



Annual Report



Building Self-Belief CIO

2022 - 2023



Building



Stronger



Communities

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Unemployment rates in the region are at **6.1%** of the workforce, compared to **4.1%** nationally

Adults who are physically inactive (<2.5 hours/week) is **10%** higher than the English average in 5/6 local authorities in County Durham and Tees Valley

38.7% of children in County Durham and Tees Valley live in poverty

We have significantly improved the mental health, self-esteem and life chances of more than



2,000

vulnerable young people across the region

250

Winter Warmer packs and christmas presents distributed to young people

Over
100

online interactive worksheets

117%

increase in fundraising and grants received compared to 2021-2022

Supported **30** community partner organisations

Welcome from our Chief Executive

With a reported 1 million young people registered as needing support with their mental health, there is a definite need for our services. This year, in celebration of our 5th birthday, we have organised a full AGM, in recognition of the amazing support that our young people, Trustees, funders and community and business partners have given to us across that period and to thank them for their continued support. We are particularly delighted Durham's Lord Lieutenant, Sue Snowden has agreed to be our guest of honour. Having launched Building Self-Belief five years ago, she continues to be a great supporter of our charity.

Our impact is far reaching and has been recognised over the past year at a regional level which is a tremendous honour for the charity. Last October, I was delighted to attend the North East Charity Awards, as a guest of Haines Watts to celebrate our corporate partnership for our highly successful Employability programme. Our Youth Panel goes from strength to strength, and in March we were delighted to receive the Durham High Sherriff's Award in recognition of their work. Additionally, in July 2023, we attended the North East Charity Awards, for our outstanding contribution to social change.

Building Self-Belief received a huge boost from the National Lottery Heritage Fund to support us in celebrating Consett's Industrial heritage relating to the 160th anniversary of the former Consett ironworks. Allowing us to invest funds in line with our priorities and deliver a two-year project to continue to help our young people develop a greater appreciation of their past, alongside a greater understanding of their future.

In addition to our Employability, Heritage and Environmental programmes, we extended our services to more traditional youth club settings. Plus, as many of our local communities faced a tough winter of economic hardship, we accessed the County Durham Community Foundation's – 'Poverty Hurts' fund. We successfully provided well attended 'Food & Fuel Poverty Family Activity Clubs', which included a 'Children's Activity Club' as well as a 'Jobs & Budgeting Support Group' for local parents and carers. These also provided a warm space in the evening, hot food and drink and winter clothing if required, for those in attendance.

As part of our Business Plan, we have continued the huge undertaking of developing an online Emotional Wellbeing Resource Hub, accessible via our website. This shall provide an opportunity for organisations to purchase additional resources from us to support our financial sustainability by generating a long-term income for the charity.

We remain committed to engaging with our funders, volunteers, and the young people that we support in building stronger communities for the future.

“I am delighted at how Building Self-Belief has grown over the last five years, and we look forward to many more years of continued success”

- Christine Thomas, Chief Executive



MEET
CHRISTINE THOMAS

Our Wellbeing Programme



Teenage Boys Bereavement & Loss Mental Wellbeing Programme

Cardinal Hume Catholic School, Gateshead



Funded by the Albert Hunt Trust we successfully delivered a twelve-week wellbeing programme to support vulnerable teenage boys in Gateshead, in an area of high socio-economic deprivation. This programme focused on early interventions to prevent long-term mental health issues, particularly those suffering due to complex domestic circumstances. Additionally, one of their peers had recently lost their life as a victim of knife crime, and the programme provided an opportunity for them to discuss the issues around bereavement and personal loss linked to this.

Collectively, the boys reported a major improvement in their all-round wellbeing, as they were getting better sleep and had a more nutritious diet. They became better behaved, received fewer sanctions related to poor behaviour, both at school and home, as the programme progressed and promised to continue to do so after the programme finished.

The boys particularly enjoyed going bowling as a group, and they were very excited to have the opportunity to do this all together. They also loved the bauble painting and card making sessions, where having some creative freedom and the opportunity to produce something for themselves and for their family, made a real and lasting impact on the boys. Overall, they were a great group to work with and they were appreciative and thoughtful during the sessions.



