



# 42nd Street Annual Report 2020-2021

**42** ND  
**STREET**

Registered Charity No. 702687

# Chair's Report

Liz Allen

I recall in my last Chair's report, that we were facing, with some trepidation, an ongoing growth in the number of COVID cases in the UK and the likelihood that what we first thought was a temporary change to our ways of working, was looking more and more likely to become a long term shift. As I write this, we are 616 days into the global pandemic and all of our lives have changed significantly.

We have heard of families who have lost their loved ones to this virus, stories of recovery against the odds, and stories of healthcare staff who have battled every day to care for their patients and face into the overwhelming demand for services.

At 42nd Street we can share the same stories. People we care deeply about have lost people they love; people have come through illness and recovered; and we too have seen an incredible increase in demand for our services. COVID has hit every person in the world. But young people, who were already feeling isolated or struggling with their thoughts and feelings, have really taken a hit as lockdowns have kept us away from one another. Lockdown lifts have given us a sense of hope and reunion, only to be locked down again. Young people have missed their education, their social activities and most of all, their friends. As a result, we have seen more and more young people feeling anxious and uncertain about the world and their futures; something we can all understand.

**At 42nd Street the Board of Trustees has been so proud to see how the team has responded to this need. The team has doubled their efforts and their determination to keep services running and to ensure that young people knew that we were here for them. We will continue to do this as we move into the coming year and we will look to develop additional ways to engage young people and create welcoming and inclusive services at The Space or out in schools and the community; places where young people can feel safe and supported.**

We will also continue to support our growing staff team, without whom, nothing good that has been achieved would have happened; they and the young people they work with inspire us every day to do more and to look to the future with hope.

Finally, I would like to close with a note of thanks for a Trustee who left us this year. Richard Spearing has been an incredible Trustee, supporting the staff team and sharing his experience gained from years of service in mental health commissioning to ensure that 42nd Street has always been ahead of the curve and looking to develop new and exciting services. Richard's eye for detail and ability to keep young people at the heart of our discussions was invaluable and we are sad to say goodbye. We thank you Richard for more than 10 years of support and wise counsel, you will be missed.

# Chief Executive's Report

Simone Spray

**What a strange and yet incredible year 2020/21 was for us all. At 42nd Street the new challenges and new opportunities were approached by the whole team with compassion, reciprocity and a shared determination to keep each other and young people safe, supported and included.**

From the outset everyone pulled together, whether that was to upgrade the server, process referrals, set up new working processes or respond to new technical challenges. This approach continued throughout the year, despite us all having to adapt continually to a changing environment and often navigate very difficult and distressing personal, cultural and organisational situations and experiences. My heartfelt thanks go out to everyone at 42nd Street and my respect and love to all our friends, families and loved ones that were impacted over the last year.

It is astounding to think that over the year we still managed to support around 5,000 young people and that for many of them - and us - this was with new ways of working - on the phone, online, on video calls, on our online therapeutic platform, through the "The Future is Ours Festival", virtual cooking, virtual film clubs, creative packs going to young people's homes, but also with partnership work continuing and in many cases strengthening, work in schools, colleges and universities continuing and face to face work supported with those that needed it the most.

As if all that was not enough, we have also managed to co-develop our new 3 Year Business Plan this year, which has a strengthened focus on recognising the health, social, cultural and economic inequalities that young people experience. Young people are telling us now more than ever that the complex intertwined issues that they face can compound their experiences surrounding their mental health and wellbeing. As demand continues to rise young people need choice, voice and social justice more than ever and I am buoyed and inspired by the determination of the sector, the team at 42nd Street and the incredible young people themselves. Last year was a huge year, it tested us to the max, but we learnt so much too and that is what we need to take into the future.



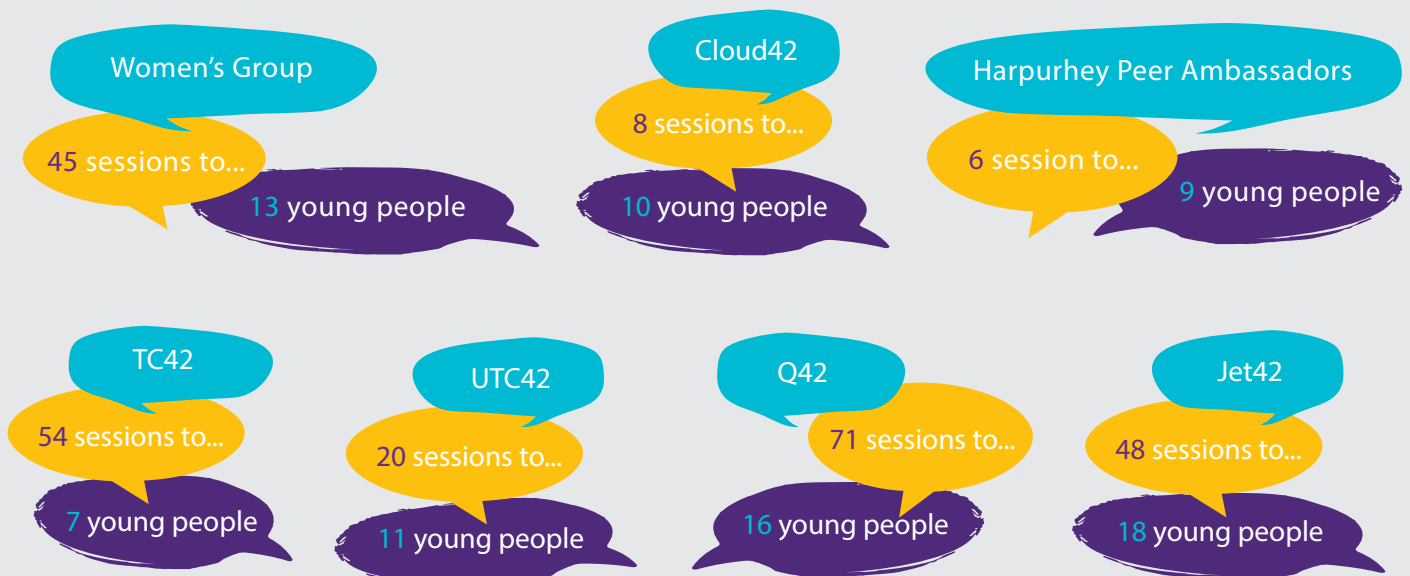
# Last Year 42nd Street Delivered...

In 2020/21 4975 young people sought support compared with 5226 in 2019/20.

## Individual therapeutic support



## Groups, Projects, Social Action & Arts





## Training Events

31 Events (25) to 809 participants (563). Training delivery included working with young people who self harm, common mental health problems, with artists and the cultural sector



# 42nd Street Community 2020/21

A demographic breakdown of young people accessing individual therapeutic support and group work programmes. Please note that a proportion of 'unknown' values relate to assemblies, Greater Manchester externally facilitated work based at partner location where it was not possible/not appropriate to gather full demographic data.

