# 42MD STREET ANNUAL REPORT 2014-2015



Registered Charity No. 702687

# CHAIR'S REPORT 2014-15: A TRIBUTE TO VERA MARTINS,

The last year has seen 42<sup>nd</sup> Street face some tough challenges but none more so than the loss of our friend and previous CEO Vera Martins who passed away peacefully on the 13th September 2015.

Vera was CEO at 42<sup>nd</sup> Street for 11 years and in that time led the organisation to support more than 10,000 young people from across the Greater Manchester area. She was a courageous and inspiring woman and over the years that I knew Vera I realised that she not only believed that everything is possible but that by failing to try we fail one another. Vera showed courage in her convictions at times when other people may have caved under the pressure – her strong principles and her desire to see young people given the best opportunities that can be afforded to them has led 42<sup>nd</sup> Street to deliver some of the most innovative services, using creative ways of thinking and doing, to ensure that we meet the expectations of young people as well as deliver excellent services.



A COURAGEOUS AND INSPIRING WOMAN

COMPASSIONATE

& GRACIOUS



SUPPORTED MORE

THAN 10,000 YOUNG

PEOPLE FROM ACROSS

When I first met Vera we were talking about the possibility of creating a new home for 42<sup>nd</sup> Street – plenty of people at that time thought the idea was a crazy pipe dream. I certainly had lots of days when I seriously doubted it could be done, but Vera never stopped believing that it was a dream that could be made real – her inspirational courage led a team of people to commit to the idea, to put effort into making it come to life and to deliver an award winning new home.

If I try to list the characteristics she displayed I would have to say that she was **tenacious**, **determined**, **and single minded**, but that makes her sound like a woman who took no prisoners in order to achieve her goals; in fact Vera was quite different. Alongside these qualities she was also **compassionate**, **patient**, **resilient**, **gracious and thoughtful**. Vera was a delightful blend and used her strength to achieve great things on behalf of others.

I think that the real gift that she has given me, and all of us at 42<sup>nd</sup> Street is that she has handed over the baton to each of us to take her values and continue to do more. As we say goodbye to our friend we do so with love and respect and recognition that Vera inspired others to come on a journey and to take bold and brave steps, our tribute to her now must be what we do with her legacy – as young people, staff and trustees, it's our turn to take on the dream and to believe that everything is possible.



### CHIEF EXECUTIVE'S REPORT 2014-15

SIMONE SPRAY - CHIEF EXECUTIVE

More young people need our service than ever before and the diversity and complexity of their needs means that we have an increased responsibility to continue to deliver flexible, relevant and safe opportunities for support. The quality of our service is of course reflected in the high recovery rates – over 75%, the low rates of cancelled appointments – under 10% and the high rates of satisfaction – over 95%. None of this could be achieved without the determination of everyone at  $42^{nd}$  Street to genuinely listen to what young people are telling us and to shape our support around what works for them.

The "Future in Mind Report" published in March 2015 represents a milestone in child and adolescent mental health in that it recognises the inequalities and inadequacies that have reached unacceptable levels across the system and the country. 42<sup>nd</sup> Street has a history of courageous leadership and a passionate, specialist team committed to choice, inclusion and impact; the lessons that we have learnt over the last 35 years must continue to shape and influence developments locally, as Greater Manchester negotiates devolution and as evidence based approaches evolve nationally.

The financial and political backdrop remains complicated and uncertain, but over the last year more individuals and communities have raised funds for us than ever before, our statutory contracts have been renewed and we have secured new funds and support from Trusts and Foundations. We are particularly excited about the opportunities ahead of us as we develop The Horsfall – and contribute to the cultural and social history of the area and creative approaches to mental health and well-being. Thank you to everyone who has supported us over the last year and special thanks to the incredible team at  $42^{nd}$  Street who, despite the challenges and pressures that they face each day, continue to ensure that young people feel supported and cared for by a service that believes in them.

