42ND STREET

ANNUAL REPORT 2024-2025



www.42ndstreet.org.uk
Charity reg in England No. 702687

Our Vision

Inclusive, accessible mental health services and opportunities for all young people

Our Mission

42nd Street supports young people in Greater Manchester aged 11-25 years with their emotional well-being and mental health by offering a choice of effective, creative, young person-centred and rights-based approaches.

The 42nd Street team recognises that many young people feel disempowered, that some services are difficult to identify with and access and thatmental health and personal difficulties can be made worse by the health, social and economic inequalities that might be experienced. We do all we can to make young people feel listened to, valued, included, safe and unique. By working collaboratively, we demonstrate local impact with national significance driving meaningful change that makes a positive difference to the lives of young people.





Chairs Report
Liz Allen



Over the year 42nd Street has continued to stand alongside young people in Greater Manchester at a time when support for mental health and wellbeing has never been more important. I want to take this opportunity to reflect on the year and to offer my sincere thanks to everyone who has made our work possible.

First and foremost, I want to acknowledge our incredible staff team. Their dedication, empathy and professionalism shine through in everything they do. Supporting young people is rewarding, but it can also be challenging and emotionally demanding. Despite the pressures of rising need, acuity and demand and a difficult economic climate, our team has shown unwavering commitment to ensuring that young people have a safe, trusted place to turn to. We could not be prouder of their work.

I also want to extend heartfelt thanks to our funders, partners, and supporters. This has been a tough year for charities across the country, and 42nd Street is no exception. Your support, whether through funding, collaboration, advocacy, or encouragement, has been vital. It has allowed us to continue delivering essential services, sustain our creative and therapeutic programmes and reach young people who need us the most.

Thanks to the combined efforts of our staff, our supporters and our community, we have been able to continue providing the compassionate, high-quality support that young people deserve. We are deeply grateful for your trust and belief in our mission.

Together, we will continue working to ensure that every young person can find hope, connection and the support they need.

CEO Report
Simone Spray

This year has been one of both significant progress and deep reflection. As I look back, I continue to be inspired by the young people we support and the incredible colleagues I work alongside, not only in what we have achieved together, but in the compassion, courage and quiet determination they bring each day.

We began the year with a clear commitment to strengthen our support for the young people who rely on us the most. In 2024/25, 4588* young people engaged with 42nd Street across our range of services. As a team, we tackled some of our biggest challenges head-on, including stabilising and reducing waiting lists at a time when need and complexity continue to drive demand. This required thoughtful decisions and was not the work of one individual or one project, but the combined effort of people who consistently show up, in their own way, to make sure every young person gets the care, time, and respect that they need and deserve – a quality of care that defines our work.

With outcomes that consistently exceed national expectations, supported by young people's voice, we listen to the expertise of young people. Their peer research shaped and refined our bespoke pathway-Cloud42- for the support for care-experienced and estranged young people. We scaled our Breathe platform nationally, ensuring young people's experiences continue to lead our learning, and we have been improving the way we welcome young people into the service at the front door. We demonstrated and evidenced how our identity-based approaches improve outcomes for global majority young people and LGBTQ+ young people, supported by the commitment and partnership of Manchester City Council and



*The 4588 references, 3733 accessing 42nd Street including 825 young people waiting for support as we entered.

used our years of experience and insight alongsidcurrent issues to strengthen our model of support into schools and colleges.

So much of our work and groundbreaking moments happen behind closed doors. In quiet rooms, gentle conversations, thoughtful planning sessions and countless everyday acts of kindness and professionalism. These moments are personal and private, and they belong to the young people, but they are the backbone of everything we achieve. It is important that we take time to celebrate and recognise the incredible people who make so much difference working with purpose, and humility, for meaning over reward.

Last year we said goodbye to some treasured and much-loved colleagues and friends, people whose influence, warmth, and dedication helped shape who we are. We carry their contributions forward in the values we hold, the care we give and the difference we make every day.

Together, we have shown what a committed, compassionate and resilient team can accomplish; as we look ahead, we do so with gratitude, pride in the progress we have made and trust in the difference we will continue to make, one young person at a time.
Thank you for your dedication, your heart and your belief in what we do.

Our achievements this year belong to you all.



Key Service Outputs

In 2024/25 4558 young people accessed our services compared with 4205 in 2023/24, with 3733 young people receiving direct support throughout the year.

These young people engaged with 42nd Street in a range of ways, including through referrals, one-to-one contacts, groups, school-based support, community work, and workshops. Some young people also accessed more than one part of the service.

In 2024/25 one of our key focus areas was self-referrals.

Screening

1219 sessions

886 young people

Screening involves reviewing referrals to ensure our service is the best fit for the young person.

Assessment

2448 sessions

1549 young people

Assessment is a collaborative meeting between a young person and a practitioner to explore their support needs, goals, and expectations.

Engagement Work

895 sessions

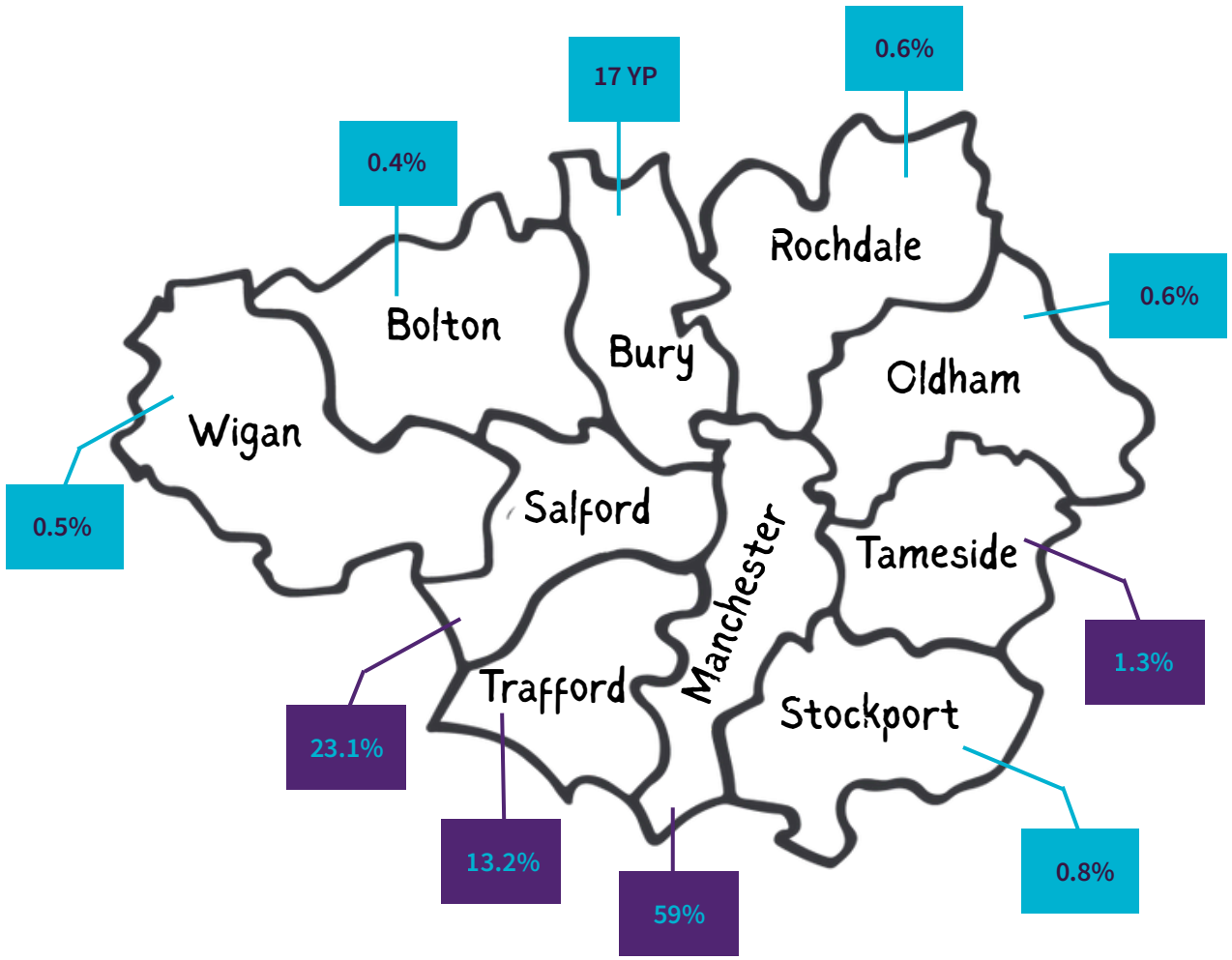
449 young people

Engagement work involves essential groundwork with young people, parents, or carers to set the stage for support.



Demographics

A demographic breakdown of young people who received individual therapeutic support and group work programmes in 2024/2025.



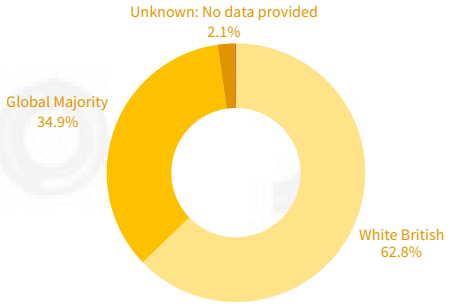
Location

The data for 2024/2025 highlights significant variation across Greater Manchester, with Manchester accounting for the majority (59.0%) of young people accessing our services. This reflects both its large population and the wider range of provision we are able to offer in the city. Salford (23.1%) and Trafford (13.2%) follow, where we also provide a broad mix of services.

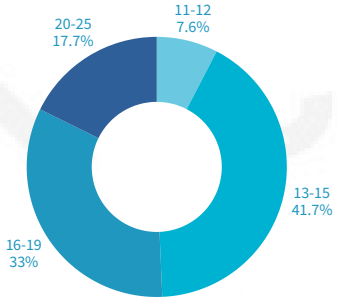
In contrast, areas such as Tameside & Glossop (1.3%), Stockport (0.8%), Oldham (0.6%), Bolton (0.4%), Bury (0.5%), Heywood, Middleton and Rochdale (0.6%), and Wigan & Leigh (0.5%) report much lower numbers. This is largely because our delivery in these boroughs is more limited, with engagement often coming through GM-wide projects such as online support and groupwork rather than the broader service offer available in Manchester, Salford and Trafford.

This distribution highlights how the availability of local provision, alongside population size and access to 42nd Street's wider projects, shapes referral patterns across the region.