Disability	Count	%	2019/20
Not Disabled	1690	39.0	63.5
Disabled	488	11.3	16.4
Prefer not to say	415	9.6	5.5
Unknown	1736	40.1	14.6

Religion and Belief	Count	%	2019/20
Unknown	2382	55.0	36.7
None	1035	23.9	33.2
Christian	235	5.4	9.6
Not Stated	502	11.6	14.8
Muslim	113	2.6	3.8
Another religion/belief	31	0.7	1.2
Jewish	12	0.3	0.3
Buddhist	6	0.1	0.2
Hindu	4	0.1	0.1
Sikh	2	0.0	0.1
Pagan	7	0.2	0.0

Are you a young carer for a parent/carer or family member?	Count	%	2019/20
No	2382	55.0	73
Not Stated	1035	23.9	5
Yes	235	5.4	6
Unknown	502	11.6	16

Relationship Status	Count	%	2019/20
Not Stated	2176	50	12.1
Single	317	7	76.8
Unknown	1822	42	10.8
Married/Civil Partner	0	0	0.1
Separated	0	0	0.0
Divorced/Dissolved Civil Partnership	0	0	0.0

Area	Count	%	2019/20
Manchester	1600	37.0	48.5
Salford	699	16.1	27.0
Trafford	553	12.8	17.8
Tameside & Glossop	131	3.0	3.0
Unknown	1280	29.6	3.0
Stockport	20	0.5	0.1
Bolton	14	0.3	0.1
Heywood, Middleton & Rochdale	8	0.2	0.1
Wigan & Leigh	3	0.1	0.1
Bury	14	0.3	0.2
Oldham	7	0.2	0

Gender Identity	Count	%	2019/20
Female	2043	47.2	62.9
Male	863	19.9	34.1
Gender Queer / Non - Binary	54	1.2	1.0
Trans Male	35	0.8	0.8
Another gender identity	8	0.2	0.3
Trans Female	12	0.3	0.3
Prefer not to say	11	0.3	0.1
Unknown	1299	30.0	0.6
Questioning / Not sure	4	0.1	0

Age at Referral	Count	%	2019/20
11-12.	147	3.4	5.3
13-15.	1100	25.4	42.7
16-19.	1127	26.0	33.8
20-25.	675	15.6	17.4
25-28	1280	29.6	0.1
Unknown	147	3.4	0.7

Ethnicity	Count	%	2019/20
Black, Asian and ethnically diverse communities (Inclusive of White Irish and 'Other ethnicity')	798	18.4	25.5
White British	2019	46.6	66.9
Prefer Not To Say	107	2.5	2.2
Unknown	1404	32.4	5.5

Sexuality	Count	%	2019/20
Heterosexual	1261	29.1	43.3
Unknown	2299	53.1	28.6
Bisexual	270	6.2	7.6
Another LGBTQ+ identity	77	1.8	2.2
Lesbian	59	1.4	1.2
Gay	59	1.4	1.5
Prefer Not to say	195	4.5	9.4
Asked but doesn't know / unsure	109	2.5	6.2





Housing status	Count	%	2019/20
Unknown	2579	59.6	54.3
With family	1470	34.0	37.3
Own/rented accommodation	219	5.1	6.9
Residential Care (Over 16)	39	0.9	0.8
Residential Care (Under16)	6	0.1	0.2
Homeless/in housing need	12	0.3	0.3
Prefer not to say	4	0.1	0.2

Employment/Education status	Count	%	2019/20
Unknown	3047	70.4	53.5
School	656	15.2	23.8
Student FE	217	5.0	7.2
Student HE	145	3.3	4.0
Employed	102	2.4	3.8
Unemployed	52	1.2	1.9
Not in education / Employment / Training (Under 19s / NEET)	41	0.9	1.4
Unable to work / long term mental health / health / disability	31	0.7	1.4
Alternative Education Provision U16	24	0.6	2.2
Training	10	0.2	0.4
Prefer not to say	4	0.1	0.2

Experience of Care	Count	%	2019/20
Not applicable	1317	30.4	42.5
Unknown	2931	67.7	55.3
In care	47	1.1	1.1
Care leaver	30	0.7	0.9
Prefer not to say	4	0.1	0.2



# Response to Covid-19

"Pro-active mental health planning is essential and requires engagement of citizens in order to reflect priorities and values of the affected community. Without planning, the psychological and social toll of pandemic can turn that crisis into catastrophe. A proper plan not only will provide necessary public health relief, but also will facilitate recovery."

(Preparing for an Influenza Pandemic: Mental Health Considerations. Perrin, P.C., McCabe, L.O., Everly, G.S., Links, J.M.; Prehospital and Disaster Medicine 2009;24: (3): pp223–230. Vol. 24, No. 3)

During these unusual and changing times 42nd Street's mission remained the same and we continued to support young people and promote choice and creativity. However, the context for our delivery had to alter as we responded to and anticipated the different phases, waves and lockdowns and as we planned for a new emerging reality.

In response to the immediate situation in March 2020 we were clear that we wanted to keep young people's needs at the centre of all we did whilst balancing our responsibilities to adhere to government advice and keep people safe and well.

We suspended our face to face work in our 42nd Street venues, community venues and education settings but we contacted all of our young people and offered to either pause their support, take up telephone support or access online support and all young people were able to contact their worker by phone at any point. 42nd Street was already soft launching our online platform in the months prior to COVID-19, available for Salford young people in the first instance but moving into other areas over time. In order to meet increases in demand over the pandemic we trained all front-line staff to deliver online sessional work and in safeguarding, screening operations and skills required for online working. As the schools closed, face to face work was suspended. However, school-based workers continued to offer remote support with young people referred. The Integrated Community Response Service and SafeZones Team continued to operate as usual with referrals from the Early Help Hub and PRUs and, where appropriate, internal referrals where young people were experiencing high levels of distress for short term, de-escalating, stabilising support. Requests for our service steadily increased and pre-engagement work significantly increased. All public facing exhibitions, performances, training and events were postponed, but we launched our #HorsfallCreateAndConnect project on Instagram and other social media channels where young people were able to reconnect and do something positive and creative.

From September 2020 onwards, 42nd Street continued to deliver a blended model of delivery, offering face to face work where it was needed, keeping remote working going for others, bringing some groups back in, in safe numbers, and adapting as vaccinations were rolled out.

# Collaboration, Key Developments and Impact

42nd Street recognises the need for collaboration and partnership work to best meet the needs of young people and this year this has been more important than ever. We have continued to work in partnership with statutory Child and Adolescent Mental Health Services (CAMHS) and social care services to add value to their offer to young people and their families including being part of the pathways for CYP-IAPT, Adult IAPT and crisis care / SafeZones.

We also worked with colleagues from the VCSEs, particularly through the VCSE Mental Health Leadership Group to surface the lived experience of people throughout the pandemic to inform the Greater Manchester response. Collaborations have ensured that investment reached those that needed it the most including increased support for Black, Asian and ethnically diverse communities, young families, young carers, care leavers, extended delivery hours and building online digital capacity for young people.

