



**Building  
Self-Belief**



# Building Self-Belief CIO

Annual Report

2021 - 2022

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# Welcome from our CEO

## Christine Thomas



What a year we have had - it has been an absolute whirlwind. We managed to complete our overdue Covid projects and start and complete a whole series of other programmes and projects.

Our biggest realisation when Lockdown hit was that we did not have a good enough online provision. Therefore, this formed a major part of our work through Lockdown. We now have a fabulous Resource Hub that offers a whole host of topics all linked to promoting and supporting the emotional wellbeing of our young people.

We are extremely proud of the success of our Wellbeing Programmes and the extent to which we have been able to support young people when they most need it. Our concept of intervening early to prevent the onset of further mental health issues still stands and the success of these programmes is testament to this.

So many young people are conscious of the need to improve our environment and work towards a circular economy - and our projects are helping them do this. The inclusion of our new Environmental Programmes, inspired by our visit to COP26 in Glasgow, have been a revelation and a fabulous addition to our programmes where both staff and young people have thoroughly enjoyed the experiences.

Our collaboration this year has incorporated other charities, the corporate world, the world of the arts and the world of academia and research. As a small charity, we value collaborative working and we continue to build a wide variety of community partnerships. This enables us to share, more broadly, the impact of our work and ensures that the young people we support get access to the very best and most skilled institutions and individuals.

We advocate the importance of giving young people shared experiences, and this year alone saw us take groups of young people to Glasgow, London, Leeds, Newcastle, Durham and Morpeth Castle. Getting young people out of their 'comfort zones' and experiencing new places and new experiences is an essential element of what we do as a charity.

Overall, Building Self-Belief CIO is extremely proud of what we have achieved once again this year, despite the challenging circumstances surrounding Covid-19, and we look forward to even greater success in supporting the life chances of young people in the year ahead.





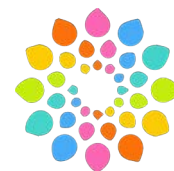
# Our Wellbeing Programme





# Teenage Girls' Emotional Wellbeing & Aspirations Programme

## North Durham Academy, Stanley



Funded by the County Durham Community Foundation, we successfully delivered a twelve-week programme to support vulnerable teenage girls in Stanley, in an area of high socio-economic deprivation. Our project focused on early interventions to prevent longer term mental health issues, particularly with those who are suffering due to the impact of COVID-19.

With this group, gender and identity and the impact of isolation during Lockdown had a huge effect on their self-esteem. The group sessions gave some young people an opportunity to discuss being non binary and how this made them feel in relation to their feelings, friendships and personal identity.

We want to say a big thank you to JUMP a design agency in Newcastle, who provided an insight into the world of work. Our young people were very respectful of the professional environment, and they all made very positive contributions to the discussions. The group has helped us to design and create online emotional wellbeing resources for other young people to use in the future.





**“The programme organised and delivered by BSB has been fantastic. The young people have really enjoyed participating in the sessions and have been able to be completely open, within a supportive environment. We highly recommend the Wellbeing Programme.”**

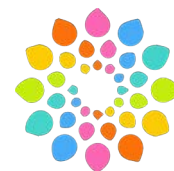
**- Mr A Bourne, North Durham Academy**



# The Meadow Well Teenage Community

## Links and Aspirations Programme

### Norham High School, North Shields



Funded by the National Lottery Awards for All Community Fund, we successfully delivered a twelve-week early intervention programme for ten Year 9 girls, selected by the Head of Year, at Norham High School. Our Wellbeing Programme has helped the girls learn how to build better friendships, have a better understanding of how others are feeling and become integral members of the local Meadow Well Community.

To help engage students in their local community, Sarah McDonald, from Meadow Well Connected, delivered a talk on how our young people can reconnect with their community and the volunteering opportunities available outside of school. Our young people now have the opportunity to support these initiatives as future volunteers themselves.

In order to develop their aspirations and cultural experiences, we took the group on a residential visit to London. Many of the young people had never been on a train, never been to London, and never been to the theatre before, so they found the whole trip a revelation. London allowed the young people to develop more confidence in social situations, and many of them pushed themselves out of their comfort zone.