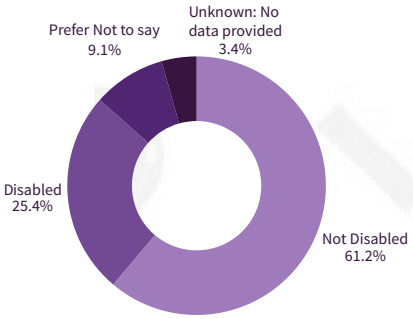
Ethnicity



Age

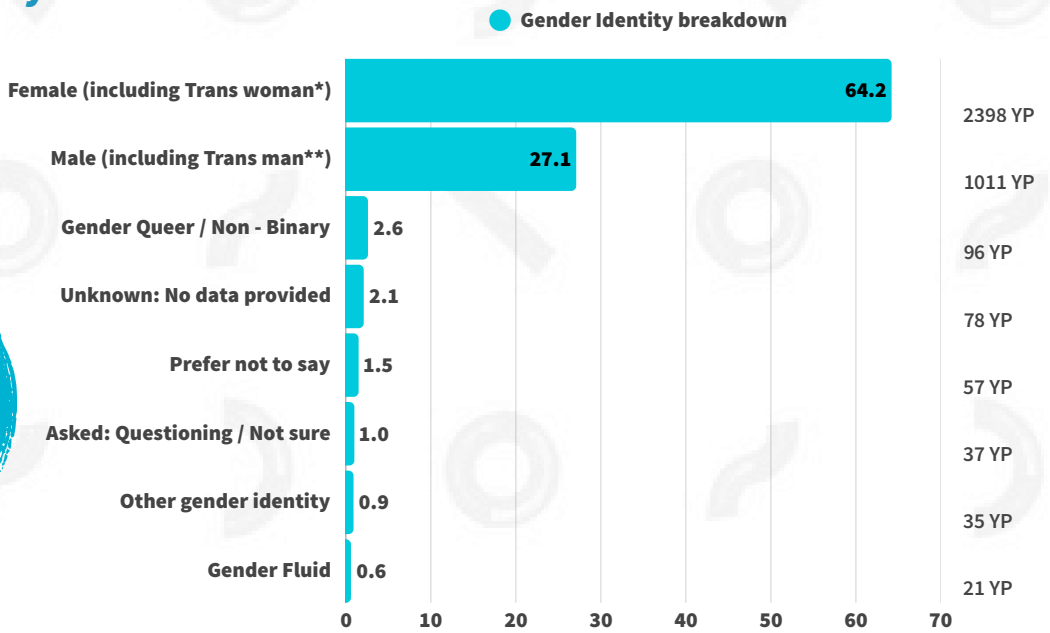


Disability



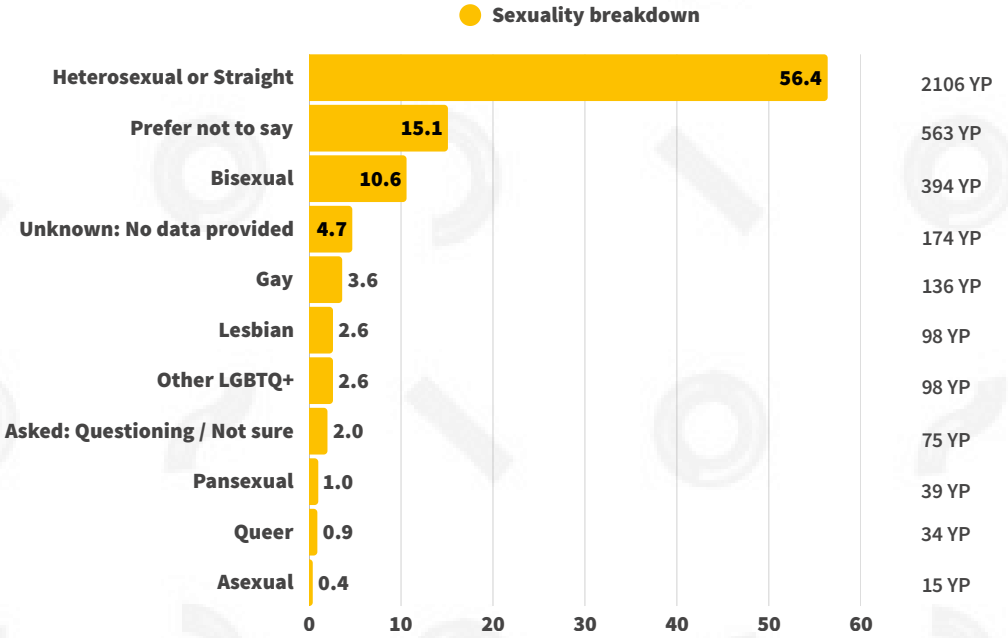
Gender Identity

13.9% of YP state their gender identity is different to the gender identity they were assigned at birth

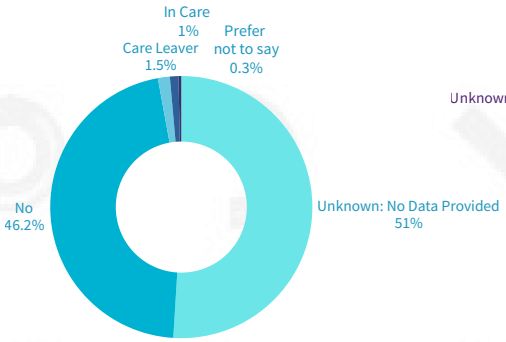


* 344 YP 9.2% identify gender is different to the one they were assigned at birth
**169 YP 4.5% identify gender is different to the one they were assigned at birth

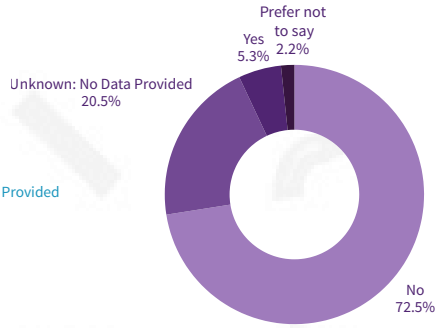
Sexuality



Care Experienced



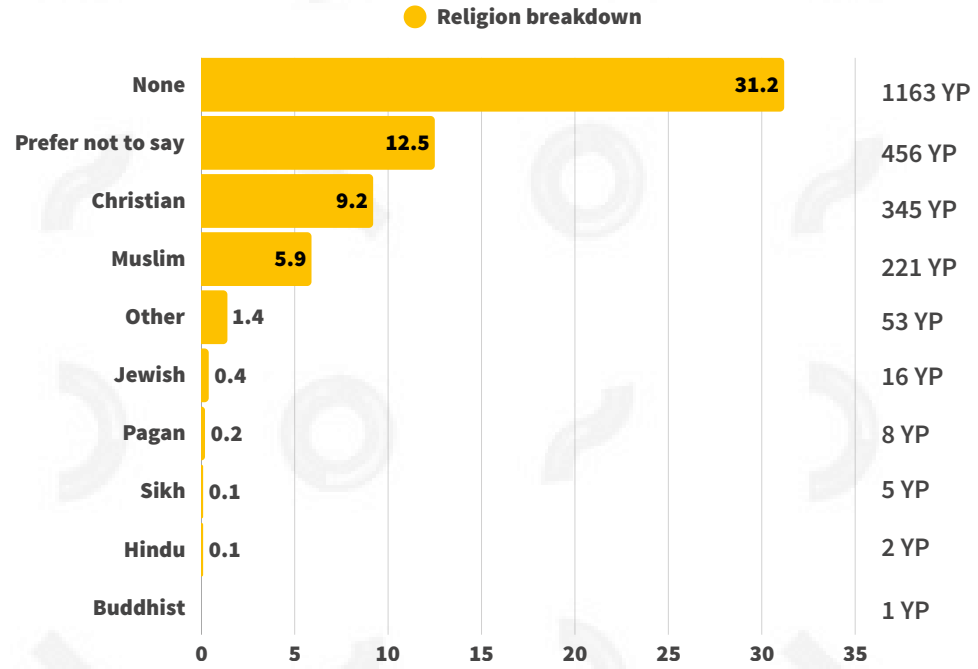
Young Carers



Religion and Belief

Unknown: No data provided
38.9% / 1454 YP

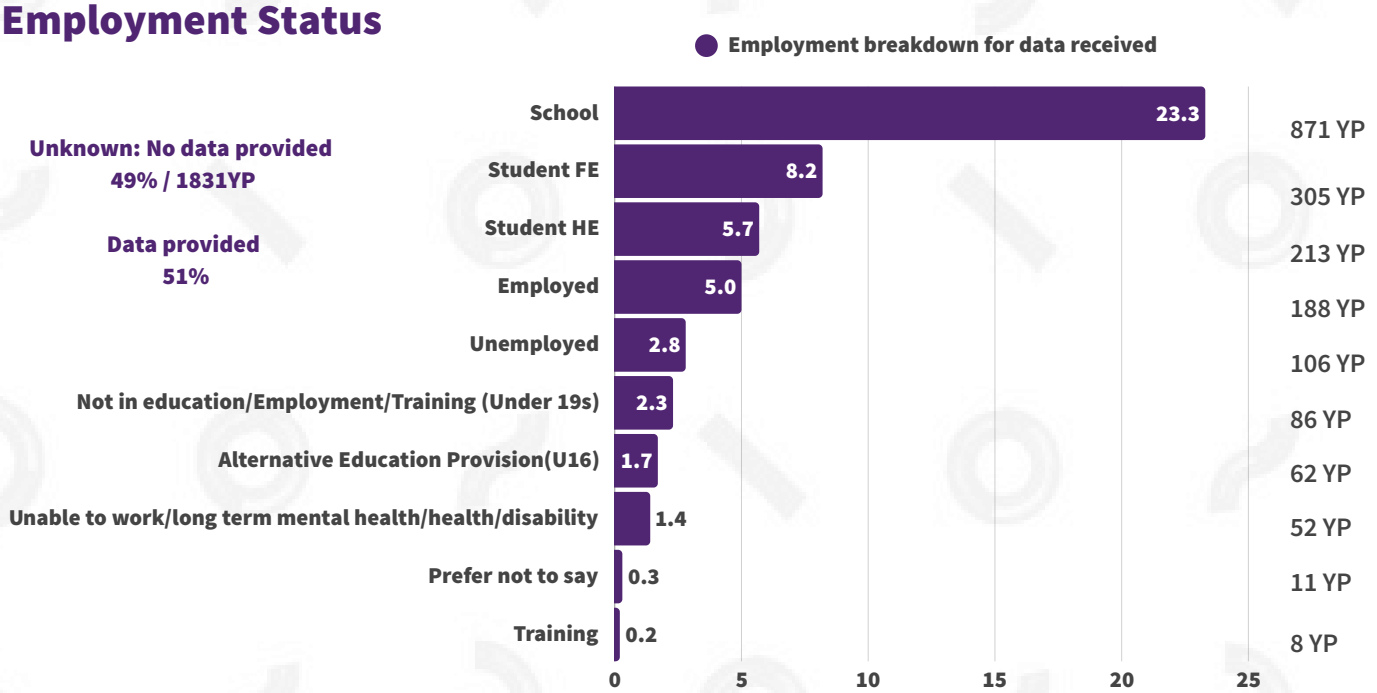
Data provided
61.1%



Employment Status

Unknown: No data provided
49% / 1831YP

Data provided
51%



Therapeutic 1:1 Work

Considering all degrees of score improvement—our outcomes show that 74% of the young people we support experience some level of positive change highlighting the extensive impact of our interventions and reinforcing our commitment to fostering meaningful progress in the mental health and wellbeing of the young people we support.

Our services have also demonstrated consistently high rates of 'clinically significant improvement,' 'reliable change,' 'recovery,' and 'clinically significant change' for individual therapeutic work, with 55%* of young people achieving these outcomes comparable to, and slightly exceeding, CAMHS outcomes.

To monitor the effectiveness of our support we use Mental Health Services Data Set (MHSDS) CORE and ORS.

***55% of our young people showed changes of 5 points, indicating an improvement in mental health and wellbeing.**

Clinically significant change and Recovery - These are the changes of 5 points and cross clinical boundary for CORE & ORS

Clinically significant change and Recovery - These are the changes of 5 points and cross clinical boundary for CORE & ORS

Counselling

3632 sessions

457 young people

Provides a safe, non-judgmental space to explore past experiences and current challenges, helping to develop positive coping strategies and build resilience.

Psychosocial Support

5619 sessions

605 young people

Focuses on building positive relationships, providing a safe space to discuss life's challenges, and helping you understand how various aspects of your life affect your wellbeing.

Talking Therapies

1681 sessions

205 young people

Focuses on understanding how thoughts, feelings, and behaviours are connected, providing a safe space to help young people develop practical strategies to manage negative patterns.

Integrated Community Response

2652 sessions

406 young people

A group of accessible services for young people, offering brief, solution-focused therapy in co-located settings. Sessions are time-limited and tailored to individual needs, providing targeted support.

Schools

3332 sessions

437 young people

Support tailored to fit seamlessly into the school setting. This ensures young people can access support conveniently while contributing to a whole-school approach to mental health and well-being.

Online Support

1305 sessions

179 young people

The same high-quality services, delivered remotely to ensure accessibility via synchronous live chats, or asynchronously, flexible messaging options, making it easier to fit support around their needs and schedules.

*Some young people may use more than one part of our service.

18,21

one-to-one sessions to

2289

young people

93%

of young people asked post support would recommend us to friends and family.

99%

of young people felt it is certainly or partly true "that the people who saw me listened to me."

98%

expressed "It was easy to talk to the people who saw me."

99%

rate that overall their support was "good!"

"I found it helpful to have someone who, after a few sessions, understood me to the point that I didn't feel awkward talking to about my problems. Talking through them made it easier to process them too, I have a tendency to ignore certain feelings but space to reflect on them definitely was beneficial."

- YP on Counselling

99%

expressed "I was treated well by the people who saw me."

99%

of young people felt it is certainly or partly true that "My views and worries were taken seriously."



Breathe is a web-based platform, co-designed by VCSFE organisations & young people as a flexible online tool that enable delivery of bespoke localised person-to-person support within a variety of health & social care frameworks.

This year saw new partners adopting our co-owned online support platform Breathe, through the support of the Prudence Trust.