As we progress into 2021/22, 42nd Street is keen to embrace the findings of the recent report "Rebalancing the Relationship" published by NCVO, ACEVO and the Lloyds Bank Foundation in February 2021 which states:

**"A strong voluntary sector ecosystem requires individual organisations to not only recognise and value their strengths, but to recognise value the strengths of others."**

# Online Services & Digital Transformation Projects

This certainly proved an interesting year to build on our online support services!

With a fresh team in place just months before lockdown hit we've been able to transfer much of our support to our online support platform. Built by our incredible London-based partners Aeguana, the platform has been refined during the past year, building on the pilot phase in Salford, alongside significant input from our Digital Pizza group of young people.

We've been able to offer young people text-based support, both live and over weekly messages (invaluable for those unable to find confidential spaces in the tumultuous last year) as well as video-based and phone-based support. A total of **702** young people joined our online platform over this period who'd have otherwise gone without support over lockdown. It's been especially successful in the goal to reach communities facing additional barriers to support, with 30% of young people identifying as LGBTQ+, 23% as Black, Asian or ethnically diverse young people, 10% were not in education, training or work, and 6% told us they are care experienced.

Our groups programme was also able to move online and carry on offering valuable social spaces to young people, with **13** weekly groups running online during any one week at some points during the pandemic!



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**Free and friendly online support for young people.**



To facilitate the huge surge in demand for online support we collaborated with GMCVO to establish a programme of secondments courtesy of GM Surge funding. We were able to host a number of staff from local VCSE organisations, including The Children's Society, Manchester Mind and Levenshulme Youth Project, almost doubling our capacity to offer one to one support to young people. It's been a fantastic way for organisations to support each other over a difficult period, whilst building their skills and experience in delivering online therapeutic support, in its distinct differences and nuances when compared to face to face therapeutic support.

We're always keen to work together with VCSE organisations across Greater Manchester in any way we can and have shared our learnings from the sudden GM-wide expansion of our online support to over **150** professionals through remote training offers, assisting others to set up their own remote offer and refining best practice for remote support with young people.

In the middle of this our amazing digital partners, WEB, worked with us to create a brand-new website [www.42ndstreet.org.uk](http://www.42ndstreet.org.uk), not only featuring dozens of articles written by our own young people but that would also go on to host our new web referral form. We've even been able to develop a first-of-its-kind wellbeing AI ChatBot that continues to learn and develop and we feed it more content!



PROFESSIONALS

PARENTS & CARERS

YOUNG PEOPLE

HELP & ADVICE

# Support and advice for young people's emotional health and wellbeing



# Integrated Community Response (ICR) Service

ICR is a holistic, family-centred approach with 42nd Street as the lead partner providing short term de-escalation support from mental health practitioners (6 FTEs) placed in early help settings across Manchester and Salford, where young people regularly present with psycho-social distress and risk. ICR responds quickly (within half a day) with 1-1 support and consultation to reduce crisis presentation.

**ICR practitioners work collaboratively with parents and professionals. A strongly embedded advocacy model promotes young people's voice and ensures that their mental health needs are recognised and responded to by the services wrapped around them. Developed further within this period, training and consultation to partners and stakeholders increases confidence in professionals providing support, and promotes more trauma informed, young person centred, holistic mental health support. The impact for young people is that parents and professionals wrapped around them are more able to understand their needs and respond better and help them to de-escalate and become more resilient. Services are also more confident in engaging young people in dialogue around their mental health to screen risk and identify and refer into the most appropriate support at the right time.**

During COVID the ICR service continued to provide a rapid response to professionals and young people, maintaining referral pathways and supporting in co-located settings to ensure young people were helped with changes and distress caused by the global pandemic. ICR is an adaptive, flexible and accessible model that is able to reach young people who wouldn't usually be able to access support. Support was provided to young people over the telephone, video calls and via 42nd Street's text based online platform and this remains part of the core ICR offer moving forward. Established internal referral pathways and self re-referral pathways has resulted in young people being able to have quick access to de-escalation support and reduce further crisis presentation. A step up and down approach with partners at CAMHS and Self Help Services (e-therapy) provides young people with a service that promotes the right support at the right time.

"My son was seriously struggling with his mental health to the point he was not functioning. He refused to engage with anyone. ICR went above and beyond to help not only my son, but advise me too. The worker was patient, kind, understanding, knowledgeable and identified areas I wasn't even aware of in which my son was struggling. She was a significant factor in lifting my son out of his depression and transitioning into a new way of life post pandemic. Her ability and patience to communicate with young people that aren't ready to communicate is unreal. Her knowledge and insight were invaluable to me, and my children." Parent

“  
“Workers truly care about you and are able to fully understand your struggles and emotions.”  
Young Person  
”

As a result of work to identify vulnerable groups, referral and consultation pathways from Salford No Wrong Door provision (Route 29), Salford Youth Service, Manchester Secondary PRU, Manchester Early Help Inclusion, Princes Trust (to e-therapy), and South Early help hubs in Salford and Manchester have been developed during 2020. The model is replicable and has seen successful placement of practitioners in Trafford and Manchester No Wrong Door Provision, safe zones and work with care leavers and care experienced young people. This broadens the reach of the service making it more accessible to vulnerable young people and increases the wider impact of the project on young people's wellbeing. The child-centred, engagement focused, trauma informed approach of highly skilled practitioners ensures that young people were able to access solution focused, timely support, led by them with which promotes resilience and recovery.

Plans for 2021 -2022 include further development of referral pathways within early help settings, integration with thrive hubs, a pilot of support to young people experiencing violence referred from A and E, and development of an ICR youth voice project incorporating consultation, a youth group and rebranding of the ICR service.



"I felt really comfortable in the sessions and I felt like I was being heard." Young Person

"Just want to say a massive 'Thank you' from MSPRU for the support you have continued to give our pupils and their families during the Covid-19 period. I know from feedback from pupils, families and colleagues that your continued support has been crucial to pupils and families trying to navigate their way through a period of uncertainty, fear and isolation. You being available to continue to support our pupils' mental health in such extraordinary circumstance has been a real lifeline and is testament to your commitment and your approach." Pastoral Manager

"I have not felt so alone anymore. I have stopped self-harming as much...and have been using some other methods... as a distractive tool." Young Person

# Counselling

The covid-19 pandemic presented some of the most challenging times for our young people, for service delivery, and for our team. As in the rest of the service, almost overnight, we went from delivering counselling and therapy face to face to all practice becoming remote and being delivered over phone and video. For our team, this presented unique challenges – both in translating therapeutic practice to video and phone delivery, and also in the merging of home and work lives for our team. Possibly the most challenging part of this year was managing the personal impacts of the pandemic, whilst continuing to deliver therapeutic support to young people.