# THE 42№ STREET COMMUNITY 2014-2015

#### AREA **BREAKDOWN:**



Manchester 72% Trafford 14% Salford 14%

#### GENDER **BREAKDOWN:**





AGE **BREAKDOWN:** 



17 - 2040% 21 - 2538% 16 & Under 22%

#### **ETHNICITY BREAKDOWN:**



White British 73% BME 25% Undisclosed 2%

#### DISABILITY **BREAKDOWN:**



Not Disabled 76% Disabled 18%

Undisclosed 6%

#### **SEXUALITY BREAKDOWN:**



Heterosexual 56% Undisclosed 32% LGBQ 12%

### LAST YEAR <mark>42™ Street</mark> Delivered...





# A DIFFERENT SPIRIT

1884, Ancoats. Thomas Horsfall opens The Ancoats Art Museum to "alleviate the miserable dullness and emptiness of the life lived by a very large proportion of the inhabitants of Manchester."

2013, Ancoats. 42<sup>nd</sup> Street launches A Different Spirit, a programme of work exploring the role of creative engagement in positive mental health and wellbeing.

A Different Spirit began with a Google search "Ancoats + Art" in 2013. What we quickly discovered was the fascinating and little known story of Thomas Horsfall and the Victorian Ancoats Art Museum. VICTORIAN

Horsfall believed in the right of everyone to access ANCOATS ART art and beauty, and his innovative art museum was an early experiment in how the arts could make a positive impact on mental wellbeing. Horsfall gave us the guiding principles for A Different Spirit; an 18 month creative programme working with young people at 42<sup>nd</sup> Street, partner organisations and local communities.

Partnerships were formed most crucially with the Heritage Lottery Fund as well as The Homes and Communities Agency, Manchester Art Gallery, the University of Manchester and freelance creative practitioners.

ANCOATS

ART

MUSEUM

THOMAS

HORSFAL

The practical work on A Different Spirit began in November 2013 when ten young people from Manchester travelled to Grizedale Arts, Cumbria, for a three-day residential visit where they made jam, created wallpaper and walked the fells. The wallpaper made on this trip eventually found its way into an exhibition at Tate Liverpool and was a wonderful example of how participants in the whole project got passionately involved and dedicated time, energy and emotion to creating some beautiful outcomes: What followed the residential were four incredible projects featuring a photographic chronicle of Ancoats and its people; a hugely successful pop up shop selling useful and beautiful objects made in collaboration with artists and based in the Victorian shop; a public realm artwork draped across our building and delivered with artist Lucy Harvey, and a magical night of music and film with Open Music Archive. This last project, which closed our programme, saw young people from 42<sup>nd</sup> Street taking pianola roles of the music that would have been heard in Victorian Ancoats, digitising them and reinterpreting them as dance music. The young people's compositions were then

rewritten as a piano concerto by pianists from the Royal Northern College of Music. Both were then played to a live audience at Halle St Peters. The night was concluded with an interpretation of original pianola pieces by Graham Massey, founder of 808 State and innovator in digital music in the Manchester dance scene in the 1980s.

"We enjoyed making this wallpaper very much. We got obsessed with it. We got really excited. Everyone was shouting at us, telling us 'we need to eat, we need to sort the tables out, stop doing it' and we were like 'no, we need to continue'."

Participant in the residential

A Different Spirit gave 124 opportunities to take part in creative activity mainly to young people who had never set foot in a gallery or theatre. Their work reached audiences across the city and beyond with 2,700 engaging with us online, 700 people physically attending events and thousands viewing the artwork on our building.

Following on from this success we are now working to secure funds to renovate the shop and transform it into a dedicated creative space for young people. We hope to launch a permanent rolling creative programme there mid-2016.



# WE TELL YOU

We Tell You explores barriers to preventative mental health services experienced by black young men. Since 2013, 42<sup>nd</sup> Street has worked in close partnership with Hideaway Youth Project, Patrick Williams, an academic from the field of criminal justice, and a team of dedicated peer community researchers. Funded by Manchester City Council's Equalities Fund, the project has used group work, physical activity, creative arts and mindfulness to start conversations, develop research questions and create resources. The ongoing commitment, drive and enthusiasm of the Community Researchers who have volunteered their time and energy is commendable and will create real and lasting impact. 15 young people (18-25s) have completed research methods and qualitative research training and the project has worked with over 100 young men in multiple communities across Manchester to explore their sense of identity in relation to wellbeing, cultural expectations and help-seeking behaviour via individual interviews and focus groups.

"I want to be able to help my community to receive better treatment and proportional treatment in the mental health services."