Breathe's mission is to strengthen young people's access to quality online support by supporting local VCSFE organisations to provide digital offers to the cohorts they have existing expertise in reaching.

Under the "Harnessing Digital Technology for Youth Mental Health" funding stream from Prudence Trust we will be recruiting 4 new partners into the Breathe Partnership, each working with a different community of young people with unique needs.

Each new partner is provided with hands on support navigating Information Governance, Data Protection laws and NHS Digital regulations alongside workshops and training around best practice to upskill their staff in working online, cumulating in a bespoke instance of the Breathe online platform for their use.

The Breathe Partnership provides ongoing support and a regular forum to discuss developments, best practice and unpack the challenges of working in online worlds. Through continued dialogue across partners we can harness learning across diverse areas to strengthen the platform, streamline onboarding processes and ensure young people have access to evidence-based quality support across the country.

Young people are at the centre of all our work, and our online platform is no different. Our Peer Researcher, Hannah, has been driving our consultation and co-design processes, capturing a diverse range of youth voices to be presented in an upcoming report to all partners and beyond!

Our Breathe partners:

Off The Record - Co-owner and co-managing partner
Providing a range of mental health support for 11–25-year-olds in and around Coroydon, Sutton and Merton.

E-motion – Delivery partner
Provides online counselling for young people aged 12-18 years in East Sussex run by Impact Initiatives.

No Limits – New Delivery partner
Offers information, advice and help to young people under 26 in Hampshire, the Isle of Wight, Portsmouth and Southampton, working with large numbers of global majority, neurodiverse and LGBTQ+ young people.

Centre 33 – New Delivery partner
Supports young people under 25 in Cambridgeshire and Peterborough with their emotional and practical needs, working with large numbers of young carers and marginalised groups in rural locations

In Sync – New Delivery partner
Provides a wide range of multi-disciplinary and integrated youth and family services across Counties Kildare and West Wicklow in Ireland.

CAST – Digital Consultancy
Helps charities & social impact organisations to make the fullest use of digital technology, in order to be as responsive & resilient as possible.

WEB – Platform Steward & Digital Support
Based in the heart of Edinburgh's tech community, specialising in simple digital products using Artificial Intelligence and Machine Learning, all rooted in human centred thinking.

MAKING MANCHESTER FAIRER - COMPOSITE CASE STUDY

This composite case study combines elements from multiple individual cases to create a single, more compelling narrative. This illustrates the broader picture of the support 42nd Street provide to young people within the Making Manchester Fairer project. Care has been taken to ensure confidentiality is maintained and to avoid misrepresentation of any individual experience.

Mike* aged 18, self-referred into 42nd Street, noting within his referral form that he was looking to seek help in managing difficult emotions, which had led to him struggling with self-harm and suicidal thoughts.

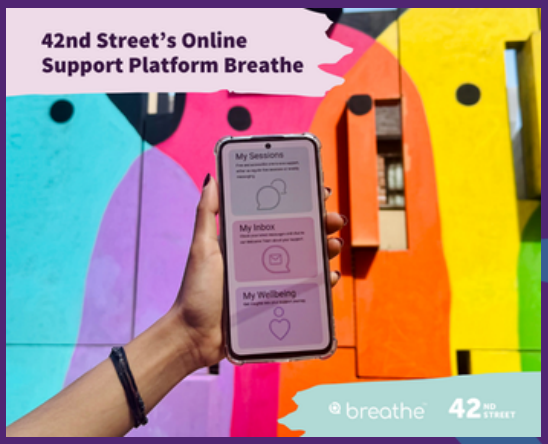
During the initial screening and assessment, a collaborative risk management plan was completed. Within this piece of work, Mike shared that multiple services are aware of his situation due to a challenging environment within the family home, as well as his involvement with youth justice services for which he had been issued with an electronic tag. Mike has also been formally diagnosed with ADHD and regularly smokes cannabis which he described as his way of self-medicating. He had not been offered any talking therapies by any other agency so through our assessment and formulation, Mike was offered up to 12 sessions of individual psychosocial support.

In terms of risk management, multiple agencies were involved in Mike's life and through undertaking the risk management plan it was evident that Mike's suicidal thoughts had not escalated into a plan to end his life. However, it was clear through our assessment that by being able to access support at 42nd Street, his understanding of himself in terms of his neurodiverse experience, ability to manage his emotions, improve relationships at home and abide by the curfew conditions of his tag, would drastically reduce the risk of an escalation in terms of his risk to himself, the potential need to leave the family home or further involvement with the criminal justice system.

In taking a strengths-based approach, in line with Mike's individual preferences and ways of understanding; Mike set his own self-defined goals that he wished to work through one by one.

These were:

- Improving self-awareness, specifically in relation to his recent ADHD diagnosis.
- Accessing ADHD medication.
- Learning healthier coping strategies.
- Developing healthier relationships within his family and stay in the family home.
- Reduce cannabis use.



In working through his goals together, providing psychoeducation and validation of his experiences, Mike explained that he had struggled to engage in mainstream education which he now understands was due to his unmet neurodiverse needs. Without structure, due to lack of engagement in education, he described the challenges within the family home were being amplified and influenced some of the choices he made which led to Police involvement.

To bolster his understanding of self and ability to manage emotions and relationships, Mike's practitioner used specific resources designed for neurodiverse young people. These included integrating dialectical behaviour therapy, (DBT) techniques so that over time he learned to respond rather than react, to take care of his sensory needs as well as to advocate for himself and assert healthy boundaries within relationships. With these things in place, Mike reported finding it easier to regulate his emotions, reducing the frequency of self-harm and suicidal thoughts.

In addition to the 1:1 support, Mike's practitioner also wrote a letter to Mike's GP to prompt a referral to ADHD medication services. During the course of the work with 42nd Street, Mike was also supported to access Chnage Grow Live (CGL) for specific support around his cannabis use. The impact of the support Mike received from 42nd Street meant that Mike has a newfound understanding of himself and his experience, which had led to an acceptance of past mistakes, a desire to continue making positive changes and create a future for himself.

- Mike has not required further intervention from youth justice services.
- Mike's self-harm and suicidal thoughts have not required any further medical intervention.
- Mike has been able to stay in the family home.
- Mike plans to go back to college to study for a skilled profession reducing the likelihood of needing to apply for benefits.
- Mike is reducing his cannabis usage, reducing the risk of future need for physical or mental health services in direct relation to this.

42nd Street use the CORE-10 which is a concise, 10 item assessment measure to track psychological distress and monitor progress. It is sensitive to mental health concerns and monitors risk. Through his journey with 42nd Street, Mike's CORE-10 scores demonstrated a clinically significant reduction in distress and a noticeable improvement in his quality of life. An example of a typical clinically significant outcome using the CORE-10 would be the end point CORE score being 11 or below (Barkham et al., 2012). The maximum score is 40.

In general outcomes for identity based work improve by 12-23% and for every £1 investment there's a return of £1.49.

*Mike is a pseudonym

Schools, Colleges & Education

In 2024/25, 42nd Street continued to deliver vital mental health support for young people in schools and colleges, through its collaboration with Mental Health Teams in Schools, Colleges and Education settings, accounting for 14% of the young people we support overall. This work built on the outstanding results achieved in 2023/24, when we demonstrated 75% improvement across 36 schools and colleges as part of the Mental Health in Education Programme. Our work has focused on promoting mental wellbeing, reducing stigma, and providing timely interventions for students experiencing emotional and psychological challenges.



SCHOOLS

“The 42nd Street service has been paramount in the support of our young people at school. Our young people sometimes prefer working with someone who is an outside person and not in school. The MHP works well within our school and communicates great with staff. The last Thrive in Education meeting felt extremely positive for the future of this school. This is a school where mental health support for young people is very much needed due to the catchment area. All staff are working hard to establish and expand the mental health provision and discussions take place regularly. The school are keen to continue with Mental Health support for the academic year as well as the future, to continue as a Mental Health team working together to support young people.”-Mental Health Lead, Albion Academy Salford School

YOUNG PEOPLE

“My mood improved”

“I have stopped self-harming”

"I feel less guilt when I’ve had a session, I can be honest without fear of someone judging that."
"I’ve felt more settled recently, it’s important to have someone to talk to."

"It’s been really helpful to know I have a space to come to."

“It was so helpful to have a space I could go to and be vulnerable. It’s hard for me to open up and I usually bottle up how I feel. I felt lighter after sessions and didn’t feel as much guilt.”

JUMANA'S* JOURNEY OF REDUCED SELF-HARM, INCREASED HOPE AND SELF-AWARENESS

Jumana, a 14-year-old British Pakistani female, was referred to our service by her school due to self-harming behaviours and home tensions where she didn't feel able to share her feelings, worried about her parents being angry and telling her off. She presented with low self-esteem, low mood, friendship difficulties, and undiagnosed ADHD.

Jumana received 20 sessions of one-to-one psycho-social and person-centred support from two Mental Health Practitioners. The support was extended due to increased suicidal thoughts, with Jumana reporting the sessions as highly beneficial.

The approach centred on creating a safe, non-judgmental space where Jumana could freely express herself and feel comfortable opening up. Key elements included:

- Transparent communication about confidentiality and information-sharing, keeping Jumana safe while also providing a sense of control.
- Regular "walk and talk" sessions that supported her need for movement and regulation.
- Teaching and sharing coping strategies including breathing techniques, fidget toys, and psycho-education about self-soothing and the nervous system as alternatives to self-harming.
- Advocacy for reasonable adjustments, including support for a regulation pass.
- Facilitating an ADHD assessment referral through her GP to Manchester CAMHS.
- Sensitive handling of a disclosed sexual assault, coordinated with school safeguarding

Jumana found this space incredible beneficial sharing:

"YOU LISTENED TO WHAT I HAD TO SAY, AND DIDN'T JUDGE ME...YOU LISTENED TO ALL MY PROBLEMS...I FELT SAFE HERE. IT'S LIKE A RESET FOR THE REST OF THE WEEK."

At the beginning of support Jumana's core scores were 27, decreasing to 23 midway through support. At the end of support these rose to 28 where Jumana felt sad about the ending. She consented to the MHP requesting additional check-ins to support Jumana with the transition after support. Jumana voiced worrying about the uncertainty around life without the sessions every week, she was hopeful and optimistic about managing on her own, but also felt worried about not having the consistent safe relationship anymore.

Jumana was signposted to a global majority youth service and youth wellbeing services to support ongoing wellbeing and emotional health after the intervention ended.

By the end of support, Jumana reported increased self-awareness and self-respect, evidenced by stronger boundaries in relationships and prioritising her own needs. Self-harming and suicidal thoughts had reduced, and while not wanting the sessions to end she expressed greater hope for her future.

"[MHP] has worked hard with a varied cohort of students this term. In some cases the level of need has been quite high and she has made a real difference to some youngsters with complex presentation...Whilst attendance and behaviour points do not point to unreserved improvement for every client, it's safe to say that all the students with whom [MHP] worked this term have improved in self-esteem and awareness and all have really appreciated having the opportunity to benefit from working with her."
-School Staff Member

Creativity and Schools

MENTAL HEALTH ART GROUP - CHLORLTON HIGH

The group was primarily delivered by 42nd Street and supported and maintained by the school. The Mental Health Practitioner gave a brief that the art space represent the thoughts and feelings of young people in the school, and to create a full wall of painted images that represent their thoughts and feelings, and can be useful to other young people who see the wall. The wall is in a room that is used by 42nd Street to offer 1-to-1 and group support in the school. Five students attended and reported improvements in their mental wellbeing and the group was highlighted in the school newsletter on their website after completion.

All young people completed a Warwick Edinburgh Wellbeing Scale questionnaire showing improvement from in the first and final session.

Young people were able to talk about scenarios throughout the sessions in which they expressed what they need when they are struggling with difficult feelings and thoughts. The MHP introduced these scenarios and the young people found commonality in the sessions. The school said they had noticed previously quiet and withdrawn students showing more confidence outwardly.
The final piece of artwork is on a full wall in the school which will be there for the foreseeable future (this is available to view on the Chorlton High School website).





'Many people don't feel like they belong, this is to show that everyone belongs and that no one should feel out of place'.

