



**Building  
Self-Belief**

## **Building Self-Belief CIO Annual Report 2020 – 2021**





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## Report from the Executive Trustee



This has been an extremely challenging year, for both charities and individuals across the UK, in the face of the national Covid-19 emergency. Despite this, I am proud to say that we were successfully able to adapt our programmes to continue to support the self-esteem and emotional wellbeing of vulnerable young people in socio-economically deprived areas across the North East.

2021 has seen us reach the landmark figure of directly supporting over 1,000 young people in programmes that included Covid-19, bereavement, emotional wellbeing, employability, community engagement and local heritage programmes.

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.

One of our areas of focus for the charitable year was to meet the goal of increasing the revenues around our core costs. To this end, we were delighted to announce that Haines Watts business advice group became our charitable partner, for which we are extremely grateful. We are already working with them across two employability schemes for young people and look forward to a highly successful partnership going forwards.

The year has also seen our Trustees take the decision to invest in a new interactive website and emotional wellbeing platform to replace our old website. This has been a vast undertaking and a very big financial investment for us. However, it underlines our Trustees commitment to increasing the impact that our support can make by



reaching a much wider audience. It also provides a means to further maintain our service delivery should a situation such as the Covid-19 pandemic ever arise again.

We have continued to deepen our links with our partner, The University of Newcastle, and after a rigorous process we were delighted to appoint Holly Taylor, a third year Psychology with Sport and Exercise Science student as our Student Intern for the year. We have also begun to expand our IT and film making skills with the support of their Arrow Programme.

Alongside the expansion of our charitable partnerships, we have also welcomed two new Trustees to the board, Claire Dellar and Gary Jones. They bring with them a wide range of skills and experiences that will be invaluable to us as we move forwards with our work going forwards.

We once again look forward to meeting the challenges that lay ahead, as we face 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 - '1950s Changing Childhoods, Changing Lives Transition Project.'



Funded by the National Heritage Lottery Fund, we successfully delivered a local heritage programme to support 56, 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. The Crookhill community remains in the bottom 20% of socio-economic deprivation today.

We were supported in our work by members of the 'Brighten Ryton Local Environment Group', whose members were interviewed by the children regarding their experiences of childhood in the 1950's as well as their memories of the local area. The children also broadened their knowledge of the period by conducting a Zoom interview with Clara Cooke Jones who made the long journey to England from Dominica as a child a part of the 'Windrush Generation'.

The children studied life in their mining community at the time along with the way in which young people, and the wider community, would have lived their lives at the time. They also took part in a special 1950's childhood workshop at Beamish living History Museum and created really creative anthology of art, poetry, recipes and historical biographies from the period. The project culminated with a film premier that and formal presentation of their work.

Debra Kelly, Assistant Headteacher at Crookhill Primary school commented 'This has been a wonderful experience for the children. They have learnt so much and really enjoyed the experience. We would like to thank everyone at Building Self-belief CIO for their work and support for our children.'

**Learning about 1950s childhoods at the 1950s Beamish Fayre.**







## 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. Stanley is in the 20% most deprived neighbourhoods in the country, specifically for family income, education, skills & training and in the bottom 10% for health deprivation, disability 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 met and interviewed local business leaders via Zoom and also received individual mentoring from local business leaders around careers. They also worked with Glen Gilhespy, the Director of Operations at the Engineering and Manufacturing Network, to look at apprenticeship opportunities across the North East. The programme culminated with a team building event in Durham city.

We were delighted to say that all of the students who took part went on to either take up apprenticeship, employment or University places, with many revising their future pathways and taking the new opportunities that the programme had provided.

Ross Thomas, Head of Sixth Form at North Durham Academy stated 'There is a significant need in the community to support our young people as the approach university and future employment. The project was a fantastic opportunity for our students to benefit from additional master classes that will directly helped them to develop their self-esteem, confidence and wider employability skills.'

**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

The generous support of the Derwent Valley Area Action Partnership enabled us 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 the young people, local businesses, and the Derwent Valley Area Action Partnership to fundraise 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 gave 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 Space. This also included a community social event at a local restaurant!

Several of the group have also confirmed that they would like to volunteer to support Learning for Life in the future.

We have a fantastic afternoon at the launch of the Sensory Space, with all of the young people and their carers / guardians in attendance. The Sensory Space is now fully equipped and has already proved to be a very popular place for the young people at Learning for Life to take a break from the stresses of their day.

