with us."





DID YOU KNOW?

We've served over **90,000 meals for £1** and through January-April 2023 alone, provided over **1000 FREE meals** to ensure all young people had access to a hot nutritious meal.

5 YEARS



With 1594 members already signed up, we got to work transforming young lives!



With sessions going from strength to strength, after only 7 months we hit 5000 members!



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JULY 2017
A HOLE IN THE GROUND

MAY 2018
OPENING OUR DOORS

OCTOBER 2018
NIGHTMARE @ CHAPEL ST

DECEMBER 2018
5000th MEMBER

OCTOBER 2019
ROYAL PERFORMANCE



Building work commences on what is now an iconic part of the Chorley skyline.



We set the bar for Halloween at Inspire, transforming the centre in to something spooktacular.



Two of our members perform on stage at the Royal Albert in front of Prince Harry, The Script and more!



During Covid we united the community, expanding our offer to widen our support and ensure we could still be there for young people.



With purse strings feeling the pinch of the pandemic, we launched our biggest Christmas campaign providing over 1000 gifts to ensure they had something to wake up to on the big day.



We planted a Royal Tree in Astley Park as a symbol of hope and regeneration to the young people of Chorley.

MARCH 2020
AN ESSENTIAL SERVICE

SEPTEMBER 2021
WHO'S HAD A GLOW UP

DECEMBER 2021
A CHRISTMAS GIFT

OCTOBER 2022
SCRAN VAN

FEBRUARY 2023
TREE OF TREES



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Finally as restrictions come to an end we could re-open for full capacity sessions!



Doubling up as a powerful Youth Work tool, we launched our Scran Van which has provided over 3000 free meals so far to the hardest to reach communities.

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 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.

Working with those aged 8-19 (25 with additional needs), we offer over 20 activities every day ranging from 1-1 mentoring to football and climbing to enterprise.

Youth workers are part teacher, part social worker, part mental health professional and much more. For many young people, we are an extension of family. It is our duty to help them achieve the future they deserve. Through grit, determination and positivity.

50%

Of our members live in areas of social economic disadvantage.

4,253

Children in the Chorley Borough live in poverty.

AS WELL AS A FUN SPACE WE'VE...

Worked with schools to identify young people in need of additional support

Supported young people who have been victims of traumatic events from being the first point of disclosure through to court trials and beyond

Supported young people when home hasn't been a safe place, ensuring they have a safe place to live and provided necessary furniture and equipment

Teamed up with the police out in the community to aid them in building a better rapport with young people

Provided essential clothing such as coats, hats and school uniform to those who otherwise would have had to go without

Adapted our sessions to ensure that ALL young people can access the centre safely

“

Loving, happy, amazing,
friendly, fun place to be.

There are so many
words to describe
Inspire.

”



BEN'S STORY

There wasn't much to do in Chorley before Inspire opened. Now there is a fantastic place where kids can make friends, try new things & have fun.

I love sports, especially football, and I've always wanted to play for a team, but couldn't due to my additional needs. At Inspire I am able to play for their team and have even travelled to Manchester to play there. I've also tried lots of new things like climbing and visited other climbing facilities with them.

The staff are so supportive, and my confidence has grown massively since I joined. When I couldn't attend school throughout the pandemic, I still had Inspire and was even able to complete my ASDAN level 1 in sport with them.

Inspire changed my life and I decided that I would like to help other people like it helped me. Therefore I joined the Young Leader's programme and now I'm a Young Leader, meaning I get to help younger ones on their sessions.

I've also taken part in Inspire's Youth Voice programme. It's helped me be more self-aware and confident in myself, like my ability to speak and have my say.

Ben's Mum Louise adds:

"Ben's confidence has increased dramatically since starting Inspire – he loves attending & feels very safe there.

The Youth Zone has created so many opportunities for him & I was so proud when he made the football team.

He always comes home with a huge smile on his face, especially when he received his Young Leader jumper!"





SUPPORTING FAMILIES

Although primarily a young people's organisation, we are also very aware that one of the best ways to support them is to support the wider family too.

Our family days are free to attend and the only restriction in place is that adults are supervised by a child. These sessions help parents and children connect, giving free access to a world of activities they can take part in together. We know that parenting can be isolating and feel lonely at times, family day opens the doors to new friendships for children, parents and carers.

In addition to our family day offer, we have also provided families with vital food and essential item support when they would have otherwise gone without. We have made Christmas possible for 100's of families over the past 5 years providing everything from presents for under the tree to food for the dinner table. We've also made sure throughout the cold months, no child (including siblings) goes without the basic necessities such as a winter coat and gloves.