The team not only managed the uncertainty of the pandemic, lockdowns and their home lives, but also achieved some incredible things during this time. Below are just a few of these:

- **Across all areas, we offered as many appointments as the previous year;**
- **In some areas our waiting times reduced over the course of the year (with the largest drop being 75% reduction in wait from the same time the previous year);**
- **Recovery rates remained consistent across the year, and on par with the previous year despite the overnight change to practice;**
- **The team found new ways of working creatively over phone and video with young people.**

"I feel that my care was always focused on my needs and what was best for me at any given time. The person I saw continuously always remained in regular contact with me and kept me up to date with any changes to my sessions or any times that she would be unavailable to contact and made sure I was aware of other forms of support I could access should I need it during times she was not available. I feel that I was always listened to and that my worries and feeling were always taken seriously regardless of how big or small they were. I always felt that [the therapist] was genuinely interested in my progress and was happy to be supporting me throughout my sessions. I always felt comfortable expressing how I felt as [the therapist] continuously made me feel comfortable and made the environment feel safe enough to do so.

As I have seen a lot of other counsellors before I can say by far that this is the best service I have ever received, and I cannot thank [the therapist] enough for all of her work throughout my support! [the therapist] has left me feeling empowered and inspired to help others in the ways that she has helped me. Thank you!" Young Person





# Psycho-social support

Psycho-social mental health practitioners have provided weekly individual therapeutic support to young people remotely, face to face, online and within a range of community settings and schools across Trafford, Tameside & Glossop, Manchester and Salford. Psycho-social sessions have been delivered via a 12 to 20 session model when more complex needs have presented. We have also offered an early help session intervention of up to six sessions when young people require support on a single issue to prevent further escalation.

Through our psycho-social model the young person will experience a safe and supportive space where they can explore and understand their thoughts, emotions, feelings and action. The practitioner will also work with the young person to contextualise the ways in which external factors such as education, social care, community and family impact on their emotional wellbeing. During the psycho-social sessions young people have been supported to make links in understanding their experience of mental health better and look at healthy coping strategies to help manage their mental health. Psycho-education is provided to help young people understand their sense of self within their environment. Psycho-social practitioners advocate for young people to enable them to express their needs to those within their social network, for example, other professional support networks, parents and carers, and to support them to access wider services. Psycho-social practitioners have provided much needed support to young people expressing varying levels of distress whilst waiting for support.

As part of the psycho-social offer we have provided targeted projects to specific cohorts of young people. This has included a therapeutic mental health support project within Trafford that was delivered directly to young people aged 13-25 who were at risk of, or had experienced, Child Sexual Exploitation. The project was delivered in partnership with Talkshop in Trafford and the 42nd Street psycho-social practitioner received direct referrals from Talkshop which enabled the young people to gain timely access to support. The 42nd Street practitioner was also able to provide mental health consultations and advice to other professionals at the Talkshop community base and within in the wider professional network.

"My care, from when I first started, was weekly 1-1 made an impact on the person I am now. I'm a bubbly person. I am a strong person. I feel myself again. The worker I was given listened to me and helped me deal with difficult stuff. I feel so much better now." Young Person

"Having support from someone who represents me has been a life changing experience for me. I felt seen, understood and heard in ways I haven't been before. This gave me a unique experience of support and therapy which I have benefited from and will continue to benefit from throughout the rest of my life." Young Person

"I felt I really connected with [the practitioner] and could be totally honest and open with her. The sessions always centred around me and what I wanted to discuss that day and I was always listened to and supported fully." Young Person

"I felt totally listened to by [the practitioner] and I really appreciated that she went away in between our sessions and thought about/researched up on things that would help me further; it made me feel cared about... I felt really comfortable with [the practitioner] and I trust her!" Young Person

# 42nd Street Schools, Colleges and Education Service

In 2020-21 the school and college team delivered 1400 sessions to 195 young people in 27 schools and colleges across Salford, Manchester, Trafford and Tameside. Over the past twelve months we have had fantastic success working in our fabulous schools and colleges, despite all the challenges Covid and lockdown has thrown at us all. We continued to offer a flexible and high-quality therapeutic support to all our schools and colleges, supporting young people remotely, and adapting as necessary. The 42nd Street schools and college team have been amazing, adapting well and skilfully working remotely and creatively with young people - some young people said that they preferred talking on the telephone or through Microsoft Teams. We are very proud of the way we have supported parents and carers, listening to their concerns and talking through their worries, working together with other professionals to support their young person the best we could, together.

Some further highlights have been how we successfully supported the 'Trailblazer' EMHPs alongside other VCSE organisations in transitioning over to CAMHS. There was also the implementation of the Mental Health Support Team across Salford and Manchester. We successfully launched the Thrive in Education programme alongside partners, and this has been a superb piece of collaborative work in supporting schools and colleges with their whole school mental health approaches in a holistic way. We have also started a supervision pilot with staff in one school and have received fantastic feedback about how this has been nurturing and very much needed to support their work with young people. **Whilst this year has been tough for all, we have continued to grow our school and college service, and hope it continues to develop from strength to strength.**



'I know why I get angry all the time, and I know what to do to make it less.'  
Young Person

'I find I can talk to you and you have been really supportive of me listening, not judging me and letting me work through how I feel.' I really feel I understand more about me now and what I can do, when I feel like self-harming. Like drawing or writing how I feel it has been really helpful, thank you.' Young Person

'Thank you for helping us understand our daughter and what is going on for her. It really helps to understand when she is struggling and what she needs to help her. I like how we know even if she can't tell us what she is feeling she can send us an emoji or give us a number out of one to ten which is really helpful.'  
Parent

'We love having both 42nd mental health practitioners. It feels like we have a real team around us and feel very lucky to have this support. We can really help our young people for different things, some for counselling and some for psycho-social support. It is great.' School/College Mental Health Leads'

# The TC42 Project

TC42 is a type of therapeutic group work based on the Democratic Therapeutic Community model. It is a weekly half day group. It is an empowering model which sees young people in charge of running the group alongside staff. TCs are structured, psychologically informed environments – where the social relationships, structure of the day and different activities together are designed to help people’s emotional health and ways of relating. They aim to help group members around attachment, containment, communication, inclusion and agency. The group is aimed at those who might have difficulties in managing relationships, in regulating mood or who might have issues around self-harm or thoughts to end life. It is a long term offer of support, with group members being able to stay in group for up to three years.

It has been a challenging year managing group work during a pandemic but the group have managed to carry on by transitioning to a remote online model before recently switching back to face to face (just one week was missed due to COVID!). We have continued to work alongside other TC groups involved in the North West Umbrella Group which shares best practice across the region. We are also involved in an upcoming campaign around ‘BPD’ awareness, with some group members involved in using their voice around their experience of mental health services and stigma around ‘mental illness’.



The group employs those with ‘lived experience’ as part of the staff team. This year we said goodbye to our Lived Experience Practitioner and ex-group member Ella, who went to start her therapy training in CAMHS but we welcomed her replacement Bekah who is also an ex-group member. This experience and the journey of both Ella and Bekah is testament to them as individuals and the power of the TC42 group.

“TC42 is truly unique. In placing myself amongst a group of 11 other sufferers of mental illness I have progressed more in this one unconventional therapy than I have in a succession of unsuccessful attempts at CBT, counselling and psychotherapy.”

Young Person

‘Upon entering the group, I felt lost and out of control with no sense of self outside of my illness but now toward the end of my journey I have an identity. No longer a vulnerable child or a victim, I am a confident and self-assured adult. I have not only worked on my illness’ through this therapy but I have matured into an adult excited about my future rather than battling to get through each day.’