Young man, 24

"They helped me broaden my horizons by finding out about different resources for young people. It was good to have a safe place to talk to another person like me about issues that affect me as a black male. He understood me and got me." Young man, 25

"[The project] helped me to get a better understanding of mental health but also to feel more confident to talk openly about mental health in public or amongst friends and family. It also made me feel that it's ok to tell others that I am involved in a mental health project instead of feeling embarrassed or hiding it."

Young man, 24

In January 2015 the Community Researchers travelled to London to meet inspirational young entrepreneurs and learn from national leaders about the issues facing children and young people living in poverty in the UK. They gained first-hand insight into how a global charity tackles humanitarian issues and responds to emergencies internationally and visited the Houses of Parliament to contextualise their learning. In November 2015 the research team will publish their interim findings and in 2016, the final research recommendations are set to inform practice across the country as the young men disseminate the learning.

# 42™ STREET IN SCHOOLS

42<sup>nd</sup> Street's provision in schools has expanded and developed in recent years. During 2014-15 we delivered dedicated bespoke services in eight Greater Manchester schools. Each school has its own teaching and learning needs and unique community and culture. The emotional health and well-being needs of the students have been made a priority in these schools alongside their academic learning, as schools increasingly recognise the need to take their role seriously in this area. Schools now increasingly refer to there being a 'whole school approach', a framework which aims to respond proactively and comprehensively to the emotional health and well-being of children and young people, and see this as everyone's concern not just that of a designated person within the school. This shift in thinking has provided an

During 2014–15, 42<sup>nd</sup> Street developed a service for Oakwood Academy, Salford which builds on the knowledge and experience of our disabled young people's project to deliver a service for students with additional learning needs.

'People with Learning difficulties can often be marginalised and thought not to benefit from counselling. The work in Oakwood uses an approach that co-develops emotional understanding rather than depending on the young person's IQ. The use of solution focused work can be very helpful and it is a space within the school effective backdrop to 42<sup>nd</sup> Street being able to enhance our offer beyond a simple model of one-to-one delivery, to a more nuanced tailored service whereby we can respond to the needs of the individual school, including the offer of consultancy, training opportunities, assembly presentations, workshops for teachers and parents and a more solid connection between the school and our service.

> "Self-harm has reduced and I am now starting to try and talk to my family a bit more. Talking has been very hard but it has helped me to take the first step to being aware of my problems."

#### Young person

Altrincham Grammar School for Girls, Trafford

"It helps me out. I feel understood, like I'm not mad."

Young person Connell Sixth Form College, Manchester

system where young people can practise using their skills and resources to shape and change their self-identity and further develop their social and communication skills.'

42<sup>nd</sup> Street Mental Health Practitioner supporting Oakwood Academy, Salford

### CBT AT 42™ STREET - - -

Cognitive Behavioural Therapy (CBT) is a form of psychological therapy in which young people are supported to explore connections between their thoughts, feelings and behaviours. Once unhelpful cycles have been identified, the young person and their therapist work collaboratively to cultivate more healthy cognitive and behavioural strategies.



"The therapy is changing my life...I'm no longer experiencing flashbacks or nightmares."

Female, 24, PTSD

"I feel like I'm in a much better frame of mind to start at a new college and I couldn't have got here without your help."

Male, 17, Social Anxiety

In 2014-15, CBT therapists at 42<sup>nd</sup> Street offered more than 500 individual sessions of CBT as well as providing training and support to the wider staff team, many of whom use elements of CBT in their work with young people.

CBT therapists at 42<sup>nd</sup> Street have supported young people with a variety of presenting issues including anxiety and depression, as well as more complex presentations including Obsessive Compulsive Disorder (OCD) and Post-Traumatic Stress Disorder (PTSD).

Due to the ongoing support of the wider team, CBT has been successfully integrated and now forms an important part of the broader counselling and therapy provision. As the CBT service continues to expand, it reinforces the crucial importance of providing a mixed menu of support that reflects the diversity of young people's needs and experiences.

# GIRLS TALK

42<sup>nd</sup> Street works in partnership with Hideaway Youth Project, Moss Side to create a safe women-only space for girls and young women aged 11-19 in the local community. 42<sup>nd</sup> Street offers oneto-one support; facilitates wellbeing and life skills workshops around key topics such as managing stress, confidence and healthy relationships; and creates a safe space for open forum discussions with young women about the things that are affecting their lives. This year, young women have explored how media, social and political influences impact them - their sense of wellbeing, how they view themselves and the decisions they make about how to express themselves. Young women wanted to challenge this on a personal and societal level and they decided to create a film to raise awareness and challenge some of the impacts they felt. The film was showcased as part of The Somebody Project exhibition at Z-Arts,

Manchester and was viewed by over 100 visitors over the course of one week.