A group of five male students in school uniforms (dark jackets, white shirts, and ties) are standing in a line. They are all smiling and holding certificates or awards. Some are also holding wrapped gifts. The background is a school hallway with a blue wall and a yellow floor.

“

I am really grateful for the opportunity to take part in the programme. I wished it could have gone on longer. I feel much more confident going out in public and feel that it's OK to enjoy myself more and not worry about what happened that day. I loved making new friendships and building my communication and teamwork skills on the trip.”

- Wellbeing Student, Caridnal Hume Catholic School

Teenage Girls Bereavement & Loss Mental Health Programme

Cardinal Hume Catholic School, Gateshead



Our Year 9 Girls programme at Cardinal Hume Catholic School was a great success. Funded by The Shears Foundation, we successfully delivered a twelve-week wellbeing programme, to support the young people in improving their emotional wellbeing. It provided a great opportunity for the girls to realise that they were not alone with the range of issues that they faced in life.

Body image was a key topic that the girls felt impacted on their self-esteem. The pressure that many young people face about the way they look and how others perceive them was making some of them really miserable. We provided them with strategies to cope with these feelings as well as reshape the way they think within social situations and at school. Talking about it within the group helped them to realise that they could achieve much more if they had more confidence in themselves.

The girls loved our outdoor pursuits day, where they put their newfound skills and confidence to the test. One of the main reasons for offering this day was because they are activities where it does not matter what you look like. It took them out of their comfort zones as it was something that they had never done before. They particularly loved the water activities as it was a chance for them to let their hair down with their friends, work as a team, not worry about how they looked and successfully overcome a range of challenges together.

They were a real pleasure to support as a group and the girls all reported how positive the impact of the programme had been for them.





Teenage Boys Bereavement & Loss Mental Health Programme

North Durham Academy, Stanley

Our twelve-week wellbeing programme, funded by the Stanley Community Fund, successfully improved the wellbeing of a group of year 9 boys, from various domestic circumstances, including blended families, minimal parental contact or being looked after.

As a result of the programme all the boys showed huge improvements in their self-esteem. They enjoyed the camaraderie of the group and many of them reported their friendship with each other had improved and they were coping better with their family situations, alongside, improvements in their anger management.

The boys particularly enjoyed going karting, as it was an activity they could enjoy collectively as a group. The visit to the Newcastle Quayside and Sambuca's restaurant, also developed their experiences and a group and helped them to build their confidence and independence. This trip was a great example of how the boys used their newfound empathy when supporting other group members throughout the trip. We were also delighted that three of the boys volunteered to support our community garden project as Stanley Eco-Ambassadors and wanted to continue to work with us.

The group really pushed themselves out of their comfort zone across the programme and we were very proud of their efforts.

Thank you to the County Durham Community Foundation and the Stanley Community Fund for supporting the programme and providing us with the opportunity to work with a fabulous group of young people.

Teenage Boys Bereavement & Loss Mental Health Programme Haughton Academy, Darlington



Thanks to the County Durham Community Foundation – Darlington Grants Programme, we worked with a group of vulnerable young people from Darlington, an area of high socio-economic deprivation. The boys were experiencing a diverse range of challenging circumstances within their domestic circumstances around family dynamics, bereavement and loss. We believed it was important for the boys to share their experiences, to not only get support from other boys in similar situations, but to develop their empathy and understanding for people they originally knew little about.



Having the opportunity to talk through the issues that affected them, and to listen to others in similar situations, gave them a greater appreciation of how to manage their day to day lives and to regulate their moods. Having the opportunity to talk through their emotions and work on their anger management was also particularly useful for them. Additionally, they responded well to sessions on future planning, where they established definite ideas about their future life goals and pathways to reach them.



The group karting experience gave our young people to support one another and to build a team ethos in a supportive environment. They were a fabulous group of young people, who flourished across the duration of the programme.



A huge thank you also to the County Durham Community Foundation – Darlington Grants Programme for their support with this programme, and also to Warburtons Community Grants for providing additional support for the trip.