# Teenage Boys Mental Wellbeing and Prevention of Poverty Programme

## Greenfield Community College, Newton Aycliffe



Within the context of Covid and the devastating impact Lockdown has had on all young people, we believed that it was even more important to find a way to ensure our work was delivered to the young people most in need.

Lockdown had a devastating impact - many of the boys were dealing with bereavement and loss, which was made worse by the Covid restrictions. Our group sessions gave the boys their first opportunity to discuss the issues they faced and share their emotions and experiences around them, in a supportive environment.

All of the young people found it useful to talk to each other about their relationships with their families and their peers. The realisation that many of them were struggling with the same issues, made them feel better about their own situation. They all said they were grateful for the bond that had been created through the group, and that they felt much more confident having others to turn to if they needed support.

The boys particularly enjoyed going karting as a group, and they were very excited at having the opportunity to do this all together. They also loved the art sessions with Tommy Anderson, having the opportunity and creative freedom to produce their own art to support the emotional wellbeing of others made a real and lasting impact on the boys.







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# Our Employability Programme

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# BSBCIO and Haines Watts Collaboration



## Cardinal Hume Catholic School, Gateshead

Our most recent partnership for our Employability Programme was with Haines Watts Accountancy firm.

As part of this programme, students participated in workshops at the Newcastle and Leeds offices, which focused on CV's, mock interviews and LinkedIn. To help raise their aspirations, students visited Newcastle University and Leeds Beckett. During sessions with BSBCIO, students were given a unique insight into working at the firms with career podcasts from a variety of employees from Partners to Graduate schemes.

To further push students out of their comfort zones, our Sixth Form Students took part in a gorge walk at Alston. The students developed teamwork skills essential to their future success.

For the finale of our programme, students delivered some impressive presentations which focused on what they had learnt with BSBCIO and Haines Watts regarding CV's, mock interviews and LinkedIn. It was clear that the students had really increased their confidence and had developed their ability to present ideas under pressure, key skills which will serve them well in the world of work!

Both of these programmes have been highly successful, and we are extremely grateful for the extensive in person and financial support given by Haines Watts. Haines Watts organised a series of charity events to raise money towards the sponsorship, this included coffee mornings, a Bake off, sponsored team events such as football/running and finally a raffle.









**“I would like to thank Building Self-Belief for organising and delivering such a high-quality programme to our students. The students can be extremely proud of how far they have come within this programme which has been a very positive experience for them. I would highly recommend the programme because of the level of support it gives to young people in preparing them for their next steps in life”**

**- Mr M Stobbs, Cardinal Hume Catholic**





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# Our Environmental Programme