– Chorlton High Mural artist

"Supporting young people in schools and colleges allows us to meet them where they are—both physically and emotionally. It's a privilege to be part of their journey and help create safe spaces for growth and expression." - Richard, MHP, Schools, Colleges and Education team

MOVEMENT FOR MIND - WITH COMPANY CHAMELEON

Between 2023-2026 Company Chameleon in partnership with 42nd Street and #BeeWell are delivering movement for mental health & wellbeing project, Movement for Mind, funded by The Baring Foundation.

Movement for Mind was developed in response to the heightened number of young people who are struggling with their mental health. The project will de delivered in 10 secondary schools across Greater Manchester, providing schools with an alternative method of early intervention and support for young people struggling with their mental health. The project encompasses dance performance, workshops and open discussion led by Chameleon's Dance & Health Artist, Erin Pollitt, plus, specialised support from a Mental Health Practitioner from 42nd Street.

Since 2023, we have delivered the partnership project, Movement for Mind, across seven secondary schools across Greater Manchester: Mossley Hollins High School (Tameside), Moorside High School (Salford), Laurus Cheadle Hulme (Stockport), St Cuthbert's RC High School (Rochdale), Stretford Grammar School (Trafford), Chorlton High School (Manchester), Sharples School (Bolton). Bookings are confirmed for delivery at The Derby High School (Bury) and we are in conversations to deliver the project at schools in Oldham and Wigan to complete the 10 GM boroughs.

Through collaboration with the #BeeWell programme, we have used survey data to identify schools where need is greatest and to shape the evaluation framework. By the end of 25 we will have supported and its completion in 2026, the project will engage 150 vulnerable young people identified as needing mental health support. The impact so far has been significant, with participants reporting improved emotional regulation, increased confidence, stronger peer relationships and a greater sense of belonging.

"As Pupil Intervention Manager I have been involved in several interventions from other agencies. In my view this group had one of the most positive and impactful response for the pupils who loved the group. There were clear benefits socially and emotionally for the pupils involved and it was a pleasure to watch pupils who have previously been reluctant to engage, fully engaged in the group." – Faye Henn, Pupil Intervention Manager, Moorside High School.

"Movement for Mind is the start of a process. Through using dance and creativity as a tool, we hope the young people involved will form a deeper and better understanding of themselves and their mental health. From this understanding, we hope the person at the end of the project is better equipped to cope and support their own needs." - Kevin Edward Turner, Artistic Director, Company Chameleon

"Felt low since last year, and I struggle to communicate it. I talked to a therapist, but it wasn't useful, but this (Movement for Mind) is helping." - Participant, Movement for Mind

STEP-IN PROGRAMME: EMPOWERING YOUNG PEOPLE, TRANSFORMING SCHOOL CULTURE

BeeWell and Identifying the Need

Bee Well Manchester is a programme that uses a large-scale survey to understand and improve the wellbeing of young people in Greater Manchester by gathering data on what impacts their happiness, health, and safety.

Analysis of #BeeWell data revealed a critical trend: young people's creativity levels and access to creative opportunities declined significantly by Year 8 – the same point at which referrals to 42nd Street spike. This insight sparked an innovative response: could early creative intervention prevent mental health crises?



39 sessions to 8 young people

The Intervention

In partnership with Cedar Mount Academy in Gorton, 42nd Street launched the Step-In Programme – a preventative, creative mental health initiative designed as an alternative to managed moves for Year 8 students struggling with mental health, attendance, or behaviour.
The programme supports 12 students throughout the academic year with weekly 2-hour sessions every Wednesday, facilitated by experienced Youth Workers and Mental Health Practitioners. The model includes:

- Trauma-informed, creative therapeutic support using 42nd Street's evidence-based approach
- Full training day for school staff on mental health and creative, trauma-informed practice
- Artistic resources promoting self-expression and emotional regulation
- Student-led legacy projects (films, podcasts, zines, assemblies)
- Comprehensive evaluation and impact reporting

The Impact

The results have been transformative. Young people attending the creative drop-in reported:

- Improved sense of belonging at school
- Better attendance rates
- New friendships and social connections
- A safe space to share worries and concerns

"It's Improving my behaviour a lot and I really like being in the group."
- Young Person



"NOW, MORE THAN EVER, YOUNG PEOPLE ARE SEEKING COMMUNITY AND CONNECTION. THE BRAVE SPACE WE CREATE OFFERS THIS IN AN ENVIRONMENT THAT IS EASY TO NAVIGATE. THE YOUNG PEOPLE HAVE CHOSEN TO PARTICIPATE IN A GROUP THAT FOCUSES ON THEIR CREATIVITY AND THEIR WELLBEING. THESE TWO AREAS ARE CRUCIAL TO THEIR MENTAL HEALTH AND WILL HELP THEM SUCCEED IN WHATEVER IT IS THEY CHOOSE TO DO NOW AND IN THE FUTURE." -KATIE COSGRAVE, CREATIVE MENTAL HEALTH PRACTITIONER

The group recently created a #BeeWell-informed zine, "How to Become a Trusted Adult," demonstrating their growing confidence and voice.

SCAN HERE

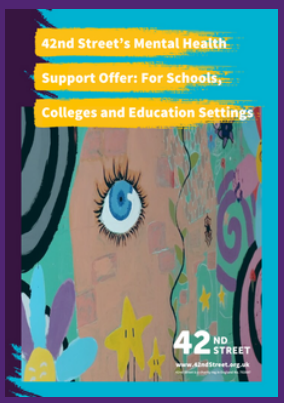
READ THE ZINE AND HEAR FROM THE YOUNG PEOPLE INVOLVED

Looking Forward

The Step-In Programme demonstrates the power of data-informed, preventative intervention. By responding to what #BeeWell data told us about Year 8 students, we've created a model that doesn't just respond to crisis – it prevents it, one creative session at a time.

Our new Education 42nd Street Support Offer

After 30 years of working in over 70 schools, colleges and education settings across Greater Manchester, we've listened - to young people experiencing anxiety, loneliness and disempowerment, to teachers and education colleagues navigating complex mental health presentations, and to parents/carers worried about their children's /young persons wellbeing. We've experienced firsthand how each setting faces unique challenges.



From this we've created our expanded Education Portfolio - a bespoke, trauma-informed approach that recognises no two schools are the same. Our comprehensive offer includes evidence-based one-to-one therapeutic support, nationally recognised creative group programmes, identity-focused work for marginalised communities, staff wellbeing and supervision, our proven Step-In alternative to managed moves, and quality-assured delivery with measurable impact.

Nationally recognised for our impact, we're helping students thrive academically and emotionally.

Read all about our schools work and new portfolio here.

SCAN TO FIND OUT MORE

Training and Events

42nd Street offers a wide range of bespoke training packages to front-line professionals, parents/carers and wider stakeholders who are interested in improving their understanding, approaches and strategies for supporting young people's emotional wellbeing and mental health. In 2024/25, 42nd Street delivered 34 training and presentation sessions to 868 people, including mental health professionals, creative professionals and students. This work supported the learning and growth of communities in Manchester and reached national audiences through creative knowledge-sharing sessions during our symposiums.

As an Anchor Organisation, 42nd Street continued to deliver capacity-building training as part of the Making Manchester Fairer programme across Manchester, led by our Development and EDI Manager and supported by three Peer Trainers.

Through The Horsfall, we trained and worked with both emerging and established artists to deliver creative projects exploring the stories and experiences of LGBTQ+ young people, young carers, autistic young people, care leavers, young Black women and young people experiencing a variety of mental health issues and diagnoses.

42nd Street and The Horsfall External Training

Name of External training	Training in days	Number of attendees
Self-Harm – Groundwork	1	16
Working with Self Harm	1	20
ACE's, Trauma and Young People	1	6
Social Media	4	38
Working Creatively with Young People	4	78
Trauma Training – Nurturing Foundations	1	5
Complex Safeguarding	1	15
Dissociation Training	1	16
Self Care	1	5
Trauma Informed Management training	2	32
Complex Safeguarding	1	22
Symposium – Face to face	1	82
Symposium Day 2 – Online	1	200
Horsfall Community of Practice- quarterly online	6	150
First year nurses Chester university – day session	1	32 students
University of Manchester MHP - half day	1	33
Manchester Arts Teacher Collective half day	1	15
Presentation at Austerity and Life Course – Uni of Manchester – full day	1	International audience of 40
Training for Artists – full day	3	48
Total	**34**	**868**

Curiosity and collaboration are core values at 42nd Street, essential for reflective practice and continuous growth. We invest in our staff's development through regular training sessions. In 2024/25, we delivered 24 internal training days to 494 staff attendees, building on our expertise and skills.

42nd Street and The Horsfall Internal Training

Name of Internal training	Training in days	Number of attendees
EDI Training for Management Team	2	32
Attachment Training	3	83
PLM – Sexual assault	1	10
Case Note Recording	2	45
Working with LGBTQ+ young people	3	82
Anti Racism Training	3	84
Social Media	1	20
Creativity in Practise	1	15
Seven Eyed Supervision Model Training	2	17
Bitesize ACE's, Trauma and Young People	1	12
Safeguarding Policy and Procedure Refresher	3	76
Project Planning Training	1	8
Matrix Management Training	1`	10
Total	**24**	**494**

"Absolutely fantastic training - huge thank you! Trainers were great. Really well organised, very informative and so engaging. I thoroughly enjoyed the whole day, and I've learned new things about the world of social media, A.I. and young people."
- Social Media, A.I. and young people trainee



"Just wanted to say a huge thank you again, to you and the young practitioners for taking the time to deliver trauma training last week. The team reported really enjoying the training and getting a lot out of it. We will be implementing what we have learnt into our practice" -Manager at Richmond Fellowship

MAKING MANCHESTER FAIRER KICKSTARTER - YOUNG PRACTITIONERS

Since April 2024, we as young practitioners have had the opportunity to be part of something that feels both important and necessary: co-developing and co-delivering training as part of the Making Manchester Fairer (MMF) programme. The project has been a chance to use lived experiences and our voices to shape conversations around mental health and wellbeing, while also building our confidence, skills, and personal development in the process.

A big part of our work has involved co-creating and delivering training sessions on a wide range of topics. We've explored trauma and trauma-informed practice through topics such as Adverse Childhood Experiences (ACEs), the impact of social media and artificial intelligence on young people's wellbeing, disassociation and desensitisation, self-harm and suicide, the importance of self-care and more. These are complex and often sensitive issues but approaching them as young practitioners has given us a unique perspective - one that feels authentic and relatable. Delivering the training alongside Katrina and Angeli has also given us the chance to learn even further and develop our skills as trainers.

"IT WAS SO INTERESTING AND INFORMATIVE. THE TRAINERS WERE AMAZING, SO NATURAL IN THEIR PRESENTATION STYLE, ENGAGING AND KNOWLEDGEABLE. FEEL LIKE I'VE GOT MORE CONFIDENCE NOW TALKING TO YOUNG PEOPLE ABOUT SOCIAL MEDIA AND A.I." - 42ND STREET STAFF MEMBER

Along the way, we've developed practical skills in communication, group facilitation, and adapting content for different audiences. More than that, we've learned the value of listening, collaboration and making space for different perspectives. When working with Voluntary, Community and Social Enterprise (VCSE) organisations, we've seen first-hand how meaningful training is and that it is less about presenting information and more about creating conversations that feel relevant, useful, and respectful.

"We had another successful quarterly team day. Thank you @mcrmuseum for hosting us, we enjoyed our time with you! Shoutout to @42ndstreetmcr for delivering an amazing safeguarding training session, we didn't want the conversations to end. We're ready to apply our learnings, watch this space"
- Young Manchester



Over time, we've realised that our voices are not only welcome but needed. We bring lived experience, fresh perspectives, and the ability to connect with youth workers in ways that feel genuine. Knowing that our contributions can shape training and influence conversations about mental health and inequalities across Manchester has been empowering. This project has also

given us a better understanding of the youth sector. We've seen how different organisations and communities come together to tackle inequality, and how training can play a part in that bigger picture. It's reminded us that improving mental health and wellbeing is not just about individual support, but also about addressing wider issues of fairness, opportunity, and representation.

In the year 2024/25 we have delivered to approximately 41 organisations, 299 individuals from VCFSE organisations working across Manchester who have participated in 20 capacity building sessions, with 96% reporting improved skills, confidence, and knowledge in areas such as trauma-informed practice, safeguarding, social media and responding to challenging behaviour.