Our Environmental Programme



A Greener Future for Stanley North Durham Academy, Stanley


Our big environmental project this year has been the planning, development, and creation of a Wellbeing Community Garden in Stanley, County Durham.

Our volunteer Eco Ambassadors were local Year 9 children who did an amazing job. They fully embraced the programme from the initial planning stage to ensure that they created a biodiverse garden, focused on upcycling. This included creating their own 'Bug Hotels' and upcycling old tyres that they planters with bee friendly plants such as Lavender.

The results were amazing! They now have a completed community garden with apples, cherry, pear and plum trees. There are brand new green oak planters filled with Mediterranean herbs, English herbs and wild strawberries. Our Eco Ambassadors created new beds which were dug out, lined with aluminium and then planted with a whole host of perennials.

The final large edition were the three large green oak benches to provide a place for people to sit and relax. During this programme, we were helped by numerous community volunteers who gave up their free time in the holidays to help us get the project off the ground and do some of the heavier work. This helped to make the garden a true community collaboration.

With grateful thanks to Karbon Homes, The DWF Foundation and The Nineveh Charitable Trust for their generous support for this programme.



“ I really enjoyed how interactive the programme was, especially the fact that we were all able to get stuck in and were really involved in the progress of the garden at every stage. We were involved in every decision at every stage, and this made us feel special and part of a great team.”

- Our Eco Ambassadors, North Durham Academy

Teenage Boys & Consett Teenage Girls Youth Social Action Programme Consett Academy, Consett



This programme was kindly supported by The County Durham Community Foundation - #iwill Youth Social Action Programme and St James's Place. It also built upon the success of the work that we with the Consett Academy Wellbeing Garden last year, which we used as a venue for some of our wellbeing sessions.

The young people engaged in a range of community action to improve the local environment as well as participating in a range of creative arts, personal wellbeing and local heritage-based activities related to Consett's industrial past. These were also supported by our partnership with the Derwentside Detached Youth programme at Glenroyd House in Consett.

At Building Self-Belief, we believe it is important for our young people to take leadership, which the group did by decorating the community garden and also organising and preparing food for a school music event. The children also put their teamwork and decision making skills to the test in trip to the Exit Rooms in Newcastle and then went on to Sambuca's at the Quayside for refreshments.



“

I liked doing something outside of our normal timetable. I enjoyed being together and having a laugh. It was great to get a chance to be creative and the whole project made me feel much happier”

- Eco Ambassador, Consett Academy



Our Heritage Programme

Community Coronation Project

Tow Law Millennium Primary School, Tow Law



As part of King Charles III's coronation celebrations in May 2023, we delivered poetry, cookery, environmental and history-based activities to over 200 children from the Tow Law community, in County Durham.

The project culminated with a 'Coronation Community Tea & Celebration', which was held at Tow Law's community association hall during the coronation bank holiday weekend, which also showcased the creativity of the children's work.

We were delighted to bring our Youth Panel volunteers, the Tow Law Community Association, children, staff and parents from both Tow Law Millennium Primary School & Blessed John Duckett Primary School together in common celebration. It was especially pleasing to reengage young people with the broader community after two-years of Covid-19 restrictions that made such projects extremely difficult.

We thank the National Lottery Community Fund for their kind support of this project.



Community Heritage Project

The Consett Iron Company 160th Anniversary

In March 2023, we began a two-year community heritage programme, supported by the National Lottery Heritage Fund. This will see us co-ordinate a range of local heritage initiatives, bringing together all generations, around the 160th anniversary of the 1864 foundation of Consett Iron Company.





We are already well underway with planning and delivering the key aspects of the project including: -



Oral history recordings, podcasts, and a 'Consett – Past & Present' anthology of inter-generational memories of former steelworkers and residents who witnessed the 'Red Dust' pollution, alongside modern Consett community experiences, including the refugees. These shall be recorded in community settings, across the project, and be released via social media and partner websites.



A series of local public history talks, on the people, experiences and events linked to Consett's industrial past.