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Eco Ambassador



# Eco Futures and Democracy Project

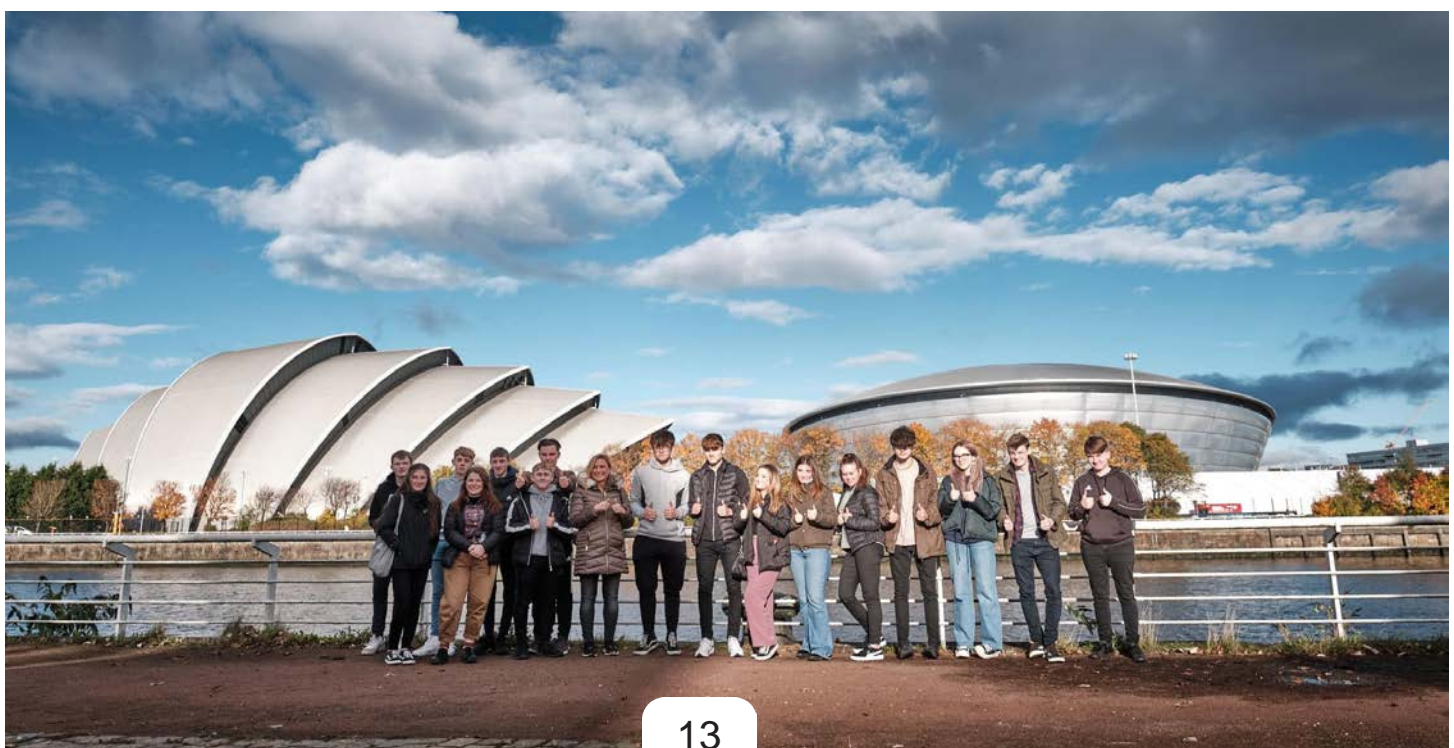
## Consett Academy, Consett



With a focus on the environment because of COP26 in Glasgow, we incorporated more of an eco-slant into our work. Working with A-Level students at Consett Academy, we delivered a whole series of sessions on how the town of Consett has changed over the years - and the young people felt it could be improved.

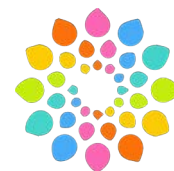


Our students visited Glasgow, during COP26, and were beamed live from Glasgow into a Royal Society of Arts democracy conference. This was designed to raise the profile of young people and highlighted the need for them to have a stronger voice and to work together emphasising the needs of young people. They also got involved in online debates linked to the environment with Scottish MPs, and our CEO Christine Thomas also chaired a debate linked to raising the profile of the environmental issues with young people.





# National Lottery Together For Our Planet



## Consett Academy, Consett

Our Environmental Project at Consett Academy aimed to transform a derelict piece of land into a colourful garden for the school to use for educational and wellbeing purposes. The garden situated just in front of the school was fenced off and out of bounds to pupils due to the ground being too contaminated by glass and rubble.

Thanks to our work with the Year 9 pupils from Consett Academy and funding from the National Lottery we have been able to successfully transform the garden. Our work with the Year 9 pupils has helped to inspire an Environmental Ambassadors Youth Panel, which will help Building Self-Belief CIO deliver 'green' based schemes across the Consett Area.

We want to say thank you to Lorna, from Haystax Inclusive Farm Experience, for providing the opportunity to plant our very own Building Self-Belief Plantation and to all of the local businesses and people who gave time and resources as part of the programme.





