



'Building Better Communities through building Self-Belief'

Building Self-Belief CIO Annual Report 2018 – 2019

Office 85, Viewpoint
Derwentside Business Centre
Consett
County Durham
DH8 6BN
Tel: 0191 406 6377
Info@buildingself-belief.org

Charity Number: 1178101
UKPRN Number:10081093





Contents

Report from the Executive Trustee	3
Building Self-Belief CIO - Formal Launch Old Elvet Hall, Durham	5
Consett Academy Bereavement & Self- Esteem Groups	6
Consett Academy Year 9 Girls – Emotional Wellbeing & Self-Esteem Group.....	8
Shiney Row Year 5 & 6 Transition Project.....	9
The Transforming Spaces Project - ‘The Activity Den’, Stanley, County Durham	10
The Meadow Well Project – Norham High School.....	11
Tow Law Millennium Primary School Transition Project	12
Consett Academy Year 11 – Bridging the Gap	15
Building Self-Belief CIO - Other Events	16
Building Self-Belief CIO - Publicity.....	17
Our Plans for the Future	18
Funders and Supporters 2018 – 19	19



Report from the Executive Trustee



This has been an incredibly exciting year for Building Self-Belief CIO that has seen us rapidly develop as a charity.

We were very grateful to H.M. Lord-Lieutenant of County Durham, Mrs Sue Snowdon, for taking the time to formally launch our charity at Old Elvet Hall, in County Durham, in November 2018. It was a wonderful occasion where some of the young people that we have supported had the opportunity

to talk to Sue about their experiences.

This year has seen us improve the self-esteem and mental wellbeing of over 200 vulnerable young people, in deprived areas of the North East. We have run a range of successful projects right across the region including Wallsend, North Shields, Stanley, Shiney Row, Tow Law and Consett. We have used RCADS and Self-Esteem scores to closely monitor the impact of our programmes and have shared this with school support teams where appropriate, in line with Safeguarding best practice.

Our work has been funded by a variety of grant providers, individual donations, fundraising activities as well as the time and commitment of our Trustees and supporters in the local community. We extend particular thanks to the National Lottery Heritage Foundation, The Barbour Foundation, The Co-op Foundation, Karbon Homes, The Derwent Valley Area Action Partnership, The County Durham Community Foundation #iwill, OSM Province of Durham, Valued Accountancy and Universal Forwarding. Of course funding, in particular for core costs, remains a high priority for us in the upcoming year, and it one that we are rapidly seeking to address.



We have continued to work with volunteers from our partners at regional Universities and celebrate their achievements as they have used their experiences to move on to working with young people in the region.

Building Self-Belief CIO took the implementation of GDPR very seriously given the nature of our work with young people and we were fully compliant by the May 2018 deadline.

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

We once again look forward to a busy upcoming year with high and growing demand from schools, learning providers and community groups for our services.

Thank you all for your continuing support and commitment

Christine Thomas
Chief Executive

[Building Self-Belief CIO - Formal Launch](#) [Old Elvet Hall, Durham](#)

We were joined in November 2018, by Her Majesty's Lord-Lieutenant of County Durham Mrs Sue Snowdon to formally launch Building Self-Belief CIO. Sue kindly took the time to meet with our Trustees, students who had taken part in our programmes, as well as nearly one hundred guests from the wider education, health and care based community.

Sue recognise the importance of working with vulnerable young people to increase their life skills and life chances. She was particularly impressed with the discussions that she had with the children who had taken part in our self-esteem programmes, in terms of the impact that it had had upon their lives and future aspirations.

It was a wonderful way to formally launch our charity and share with the wider community the importance and impact that our programmes can have on the life chances of young people.

**Her Majesty's
Lord-Lieutenant of
County Durham,
Mrs Sue Snowdon
meeting children
from the Year 9 -
Consett Academy
Self-Esteem
group.**





Consett Academy Bereavement & Self- Esteem Groups

Across the year with the support of the County Durham Community Foundation #iwill we ran two three month programmes both of which had a huge impact on the self-esteem and mental wellbeing of the participants.

Year 10 Boys – Bereavement & Self-Esteem Group.

In liaison with Consett Academy, nine vulnerable students who had suffered recent bereavement, or issues related to significant loss, were identified to take part in our programme. The boys looked at issues that they felt affected them such as dealing with personal loss, self-confidence, body image, making lasting friendships and trust.