Educational workshops in primary and secondary schools, promoting youth engagement in heritage linked to Consett Steelworks.

Art, creative writing, poetry and a film made by the local community for a series of events in 2024, to mark the 160th anniversary of Consett Iron Company.



Public exhibitions at locations across the local area.



A public debate hosted by Historic England at the Durham Miners' Association Hall (Redhills), around building a more sustainable future for Consett and how to make the area a better place to live, work or visit, in the context of its industrial past.



New Projects

Derwentside Detached Youth Project



When Megan got in touch and suggested that we work together on some activities for young people in Consett, we couldn't refuse such an opportunity. Consett's young people enjoyed drama workshops with the nationally touring Shoddy Theatre Company, and took part in a wide range of arts and wellbeing sessions.

We were also delighted that Tommy Anderson from Baseline Shift continued his work with us and delivered some art sessions to our young people. We are particularly proud of their collaboration to create a 'Consett Youth Banner'. This banner is the first in a series of three that we have planned as part of our Consett Heritage Project and will be launched on the 7th September 2023 as part of our ongoing Consett Heritage Project.

“

Thank you so much for everything! Looking forward to arranging more sessions in the future. We have really enjoyed it!”

- Megan Sinden

Our Youth Panel

Building Self-Belief Youth Panel is a group of youth representatives between the ages of 13-24, who live or go to school in Consett. Their role is to be the 'voice' of young people living in Consett and they work closely with us to ensure we are meeting the needs of young people.

They aim to guide and support the local people to take action to make Consett a more inviting place for our young people. Our Youth Panel has gone from strength to strength over the last year and we enjoyed another fabulous weekend at Morpeth Castle courtesy of The Landmark Trust, whereby they updated their Youth Manifesto. Our young people still have a strong focus on the environment and the need to recycle and work towards a circular economy. Additionally, as part of our Consett Heritage Project, our young people will be responsible for organising the events and delivering some of the sessions.

They have continued to support us on our environmental projects, coming along to help us with our North Durham Academy Community Garden.



The 'Poverty Hurts' Project

During a winter of spiralling heating and food costs that impacted the poorest in the community the hardest, we undertook a range of initiatives to support young people and their families at such a challenging time.

As part of the Warm Spaces fund, through the County Durham Community Foundation, we delivered £3000 worth of 'Winter Warmer' packs. These packs included essentials such as hats, gloves and hot water bottles, and were gifted to children alongside a Christmas present to assist struggling families over the festive period.

Our packs were distributed through Building Self-Belief's programmes as well as directly to local schools, situated in the bottom 20% of the National Index of Deprivation.

Our winter 'Children's Activity Club' and 'Jobs & Budgeting Support' clubs also provided County Durham families with a regular place to meet, reduce social isolation, receive warm food and drink, provide engaging activities for the children and offer support to adults around seeking employment, as well as debt management, at a time of crisis for many families.

Alongside this 'Poverty Hurts' funding from the County Durham Community Foundation, we also received support from the Derwent Valley Area Action Partnership in providing Christmas presents to children who were living in poverty across the Derwent Valley. These programmes were very successful and much needed, and we hope to be able to provide similar support to young people and families in need, once again this winter



Fundraising



Our Chair, Dr Hugo Minney ran the Great North Run, and raised a great deal of money for us - thank you! Hugo also ran the Durham 10K in June 2023 on our behalf. Look out for our new running vest design in the GNR 2023.

The Consett branch of B&M have been amazing and we have managed to gain a regular spot as bag packers. Sometimes we raise money for our Youth Panel activities, and at other times, we invite local sport teams to bag pack with us and use the money raised to sponsor their kit. On 12th August we were delighted that Whickham FC U12s joined us to help raise funds toward some desperately needed winter jackets. Well done to everyone involved!



MEET HUGO MINNEY



Our BSB Quiz night was a great success. We had a wide range of age groups at the quiz and it was a fun night that also raised some programme funds. Thank you to everyone who came along and gave us the support. A special thank you to The Demi, in Consett, who gave us the venue for free!



