

22 million adults are involved in formal volunteering every year

90 million hours of formal voluntary work carried out each week

the economic value of formal volunteering is £40 billion a year

6 out of 10 volunteers say volunteering gives them new skills

121 has 215 volunteers working 4 hours a week - an economic value of £478,951, according to the New Earnings Survey 2002

annual review 2003-2004



youth 121
befriending

www.youthbefriending.co.uk

What is 121?



Zoë, aged 9: "I like being with 121 because it helps me..."

121 Youth Befriending/Mentoring is a community-based service that reaches out to vulnerable people aged between 6-16 in Kent who need emotional and social support. Supported by the Home Office, Children's Fund and Connexions, 121 has worked in Dartford, Gravesham and Swanley for 18 years, and Tonbridge and Malling since 2002.

Registered charity 121 (number 1063821) helps children offload stress, regain lost self-esteem and confidence and restore belief in themselves and their abilities. Befrienders act as role models/mentors and give children the chance to trust an adult outside of the family. Children meet their Befriender during the week for fun activities on a one-to-one basis, such as horse riding, go karting, pop concerts or pantomimes. They also meet other 121 children for group activities, giving them a chance to socialise and feel part of the community.

- 121 helps children, who are socially or emotionally isolated, have learning difficulties or suffered family breakdown, bullying, bereavement or emotional, physical or sexual abuse
- 220 young people were supported by 121 this year
- Over 70% of 121 children are referred by Social Services. Other referral sources include schools, parents, Homestart, Welfare and Behavioural Services, community youth workers and health visitors
- 121 recruits, trains and screens volunteer Befrienders from a wide cross section of the community
- Befrienders have access to 121 staff on a daily basis and attend monthly support meetings
- 121's intensive distance-learning programme - Xpress 1 2 3 - helps busy trainee volunteers learn at their own pace and convenience
- The 121 service has achieved the Mentoring Network's Approved Provider Standard - a national award backed by the Home Office and Department for Education and Skills for competence and safe practice in mentoring

James learns to be a kid again

James, 11, lives with his two siblings, mother and stepfather. The children do not see their natural father due to previous abuse. His mother recently had a nervous breakdown, so James looks after the other children. This made him stressed and angry and his schoolwork and behaviour suffered. His behaviour improved following interaction with a Befriender, who took him out on dog walks, fishing trips and played monopoly with him. This gave him time to himself and the chance to be a carefree kid again.



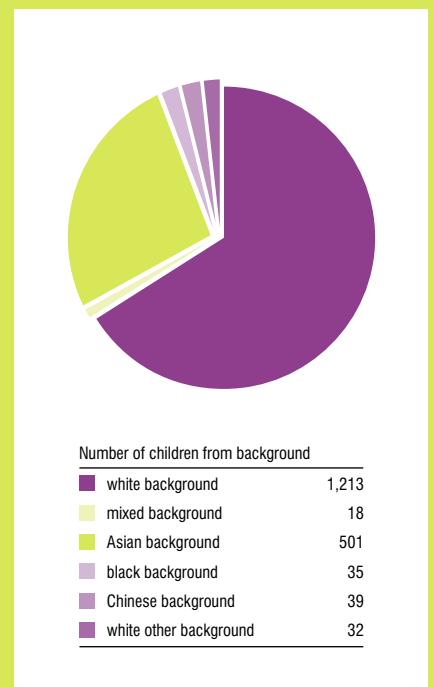
Successful "drop in" sessions to be expanded

Over the last year the Edge Project supported 80 young people through 121 befriending relationships and group activities (also offered to those on the Befriending waiting list). Our weekly "drop in" sessions at local schools are very successful. We will be increasing our "drop in" sessions to include the Tonbridge and Malling areas.

Expression through musical creativity

The Music Mentoring Academy helps reintegrate children back into education by rekindling their interest in learning through a variety of music-based initiatives. Each day around 22 people, aged between 14-16, visit the Highfield Centre, Dartford, to work with musicians. Children can raise their esteem and confidence through DJ workshops, record their own music on CD, work towards a community performance and improve literacy through song writing and vocal coach training, as well as gaining life skills and experience.

So far, 1,838 children have been involved (52% were boys). Of those attending the centre, 35 were excluded from school and 24 were Connexions PAYP.