Young Person

‘I spent most of my life thinking relapse was inevitable but 42nd Street has taught me that although tough times are inevitable in making wise and kind choices whether this be through skills or creative approaches relapse is not.’

Young Person

# Social Action Programmes

## Change 42

Due to the pandemic, 42nd Street changed its working practices to online and remote working. This led to a consultation with the young people who had applied to be ChangeMakers to see how they would like to engage with the service. Initially, this was through weekly emails with updates, campaigning activities and blogs or articles on young people's activism across the globe.

In May 2020, 42nd Street decided to start running online workshops with the ChangeMakers and through this, the group decided that they would like to run their own online campaign to give them insight to what it is like to campaign and work as a group. They felt this would help them understand some of the processes the young people from 42nd Street's Integrated Community Response (ICR) service would be going through when they supported them to campaign.

The practitioners created opportunities to bind the group, using open discussions to decide what they felt was an important topic to campaign about during the pandemic. Through the use of activities such as the 'problem tree', the group decided they would like to create an Instagram campaign around solidarity during lockdown. They wanted to challenge the rhetoric on Instagram that showcased people using lockdown as an opportunity for self-improvement and shaming others for not doing the same. They wanted to share the message that however you are managing the pandemic is ok and just because you haven't learnt a new language or can't do a handstand doesn't mean you have failed.

The group spent three months sharing ideas, growing as a group and developed an amazing online Instagram campaign that showcased many of their talents and showed other young people that it's ok and managing your mental health is difficult during this time. They launched the campaign in September 2020 and it ran through the whole of the month. Below are some of the posts that the young people created, but please look at [@42nd\\_ambassadors](#) for the full campaign.

Following on from the campaign, practitioners developed a three-day training programme that upskilled the ChangeMakers to become facilitators and to develop inclusive practices. The practitioners were able to run the training face to face with eight young people, and also an additional opportunity online with seven more young people. The young people then created a resource pack and survey that will support both themselves and ICR practitioners to consult with young people on changes they would like to see within the mental health system. They are also developing links in the community to deliver campaigning sessions with youth-led organisations.

'I'm so happy to be part of changemakers and to be able to give something back to the organisation and its young people due to the support I have received from 42nd street' Alyssa

'This opportunity has given me lots of practical experience that will hopefully help me find meaningful work in the future. I'm happy to be using my experience of mental health difficulties to support other young people.' Fabian

# Beeheard

**The BeeHeard project is a partnership between Youth Focus North West and 42nd Street. The project has been running since April 2018 and was set up to ensure young people's voices were represented at the Greater Manchester Children and Young People's Mental Health board.**

The partnership team has delivered 2x hourly monthly sessions engaging, supporting and building the skills and confidence of young people aged 13-25 years on different issues relating to mental health services. The thoughts, feelings and suggestions for changes to services were then collated and passed to the CYP Board with the intention of informing and influencing their decision-making. BeeHeard has been committed to ensuring that a diverse range of young people accessing mental health services across Greater Manchester were consulted on specific issues and area of development. They created opportunities in the community to run outreach BeeHeard sessions and developed opportunities for young people to be consulted through social media and online surveys.

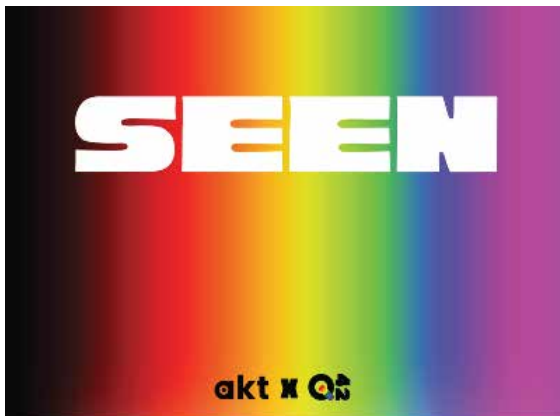
## The BeeHeard Symposium

On reflection of the success of this model in influencing change and feeling heard, in November 2021 the young people of BeeHeard decided to run a symposium and invite members of the board to discuss the need to strengthen the model, strengthen relationships, increase reach and inclusion (both in terms of communities of identity, issue and geography) and strengthen the mechanisms for decision-making. At the heart of the symposium was young people's desire to express what youth voice meant to them and how to ensure it is meaningful through the BeeHeard project. The symposium sparked a variety of discussions around youth voice, tokenism and ways to develop further communication between the CYP Board and young people with lived experience.

Following on from the Symposium we spoke with the Board and were able to negotiate a different format for BeeHeard that incorporated some of the ideas the young people spoke about in the symposium. The BeeHeard meetings now cover differentiated themes and support young people to have a greater understanding of the mental health system, build stronger youth voice networks in their local areas and consult on topics that are important to them. These expanded opportunities have also provided added benefits to the young people's own mental health and wellbeing, their peers and the wider community.



# The Q42 Project



This year the Q42 Project focussed on community. Youth group sessions were redefined as 'queer community meets mental health support,' and the young people (age 13-18) learned about the larger LGBTQ+ community, engaged with local and national communities and built a community with each other. Sessions, which took place in-person prior to the coronavirus pandemic and online on Microsoft Teams throughout the lockdowns, included workshops, campaigns, mental health support and a new book club with LGBTQ+-inclusive stories. The group has continued to be a safe space for LGBTQ+ young people to create an affirming community as they each work through their shared mental health experiences.

The Q42 Producers continued offering opportunities for LGBTQ+ young people aged 13-25 to share their experiences and ideas through our digital platforms. The website, blog and social media also worked to support the local community, including our #ConnectedWhileIsolated campaign, which sought to connect those isolated during the coronavirus lockdown.

Staff have furthered local and national networks, maintained a consistent social media presence, delivered workshops for professionals including 'LGBTQ+ inclusivity' and 'Supporting LGBTQ+ young people with their emotional health and wellbeing', and have written the LGBTQ+ Inclusivity Handbook commissioned by Salford City Council. Finally, the Q42 Project has collaborated with AKT, one of the UK's top LGBTQ+ charities, to co-found and co-edit a quarterly national LGBTQ+ youth zine titled SEEN. In December, young people met to create helpful tips about keeping safe at home over Christmas.

During lockdown, we offered several sessions supporting the young people with their mental health. In lieu of a Manchester Pride festival, young people planned and delivered a virtual Pride event, featuring a playlist of LGBTQ+ music chosen by the young people, an animated introductory video, a quiz, a video featuring 42nd Street staff but designed by young people, a drag workshop facilitated and performed by Channel 4's 'Drag SOS' star Anna Phylactic (chosen by the young people), closing remarks from our CEO, and a video footage from last year's Manchester Pride parade. The young people have also designed their own Q42 merchandise and have recently started an LGBTQ+ book club and library.