The group celebrated their achievements by going on a 'Kieran's Getaways' residential. 12 young women swapped the city for the Shropshire countryside, testing out their archery, fencing and raft-building skills, before relaxing around the campfire, toasting marshmallows.

> "I like Girls Talk, we do lots of different things and talk about different things."

Zainab, Age 13

"Good thing about the resi was working in a team and meeting Tommy (Activities Leader)...bad things about it was the early mornings... most liked campfire, raft building and the people I worked with... the staff were really encouraging towards us to help pass our fears."

Charlotte, Age 16

"I liked the meditation, it helped me relax."

Jess, Age 16

# THANK YOU!



part of something special, something that reflects the love and respect Kieran's friends and family have for him. At 42<sup>nd</sup> Street we are careful to use the valuable funds raised to provide young people with opportunities we wouldn't otherwise be able to offer. Kieran's Getaways are now an important part of our varied programme and complement beautifully the one to one counselling and therapy work and the group work opportunities that young people are already accessing for support."

"42<sup>nd</sup> Street is extremely fortunate to have the support of Kieran's friends and family.

When you are at Kieran Fest you really do feel

Roland Crump Kieran's Dad

> Simone Spray Chief Executive, 42<sup>nd</sup> Street

2014

#### **KIERAN FEST 2014**

Kieran Fest is a tribute to a lovely, caring young man and a celebration of his life over 3 days. Kieran was a loyal, good friend, devoted to his family and an inspirational role model who was tragically killed in January 2013 aged 18. Funds raised by Kieran Fest support the work of 42<sup>nd</sup> Street; something Kieran's family believe Kieran would have approved of. In total, Kieran's family and friends have now raised a tremendous £30,000 for 42<sup>nd</sup> Street. This has supported us to redesign our website and marketing materials, and has enabled us to develop 'Kieran's Getaways' as a new strand to our service.

Kieran Fest 2014 took place on the 5th, 6th and 7th September 2014. The weekend included a quiz at Chorlton High's Blue Box theatre, a football match between Kieran's old team mates from FC Bluestar and the current Under 18 side, a band night at Chorlton Irish Club, featuring 90s rocker Tommy Scott from Space, and a family fun day at South West Manchester Cricket Club. All the venues were provided free of charge. Manchester-based organisations such as Manchester City, Manchester United, FC United, the Royal Exchange and the National Cycling Centre joined local Chorlton shops and businesses to supply a stellar range of raffle prices which included tickets for gigs, the theatre, football matches plus vouchers for a broad range of restaurants.

### TO FIND OUT MORE ABOUT KIERAN FEST, Please visit:

### WWW.KIERANCR.ORG

#### WHAT ARE KIERAN'S GETAWAYS?

Developed with and for young people accessing 42<sup>nd</sup> Street, 'Kieran's Getaways' trips and residentials give young people the opportunity to experience something new; to be inspired to recognise how their life experiences and skills can be translated into something really positive for the future whilst also giving them the space we all need sometimes to recharge and reflect.

Over 40 young people have been involved in Kieran's Getaways. Getaways have included:

- A trip for young women to the Lake District
- A We Tell You community researchers' trip to London to visit Save the Children and research mental health services for young, black men
- An adventure residential for young women called "Girls Talk"
- A day trip for young people on completion of the Dealing with Depression and Anxiety Project
- A trip for young people with autism to Young Dada Festival in Liverpool

It was awesome because I challenged my fears and it gave me a chance to get away from problems and school...the staff encouraged us to be fearless...the activity I most enjoyed was the zip wire and high swing... I challenged my fear of heights which I thought I could never ever achieve."

Participant, Kieran's Getaways



Kieran was a loyal, good friand and was devoted to his family and an inspirational role model who was tragically killed in January 2013, aged 18. Kieran Fest is a tribute to a lovely, caring young man and celebration of his life over 3 days. All wolcome! The events include: Friday Sth Sontember:

Quiz night from 8 pm at Choriton High School

Saturday 6th September: FC Bluestar reunion match at Chorlton High School -12.30pm kick off

Saturday 6th September: Gig Night at Chorlton Irish Club from 7.30 pm until late

Sunday 7th September: Fun Day at South West Manchester Cricket Club (Ellesmere Road

Money raised will be donated to 42nd Street, a Manchester charity helping young people under stress.