Marie Matthewson, Learning for Life Principal and Head of Services said 'We want to thank all at Building Self-Belief CIO, the children from Consett Academy, local sponsors and the Derwent Valley Area Action Partnership for their generous support in making our invaluable sensory space a reality. It has already proved to be a big hit with our learners, and we also have several of the Consett Academy group who look set to work with us as volunteers for the future'.

**The group taking part in disability awareness training and the Makaton signing classes.**







## The social event



## The grand opening of the sensory space!







## Consett Academy - 'Bridging the Gap between Education & 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 prior to the Covid-19 pandemic.

The three-month programme was due to culminate with a London residential visit on March 16<sup>th</sup> – 17<sup>th</sup> 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 which enabled us to extend the programme until Covid-19 restrictions were at least partially lifted. We subsequently adapted the programme to provide online careers support and delivered a range of careers-based podcasts linked to the future careers that the group were considering.

Once face to face workshops were again allowed in the summer of 2021, we were, once again, able to support the young people in planning a community event that would utilise their organisational and workplace-based skills, that they had developed on the programme. This culminated with the group planning, booking and organising their Sixth Form Leavers' Prom on Friday 23<sup>rd</sup> July 2021. The event at the Royal Station Hotel Newcastle was a huge success and would likely never have taken place without the energy and determination of the participants of the programme.

We were delighted that despite all of the challenges of delivering such a programme, that was severely affected by the pandemic, the young people involved were all able to benefit from the workshops, local business connections as well as being able to utilise their skills in the organisation of their final Prom event.

All of the students involved will be going on to Higher education, Higher level apprenticeships from September or have already entered employment.



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

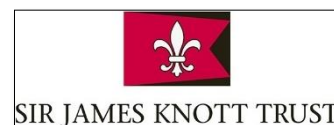


**Making memories at the Prom!**





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

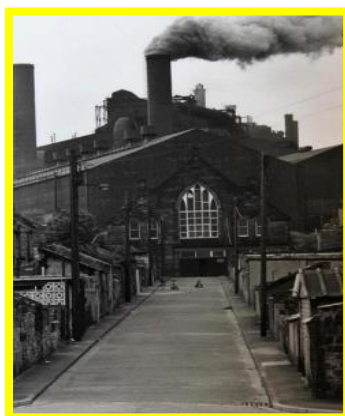


The ‘Consett Steelworks - Children’s Research & Community Project’ involved 47 Primary School students, from Year 5 and 6, from Delves



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 40<sup>th</sup> 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 enabled the children to research how their community survived this period and to understand the challenges the community faced at that time. Today the area surrounding Delves Lane in Consett, remains in the bottom 20% of socio-economic deprivation nationally.



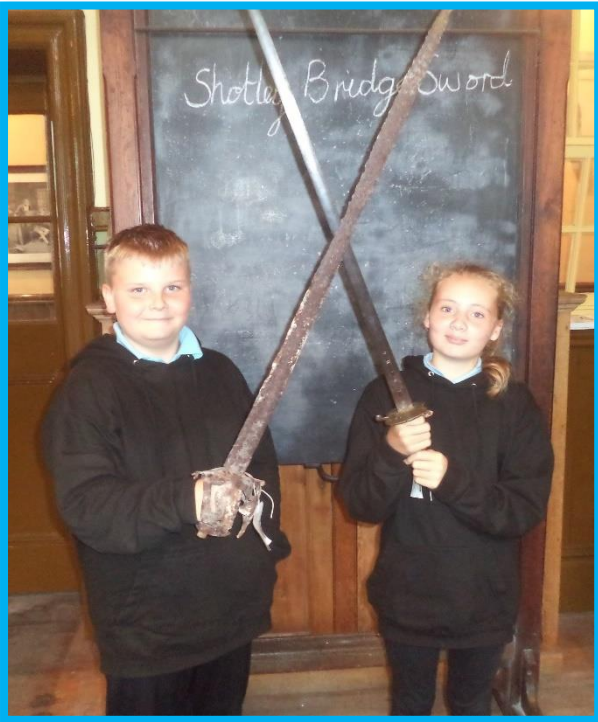
The children studied primary and secondary sources, interviewed former Steelworkers and local residents who were children during the time of the closure, to create a lasting record of their memories for the community. This enabled the children to bridge boundaries between young and old and help to see their lives in the context of the wider community. The children took part in a special workshop at Beamish Living History Museum, using original steelworks records and also produced an amazing anthology of work and documentary film of the project.