After sharing our RCAD's and Self-Esteem data with the Pastoral Team at Consett Academy the boys were able to demonstrate significant improvement in their self-esteem, with many of the group going on to take up volunteering positions in the community that had arisen as a result of the programme.

We shall never forget the confidence building High Ropes experience at Slayley Hall and the visit to see 'Kinky Boots' at the Theatre Royal in Newcastle, which looked at family issues in a humorous and creative manner which the boys hugely enjoyed.

A film of the event summarising the impact of the programme can be seen on our website.

**High Ropes
Team
Building at
Slayley Hall**



'Kinky Boots' at the Theatre Royal





Consett Academy Year 9 Girls – Emotional Wellbeing & Self-Esteem Group

Funded by County Durham Community Foundation #iwill, Consett Academy identified nine vulnerable students who were facing a variety of personal, social and emotional issues that were affecting their self-esteem and relationships with others.

The girls looked at issues that they felt affected them such as career aspirations, sustaining friendships, self-motivation and organisational skills. The group ran an 'Inspiration Day' where they met successful business women from a range of professional and charitable sectors that related to their own interests. The event was well attended with many local community figures freely giving their time to meet the girls and talk through the challenges that they have faced. The event also led to several of the group getting work placements and volunteer posts with the organisations involved.

A film of the event and summary of the programme can be seen on our website.

After sharing our RCAD's and Self-Esteem data with the Pastoral Team at Consett Academy the girls were able to demonstrate significant improvement in their self-esteem and mental wellbeing.

They girls and some of their parents, would later get the chance to meet H.M. Lord-Lieutenant of County Durham, Mrs Sue Snowdon during our formal launch at Old Elvet Hall in County Durham.

The girls on the programme meeting business women from the North East as part their 'Inspiration Day'.



[Shiney Row Year 5 & 6 Transition Project](#)

Supported by ShARP (Shiney Advice & Resource Project) we undertook a pilot History and Cultural Heritage programme with the children of Shiney Row, Houghton-Le-Spring, an area in the bottom 10% of the Government National Deprivation Index. During the summer of 2018, The children at Shiney Row Primary School created an anthology of stories based around local events during the English Civil War. The project included trips to the Penshaw Monument as well as to Newcastle Keep itself.

The thirty students studied the events of the Siege of Newcastle in 1644, where the Royalist City of Newcastle attempted to hold out against attack from the Parliamentarian army that besieged it. They also studied the way flags, God and the loyalties of the people of the North East, helped to influence the side that local people took during the conflict.

The project was funded by ShARP and devised and delivered in school by Building Self-Belief CIO with support from the Battlefields Trust and the Newcastle Garrison Living History Group.

The students were amazing and we were delighted to publish their anthologies as well as to present them in front of their parents and carers at a packed community event at the end of the programme.

You can see their anthology on our website

**Pike Drill at
Newcastle Keep**





[The Transforming Spaces Project - 'The Activity Den', Stanley, County Durham](#)

We were delighted to be funded by the Co-Op Foundation to work with the young people who attended 'The Activity Den' in Stanley, County Durham to transform their youth club space.

Across the four months of the project, twenty children worked with us as well, as with interior designers, to organise and plan a complete redesign of their community space. The young people developed their team work, organisation and presentation skills to create a modern community room fit for purpose and something that the community could be proud of.

We were also delighted that some of the parents of children who participated in the scheme as well as a youth leader volunteered to support Building Self-Belief as volunteers in future projects which they have subsequently done.

A film of the event and summary of the programme can be seen on our website.

The young people created a space that was unrecognisable from its former self and one that will enable youth groups to flourish at the Activity Den long in to the future.

From this.



To this!



The Meadow Well Project – Norham High School

Year 9 Girls – Emotional Wellbeing & Self-Esteem Group

With the support of the Barbour Foundation, Building Self-Belief CIO worked with the Pastoral Team at Norham High School in North Shields to identify and support a key group of vulnerable Year 9 girls. The girls lived on the Meadow Well Estate in North Shields, an area of economic and social disadvantage. They were facing a variety of personal, social and emotional issues that were severely affecting their self-esteem, relationships with others and long term educational prospects.

The three month programme looked at issues such as conflict resolution, building and sustaining friendships, how to improve self-confidence and raising aspirations. The end of programme celebration event was to visit Lola Jeans's restaurant in Newcastle. Here they reflected upon their progress during the course as well as putting some of their new skills to the test.

The girls made huge progress in terms of their self-esteem and mental health measures, which according to their parents and the school, has made a significant difference to how they approach key issues in their lives. It was a delight working with them.