Our Awards

North East Charity Awards Employability Programme with Haines Watts

Our fabulous partnership with Haines Watts for our Employability Programmes was celebrated when they made it to the finals of the October North East Charity Awards in the Corporate Charity Partnership Award. Haines Watts were up for the award for Outstanding Charity Support by a Small to Medium Business. Christine was delighted to be invited as their guest to the awards. We are still in touch with Haines Watts and look forward to further collaborations in the future.



High Sherrif Awards & North East Charity Awards Youth Panel

In March 2023, we had the privilege of attending the High Sheriff Youth Awards in recognition of our Youth Panel work. We were delighted to receive an award of £2,000 towards the work we do across our projects, which The Sir Tom Cowie Charitable Trust generously doubled on the night! It was wonderful to celebrate the success of our amazing youth programmes, alongside other community and voluntary groups across County Durham, Darlington, Hartlepool and Stockton.

Being finalists at the NE Charity Awards, for our Youth Panel and their youth social action at was a fabulous way to get our work recognised by both funders and other charities. Our Chair, Dr Hugo Minney and our CEO Christine Thomas, enjoyed the hospitality of the sponsors, Millfield House Foundation and were happy to share the outcomes of our work with organisations from across the region.

Nuclear Institute Young Generation Network Niamh McDonald



Congratulations to our very own Youth Panellist, Niamh McDonald who won the best presentation at the University of Durham, Nuclear Institute - Young Generation Network Event. Her presentation to the judging panel was about the importance of community engagement, using her experiences in the 'Say No to Consett Incinerator' campaign, as an example of how important it is to engage the community in the plans for an area. She won the debate and a £300 prize and now goes on to the Houses of Parliament in September, to represent the charity and deliver her presentation in the final.

Building Self Belief

50,000



“

The High Sheriff Awards was a great event. We were so pleased to get an award, and we loved the way the event was organised - it was formal but they also made it fun.”

- Amelie F, Building Self-Belief Youth Ambassador



County Durham
Community Foundation

High Sheriff Youth Awards

Our Partnerships

Tall Wall



Our partnership with The Tall Wall has gone from strength to strength. Alongside their monthly donation, Helen Cowan offered her companies coaching services to our young staff and interns. It was so successful it was then extended to our Youth Panel. We look forward to continuing our collaboration with them for the foreseeable future.

“

My coach was amazing at making me feel comfortable I could talk to her for days about the job, home life and myself. She has helped me grow and realise a lot of things about myself and helped me to be able to work on things I have struggled with in the past

- Building Self-Belief Volunteer

Shoddy Theatre

Our partnership schools, including Cardinal Hume Catholic School and Norham High School, took full advantage of the fabulous drama workshops delivered by Shoddy Theatre. They also delivered a fabulous theatre skills workshop in Consett as part of our work with Derwentside Detached Youth Project. We are already making plans for future collaborations!

Newcastle Building Society

Following a highly productive meeting with Linda Creegan, at the Consett branch of Newcastle Building Society, we organised a finance session with a boy's group from the Meadow Well Estate in North Shields. Based on this information, our young people created teenage finance leaflets and delivered a presentation to their peers at Norham High School. Many thanks to The Postcode Neighbourhood Trust for their support with this programme.



Haystax Inclusive Farm Experience

Our Building Self-Belief plantation at Haystax Inclusive Farm Experience continues to grow. We took our #iwill groups up to Haxstax to plant trees and explore the fabulous facilities. Additionally, we held sessions there with a wellbeing group from the Woodlands School in Leadgate, where we made Lavender bags, bug hotels and planted the large tractor tyres.

Our Team

Building Self-Belief CIO would be nothing without our amazing team. These are the individuals who led our work in 2022/2023, by pushing for positive change within our community and making what we do possible.