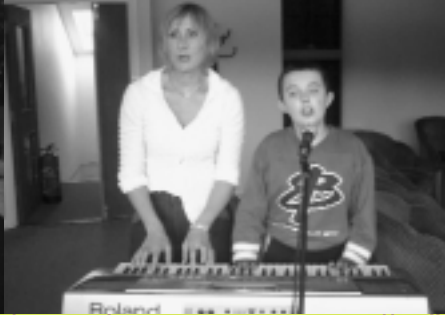
121 activity review 2004

DECEMBER Pantomime

Lots of audience participation, laughter and the odd (appropriate!) boo and hiss at the pantomime in Tunbridge Wells. We had backstage passes and the children, some very star-struck, met the cast and collected autographs.

SUMMER 2004 The London Eye & City Cruise

The perfect day! The sun was shining brightly and over 20 Young Carers embraced a flight onboard the London Eye followed by a relaxing cruise, sight-seeing tour of London.



...e make new friends and visit places I can't go to normally."

Young Carers' Project

This project is growing and currently supports 70 young people who are caring or helping to care for a relative with a serious illness, physical disability or mental health problem. This includes personal care, administering medicine, household tasks or giving emotional support. Children's schoolwork can suffer and they can experience behavioural problems, as a result of stress. This project raises awareness of young carers and offers them a listening ear, free telephone support and fun activities, such as ice skating, outdoor adventures, trips to London and music workshops.



What the parents say: "The Young Carers' Project has given Lauren time out and a chance to realise that she is not alone in her situation, which is very important at her age when she wants to be the same as everyone else. This is something that is just for her, as the rest of her life revolves around her disabled brother. Thank you so much."

Zero Project wins new funding

The Big Lottery fund has funded the continuation work of our excellent Zero Project, which raises awareness of ethnic minority communities, advocates zero tolerance against prejudice and supports BME young people.

3/2004

Young Carers' Information Workshop FUN DAY

Over 30 Young Carers participated in workshops such as Healthy Eating, Keeping Fit, Personnel Development, Careers Advice and Social Services. The most recent Young Carers consultation showed that this is what the young people wanted.

Liam, aged 13: "I think it is great. You get out of the house and have a break."

director's report

Suzy Messenger

After returning from my secondment with Kent Children's Fund and looking back on the last year, it is good to be back on the front line. I look forward to working with the 121's dedicated team and continuing to lead, support and drive the service while reaching out and helping our community's most vulnerable young people.

This year has been a bit of a roller coaster ride. The organisation changed, expanded and responded to our young people's demands.

"Challenging disadvantage by changing young lives for the better, offering friendship, experience, diversion, caring and mentoring..."

121 delivers its service successfully with the financial support of government initiatives, such as the Children's Fund, Connexions and the Home Office. We achieved continuation funding from the Home Office and were nominated as one of eight Gold Star projects providing advice and good practice guidance nationally.

As our twenty-year anniversary approaches, we are working jointly with the Carers Service NW Kent and Alzheimer's and Dementia Services to establish new premises and a more permanent home, based at Horns Cross.

121's core service principles remain (recruiting, training and screening our volunteer Befrienders to act as role models and mentors to vulnerable youngsters), but new developments, such as the Music Mentoring Academy, offer a new, creative approach for engaging young people.

Our growing volunteer community offers a wealth of experience and includes DJs, musicians, teachers, consultants, retired farmers, property developers, trainee social workers, paramedics, nurses, mums and dads and retired professionals. Thank you to all those who have given time, energy, support, dedication and, most importantly, commitment to 121.

Our full accounts are available, please call **01322 294005** for further information.



JUNE Camping Weekend

16 Young Carers attended this years 5th YMCA Young Carers Festival in Southampton. Outdoor adventures and lots of entertainment and noise.

SEPTEMBER Chessington World of Adventures

Much fun was had going on the rides and seeing the animals.