The Music students at Norham High School also organised a talent show fundraiser which raised £33.00 to support our work and for which we are very grateful.



The Year 9 girls from Norham High School, working hard in a BSB group session and celebrating their progress at the end of the programme celebration.





[Tow Law Millennium Primary School Transition Project](#)

Year 5 & 6 – Creative Writing & Local Heritage Project

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.

The children began their research by visiting the Tow Law War Memorial itself, and went on to use primary and secondary sources in order to understand the experiences of those who were named. The project also included a visit to Beamish Museum and historical records office, as well as working with the Durham Light Infantry (DLI) Museum, to help them to piece together life at the front line for the soldiers from Tow Law. They used primary artefacts such as original letters, music, poetry, census records and photographs to develop their understanding of the period and to come to their own judgements.

The students presented their findings in anthology of work in remembrance of the men from Tow Law, and the surrounding villages, who made the ultimate sacrifice during the Great War 1914-18.

The display and film were premiered at a packed community event at Tow Law Millennium Primary school and from there their display was moved to Tow Law Community centre for display to the local community across the summer. We are also delighted to announce that, Beamish Museum will be displaying their research and showing the film from the end of September 2019.

Again we were able to use our self-esteem data to feedback to Mrs Jackson Headteacher regarding the progress that students had made in terms of their wider self-confidence.

Lisa Jackson, Headteacher said 'We are so proud of all of the students who took part and have really seen their skills and self-confidence flourish. We thank Building Self-Belief CIO and the National Lottery for their support in giving the children such an opportunity to build their skills and develop their cultural understanding of Tow Law during the Great War'

The film of the project and also their anthology can be seen on our website as well as that of Tow Law Millennium Primary School.

Tow Law Millennium Primary School Transition Project Year 5 & 6 – Creative Writing & Local Heritage Project



**Researching the
Tow Law
Memorial.**

**Visiting
Beamish
Museum.**



**Doing our historical
research.**





Tow Law Millennium Primary School Transition Project The Community Event - Presentation, Display & Film Premier



Celebrating success with the Tow Law community and the students on our programme.



Consett Academy Year 11 – Bridging the Gap

Consett Academy Bereavement & Self-Esteem Groups

For three months, from February to May 2019, with the kind support of Karbon Homes and The Derwent Valley Area Action Partnership, we were able to work with Consett Academy run two targeted programmes with twenty students, designed to support them in dealing with the pressure and stress that they felt around examinations.

The participants looked at the causes of stress in young people and ways to deal with it, as well as issues such as sleep hygiene, managing moods and examination and revision techniques. Again we were able to use RCAD's and Self-Esteem data to demonstrate the impact of our work and the significant improvement in the young people across the programme.

It was a joy to see so many smiling faces, from the groups, on GCSE results day at Consett Academy with all of our students successfully able to move on to the next stage of their academic journey.

The students at the end of programme celebration event.

A chance to reflect on their journey with Building Self-Belief CIO and to share their experiences.





Building Self-Belief CIO - Other Events

Newcastle Races Event

We are extremely grateful to Valued Accountants in their support of Building Self-Belief CIO as their nominated charity during the September Newcastle Race Meeting. We were delighted to have a race named after the charity and to also receive the support of Valued Accountants in their auction of prizes during the evening which raised a fantastic sum of £500.

It was a very enjoyable evening and a great opportunity to promote our work in supporting young people. Many thanks to Stephen Paul and the team at Valued for their ongoing support.

Congratulating the owner of the winning horse of the Building Self-Belief CIO handicap at Newcastle Races.



Consett AFC Bears Sponsorship

July 2019 saw the boys from U17 Consett AFC Bears, many of whom have participated in our programmes, conduct a Bag pack at B&M Supermarket that raised £515 towards our programmes with young people in the local community.

We are very grateful to the team at Consett Bears, wish them good luck with the season ahead and also look forward to being their new shirt sponsors for the season ahead.



Building Self-Belief CIO - Publicity



Lisa Shaw, at BBC Radio Newcastle, interviewed Christine Thomas, our Executive Trustee, about the work that Building Self-Belief CIO is doing with young people in the region.

The Northern Echo ran a feature on the success of our Year 10 Boys – Bereavement & Self-Esteem Group from Consett Academy.

In BRIEF

Guided walk

VOLUNTEER county-wide walk leader Steve Shippen will help shake off the festive excesses on a bracing seven-mile walk from a familiar landmark in north-west Durham on New Year's Day. Starting at the picnic area next to Canary Arch, on the west side of the A697, near Stanley at Eton, it is expected to take three-and-a-half hours to complete. There is a £4 charge and walkers are advised to take a packed lunch.