Christine Thomas
FRSA
Chief Executive



Hugo Minney
PhD FRSA
Chair



Peter Thomas
*Founder & Senior
Manager*



Andrea McGuigan
Trustee



Claire L Dellar
Trustee



Gary Jones
Trustee



Lucy Reed
Trustee



Kate McGuigan
Young Trustee



Issy Wherritt
Young Trustee



Holly Taylor
Research Assistant



Shauna Nixon
Apprentice



Sarah Brown
Work Placement



Thank You

A huge thank you to our funders this year, through grants, donations, and personal fundraising. Such generous support ensures that we can continue to support young people in need. We would also like to take this opportunity to thank our long-standing Trustees for their continued support and dedication, particularly Dr Hugo Minney who gives invaluable advice and support when we most need it. Lucy Reed has also joined us as a Trustee this year, and has made an invaluable contribution, with her experience with the law, particularly safeguarding.

Following her graduation with a First-Class Psychology Degree in 2022, Issy Wherritt secured a much sought after job as an Assistant Psychologist. We are also delighted that she has agreed to become a Young Trustee with us after previously supporting us during an internship. Congratulations to Holly Taylor, our 2022-2023 work placement, for achieving a First-Class degree at Newcastle University. Although Holly is moving to Bath to complete her Masters in Health Psychology, she will continue her role with us as a Research Assistant over the coming academic year. Specifically, working on a research paper investigating links between teenage risk taking and deprivation, we are hoping for this to be published in the near future.

As our Newcastle University work placement student, we would like to thank Sarah Brown for her hard work and dedication over the past year. Sarah is returning to her studies at the University of Newcastle, and we wish her the best in this. We are delighted that she has agreed to stay with us on a part time basis as a Research Assistant.

Our Level 3 Business Administration Apprentice, Shauna Nixon, has made exceptional progress. As her role has evolved, she has found a great passion for media, advertising and marketing. We are delighted to be in a position to offer her a Level 4 apprenticeship in the New Year, allowing her to extend her work with us, whilst gaining valuable qualifications to support her career prospects in the future.

Our Next Steps

Currently, we are in the process of taking on a community garden space in Benfieldside, Consett, an area previously identified by local residents as derelict. Once the legal aspects are completed, we will have a 25-year lease where we can create a fabulous social asset for the community and provide a great location for us to complete some of our community work.

We are excited to have recently secured significant funding from the County Durham Community Foundation 'Know your Neighbourhood' fund to help us in combatting multi-generational loneliness across the Consett area. Our Youth Panel and many new volunteers shall be integral to the planning and delivery of the community activities that this entails.

Our Resource Hub is ready to be fully launched. We have created a series of fabulous resources, for individuals and schools, to access through our website.



We have been expanding, so has our need for space. In August, we moved to a much larger office. We love our new space - the next step is to get some new furniture, we are desperately in need of storage!

We continue to explore corporate partnerships for our highly successful youth Employability Programmes. We are always looking for new corporate sponsors to support us with this work, so please get in touch if you know of a business that may be interested in supporting us in this vital area of youth provision.



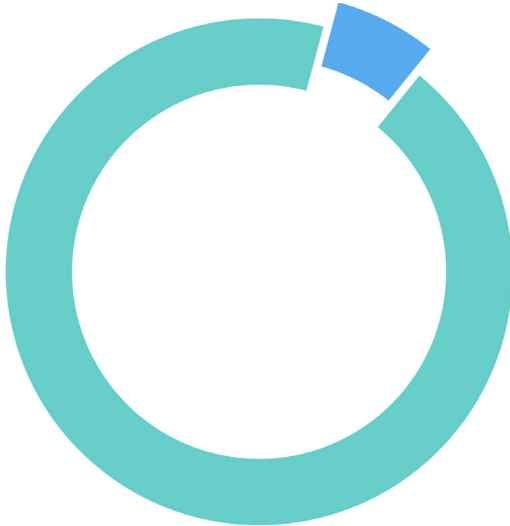
Our Income & Expenditure

This is a summary of BSBCIO's 2022/2023. A full copy of our accounts is available on request.

Total Income: £216,578

Total Expenditure: £197,876

Unrestricted
7%



Restricted
93%

Unrestricted
12%



Restricted
88%

Where does our money come from?



7%
Donations and
Legacies

93%
Charitable
Activities



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