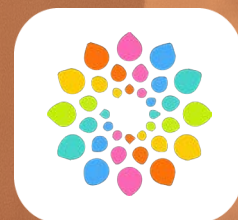


**“Because of Building Self-Belief, we have actually achieved our goal of making the area safe and serviceable. We now have a dedicated area for wildlife, with wild seeds sowed and new trees planted.**

**Through Christine and Holly from Building Self-Belief we have now transformed that area to becoming truly eco-friendly. A huge thank you from the children and myself for BSBCIO’s unwavering financial and practical support. We love our wellbeing garden.”**

**- Ms S Hopkins, Consett Academy**





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# Our Heritage Programme

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# North Shields Fish Quay

## Research Project

### Christ Church Primary School, North Shields



Funded by the Heritage Lottery we delivered the North Shields Fish Quay Research Project at Christ Church Primary School. Since 1225, the Fish Quay has remained the focal point of life for the people of North Shields, and it continues to play a pivotal role in the industrial and cultural development of the region. Its name came from the 'shielings' or fishermen's lodges, which built up along the riverbank at this time.

Over time, North Shields began to compete with Newcastle as a port on the River Tyne, and by the 1700's new lights were built to guide ships to port and houses, workshops, chapels and public houses piled up the bank sides. The local community are very proud of their heritage and have also done many things to preserve the memory of those who lost their lives in the fishing industry over many years.

The children researched the way that the North Shields Fish Quay, and the local fishing industry, has shaped the lives of local people over hundreds of years. They met with local residents, former fishing boat crew and local historians to investigate, for themselves, how their community has been shaped by the past.







The project also included a visit to the Fish Quay itself to see the morning catch and to meet members of the local fishing community. The children visited the 'Old Low Lights Heritage Centre' and used primary and secondary sources to enable them to form their own judgements.

The children used art history, to understand the way that the local area had been documented by local artist, and former Christ Church C of E Primary student, Victor Noble Rainbird, and used their understanding of his work to make their own water colour paintings. The students collated their findings in to this anthology of work in recognition of the importance that the fishing industry has had upon their community, both past and present.



# 'Let's Create' Platinum Jubilee Project

## Tow Law Millennium Primary School, Tow Law



Building Self-Belief CIO supported Tow Law Millennium Primary School, County Durham, and the wider Community in a range of creative and cultural activities to mark the Queen's Platinum Jubilee in June 2022.

Working with artist and designer Tommy Anderson, the children of Tow Law Millennium Primary School's Year 2 class produced a colourful banner to celebrate the Platinum Jubilee of Queen Elizabeth II. The children explored a range of creative art and design activities including photomontage, typography, collage and illustration. The children also took part in drama workshops with Mitch Donaldson and Becky Bartram from the Shoddy Theatre Company. They planned & prepared a play that was performed at the Tow Law Community Centre, on the weekend of the Platinum Jubilee celebrations.

The project was a great opportunity for the children to discover more about the cultural and historical heritage of the United Kingdom, develop exciting new creative skills, and join in with the nation celebrating The Queen's Platinum Jubilee. All of the children's creative work was displayed and performed by them at the Tow Law Community Centre during the weekend of the Platinum Jubilee celebrations.







# New Projects



# Our Youth Panel



The BSBCIO 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 work closely with BSBCIO 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.



We took the panel to Morpeth Castle and had a whole weekend working on the content and design of their Manifesto. The ideas and the results of the Consett questionnaire were incorporated into the Youth Manifesto. The young people have been instrumental in pioneering our work in this, and their new manifesto sets out how they feel young people need to be listened to and how they can improve society.



As part of their role in giving young people a voice, they have attended meetings and protests linked to improving their environment. They have also facilitated holiday summer schools organised by STEAM Ahead Education. We are extremely proud of the amount of time and effort they have put into this.