'Before I started Q42, I found my life rather difficult. I never had anywhere to go to get support and get respected for my identity. I managed to feel more happy when at the groups. It helped me make new friends, something my anxiety restricted me from doing. I felt so lost and alone until I came to Q42. I look forward to sessions: having a laugh over stupid things, working on mental health and wellbeing, and just talking about life in general. It is a safe space for me and it is the highlight of my week.' Young Person

'Ok, without Q42 I wouldn't have made one of my best friends and Q42 is just generally really fun and I just like joining and being a part of something. I helped with this year's online pride event, that was super fun and I had a great time planning it and I really liked being able to help out with something.' Young Person

# Jet 42

The last twelve months have been challenging and rewarding in equal measure. The outbreak of the Covid-19 pandemic has forced us to interact with each other differently and for the young Black men on the Jet 42 project, this has been hard.

"It's important to know we have a space for us...where we can speak as Black men without having to explain ourselves." Young person

More than ever, we are learning that being able to do face-to-face delivery is really important. It's here where we can share openly and honestly, we can pick up on body language and energy and we can find a greater sense of affinity and belonging.

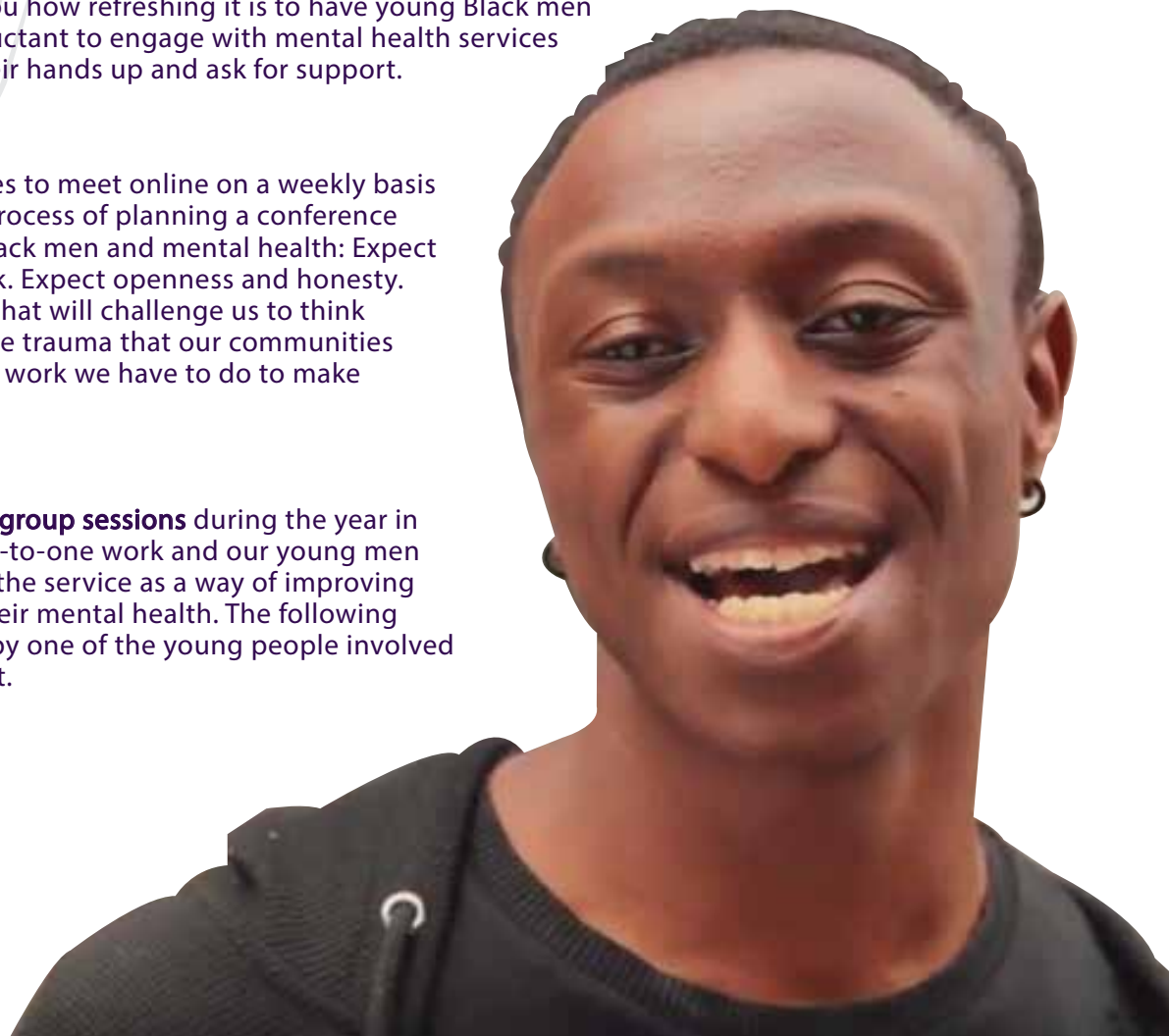
The **18 young Black men** we work with on the Jet 42 Project have adapted to this so well. We've still found ways to have fun during online sessions. We've cooked together (which involved one of the group workers, Reece, playing delivery driver and chef instructor!), watched films together, lifted each other's mental health by sharing our feelings experienced during the lockdowns, and set ourselves some targets for the year going forward.

All of this in a year where the Black Lives Matter movement took on greater meaning than any of us could have imagined.

It's been just as rewarding as it has been challenging in that we've started to see young Black men not only access the Jet 42 Project, but also refer themselves for talking therapy services at 42nd Street. I can't tell you how refreshing it is to have young Black men who have been reluctant to engage with mental health services in the past hold their hands up and ask for support.

Our group continues to meet online on a weekly basis and we are in the process of planning a conference exploring young Black men and mental health: Expect film. Expect artwork. Expect openness and honesty. Expect workshops that will challenge us to think differently about the trauma that our communities experience and the work we have to do to make things right!

We've delivered **48 group sessions** during the year in addition to the one-to-one work and our young men continue to access the service as a way of improving and maintaining their mental health. The following poem was written by one of the young people involved in the Jet 42 project.



## These Days by Methembe Darikwa

I'm tired being black,  
I know, sounds like a cliché,  
That's how it feels these days.

Not talking about Trump,  
Or asking if it was rigged or  
did he really win the debates?  
But I'm not gonna do that  
or even throw shade.

We got the pandemic,  
I remember when tissues sold out.  
I Hope you got enough  
cause after the recent deaths  
we need 'em right now.

It's 2020 but the vision isn't clear.  
It's supposed to be diamonds, dining,  
peace and kindness,  
but I hear violence, riots and police sirens.  
No one predicted the disaster not even the Mayans.

Where did we go wrong?  
We had two kings one had a dream  
the other asked us to get a long,  
We glossed over history lessons.

We ignore each other's pain  
hoping the misery lessens.  
At this rate we are destined to repeat  
And repeat.



# Cloud 42

CLOUD42 is a peer to peer support group for 16-25 year olds from across Greater Manchester who have experience of the care system. The group meets on a weekly basis to provide a place for the young people to share their stories, find people who have an understanding of their life and circumstances, and work on their mental health with the support of the facilitators and each other.