To a lot of vulnerable households, there is a fear involved in any external service. The Youth Zone is a neutral environment where parents and children alike feel comfortable opening up and asking for help. We then provide support where we can and in situations where we need to be signposted elsewhere, we stay with them every step of the way.

Throughout the winter months our brand new 'Scran Van' headed out into the community to ensure young people of all ages have access to a hot nutritious meal free of charge & adults free soup. This also doubles up as a powerful Youth Work tool and helps to further develop relationships with both parents and young people.

IZZY'S STORY

10 year old Izzy is the perfect example of "if I hadn't walked through the doors of Inspire, I wouldn't have...".

Joining the Youth Zone as a quiet, shy 8 year old, the confident and independent Izzy we see now is worlds apart. From cooking to enterprise and dance to art, Izzy attends every one of our Junior sessions, getting involved in activities across the board.

Izzy has an incredible talent for singing and the Youth Zone has given her a platform to not just develop her skills, but to put herself out there and perform publicly. She has performed at Christmas light switch on's, Chorley Live and even recorded the backing track to our Christmas video. Along with these being incredible accomplishments for Izzy in their own right, they have also helped to develop her confidence, social skills and raise aspirations.

Last year, Izzy joined Bolton School's Flourish Programme through Inspire, where young people who wouldn't even dream of being able to attend a private education facility are given the opportunity to win a scholarship. The programme consists of a series of Saturday club activity and study sessions in the lead up to an exam. We took Izzy each week and her commitment, politeness and willingness to get involved was instantly noticed by the school.

Izzy worked so hard both independently and with the Inspire team to study, revise and do everything she could to get a place. This coupled with her natural personality, communications skills she's learnt from activities such as enterprise, and leadership skills she's got through our Young Leaders programme are what led to her being awarded the fully funded scholarship.

Due to start in September, Izzy cannot believe the impact that Inspire has had on her life.



Izzy's Mum added...

“Inspire has brought out a whole new Izzy and a whole world of opportunities – she just has so much confidence in herself now” ”

GETTING KIDS ACTIVE

With a clear link between physical activity and learning and attainment in young people [1] – we have a strong focus on introducing and encouraging them to take part in sporting activities at Inspire. With a climbing wall, fully equipped gym, sports hall, boxing ring and 3G pitch – there are endless ways to get involved and a 'sport for all'.

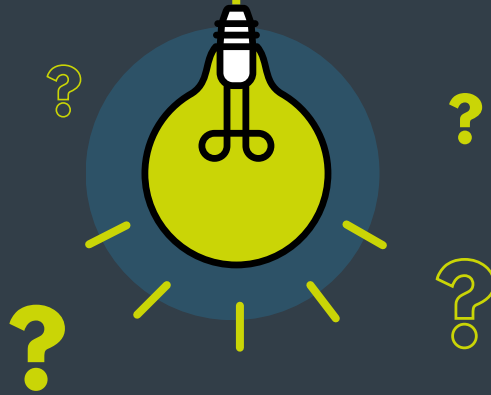
Over the past 5 years we have constantly been refreshing this offer and have delivered a range of sporting activities and games for everyone to enjoy, such as adapted football, rollerblading, skateboarding, handball and benchball.

“

I like to do art when I come to Inspire but tried climbing a few weeks ago. Because I tried climbing, I then wanted to try doing sports on the football pitch. It's actually fun to try new things.

”

[1] <https://www.cypnow.co.uk/research/article/youth-work-and-sport-research-evidence>



DID YOU KNOW?

We've worked with **9,852 young people** since we opened our doors.

EXPRESS YOURSELF

Be Dramatic, Be Loud, Be Creative.

These rooms have provided so much more than just music, art and dance over the past 5 years. Through getting involved in the arts, young people have seen improved confidence, creativity, skills and mental wellbeing. Through taking part in activities that allow them to explore aspects of themselves, their own or different cultures from around the world, and throughout society, they also have a wider understanding of the world around them.

Our dance studio has been a space where young people have been able to try out performing arts with everything from Morris Dance to drama. It's also been a space where those who wanted to take it further have choreographed and practiced award winning routines, learned and performed drama pieces such as Matilda the Musical and (just in case that wasn't enough!) also doubles up as our 'Baby Zone' on Family Day.