We were delighted to premier the film to the whole community during a live Zoom presentation from the school and also welcome guests who had supported the project. We were also delighted that the final display was one of the first to go on show at the new Consett Heritage & Arts Centre.

Marion Donnelly, PSHE Lead at Delves Lane primary said ‘the children really enjoyed learning about their own community, their past and that of many of their families. They developed their communication, questioning, research, teamwork and independent learning skills. They loved the project, which was really meaningful for them and gave them a great sense of pride in where they live.’

We were extremely grateful for the generous support of The Sir James Knott Trust and the County Durham Community Foundation ‘Arts and Culture’ grant in making this project a reality.





**Learning about the origins of steel making in the Derwent Valley.**



**The children research the 'Consett Company Magazine' to develop their understanding of the steelworks place in the community.**



**Interviewing former steel workers & members of the community, including our Trustee Andrea McGuigan about their memories of the steelworks.**





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

This programme was funded by the National Lottery Awards for All Community Fund and provided a three-month early intervention programme for vulnerable and underprivileged teenage boys (13-15 years) who exhibited anti-social behaviour and were at risk of exclusion.

They took part in a series of workshops, a community-based programme and external cultural and team building trip, all 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%.

The project assisted the group to reverse economic and social trends that have deeply affected the area over many years, by helping them to develop key employability skills, mental wellbeing, resilience, aspiration and communication-based skills.

They planned a team building event, engaged in international Zoom meetings around aspiration and even took part in community pizza making!

The group also met representatives from local community groups and now have the opportunity to support these initiatives as future volunteers themselves.



**The group planned a team building Karting event & learnt Pizza making skills at Babucho's Italian restaurant, in Newcastle.**





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

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



This was a three-month programme supporting teenage girls’ emotional wellbeing with a focus on bereavement and loss, post the Covid-19 lockdown.

The girls were specifically identified by the Pastoral Team at Haughton Academy and developed their emotional wellbeing, self-esteem and aspiration in the short and longer term. They engaged in activities to promote their confidence in their own abilities and long-term potential, including planning an afternoon tea social activity.

We are very grateful to County Durham Community Foundation - Darlington Grants Programme Covid-19 Sustainability Fund for their support, especially with the challenges of delivering this project during Covid-19 restrictions.



Enjoying afternoon tea and rock painting creative art.





## 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 were specifically identified by the Pastoral Team at Greenfield Community College and developed their emotional wellbeing, self-esteem and aspirations. The programme provided 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 included cultural visit to Durham City and then on to the 'Cosy Club' for a meal and refreshments.

We thank the County Durham Community Foundation – Great Aycliffe Fund for their kind support, especially with the challenges of delivering this project during Covid-19 restrictions.



**The group visit Durham City for their cultural visit and then find time to relax at the 'Cosy Club' in the city centre.**



## Building Self-Belief CIO – Wider news

### New website & Emotional Wellbeing Resource Hub.

The Covid-19 pandemic highlighted how crucial it was for us to be able to maintain our ability to support young people, despite the enforced suspension of our face-to-face programmes. Our Trustees subsequently made the decision to invest in a brand-new website and interactive emotional wellbeing hub. This will provide young people with ongoing support and activities around self-belief and wellbeing, exercise, health and nutrition, stressbusting, relationships and sex education, music and wellbeing and aspirations and future planning.

We worked with focus groups of young people, local education providers and JUMP Design Agency to ensure that it would meet the specific needs of the young people that we support. We would like to thank the Newcastle Enterprise Partnership, Arnold Clarke Community Fund, St James Place, The Rothley Trust and the Postcode Neighbourhood Trust – Magic Little Grants for their kind support with this project. We would also like to acknowledge the generosity of our individual supporters who raised £5041 towards this project.



**Our Youth Social Action Programme group visiting visiting JUMP Design Agency in Newcastle.**





## Thank you to Issy!

With the generous support of Groundwork UK – Comic Relief our Newcastle University Student Intern, Issy Wherritt, completed her Level 3 certification in Counselling. Issy was then to apply her new skills to support the young people that we support.



Issy was a brilliant addition to the team this year and we wish her the very best of luck upon her return to her full time Psychology course.