Head Office and Dartford Projects

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Staff Team

Director Suzy Messenger
Finance & Admin Assistant Linda Ashford

Project Co-ordinators

The Edge/Zero Nancy Woodcock
Project Support Worker Rose Abrehart
Young Carers Mannie Rogers
121 Core Project Peter Mulraney Lin Ramsey
Zero Ethnic Minority Worker Raymond Wilson
Music Academy 1080
Co-ordinator Lin Ramsey
Team DJ Dax Richard Suzanne Katherine
Steve Rich

Executive Management Committee

Chair Audrey Dudman Local Health Authority
Treasurer Robin Oakley-Smith Retired businessman
Trustees Ram Appadoo Racial Equality Council
and South East Region Black &
Minority Ethnic Network
Ann Allen Dartford Borough Council
Michael Pethick Volunteer
David Dicara Business Consultant
Laura Cox
Simon Williams
Advisory Elizabeth Harris Befriender
Andrea Hewitt Kent Social Services
Geoff Waters Youth & Community
Co-opted Member Gurvinder Sandher
Racial Equality Council
Pat Kenyon (resigned April 04)

Bankers

The Royal Bank of Scotland
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www.youthbefriending.co.uk

finance 2003

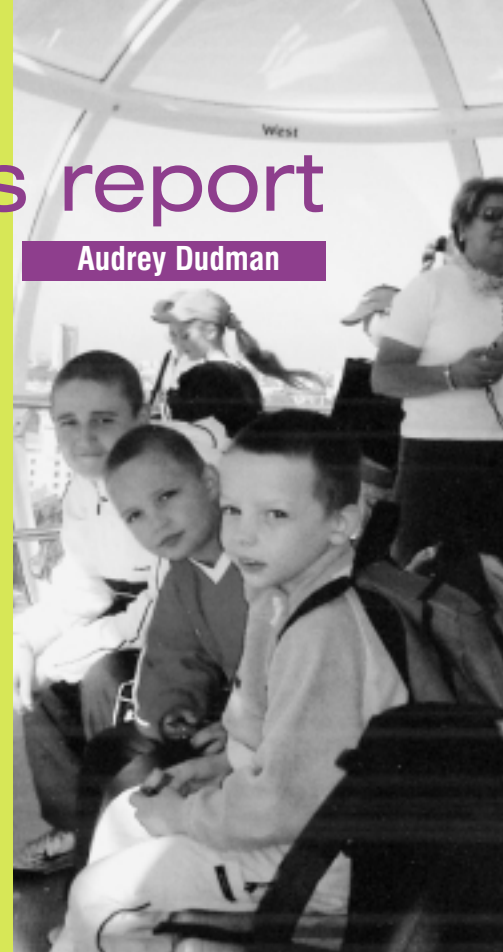
chairman's report

Audrey Dudman

121 has enjoyed another year of success. The last 12 months have offered a challenge, as we developed the organisation so that it continues to provide a high quality service. In addition, the struggle for funding, together with staff changes, has created a pressurised and competitive environment.

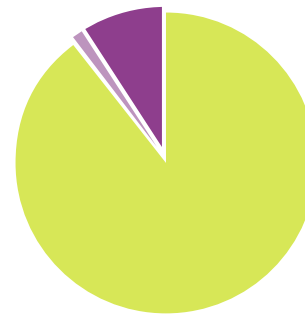
New and existing strategies, together with professionalism and integrity, have given 121 a clear and authoritative direction in supporting young people. We introduced another successful project this year that enables expression through musical creativity. Meanwhile, our Befriending service continues to meet young people's needs.

We always remember that young people are at the centre of our professional work. The charity; its trustees, staff members and volunteers have worked hard to deliver best practice. As we enter our 18th year, we offer heartfelt thanks for your continued support and welcome your input over the forthcoming year.



Income

Connexions	£11,612
Dartford Borough Council	£1,000
The Home Office	£60,916
Kent Childrens Fund	£53,994
Kent Community Foundation	£4,765
Kent County Council Social Services	£38,459
North Kent Gateway Partnership	£8,380
Sevenoaks District Council	£4,400
Tunbridge Wells Borough Council	£6,815
Sundry Income	£5,272
TOTAL	£195,613



Donations	£11,877
Other Income	£160
Bank Interest	£1,215
TOTAL	£13,252



Expenditure

Staff Costs	£147,371
Volunteer Costs	£13,308
Children's Activities	£21,655
Administration	£44,068
Equipment	£16,619
Other	£11,302
Deficit	(£45,458)
TOTAL	£208,865