As well as delivering training, our next stage will be developing new resources. We will be supporting the production of a series of Making Manchester Fairer short training videos. This is an exciting step for us, as it will allow our work to reach a wider audience and continue to have an impact beyond the sessions we deliver in person. We will be involved right from the initial stages, from helping with the recruitment of videographers and animators to contributing to the creative direction - giving us the chance to see what goes into producing professional training materials. We know this will be a new challenge, but we are looking forward to building our skills further in project planning, creative thinking, and working alongside professionals from other fields.

As young practitioners, we are proud to have been part of this work. It has helped us grow personally and professionally, while contributing to something that feels meaningful and lasting. We know there is still more to do, including completing and sharing the training videos and continuing to co-deliver sessions, but we are excited about what is ahead. The MMF project has shown us what's possible when young people are trusted to take a lead, and we are looking forward to building on that foundation in the year to come!

- Aminah, Sam and Tash Making Manchester Fairer Young Practitioners

"Just wanted to say a huge thank you again, to you and the young practitioners for taking the time to deliver trauma training last week. The team reported really enjoying the training and getting a lot out of it. We will be implementing what we have learnt into our practice"- Trainee

Listen to our Young Practitioners Sam, Aminah and Tash chat with Dr Cordelle Ofori Manchester's Director of Public Health about the impacts of social media on young people's mental health and the importance of the training they have created at 42nd Street.

Group Work

Group work at 42nd Street provides young people with a supportive and inclusive space to connect, share experiences, and develop new skills. In 2024/2025 we delivered 1226 group sessions, supporting 367 young people through our connect, create, and campaign group approaches. Our wide range of group offerings spans creative and activity-based sessions to identity-specific groups supported by lived experience practitioners that bring together young people with shared experiences or backgrounds. Young people can also join Change Ambassadors and other campaign groups to influence service design and advocate for youth mental health at local, regional, and national levels.These groups are designed to promote emotional wellbeing, personal growth, and a sense of belonging while celebrating diversity and individuality.

RAYS

An identity based peer support group for ALL young Black or Black heritage Women and Non-Binary people aged 18-25 to feel free to share their thoughts and experiences with others who may relate to them.



"Because it's a group only for young black women so it gives everyone a sense of belonging and inclusion and we can all share some experiences without judgment" - Rays Young Person.

"It makes me feel comfortable to have people to talk to" - Rays Young Person.

11 sessions with 5 young people

JET 42

A weekly peer support group for young Black and mixed-race men aged 16-25 to explore and improve their mental health and emotional wellbeing.



"I was looking to meet with other black men and share experiences – Jet 42 has met my expectations. To be honest, I don't usually talk about things like this. I can express myself here. Actually, this group has exceeded my expectations." - Jet 42 Young Person.

"Both of them (Eric & Samson) have offered to help with some issues in the past…So it's not just about an emotional connection, it's about a future connection. Making sure that as a Black man, I can go out into the world and be the best that I can" - Jet 42 Young Person.

29 sessions with 12 young people

Q 42

A space for LGBTQ+ young people aged 13-15 to connect, share, have fun whilst improving mood and wellbeing.



"Being in a place for the first time where I wasn't a minority, where I could express myself as me and be safe and not have my mask up all the time." -Young Person, Trans Prom

27 sessions with 9 young people





"I have always wanted to walk Pride. I can't believe I am. It's a dream come true. It's the best day of my life." - Young Person, Pride Event



+ 42

A space for LGBTQ+ young people aged 16-18 to connect, share, have fun whilst improving mood and wellbeing.

21 sessions with 11 young people

WOMEN'S GROUP

A peer support group with social, therapeutic and creative elements for young women and non-binary young people aged 18-25.



30 sessions with 11 young people

"Real community feel that helps me to feel connected to the group and women through learning about their life week in, week out." -Young person women's group



"It is a caring group."

"the people are so supportive and lovely."

"I tried and did things I didn't know I could do."

-Young people movement group

MOVEMENT GROUP

Movement group is an opportunity for young people to connect with your body, express how you feel and what you think in a safe and supportive environment.

17 sessions with 8 young people

MUSIC GROUP

The Music group is a chance to benefit from the therapeutic qualities of music while connecting and creating with others.



"Music enables some young people to say things they wouldn't usually be brave enough to say." -Young Person, music group

13 sessions with 4 young people

SCAN TO WATCH MUSIC GROUP VIDEO

NATURE CONNECTION

A peer support group providing space and time to connect with nature, others, relax, be and belong.



9 sessions with 15 young people



"I enjoyed making new friends and having time to socialise with people, it helped boost my confidence for sure. I also enjoyed having time to connect back with nature..." -Young Person, nature group





"It gave me a break from the stress of everyday and taught me methods to help hope with mental illnesses. Connecting with nature helped me to feel gratitude and feel present." -Young person, nature group

CLOUD 42

A peer support group for Care and extranged experienced young people aged 16-25 with a focus on completing research into how mental health services could be improved.



34 sessions with 9 young people

"Being part of Cloud 42nd has really helped me so much. It has helped me get out of my bed and encouraged me to try new bits like talking to people. I would never in a million years have thought I would of been able to build friendships or even just talk to people, but with the help of my group I feel as if I've grown into a new person. Yes, I am still struggling with my mental health, but you learn as you go on to just take it day by day." - Young person, Cloud 42

"It means a lot as some one who was in care understands the frustration of it all and understands the highs as well as the lows of being a cared experienced person."
-Young person, Cloud 42

CRYSTAL 42

"It's the safe space where we can express our emotions, the food that brings us together, the creative energy that flows, and the consistency of coming together every week. It's a place where we not only relax and be ourselves but also grow, challenge our limits, and develop relationships that will last far beyond the group"
– Young person, Crystal42

Crystal 42 is a safe and friendly space for young people aged 11-18 who have engaged in support from ICR. The group is an opportunity to connect with each other and engage in fun activities, games, crafts and social action.

37 sessions with 15 young people

CHANGE AMBASSADORS

A group that advocates for youth voice, are passionate about making positive change, tackling issues and barriers that young people may face within their local communities, nationally or politically.

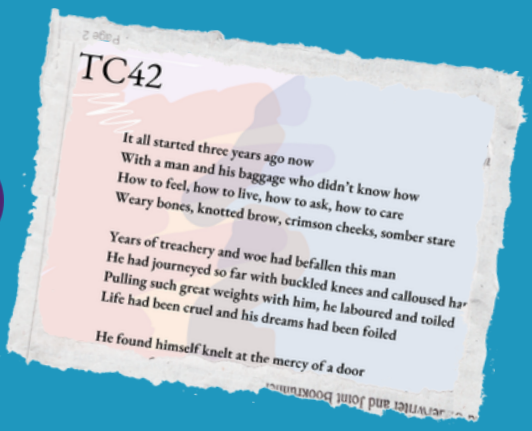
"Thank you for all the support you've given me over the past couple of years. I honestly don't know how I would have made it through uni without this group. It's been a place to share, de-stress, and be part of some significant projects I'll always cherish. It's helped me grow as a person and as an activist. 42nd Street is an incredible charity, and it's been a lifeline for me." - Young person, Change Ambassador

30 sessions to 8 young people

TC 42

A therapeutic community group designed to help young people (18-24) who have long standing difficulties with their feelings and relationships.

"TC42 makes me feel more than simply looked at and heard – I feel seen and listened to"- TC42 Young person



TC42

It all started three years ago now
With a man and his baggage who didn't know how
How to feel, how to live, how to ask, how to care
Weary bones, knotted brow, crimson cheeks, somber stare

Years of treachery and woe had befallen this man
He had journeyed so far with buckled knees and calloused ha
Pulling such great weights with him, he laboured and toiled
Life had been cruel and his dreams had been foiled

He found himself knelt at the mercy of a door

"I avoid groups because I struggle to keep up with conversations and do not fit in, groups normally make me feel more alone but TC42 is a safe place for me to talk and hearing others experiences helps me feel connected and less different from others my own age. TC42 has helped me challenge the panic I feel in social situations and has helped me feel more comfortable talking about hard topics, I am learning to articulate what I want to say better."
- TC42 Young person

"The mental health support I received before TC42 was all short-term, which meant that I struggled to form a trusting therapeutic relationship with my therapist. I also felt like I wasn't progressing in my recovery because there wasn't enough time to fully get to the root cause of my difficulties and I was just being passed from service to service. I feel like TC42 will and has allowed me to develop genuine, trusting therapeutic relationships with both the staff and group members and that I have time to work on my struggles. I feel excited about my future in TC42 and to see my progression when it comes for me to leave; something I have never felt in other services."
- TC42 Young person

"The community has helped me become more aware and accepting that nothing is the same everything and everyone changes the world itself has so much work to do. However TC has given me hope for future generations and inspirations for my own future endevours to help make a difference to those suffering mental health difficultles"- TC42 Young person

48 sessions with 18 young people

REJUVENATE OJC

A peer support group for young women aged 13-16 from the Orthodox Jewish Community

"Rejuvenate is a brilliant outlet for my daughter who does not like school. It gives her something to look forward to. And really makes a difference. Thank you so so much. The happy times help her destress and is an amazing idea! Thanks a million."
-Parent

"Rejuvenate is fun, enjoyable, relaxed and safe. It is a perfect place if you like to socialise and get to know new people for good! I really had a fabulous experience this year and would love to carry on." - Rejuvenate OJC Young person

15 sessions with 18 young people

BUILDING RESILIENCE

A support group where young people can learn coping skills and tools to help you manage low mood, diificulties that may arise in life, generalised anxiety and low self-esteem. using Cognitive behavioural, solution-focused and mindfulness techniques.



"I haven't really studied my thoughts in this way before, it was useful to see how my thoughts affect everything else, especially how I feel." -Young Person Building Resilience Group

"The group helped me to manage difficult feelings-my health issues get me down,so it was nice to have a space to open up with people who understand what you're going through." -Young Person Building Resilience Group

8 sessions with 8 young people

THE WAITING ROOM

The Waiting Room is an open therapeutic relational space for young people who are currently waiting for support with 42nd Street providing opportunity to discuss life challenges, build connections with others and be heard.



35 sessions with 18 young people

"It's definitely been a positive experience overall. I'm really glad it was presented to me as an option. I feel like, in a sense, I've 'graduated' from the group; it helped prime me for one-to-one counselling in a way. I don't think I would've been fit to start one-to-one before group therapy. I now feel properly ready for one-to-one." - Young person waiting room group

"I valued the lived experience practitioners who were able to personally relate to the struggles that me and others in the group faced. I also valued how the practitioners made sure that everyone had a say in conversation topics and that no-one felt left out. Moreover, the whole premise of the group being catered to those on the waiting list is a great idea. Not to mention, the snacks." - Young person waiting room group

"I felt like a kid again (in a good way) for the first time in a while; I felt like I had a security blanket over my head. I really needed that and I'm grateful for the experience." - Young person waiting room group

JET42: SHAPING THE FUTURE OF CULTURALLY RESPONSIVE YOUTH SERVICES

Jet42 took part in the creation of the youth access report. The young people's involvement in the programme included having conversations, speaking through the lens of race. Taking part in a survey to understand specific expertise, strengths, challenges and hopes for this project. Taking part in co-production sessions to run three workshops in Winter 2024, one in London and two online, inclusive of offering areas of young people's lived experience/expertise. Engagement with the evaluation of the project by completing a pre- and post- survey. Supporting the sharing of learning with the wider Youth Access network at the end of the project e.g. speak at a webinar, write a blog, or be interviewed for a podcast. The young people had a hand in the creative element of how the report would be presented as well as through colour schemes and imagery. The young people remained vocal and focused on delivering this project as its importance is high, the key statement emphasised is making sure the work does not just end in a report. There is a strong focus on how we bring this to the wider organisation and beyond. Leadership and management roles are there to focus on affecting change for good.

As this work was an emotional impact on participants, especially those from Black and racialised communities, time and care was taken to carefully consider each session's agenda, support participants to prepare for difficult conversations, leave space for landing, grounding and decompression, and aftercare support.

"Both of them (Eric & Samson) have offered to help with some issues in the past...So it's not just about an emotional connection, it's about a future connection. Making sure that as a black man, I can go out into the world and be the best that I can."
– Jet 42, Young Person

The project has ultimately allowed the group to not only focus on the problems that exist locally and nationally to them, but more importantly allowed them to look and express the solutions needed. As a result, this has birthed the JET42 podcast. Which is a space for the YP to express, develop, educate and inform. This is giving them their own voice where they can be direct and discuss solutions needed for cultural progression.