## Working in Partnership with Haines Watts

We are delighted to announce that the Newcastle and Leeds offices, of Haines Watts the award-winning firm of national accountants and strategic advisors, have named Building Self-Belief CIO as their nominated charity for the upcoming year.



Both Haines Watts, and Building Self-belief CIO, share a common vision regarding the importance of engaging young people in work related opportunities to maximise their opportunities if life.

We are already planning a number of youth employability skills programmes that will be delivered in partnership with Haines Watts, and we look forward to working closely with them to utilise their professional skills in support of young people.

## Winning the lottery with Arnold Clark.

Christine and Issy were delighted to be invited to Arnold Clarke Motorstore, at Birtley, where they were presented with a cheque for £1,000 towards our work. This was after Building Self-Belief CIO won their Community Fund draw in the first week of entry!



**Arnold Clark General Manager Joe Crolla presents the cheque to Issy and Christine.**



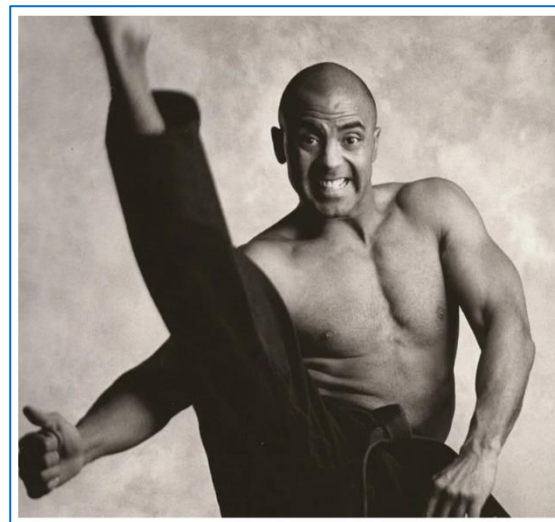




## Inspirational Champion Kick Boxer Kickstarts North East Youngsters

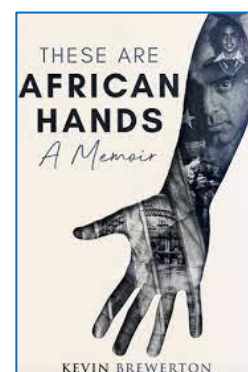
Our work with teenage boys from the Meadow Well Estate, in North Tyneside, made the news when they met and interviewed Kevin Brewerton, former local resident turned Hollywood actor, director and World Champion Kickboxer, via Zoom.

Kevin has been based in Los Angeles for many years and has acted in and directed many well know films. He “virtually” travelled back to his native North East of England to inspire and enthuse young people on the first steps of their careers.



Kevin grew up on Tyneside but at the age of 12 he discovered that the girl he thought was his sister was actually his mother and that the couple he thought of as his parents were in fact his grandparents. Add to this, the discovery that his birth father was originally from Ghana and that he suddenly realised that he was a man of colour, his life was sent into adolescent turmoil.

Kevin said, “I started this book, “These are African hands”, 22 years ago and it has been a very cathartic and healing experience. Looking back, I now know that when I left England, I was not only running away from my past but also looking for the real me. I even travelled to Ghana in my quest to find my father and although he never ever accepted me as his own, I feel that a part of me has been found and I’m grateful for that and I’m proud of who I am, what I’ve achieved in life and the north east where I’ve come from.”



Christine Thomas in conversation with Kevin Brewerton via Zoom

### Champion kick boxer inspires youths with his story

A 1985 former martial arts world champion, actor, author and artist living in Los Angeles has “virtually” travelled back to his native North East to inspire and enthuse young people on the first steps of their careers. Kevin Brewerton was born in Howcastle and spent his youth growing up in the town of Gateshead where his grandfather runs a park keeper. At just 17 he moved to London for his fighting career getting an array of titles and championship wins. His career took him to the USA. Following his fighting career, Kevin worked in LA working in the health and fitness industry and teaching martial arts. His book These are African Hands is now being told to North-East students on a live video podcast thanks to Consett based charity, Building Self-Belief CIC. Charity chief executive Christine Thomas said: “Kevin’s story is truly inspirational. He shows young people that it is possible to turn extreme negatives into extreme positives. His numerous achievements are something to be very proud of. Kevin’s interview podcast will be shown to young people in the North East so that they can learn from his experiences and take inspiration from this fantastic, multi-talented, world champion Geordie.”

Kevin was an inspiration to the group and also sent signed copies of his autobiography to the children, each with a personalised message inside.