# Our Research

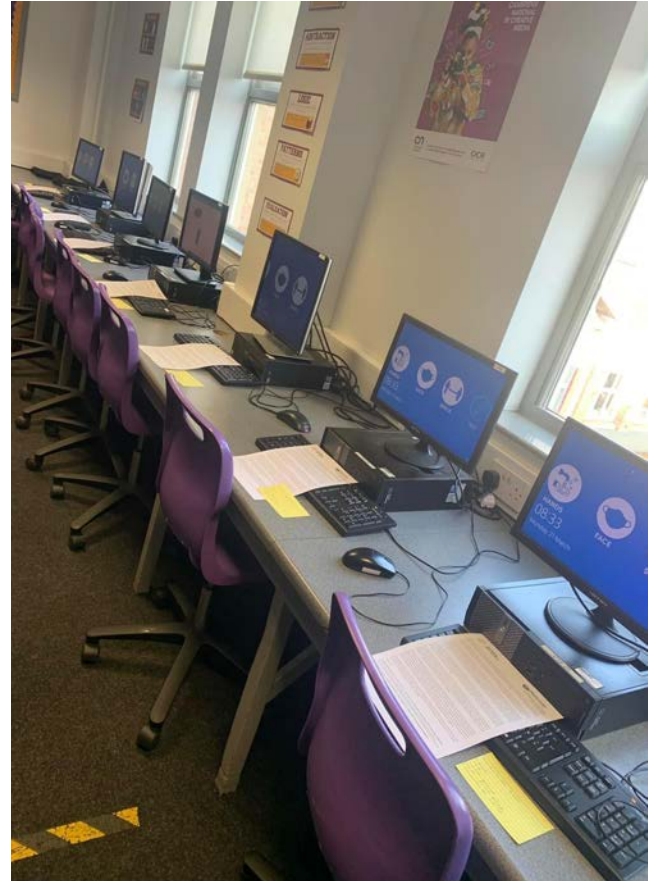
## Newcastle and Bristol University



Our formal academic collaboration with both Newcastle and Bristol University, exploring the links between childhood deprivation and memory have been a great success.

As a result of this research, there are three different research papers pending publication, giving academics and schools an incredible insight into the impact deprivation can have on young people and their future academic performance. The opportunity to work with two universities has given us both a unique research approach and also an opportunity to provide invaluable experiences for our work placement students

As a result of the research, three papers will be published in three different journals. We are in the process of bidding for more funding to fine tune and extend our research in this area. Our role of supporting the young people by the process of the research, is an exciting and innovative way to extend and share our knowledge. As part of our approach, we will be organising a TeachMeet to disseminate our results and involve more schools in our research. We are really looking forward to this continuing over the coming year.





# Our Resource Hub



Our Resource Hub on our new website is a place where you can find a collection of resources to guide, educate, advise and inspire. We have covered every area of wellbeing to support young people and ensure they get the very best advice. Our Resource Hub includes podcasts, films, an online journal and interactive resources, all designed to encourage independence and self-reflection, and most importantly, improve wellbeing.

Access is free to the young people on our programmes, and as part of our move towards long-term sustainability as a charity, wider resource packages can be purchased by individuals and schools, the proceeds from which will be reinvested into the charity to help support our work.

	Ultimate	Premium	Free
Downloads per month	Unlimited downloads	5 downloads	2 downloads
Access to interactive journal	✓	✓	✓
Themed monthly newsletter	✓	✓	✓
Access to free resources	✓	✓	✓
New resources every month	✓	✓	✗
Downloadable worksheets	✓	✓	✗
Access to engaging podcasts	✓	✓	✗
Interactive worksheets	✓	✓	✗
Engaging videos	✓	✓	✗
Custom resources	✓	✗	✗
Customer support	✓	✗	✗
	Sign up £6.99 per month*	Sign up £3.99 per month*	Sign up Free

\*As a non profit making organisation, all of the money raised is reinvested into the charity in support of our charitable aims.

Check out our amazing new website (<https://www.buildingselfbelief.org/resource-hub>) and get in touch to find out more.



# Our Next Steps



Collaborate with STEAM Ahead and work towards widening our services and support to a national audience.

Extend our research project with University of Newcastle and University of Bristol exploring the links between deprivation and memory. Get more papers published in relation to this.

Secure further commercial sponsorship to support our Employability Programmes.

Continue with our Eco projects, using nature and the environment to improve the mental health of our young people.

Secure funds to continue with our highly successful wellbeing programmes across our partnership schools - they have many more young people who still need our support.