EMPOWERING YOUNG BLACK MEN THROUGH CONNECTION.

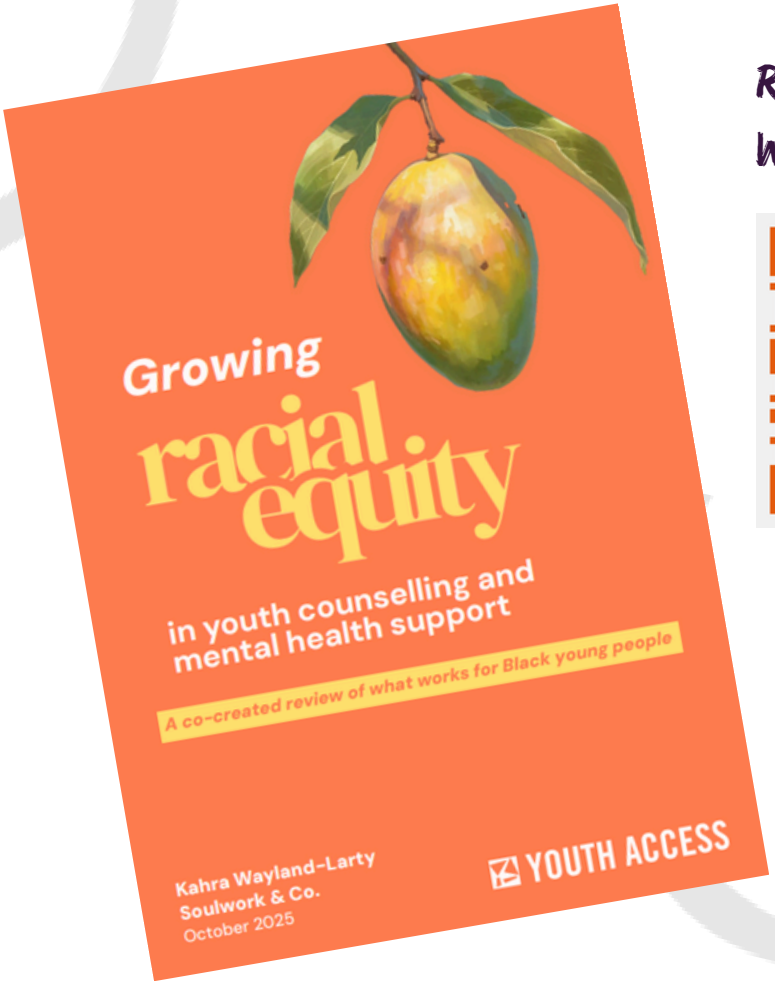
JET 42

With this podcast they are also gaining new invaluable skills transferrable to their future jobs and careers. For example, budgeting, scheduling, planning, production, meeting notes, problem solving, working in a team and accountability. They have undertaken training around social media use which supported them in creating marketing materials. All of which have developed their interpersonal and digital skills, necessary for our current A.I. focused world.

"Kara didn't insert herself in the group and give us her way of fixing the issues...She listened and gave us the opportunity to actually speak on what we feel need to change and that reflected in the report aswell"
– Jet 42, Young Person

"It's [Jet42] a very individual place where I can focus on how mental health and my blackness overlap. Truly understanding the impact of these intersecting. There's not many places like this!"
– Jet 42, Young Person

"This was genuinely about me gaining equity in society as a whole! I was able to voice my opinions and be listened to." – Jet 42, Young Person



READ THE REPORT AND WATCH THE WEBINAR HERE



KORI YOUTH CHARITY

OTR

BLACK PSYCHOTHERAPY

42ND STREET

RADIANCE: A TRANS PROM CELEBRATION



For many trans and non-binary young people, the thought of attending a school or college prom can feel impossible. The pressure to conform, the fear of judgement, and the inability to present authentically can turn what should be a joyful celebration into something to avoid entirely.

That's why we created Radiance – a trans prom designed to give young people the experience they deserved: a night where they could dress up, take photos, dance, and simply be themselves in a space that celebrated them.

CREATING A SAFE SPACE

Held at Contact Theatre in Manchester, Radiance brought together 40 trans and non-binary young people aged 15-26 from across Greater Manchester. In the lead-up to the main event, we ran two pre-prom sessions where 8 young people could prepare, connect, and build excitement together.
Accessibility was at the heart of our planning. We ensured there was a quiet breakout space for anyone who needed a moment away from the energy of the main room, and we worked hard to create an environment where young people could express themselves without fear or judgement.

WHAT YOUNG PEOPLE TOLD US

The feedback we received was overwhelming. Young people told us they came because they wanted "something fun after going through a lot" and to be "around other trans individuals." For some, it was about reclaiming lost experiences: "I feel like I missed out on being a teenager, so this was a lovely experience."

One young person shared: "Being in a place for the first time where I wasn't a minority, where I could express myself as me and be safe and not have my mask up all the time."



Another told us: "I was terrified because I'd never been in just a queer space, particularly a trans queer space, so I wasn't sure what to expect – but it was amazing."

THE POWER OF REPRESENTATION

For one 22-year-old who attended with their partner, Radiance was a turning point. They described it as "well thought through" and somewhere they "could go again because I felt safe and supported." As a neurodivergent person, they valued knowing there was a quiet space available if needed.

Most significantly, the prom was the first time they shared their new name with strangers. "Signing the guest book under my chosen name was a really cool moment," they said. Having previously felt unsafe sharing their name with another service, being able to do so at Radiance felt profound.

The impact of the event extended beyond the night itself. One young person told us: "It empowered me in my identity – it showed me that going by [name] is preferred and led to me legally changing my name."

THE IMPORTANCE OF BEING SEEN

Getting dressed up and having professional photographs taken was unexpectedly important. 75% of young people who attended contacted us afterwards to access their photos. For many, Radiance was a rare opportunity to present authentically and have that documented – a powerful reminder that they exist, they matter, and they deserve to be celebrated.

As young people were leaving, a group approached our staff with a question: could this become an annual event? They explained they'd chosen not to attend their college prom because they couldn't go as themselves. "Radiance felt so valuable and important to us," they said.

WORKING IN PARTNERSHIP

Radiance wouldn't have been possible without the support of our community partners. We worked with Contact Theatre, ARMRstore, LGBT Foundation, Trans Pride, Crimson Wave, Queer Lit, Night People, Royal Exchange Theatre, Reconsidered Retro, and CazDoesArtz – organisations and individuals who shared our vision of creating something special for trans and non-binary young people.

WORKING IN PARTNERSHIP

Radiance showed us just how vital dedicated trans spaces are for young people's wellbeing and identity development. It gave young people a chance to feel "fancy and cool," to be surrounded by people who understood them, and to experience the joy of simply being themselves.

As one young person perfectly put it: "It felt really nice and like catching up on lost time." That's exactly what we hoped Radiance would be – and exactly what trans and non-binary young people deserve.

THE HORSFALL

The Horsfall is our creative venue and gallery space in a beautiful old Victorian building. Here we offer a young person-curated programme supporting emotional wellbeing and mental health through creativity. We believe that everyone can be creative and that creativity has a profound benefit on mental health and wellbeing.

The Horsfall offers flexible creative opportunities for young people aged 13-25 – weekly drop-in sessions, our Creative Collective for 18-25 year olds, creative internships, exhibitions, and our annual Future is Ours festival. It's a space to take your mind off things, reflect, relax, process experiences, self-realise and tell your stories. We want all young people to feel safe and welcome here.



Our programme gives young people unique opportunities to work alongside established and emerging artists, build their creative practice, learn new skills, and challenge the status quo.
We also deliver drop-in sessions in CAMHS and secondary schools, and offer training and workshops for external staff. Through our 'active ingredients' approach, we show how creativity helps young people develop their own self-care practice and recovery journey – creative health as a prescription for life.

We delivered 1527 hours of creativity



Creative Space

We delivered a total of 42 hours of open creative activities were delivered to 12 young people

Studio Space

200 hours of creative studio space was provided to 10 young artists.

Creative Collective

36 hours of monthly meetings delivered to young artists.

25 young people were supported with regular emails and opportunities. internally with 42nd Street and The Horsfall, and externally.

Transformation Project

A 3 hours workshop from Creative Tranformation delivered to 6 young people who have experienced brain injury to celebrate the launch of a publication and provide creative wellbeing space

“I like the supportive environment that encourage various creativity activities, including personal projects and bigger group projects.”
- Young artist from the creative drop-in and collective



Rays Exhibition

A collaborative exhibition by our young Black Women's and Non Binary group for young people aged 13-17.
Showcasing work of young people and providing a platform for youth voice during our Black History Open Mic Night reaching ~60 people in-person and ~1000 with window art.

6 hours of creative space was supported by an artist facilitator who worked alongside the young people.

Validation II Exhibition

A community in Residence Exhibition where 10 young artist with additional needs showcased their work with Stepping Stones. 25 hrs provided, window displays reaching ~1000 viewers.
Named after the reflection that through art the young people feel validated where they don't always in other activities.

Barmy Army Project

We supported the delivery of the Barmy Army Project with Manchester International Festival providing 72 hours of support to groups of 10 young people. The project reached 1000 plus people.

Salford University

Continuing to support emerging artists from Salford University to showcase their work as part of their courses. Work by 56 students featured across exhibitions, reaching 100 attendees at the gallery and over 10,000 online. 30 of these students also joined our collective, enriching their creative journey and sharing their practice with our young creatives.

BeeWell Event

Introducing 6 hours of creativity at Beewell school's wellbeing event to 200 young people.



Barca Exhibition

An exhibition by creative collective artist Randalph Hart consiting of process work, sketches and paintings of imagined mythical creatures inspired by biology, evolutionary what ifs and the striking visual work of Caravaggio.

Through our Eyes

Crystal 42 art exhibition and pop up shop, sharing group creative projects they created alongside a sunglasses designer, individual pieces of art and creative crafts. Allowing them to share their story and experiences 'through their eyes'.





Unveiling the Unspoken Canvas

Showcasing work by artist-in-residence Andrew Kuwornu, this powerful exhibition explored the often-silenced mental health struggles faced by Black men through acrylics and mixed media. Confronting issues including suicide, toxic masculinity, and societal pressures, each piece unfolded like a narrative journey through increasingly darker tones and complex textures, inviting viewers to engage in meaningful conversations about mental health, emotional expression, and healing.

"Art has served as an outlet for me, a form of therapy if you will. It's served as an outlet for me to express my feelings and be able to address the nuances of race, masculinity and the complesities of emotional expression...Art has allowed me to speak loudly in rooms I would usually be silenced." - Andrew artist-in-residence

"When I paint I can breathe. The weight on my chest gets lighter. So painting is one layer but when I add embroidery or add details using my fingers, these are the deeper emotions I am not able to express." - Mahdiyyah creative collective and artist-in-residence









the FUTURE IS OURS* FESTIVAL





The Future is Ours 2024

paired 6 young people with 6 professional artists in 1:1 sessions to create original work spanning music, poetry, visual arts, and live performances.







The festival exhibition attracted 262 visitors to the gallery, reaching 250,000 engagements over social media and approximately 500,000 views via billboards and street posters over two weeks.











The festival launched the two-day "A Prescription for Life" national symposium, co-produced with young people, exploring how creativity can support mental health alongside traditional services like CAMHS, Social Care, and Education.

~180 people attended the symposium, which featured speakers including Mayor of Greater Manchester Andy Burnham, Arts Council England Managing Director Darren Henley, and NHS England National Lead for Children and Young People's Mental Health Sarah Brown.

A PRESCRIPTION FOR life

The symposium shared 42nd Street's 'Active Ingredients' approach and finest examples of their work, showcasing how creativity supports young people with anxiety, low mood, isolation and low self-confidence by allowing them to develop their own creative self-care recovery 'recipe'.











Hear from our team

What do you enjoy about your role in schools?

"I really enjoy working in my role as a MHP in educational settings for numerous reasons. I feel I can provide a supportive space within a challenging system. Many young people who attend sessions talk about the cultures within schools that may be oppressive, lack autonomy or can make young people feel they don't belong. Having supportive external members of staff can offer new perspectives and advocate for those young people. It feels powerful to have a space for young people to hold all those feelings and work through them. Young people are able to feel heard and validated in a system that often doesn't have capacity to provide individualised care or comfort."

What do you enjoy about your role in schools?