Christine said, “Kevin’s story is truly inspirational. He shows young people that it is possible to turn extreme negatives into extreme positives. His numerous achievements are something to be very proud of. Kevin’s interview podcast will be shown to young people in the North East so that they can learn from his experiences and take inspiration from this fantastic, multi-talented, world champion Geordie.”

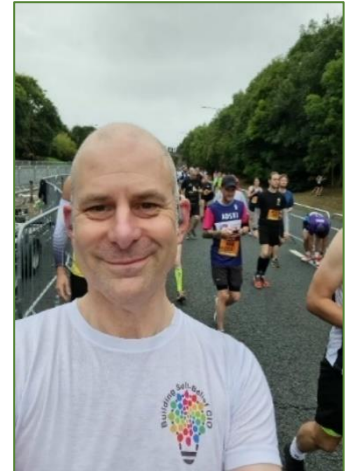


## Dr Hugo Minney – Great North Run 2021

We were very grateful to Building Self-Belief's Chair and Trustee Dr Hugo Minney for his continued fund-raising efforts that saw him complete the 2021 Great North Run.

Hugo completed the virtual course last year due to Covid-19 restrictions, but was able to compete, once again, in person this year.

Well done Hugo on a great time of under 2½ hours, and many congratulations on your achievement!



## Pilotlight UK Research Project

Across the year, we engaged with the 'Pilotlight UK' project team, including leading academics, in a project that enabled us to focus upon the future strategic development Building Self-Belief CIO.

The process really helps us to reflect upon how far we have come since our establishment in 2018 and to continue to plan for a successful future.





## Professor George Boys–Stones and the 2021 UGLE Prestonian Lecture

We were delighted to receive the on-going support of Professor George Boys-Stones, Professor of Classics and Philosophy at the University of Toronto, Canada, once again this year. Professor Boys-Stones, a prolific author and editor, has been extremely generous in donating the proceeds from his 2020 and 2021 United Grand Lodge of England ‘Prestonian Lecture’, as well as his Amazon royalties from the printed version, entitled “A System of Morality: Aristotle and the Making of the Ritual”. Professor Boys-Stones’ generosity, has led to a steady flow of donations throughout 2020 and 2021 in support of our programmes, via the Charities Aid Foundation (CAF) link on the Building Self-Belief CIO website. To date the proceeds have amounted to many hundreds of pounds and are continuing to rise!

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



## Welcome to Holly!

Once again, after a rigorous application process, we are delighted to have appointed Holly Taylor as our new Newcastle University Student Intern. Holly joins the team from September 2021 and will be able to use her experiences to compliment her interest in mental health, as well her formal studies in her Joint Honours Psychology and Sport and Exercise Science Degree.



We are also very grateful to the Marsh Christian Trust, who have generously funded Holly’s Level Three Counselling qualification, which shall enable her to better support the young people that we work with.



Best of luck to Holly in what will no doubt be an exciting and very busy year ahead.





## Trustee news

We are delighted to welcome Claire L Dellar and Gary Jones as new Trustees this year.



Claire has wide and varied experience in helping organisations, such as NHS Digital, design, deliver and curate successful projects and change initiatives by creating shared purpose around a clear problem or opportunity, measuring and celebrating success, which drives engagement and sharpens decision-making.

Claire unashamedly wants to 'change the world'; which is also the mission statement of her professional consultancy, Transformists Ltd. She also volunteers with the Association for Project Management as a writer, public speaker and leader, recognised for her dedication and advocacy, particularly on mental health, gender and disability. Claire has lived experience of both dyslexia and disability, including fibromyalgia. Her stepsons' experience with neuro-diversity and traumatic life events sharpened her interest in child and adolescent mental health, their resilience and success fuelling her desire to support Building Self-Belief CIO.



Gary is a highly experienced project and change management professional, who is currently the 'Houses of Parliament Continuous Improvement Lead', where he is focussed upon raising delivery standards and making Parliament a great place to work.

Gary's strong entrepreneurial spirit springs from a drive to fulfil his potential, even resulting in a nomination to Dragon's Den! He was born of Caribbean immigrant background in Yorkshire, to a seamstress mother and welder father. Asked age 13 what he wanted to be, he answered "be paid when ill", because his world view equated sick leave with affluence and privilege.