Create further community collaborations to give young people a better understanding of the past, and inform their future, through our Heritage programmes.

Continue to give a voice to young people through the expansion of our Youth Panel.



# Our Team



Building Self-Belief CIO would be nothing without our amazing team. These are the individuals who led our work in 2021/2022, by pushing for positive change within our community and making what we do possible.

Christine Thomas FRSA - Chief Executive

Hugo Minney PhD FRSA - Chair

Andrea McGuigan - Trustee

Claire L Dellar - Trustee

Gary Jones - Trustee

Kate McGuigan - Young Trustee

Peter Thomas - Founder

Dr Andrea Grimes - Child Psychologist

Holly Taylor - Intern

Shauna Nixon - Apprentice



# Thank You



We would like to say a huge thank you to our funders this year, through grants, donations, and personal fundraising. Such generous support from others ensures that we have the means to support young people most in need. We would also like to say a huge thank you to our fabulous work placement student Holly Taylor, we look forward to continue working with Holly. In addition, we welcome Sarah Brown as our new work placement Intern, starting in September 2022. We also welcome Shauna Nixon to the team as our new Level 3 Business Administration apprentice.

Supporting young people is at the very core of what we do and giving them meaningful experiences in the workplace is very important to us. A huge thank you to the companies, individual supporters and grant funders that have supported our work across the year and we look forward to working with you all once again in the future.



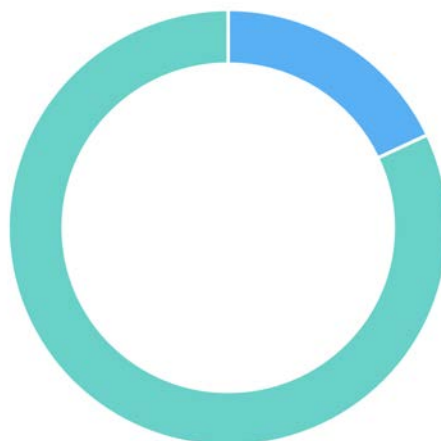


# Income and Expenditure



## Total Income: £124,080

Unrestricted  
18%



Restricted  
82%

## Total Expenditure: £122,785

Unrestricted  
15%



Restricted  
85%

This is a summary of BSBCIO's 2021/2022. A full copy of our accounts is available on request.



# Stay in touch



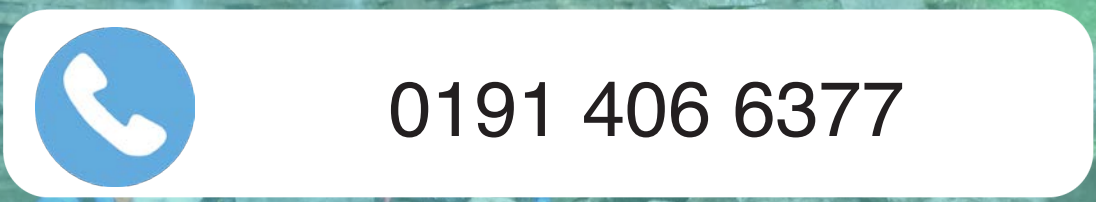
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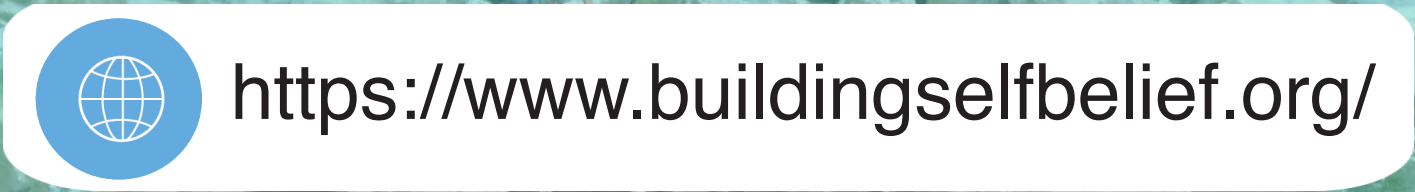
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