Our art room offers a space for young people to get creative with everything from paint to clay to textiles. Again allowing space for adhoc sessions for young people, there is also more project based work that goes on in there. From textiles projects for Great Big Green Week to tile and clay workshops - one young person even saw their clay piece exhibited in London at the 'Museum of the Home'.

For those really wanting to go a step further, we also offer Discovery and Explore arts awards. Covering music, dance, drama and art, these awards also allow young people to develop their skills and gain a qualification to help them progress in the future.



KAI AND CARLY'S STORY

You couldn't Script it...

At Inspire we open the doors to a world of opportunity and we couldn't talk about our arts offer without mentioning this one.

Aged just 9 and 10, members Kai and Carly were given the opportunity to represent Inspire at the Royal Albert Hall. The duo's band, The Revival, performed to an audience of over 5000 people including; Prince Harry, The Script and John Newman.

Kai and Carly both joined Inspire in its first year and formed The Revival after their talents naturally clicked. Carly plays the drums and Kai guitar and vocals.

"When I'm at home, I'm bored, but when I come to Inspire there's always something to do. Performing at the Royal Albert Hall is just a once in a lifetime opportunity." says Kai.

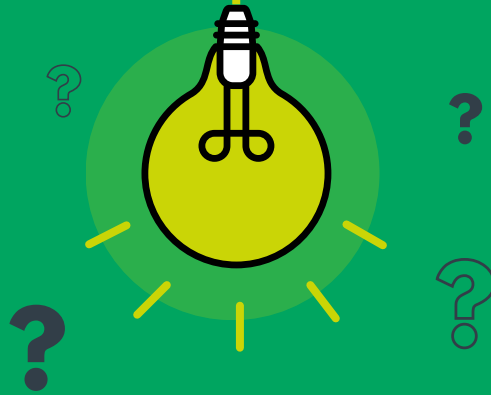
Carly added "Inspire has changed my life. When I joined, I was going through quite a hard time and Inspire has helped me get through it. Never did I think I'd end up doing something like this."

DANNY O'DONOGHUE

THE SCRIPT







DID YOU KNOW?

We've had over **257,000 visits**
through our doors over the past
5 years.

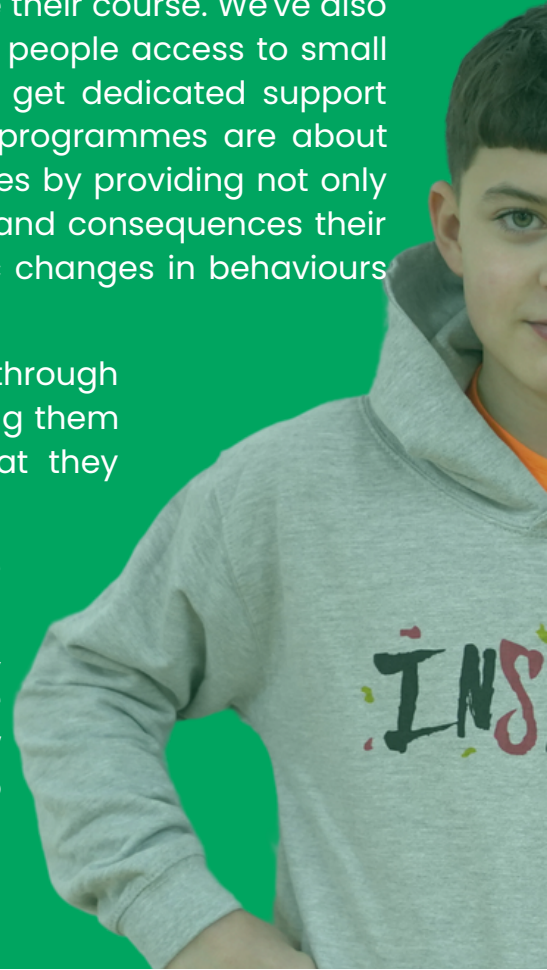
BUILDING RESILIENCE

In a world where opportunity is often determined by where you are born or what your parents can give you, Inspire allows young people to dream bigger, to push harder and to go on to get the most life has to offer. We know to do this there is no 'one size fits all', so we introduced a series of targeted programmes.

Over the past 5 years, anti-social behaviour (ASB), and what we're doing to combat it, has been a constant conversation topic. Through street based youth work, we've been able to develop strong relationships with young people both involved and at risk of ASB and helped them to change their course. We've also developed programmes aimed at giving these young people access to small group sessions and positive role models where they get dedicated support looking at all aspects of their lives. Ultimately these programmes are about empowering young people to make positive life choices by providing not only activities but work around understanding the impact and consequences their actions have/could have and we've witnessed drastic changes in behaviours and attitudes since the project started.