Over the last year, the group has completed a piece of research into how care leavers have been supported with their mental health during the COVID-19 pandemic and what this says about the support that is available to them. The group has made a series of recommendations based on this research which are now being shared with services in Manchester and further afield. You can read the full report on the 42nd Street website.

CLOUD42 is now opening up to new members and young people will be focusing on a range of new projects including designing training packages for professionals working with care leavers.

'All the research opportunities I have had have been amazing - and also the opportunities that have been presented to me through CLOUD42 such as the other research I got involved, the training, the evaluations, and the interviews. Being in CLOUD42 really motivated me to take up these opportunities. And the other thing I really like about the group is that it kept me motivated to campaign for care leavers. I think without this I would have felt really disconnected as I haven't heard from my Leaving Care Worker in six months and it is really hard to find other care leavers to connect with usually. It's so isolating being a care leaver so it's really nice to meet other care leavers and work with them to improve things. And I feel like I've had opportunities to raise awareness through 42nd Street and CLOUD42.' Young Person

'All the opportunities have been really great. And the group always keeps us aware of other things that are happening for care leavers. And the research skills that I will take forward have been great.' Young Person

'Being in CLOUD42 has helped me to feel like I have my own community. The feeling of making a significant difference has helped boost my own mental health as well.' Young Person



# Work with the Orthodox Jewish Community



Back in 2016, 42nd Street recruited a Project Lead from within the Jewish Community who worked alongside key community members and young people's mental health experts to understand the gaps in knowledge and understanding between many mental health professionals, commissioners and the Jewish community. Following on from this, she facilitated a piece of peer research with young people from the Orthodox Jewish community in Salford. This resulted in a series of recommendations set out in the 'We Tell You' report (October 2017).

One recommendation stated that there should be: 'investment in bespoke accredited, culturally sensitive training that legitimises proven capable individuals within the community, includes training in safeguarding and is supported by expert external clinical supervision. Ideally, the training and supervision would be free, offer a recognised accreditation and be delivered by excellent, specialist practitioners.'

In 2020/21, Salford CCG continued to commission this work to build on its success to date. This year saw the delivery of that training via an accredited Level 3 Youth Work qualification, and Mental Wellbeing courses. **12 men and 15 women were trained over a 15-month period**, with a significant number of schools and youth groups in the OJC represented. The courses were facilitated by therapists in the OJC and youth workers from Salford Youth Service and also included high level supervision from qualified therapists outside the OJC, teaching from Salford CAMHS, London OJC organisations and individuals.

There was overwhelmingly positive feedback from participants regarding how their learning has affected their practice with young people:

"I found the course to be informative and eye-opening especially since it covered a topic not often discussed in depth in our community. The course was delivered in a very clear and sensitive way, with the speaker encouraging important questions and active participation. I found it to be a very valuable experience. Many thanks and looking forward to more courses like this!"

A course participant and teacher in one of the schools.

## Wellbeing Packs

Following consultations with approx. **200 young people** in **8 schools** in November 2020, 42nd Street's creative team at The Horsfall, alongside the Project Lead developed creative boxes with art supplies, wellbeing booklet and activity book. Head teachers of the schools were given the packs before printing/assembling and signed off on them enthusiastically. **600 wellbeing packs** were distributed to young people during the pandemic!



"I have just finished looking through the box (wellbeing packs) and it is indeed a masterpiece. It has been created with a lot of thought; it is culturally suitable and should really help children stay focused and look after themselves." Headmaster at an OJC high school

## Young people led support group

This group was co-created to deliver support for Orthodox Jewish young people who have siblings with additional needs and was hugely successful.

## Mindfulness evening for teachers

Designed to better understand their students and for participants to cascade down to their students. **15 women and 15 men** (including several headmasters) attended.

## Suicide Awareness Training

Specifically designed for the OJC – asked for by participants of the course. Training was co-created with experts at 42nd Street and through consultation with members of the OJC.

"I enjoyed the thinking, and I now feel even more unqualified than ever. It's a case of the more one learns, the less one knows, hence the value of training. Thank you for your crucial work on behalf of the community." Headmistress at a OJC high school

## Training for external organisations around the OJC

Delivered training to Papyrus nationwide in April. This is with a view to being able to link the OJC up with them. We informed the trainees from the course of this resource so as to give a more robust approach.

"We really appreciate your time, and thank you, the inspiration of what you've done, has given us added energy, and a clearer sense of where we need to end up." A mental health worker in Gateshead

# The Horsfall Gallery Space & Creative Programme

This year the Horsfall ran a series of Covid response projects to respond to the needs of young people and their anxieties through the pandemic. Opportunities ran online via our social channels, sending out art materials to young people and through prompts including an open portrait competition and journal for young people returning to school, alongside large-scale projects to get involved in.

We undertook a long term project supporting young people through the summer and into the autumn term with young people about issues that matter to them. The group worked with local young artists involved in art and activism. The group created and performed piece on education, mental health and youth voice. The work premiered through the first ever **The Future Is Ours Festival** in November.