"I enjoy working with a high level of diversity which can be found in the schools work. It gives us opportunity to work with students from many faith and cultural backgrounds."

Why do you work at 42nd Street?

"I work for 42nd Street for numerous reasons, including, the fact that it is known for being a truly young person-centred organisation. I have worked with children and young people for over 30 years in various settings and I have to say that the culture and ethos at 42nd Street is incredible. There is a level of warmth that makes it feel like a safe environment, as well as demonstrating top-notch professionalism which is a balance that in my opinion many organisations struggle to achieve. Also, I am passionate about supporting young people to reach their potential and in recognising that mental health can sometimes act as a barrier for some people and the various ways in which 42nd Street reaches young people makes it very inclusive. EDI (Equality, Diversity and Inclusion) is very important to me so working for an organisation that places importance on being as accessible to as many young people as possible is heartening. I could go on forever about why I work at 42nd Street, but overall it is a charity that I am very proud to be a part of."

What do you enjoy about your role in schools?

"What I love most is seeing the impact of early intervention—helping students build resilience and confidence that stays with them beyond the classroom."

What does mental health in the workplace mean to you, especially in the context of working for a mental health charity?
"Good, supportive attitudes to staff engaging in self-care. A space where we can talk openly about mental health challenges. We have a duty to model good mental health / self-care practices as a charity working in this area."

How do your 42nd Street colleagues support your wellbeing?
"My colleagues are valuable, understanding and empathic…a bunch of wonderful people who I definitely feel able to lean on at challenging times. I know they are there to help meet my needs, whatever they may be."

What additional mental health resources and training does 42nd Street offer to support staff?
"External supervision and line management, peer reflection sessions, PLMs, support groups for identity based staff and a workplace social networking system where groups can be created and people can link in with each other to connect, comprehensive trauma informed training programme on a range of issues and responsive to what staff and young people say is needed, support sessions offered when critical incidents happen, mental health afternoons and HR meetings in place to discuss individual staff requests and HR needs."

What do you enjoy about working at 42nd Street?
"Knowing that what I do each day alligns strongly with my value system as a person gives me a deeper purpose and adds meaning to my life. I feel lucky and grateful to work somewhere that supports young people's mental health and to know that my time spent contributes to a lasting difference in people's lives allowing them to live more happier, peaceful and fullfilled lives."

What do you enjoy about working at 42nd Street?
"What I enjoy about Youth Work is that it is a rehearsed, but flexible professional practice that allows me to use my training and lived experience to intuitively work to meet the needs of young people, enabling their personal, social and political development"

Why are you a trustee for 42nd Street in particular?
"Because it's important to challenge yourself and work with businesses beyond your normal experience. It's also humbling to witness what great work is done by the Charity sector, on very meagre funding." - Board of Trustee

Financial Summary

Statement of Financial Activity (Year Ended 31st March 2025) £000	2024/2025 £	2023/2024 £
Incoming Resources	3,984	4,038
Resources Expended	(4,371)	(4,024)
Net Income/(Expenditure)	(387)	14
Total Funds At 1 April 2023	2,273	2,259
Total Funds At 31 March 2024	1,886	2,273

Balance Sheet (As At 31st March 2025) £000	2024/2025 £	2023/2024 £
Fixed Assets	1,094	1,098
Current Assets	1,647	2,010
Creditors	(855)	(835)
Net Assets	1,886	2,273
Reserves: Restricted	1,058	1,451
Unresticted	828	822
Total Funds	1,886	2,273

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.

Acknowledgments

Contracts and Grants	Donations	Thank you to all those who have given through:
NHS Greater Manchester ICB	Extreme Large Manchester Shop	Just Giving
Pennine Care NHS Found. Trust	Blue Cocktail Group	Charitable Giving Payroll Giving
Manchester City Council	Charities Trust	Charities Aid Foundation CAF
Fidelity UK Foundation	Neighbourly JD Sport	Charities Trust
Prudence Trust	SumUp card reader	PayPal Giving
Salford City Council	Denise Wood	Stripe
Oasis Hub Oldham	Plus one	**Schools**
GMBOP	Forrest Recruitment Ltd	Buile Hill High Academy
Tameside Oldham and Glossop Mind (Cus)	Stowe Family Law	Connell Co-op College
Stockport NHS Foundation Trust	Liam Parker-Worsley	Wright Robinson College
Eric Wright	St. Wilfrids Church Northenden	Altrincham Grammar School
The Social Change Agency	Darren Ranasinghe	Parrs Wood High School
Salford Community & Vol Services (CVS)	The Laurus Trust	Lostock High School
The Proud Trust	Jonathan Bennison	Melland High School
The Talent Fund	Sale Grammar School	Ashton on Mersey School
Bupa Foundation	Recycling for good causes	Blessed Thomas Holford RC School
Paul Hamlyn Foundation PHF	Khalid Latif	Manor Academy
GMCA	Daniel Stane	**Also, our thanks to:**
	University of Manchester Student Union	Crowe UK LLP [Auditors]
	Keri Davies	Web (Online Platform)
	Tabitha Fitzgerald	PCMIS Health Technologies Ltd
	Story Contracting Charity	Sidney Phyllis Krystal Foundation
	Jack Nolan customer	
	Hurst Manchester	
	Willan Group	
	Paulina Grysakowska	
	Lyndon Mayhew-Dodd	
	RedSky IT	
	Bellway Homes	
	Michael Addie	
	Utsav Altrincham	
	Christine Schmaus	
	The University of Manchester	
	Viet Shack Restaurant	
	Big Village Quiz	
	Bernard Davies	
	Jonathan Bennison	
	Roland Crump/Christine Raiswell	
	Rostherne Cricket	

A special thank you to -the Big Village Quiz for raising £3,3125

and Altrincham Grammar School For Girls for hosting UTSAV 24 raising £3,000.



Funders

phf Paul Hamlyn Foundation

PRUDENCE TRUST

NHS CHARITIES TOGETHER

NHS Pennine Care NHS Foundation Trust

NHS Stockport NHS Foundation Trust

NHS Greater Manchester

Bupa Foundation

Salford City Council

Salford CVS Making a difference in Salford

Greater Manchester Better Outcomes Partnership

The Talent Fund

the PROUD Trust home of LGBT+ youth

Oasis hub oldham

the social change agency

mind Tameside, Oldham and Glossop

ERIC WRIGHT CHARITABLE TRUST

MANCHESTER CITY COUNCIL

GMCA GREATER MANCHESTER COMBINED AUTHORITY




STORY
DATE: DECEMBER 2024
42 ND STREET
PAYEE: 42nd Street Charity
One Thousand Pounds Only
£ 1000.00
FOR AND ON BEHALF OF:
Story Contracting


42 ND STREET
Pay 42nd Street Mental Health
Charity for Young People
Date 12 03 25
£ 3000

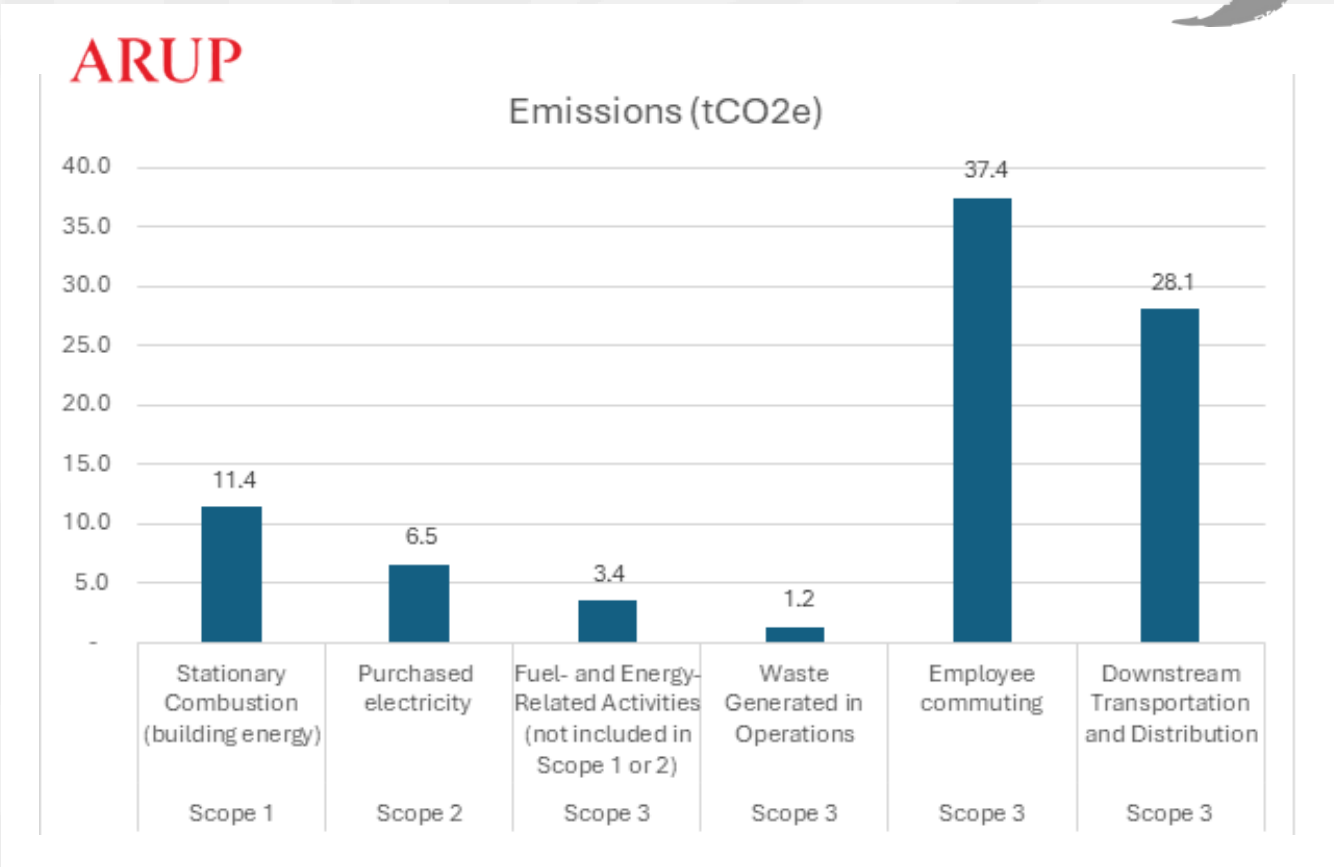

WE ARE ALL ARTISTS
CREATIVE HEALTH IS MENTAL HEALTH



"FOR OUR YOUNG PEOPLE'S TOMORROW, WE'RE WORKING ON BEING CARBON NEUTRAL TODAY"

Turning your heating down by just 2 degrees can reduce carbon emissions by 25%

This year we're began our journey to being a fully carbon neutral organisation. With the help of ARUP, we've assessed our carbon footprint and formed a Carbon Neutral working group to steer our organisation's environmental journey.