Making friends

DIPTON Over-60s group meets at Dipton Community Centre on Monday nights from 8pm-9pm and is looking for new members. People do not need to be over 60 to join, but can enjoy entertainment, bingo, day trips, holidays, social events and Friendship. To find out more call 0191 400 0000 or just attend a meeting on a Monday night.

Art group

LANCHESTER Art Group meets at Lanchester Community Centre every Thursday morning from 10am-noon and is made up of a lively group of enthusiastic amateur artists. Members regularly do their own work but every month there is usually a special activity arranged, such as portraiture, still life or a piece from a professional artist's studio or a trip out.

Lunch club

A LANCHESTER Club meets at Blackhill, 17m on Wesley Street, in Blackhill, near Consett, every Tuesday from 12pm. Two courses are available for £2.95 or three courses for £4.95, with coffee and bread after. Takeaways are also



CHARITY LAUNCHED: Young people from Consett Academy have been taking part in the Building Self-Belief programme, a new charity based in the town to help build self-esteem.

Charity to help youngsters build up their self-esteem

A CHARITY has been launched to help young people get the best start in life by building self-esteem. The Consett-based group, Building Self-Belief, has been set up to tackle the growing trend of mental health issues among school children and seeks to put in place strategies, support and advice to help them get the best possible start as they embark on adult life. Education consultant and executive trustee Christine Thomas started her teaching

By Gavin Hevery
Staff Reporter

gavin.hevery@nca.co.uk

and has worked in schools across the country. She said: "Our programmes help to prevent mental health issues arising by providing children with the resilience and coping strategies they will require for the future. "Sadly though, due to a squeeze on education and health budgets, many children are simply left to cope

of cases, their mental health may suffer.

"Currently, we primarily work with young people aged between 10 and 16, giving them real social experiences that will build up their self-confidence and self-esteem. "These experiences are structured so that they have time to reflect and learn from their emotions."

Building Self-Belief's workshops and programmes for schools use a variety of methods including team building activities, cultural projects

as well as discussions, creative writing and self-reflection.

As a part of one of their programmes, the charity took a group of year ten students from Consett Academy on a high wire course to help build up their confidence levels. As well as traditional team building and confidence gaining activities, the charity also includes many serious issues that are not on the school curriculum including bereavement, bullying, sleep deprivation

subjects which can potentially have a major impact on a young person's mental health and their future expectations from life.

Ms Parker, from Consett Academy, said: "The programme has had a real impact on the confidence and friendships of those who have taken part. From a group of nervous teenagers at the start I have seen them really flourish, both individually and as a team. "They have really encouraged each other and their



Our Plans for the Future

The provision of high quality programmes to build stronger communities by building self-belief will continue to be at the core of our work over the next twelve months. We shall 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 seek to develop and expand our funding streams as we grow. Establishing a degree of core funding support is a key focus in enabling us to extend the breadth and impact of our services in to the future.

We truly value our volunteers and we will continue to offer good quality opportunities in collaboration with local Universities, to provide pathways in to future training or employment.

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





Funders and Supporters 2018 – 19

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

This continued support is vital to us – thank you.

Derwent Valley Area
Action Partnership

Karbon Homes

National Heritage Lottery fund

Radio Newcastle

Department for Culture
Media and Sport

County Durham Community Foundation

B&M Home Stores

Valued Accountancy

The Universities of
Newcastle & Sunderland

Churchill Community College

North East Chamber of Commerce

Shiney Row Primary School

Norham High School

Consett Academy

Tow Law Millennium Primary School

Learning for Life

VONNE

ShARP (Shiney Advice
& Resource Project)

Everything English
Education Ltd

Beamish Museum

Tow Law Community Centre

The Co-Op Foundation

Universal
Forwarding

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



Board of Trustees

Executive Trustee: Christine Thomas

Chair: Dr Hugo Minney

Trustees: Stan Fitches, MBE; John Watts; Andrea McGuigan

Building Self-Belief CIO

Office 85, Viewpoint
Derwentside Business Centre
Consett
County Durham DH8 6BN
Tel: 0191 406 6377
Info@buildingself-belief.org

Charity Number: 1178101
UKPRN Number:10081093

Like us on Facebook – @BSBCIO

Follow us on Twitter – @BSBCIO

See our website for details on how to donate:
www.buildingselfbelief.org