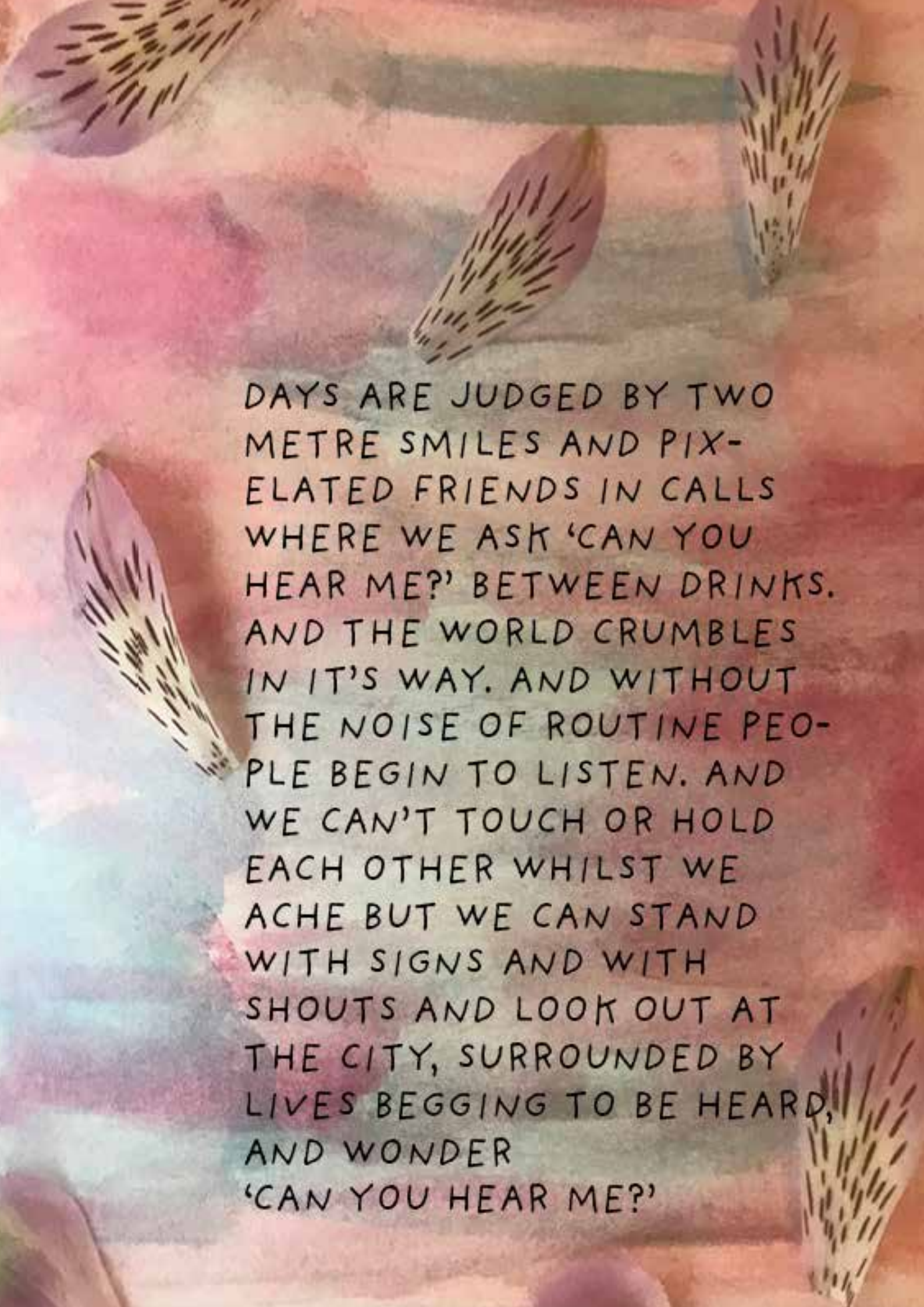
To respond to the changing ways we could run sessions due to Covid, we created a new project which paired individual young people from 42nd Street with individual professional Artists to work on a piece that they wanted to send out to the public around themes of the future post-Covid, acceptance, and their views – this included work on it being ok to be weird, recovery from illness, an art action room and the first ever Anger zine capturing what young people feel angry about. The work was shown on electronic billboards across Manchester and lit up people's travel routes in and out of the city - creating public gallery spaces in a time when galleries were closed.





The artist attended our 'Mental Health Training for Artists' workshop which focussed on societal pressures on young people, young people's experiences of lock down and the final creative work will look to a change in the future the young person paired with them would like to see.

To create interest and celebrate the work created, we decided to launch our own festival, The Future is Ours – an online and public (through a series of street and electronic billboards) ten day festival of creativity, youth voice and action. Showcasing the work carried out by young people through the Horsfall this year - the performance piece Past, Present and Future, portrait entrants and work by artists in residence and the creative collective - to raise awareness of young people's voice, views and visions. Plans are already in the making for next year, with the vision that this is an annual event which will increase in reputation with each year. The festival ended with a Symposium – Is art just for emergency? on the role of creativity in 2020 - from the push to use creativity during lock down, to 'where does the freedom to be creative go within the current curriculum?' The symposium was attended by young people, artists, mental health professionals and academics.



DAYS ARE JUDGED BY TWO  
METRE SMILES AND PIX-  
ELATED FRIENDS IN CALLS  
WHERE WE ASK 'CAN YOU  
HEAR ME?' BETWEEN DRINKS.  
AND THE WORLD CRUMBLES  
IN IT'S WAY. AND WITHOUT  
THE NOISE OF ROUTINE PEOP-  
LE BEGIN TO LISTEN. AND  
WE CAN'T TOUCH OR HOLD  
EACH OTHER WHILST WE  
ACHE BUT WE CAN STAND  
WITH SIGNS AND WITH  
SHOUTS AND LOOK OUT AT  
THE CITY, SURROUNDED BY  
LIVES BEGGING TO BE HEARD,  
AND WONDER  
'CAN YOU HEAR ME?'

# Acknowledgements

We would like to thank the following for their financial support

## **Contracts and Grants:**

- NHS Tameside and Glossop CCG
- NHS Manchester CCG
- NHS Salford CCG
- NHS Trafford CCG
- Health Education England
- Barnardos Leaving Care
- Children's Society
- BBC Children in Need
- Department of Health & Social Care
- Trafford Housing Trust
- Salford Community & Voluntary Services (CVS)
- Comic Relief
- Garfield Weston Foundation
- Geoff Herrington Foundation
- GMCVO
- Lankelly Chase Foundation
- Trafford Council
- Paul Hamlyn Foundation
- Rio Ferdinand Foundation
- Salford City Council
- We Love Manchester Charity
- Young Manchester

## **Schools:**

- Buile Hill High Academy
- Cedar Mount Academy
- Connell Co-op College
- Altrincham Grammar School for Girls
- Parris Wood High School
- Lostock High School
- Melland High School
- Manor Academy
- Stretford Grammar School
- Ashton on Mersey School

## **Donations:**

- Roland Crump/Christine Raiswell
- All donations for Kieran Crump-Raiswell
- B Davies
- C Mahoney
- Jonathan Bennison
- Cheadle Hulme School
- St Wilfrid's Church
- Samantha Adams
- Succession Group Ltd
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- Good Stitch
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- Leon Martyn Connor Brothers
- Gazprom Energy
- Chris Goldthorp
- Alpha Plus
- Oak Foundation
- Duchy of Lancaster Benevolent Fund
- Manchester Girls' Institute Trust Fund
- Stein IAS
- All donors through the JustGiving, CTT Charity, VirginMoney Giving, Paypal Giving, Charity Aid Foundation and Charity Choice websites, Charitable Giving Payroll Giving
- Sponsors who supported our sponsored events
- All anonymous donors.

## **Also our thanks to:**

- Crowe Clark Whitehill [Auditors]
- Hanley's [Payroll]
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# Thank You!



**NHS**  
**Manchester**  
 Clinical Commissioning Group

**NHS**  
**Trafford**  
 Clinical Commissioning Group

**NHS**  
**Tameside and Glossop**  
 Clinical Commissioning Group

**Lankelly Chase**

**NHS**  
**Salford Clinical Commissioning Group**

**NHS**  
**Health Education England**



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# Financial Summary

## Statement of Financial Activities (Year Ended 31st March 2021)

	2021	2020
Incoming Resources	3,717	3,147
Resources Expended	(3,180)	(2,794)
Net Income/(Expenditure)	537	353
Total Funds At 1 April 2020	1,267	914
Total Funds At 31 March 2021	1,804	1,267

## Balance Sheet (As At 31st March 2021)

	2021	2020
Fixed Assets	1,152	1,153
Current Assets	1,078	1,078
Creditors	(964)	(964)
Net Assets	1,266	1,267
Reserves: Restricted	1,041	730
Unrestricted	763	536
Total Funds	1,804	1,267

The Balance Sheet and Statement of Financial Activities are summaries of information extracted from the full annual accounts. Copies of the full annual accounts can be obtained from the Company Secretary. A copy of the full statutory accounts has been filed with both Companies House and the Charity Commission.



Time to talk

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