Despite leaving school without qualifications, his drive to succeed got him into university where he graduated with a BSc Honours degree. Diagnosed dyslexic in his forties, Gary regards this as his superpower, a gift that he would never wish to be without. Gary's personal mantra is Win-Win as there is always a way to make the most and best of any challenge or situation!

Welcome to you both!



## Upcoming Programmes

### The Year 9 Consett - Boys & Girls - Bereavement & Self-Esteem Programme

This has been funded by the #iwill - County Durham Community Foundation and will support us in running two of our programmes, one for boys and one for girls. It would give the young people strategies and experiences that will enable them to effectively deal with issues that affect them around personal loss, bereavement and self-esteem.

The programmes directly meets the County Durham Joint Health and Wellbeing Strategy 2016-2019, in particular in terms of their 'Strategic Objective 4: Improve the mental and physical wellbeing of the population'.

We are very grateful to the #iwill – County Durham Community Foundation Youth Social Action Programme for their support and look forward to completing the project in due course.

Proudly supporting  
youth social action



### The 'Eco Futures & Democracy Project'

We are currently delivering our first Eco-Futures Democracy Project, with a group of local North East Sixth-Form students, including a visit to the UN Glasgow Climate Change Conference.

We shall be working in partnership with the Royal Society of Arts, Strathclyde University and 'After the Pandemic' an organisation that supports projects around communities, spaces and places and how they could be greener and more resilient on the other side of this pandemic. The young people shall also work with local community leaders and politicians to understand the importance of democracy and campaigning to bring about positive environmental change.

We would also like to express our gratitude for the support of The Edith Maud Ellis 1985 Charitable Trust who kindly funded cover the transportation costs for the Glasgow Conference visit.



The Edith M Ellis 1985 Charitable Trust



## Upcoming Programmes

### The Karbon Homes – Youth Panel

As part of our commitment to give young people a voice in their local community, we have begun work to create a 'Youth Panel' to engage with the Derwentside community around matters that are of concern to them. By engaging young people in local youth democracy, it will serve as a means to increase their self-confidence and enable them to take on wider leadership roles in the future.

We are looking forward to supporting the skills development of the young people going forwards and seeing how they can help to build better communities in the future.



### The County Durham Community Foundation – Volunteer Support Fund

With the generous support of the County Durham Community Foundation – Volunteer Support Fund, we have been assisted in meeting the bulk of our volunteer expenses including ICT training costs for our new website and emotional wellbeing hub and Level 3 Counselling course costs. This will be of huge benefit to our ongoing work across the year and in terms of maximising the skills of those that support our work.

We thank the County Durham Community Foundation – Volunteer Support Fund for their support.







## Our Plans for the Future

The year 2021 has once again been a challenging one for all charity sector organisations. However, despite this, our reputation for making a real difference to the lives of the young people that we support has continued to grow. This has led, once again, to a steady increase in the demand for our programmes across the North East. This has especially been the case as so many young people have been adversely affected by the impact of the Covid-19 pandemic.

We have continued to meet the demand for our services by expanding our delivery in socio-economically deprived communities across the North East, while learning from the outcomes of our previous programmes. We shall continue to work collaboratively with community partners and to put the needs of young people at the centre of all that we do.

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

We truly value the support of our volunteers and shall continue to expand these opportunities and 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

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

The Edith M Ellis 1985  
Charitable Trust

County Durham Community Foundation

The Universities of  
Newcastle &  
Sunderland

Houghton Academy

North East Chamber  
of Commerce

Delves Lane Primary School

Crookhill Primary School

Norham High School

Consett Academy

Arnold Clark

Learning for Life

VONNE

Karbon Homes

The Postcode Neighbourhood Trust

The Rothley  
Trust

National Heritage Lottery  
Fund

The Sir James Knott Trust

Comic Relief

The National  
Lottery –  
Awards for All

St James Place

Delves Lane Primary School

The Marsh Christian  
Trust

Greenfield Community  
College

Haines  
Watts

#iwill



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

## **Board of Trustees**

Chief Executive: Christine Thomas

Chair: Dr Hugo Minney

Trustees: Andrea McGuigan, Kate McGuigan, Claire L Dellar, Gary Jones.

Student Interns: Isabel Wherritt / Holly Taylor



**Building  
Self-Belief**

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

Charity Number: 1178101  
UKPRN Number:10081093

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See our website for further details about our programmes and how to donate:  
[www.buildingselfbelief.org](http://www.buildingselfbelief.org)