We have also empowered and upskilled our members through our youth voice and young leaders programmes, giving them the opportunity and platforms to speak up for what they believe in, gain work experience and help others.

Through our EmpowHER and HIMpact programmes, we have also been teaching basic life skills such as cooking, whilst working on enhancing self-esteem, boosting confidence and leading change in the community. These programmes aim to address low levels of wellbeing by empowering young people to have a voice, be heard, and give back to the local community.



ALFIE'S STORY

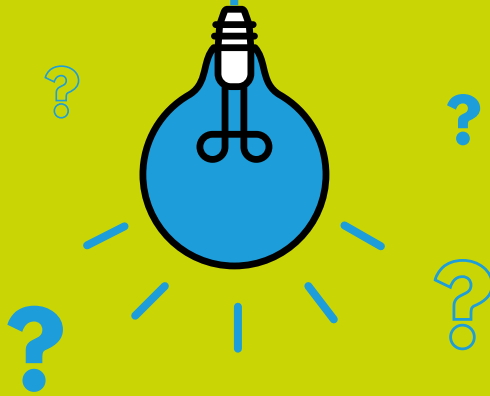
I initially joined Inspire for the wellbeing support and the mentoring they have available. I was in an unproductive routine and had an inactive lifestyle. I became a recluse, after school I would come home and stay in my room. It didn't help my friendships.

My Deputy Head at school recommended Inspire as he thought it would improve my confidence and I haven't looked back since.

When I first joined, I was unconfident, unsociable and anxious. I would regularly avoid social situations. I could probably pin-point the moment there was a turning point and it was during the Lake District residential. We did a lot of team-building activities that enabled me to socialise with new people.

My confidence and ability to talk to people has improved so much since then. Off the back of this confidence I started getting involved in more of Inspire's projects including Youth Voice, Debate Club and UK Youth. I've also been involved with the mentoring programme and that has helped me talk confidently and openly about my problems and my own mental health. Since attending Inspire, my potential has grown, and I have grown. I grew up experiencing the help and support Inspire gave to the community and I wanted to do the same. I am now a qualified Youth Worker at Inspire and have a full career in front of me.





DID YOU KNOW?

We've **delivered 15,308 hours of youth work...** even through a global pandemic!

ON TO THE NEXT 5

Moving forward we will continue to adapt our offer to ensure that we are always meeting the needs of young people whatever they might be.

In a recent consultation with our members they told us that they wanted to have more concentrated sessions in addition to everyday activities, so from January 2023 we introduced EPIC (Engagement, Projects, Intervention Curriculum). EPIC takes referrals from a variety of partners including schools, council, social prescribing, NHS and Police.

Engagement activities provide opportunities for new members, those harder to reach, or those who may struggle with social anxiety, additional needs or need support with behaviour to take part.

Projects include skills development across the arts, sport, health and wellbeing and more. Young people can also work towards qualifications such as NICAS and Arts Awards.

Intervention programmes include intensive and targeted support for a defined need, whether that be mentoring/courses to address mental health, bereavement, ASB or employability.

Over the last few months, we have also seen incredible success with our new Scran Van, expanding our reach into harder to reach communities. Ensuring young people have access to free nutritious meals and doubling up as a powerful youth work tool, we now see this as a vital part of our detached offer we will be further developing and investing in.

5TH YEAR FUNDRAISING CHALLENGE

As we head into our 5th year, as part of our fundraising activity we wanted to set ourselves a challenge all around the number 5. What are we hoping to achieve? We're looking for...



50 DONATIONS OF £5



50 DONATIONS OF £50



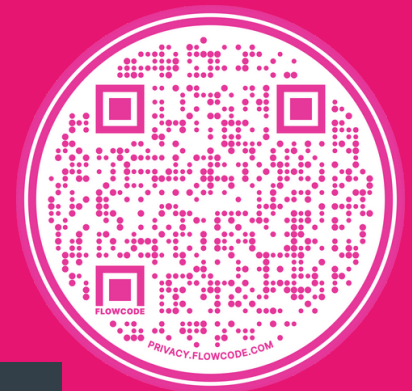
50 DONATIONS OF £500



5 DONATIONS OF £5000



1 DONATION OF £50,000



Can you help us get there by directly donating through the QR code above, or helping us spread the word far and wide (or both!)?

THANK YOU TO EVERYONE WHO HAS MADE THIS JOURNEY POSSIBLE



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