Our emissions for 2024 have been estimated as 88.1 tCO2e, mostly accounted for by commuting and "downstream transportation" (i.e. visitors travel)

Did you know – Recycling a single aluminium can will save enough electricity to power a TV for up to 3 hours

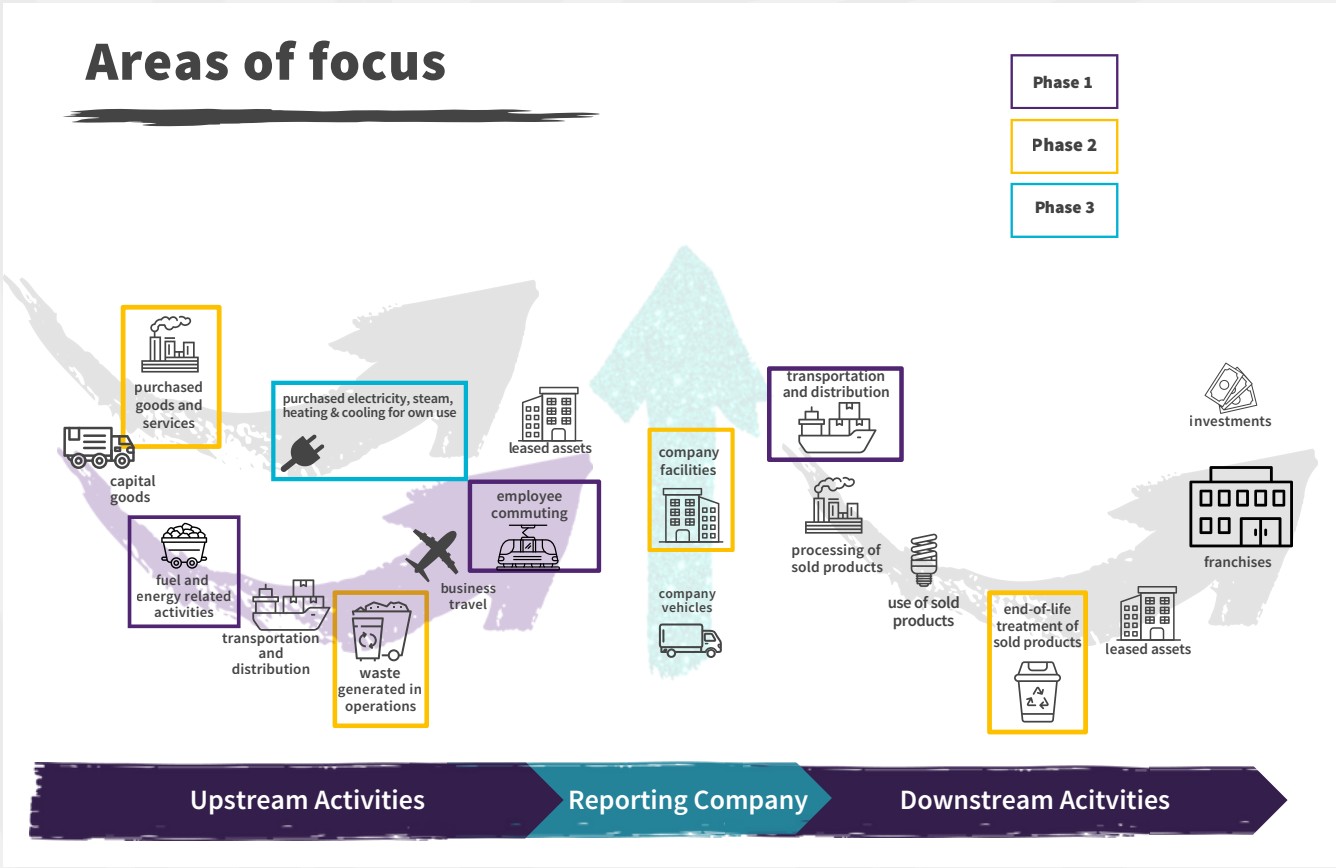


Our Carbon Neutral Steering Group is approaching our journey in three phases

- Travel and energy costs
- Purchased goods and supply chains
- Services and utilities

Recycling a single glass bottle will save enough energy to power a laptop for half an hour!

Areas of focus



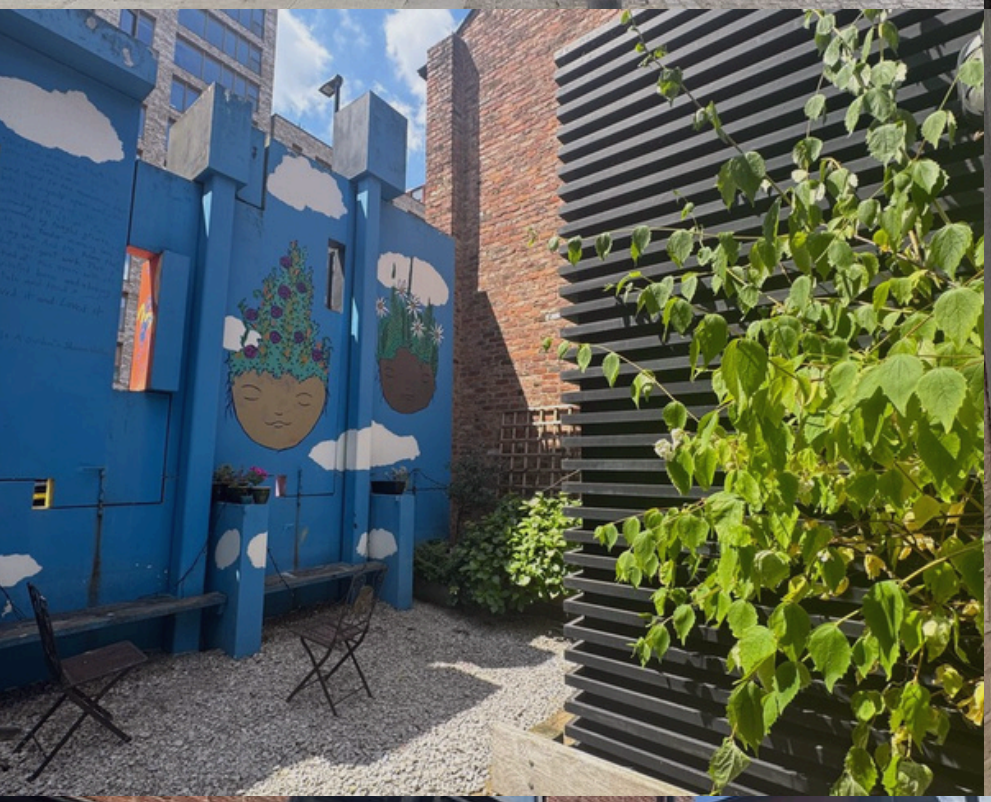
We've already improved our recycling processes and designed promotional materials to encourage more environmentally friendly activities and are currently gathering data on transport use to help guide our next steps.

We're excited to provide updates on these developments in the coming months!

It takes 70% less energy to recycle paper than it does to make it new from raw materials


JERSEY ST.
THE HORSFALL
CREATIVITY CAN


creativity is fundamental to our survival
- gemma o'brien
SWEAT
by Lynn Nottage
26 APR – 25 MAY




you make the world a brighter place


THE HORSFALL



42ND STREET VALUES & CIVILITY FRAMEWORK

Fostering an empowering culture of collaboration and inclusivity where every individual feels safe, supported and valued.

OUR PRINCIPLES

- RESPECT
- EMPATHY
- ACCOUNTABILITY
- INCLUSIVITY
- COLLABORATION

OUR VALUES

- WE ARE WELCOMING
- WE ARE COLLABORATIVE
- WE ARE CURIOUS
- WE ARE SAFE, TRUSTWORTHY AND AUTHENTIC
- WE PROMOTE CHOICE
- WE ARE INVESTED IN SUSTAINABILITY
- WE RECOGNISE AND CELEBRATE DIVERSITY



OUR EXPECTED BEHAVIOURS

- Use language that is respectful, inclusive, and free from discrimination.
- Recognise and respect the experiences of others, embracing differences in identity, perspective and communication styles.
- Prioritise mutual understanding over judgement and persuasion.
- Respond to the impacts of trauma with sensitivity.
- Challenge compassionately from a place of empathy and kindness.
- Be open, curious and honest.
- Be accountable for our actions, focusing on learning from our mistakes. over blaming someone for them.
- Engage with training and development opportunities around. trauma-informed care, cultural humility and respectful communication. that the organisation commits to providing on an ongoing basis.

OUR VALUE-DRIVEN BUSINESS OBJECTIVES

WE ARE WELCOMING

We recognise the widespread disempowerment experienced by many young people and seek to address the health, social, cultural and economic inequalities and inequities that exacerbate this, ensuring that 42nd Street is proactive and accountable in doing all we can to make young people feel listened to, valued, included, safe and unique.

WE RECOGNISE AND CELEBRATE DIVERSITY

By harnessing the individuality and intentional diversity of our workforce we strengthen quality and outcomes and are reflective and responsive to the needs of our communities.

WE ARE INVESTED IN SUSTAINABILITY

Evidence-based decision-making ensures our organisation is effective, efficient and adaptable whilst the responsible use of resources and financial stability invests in the future of our organisation and our community.

WE ARE COLLABORATIVE

We serve our wider community as an anchor organisation through collaborative and generous relationships that focus on impact over organisational gain and drive improvements in communication, efficiency, young people's experiences and shared learning.

WE ARE SAFE AND TRUSTWORTHY

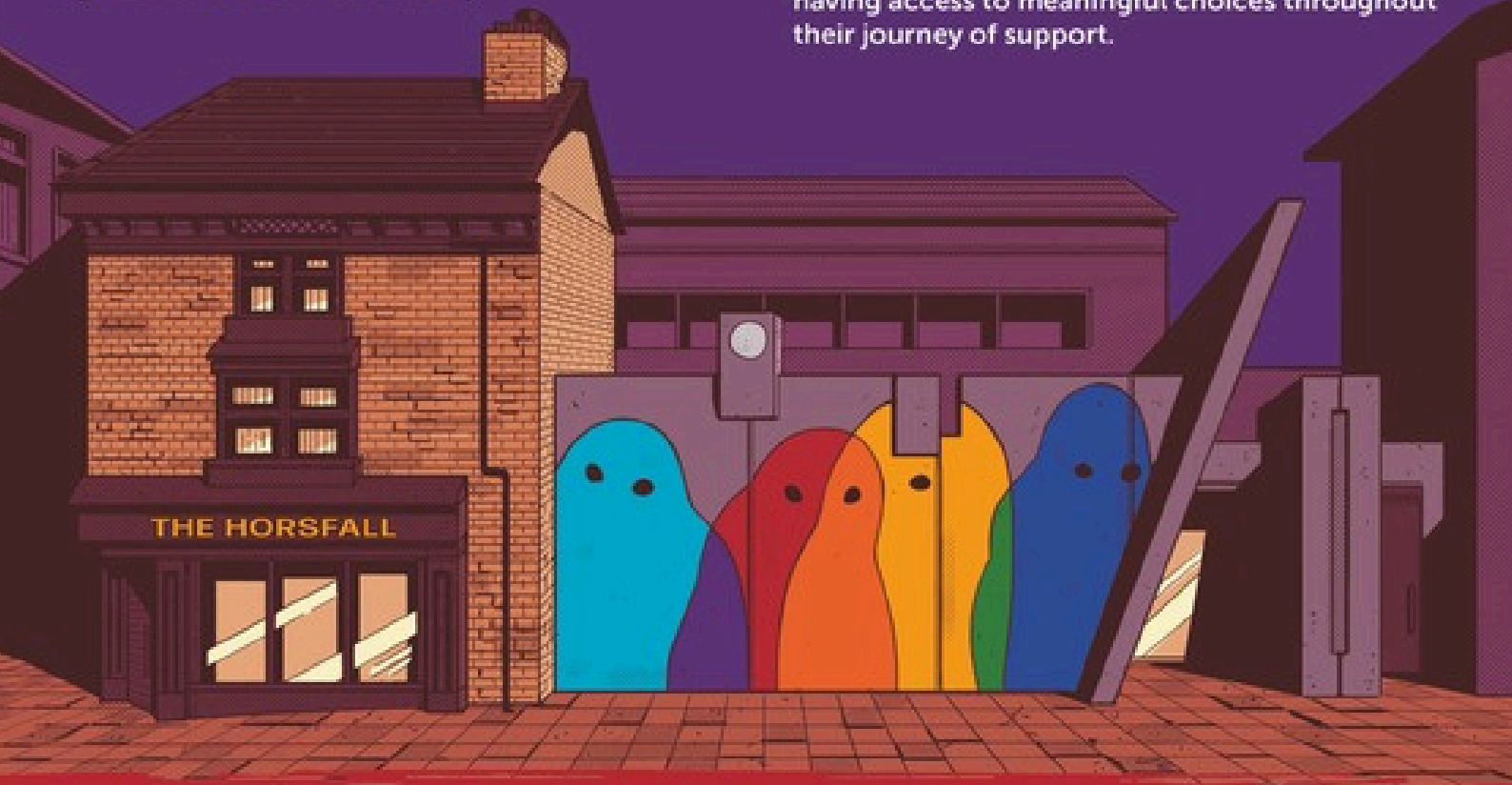
Transparent and robust monitoring provides the foundation for accountable quality improvement and ensures we are safe, effective and have a reputable voice across sectors and systems.

WE ARE CURIOUS

A culture of shared learning is supported by an environment where vulnerability feels welcome and results in pioneering work, innovation and research.

WE PROMOTE CHOICE

We ensure that young people feel empowered by having access to meaningful choices throughout their journey of support.



How to find us and connect

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SCAN FOR THE 42ND STREET LINKT.REE

SCAN FOR THE HORSFALL LINKT.REE

42ND STREET THE HORSFALL