# THE STAFF TEAM IN 2014-2015

#### **BOARD OF TRUSTEES**

#### **OFFICERS:**

Liz Allen (Chair)

Su Rai (Treasurer)

Harriet Gibson (Secretary)

Richard Spearing (Deputy Chair)

#### LAY MEMBERS:

Jacqui Cotton Ric Hawkins Iyabo Fatimilehin Justine McGuinn Sarah Kendal Kevin Jones Sarah McGrath Hywel Thomas

#### **STAFF TEAM**

#### **CHIEF EXECUTIVE:**

Simone Spray

#### **HEAD OF SERVICE:**

Chris Jacob

#### HEAD OF BUSINESS OPERATIONS:

Tess Gregson

#### **SERVICE MANAGERS:**

Frances McCann Harriet Williams Karina Nyananyo

#### **ADMINISTRATIVE TEAM:**

Joanne McLeod

Liz Battison (Senior Admin Officer)

Leonie Brown (Finance Officer)

Rachael Brooks (Admin Team Manager)

**Renee Forrest** 

#### **SENIOR TEAM:**

Champa Vaghji (Learning Development Officer)

Heather Parr (Facilities Officer)

Julie McCarthy (Creative Producer)





NHS Salford Clinical Commissioning Group







**Tudor**trust

### MENTAL HEALTH TEAM (COMMUNITY):

Danielle Bohne Geraldine Osowska Jackie Trotter Kay Hirst Rhiannon Vaughan

#### MENTAL HEALTH TEAM (COUNSELLING & THERAPY):

Eleni Dimitrellou Sarah Flounders Rashmi Vadgama Carina Wake Alex Habens Wendy Bond

#### MENTAL HEALTH TEAM (YOUTH WORK):

Joanne Shaw Katrina Garg Richard Moosbally Sian Wild Ed Coyle Amy Girvan Paul Allen Zoe Doyle

#### **CARETAKER:**

Joshua Obinim

#### **STUDENTS:**

Alice Lenehan Tahra Jenkins Debbie Tran Kamilah Wallace Laura Mather Noleen Menzer Steve Vickers Nontokozo Zimbil Nina Phillips Kayleigh Appleby Jane Emeanuwa

North Manchester Clinical Commissioning Group



WHS Trafford Clinical Commissioning Group









GUILD of St GEORGE

# ACKNOWLEDGEMENTS

### WE WOULD LIKE TO THANK THE FOLLOWING FOR THEIR FINANCIAL SUPPORT OF 42ND STREET

- NHS Manchester
  Clinical
  Commissioning Group
- Manchester City Council
- NHS Salford Clinical Commissioning Group
- / Salford City Council
- NHS Trafford Clinical Commissioning Group
- NHS Tameside & Glossop Clinical Commissioning Group
- Trafford MBC
- Henry Smith Charity
- / Trafford Housing Trust
- Heritage Lottery Fund
- Curious Minds
- Guild of St George
- Iloyds TSB Foundation
- The Tudor Trust
- Cheadle Royal
  Charitable Trust
- / St Pauls High School
- Connell Sixth
  Form College
- / Cedar Mount Academy

- Oakwood Academy
- Altrincham Grammar
  School for Girls
- Chorlton High School
- Wellington School
- Valkden High School
- Kerry Bentley and all donors of the Kim Lindfield Trust
- Christine and Roland Crump-Raiswell and all who donated in memory of Kieran Crump-Raiswell
- Staff at the Priory Hospital
- Mary Lasance
- Autotrader
- Pertemps People
  Development Group
- GM Chamber of Commerce
- Boohoo.com
- Access Advertising
- / Barbara Drummond-Williams
- Matthew Mills
- 🖊 Mike Hogan

- Robin Goodswen
- 🖊 Simon Landi
- Sue Hawkins
- All donors through the JustGiving and Charity Choice websites
- Sponsors who supported our sponsored events
- All anonymous donors

#### Also our thanks to:

- Crowe Clark Whitehill [Auditors]
- Hanley's
  [Payroll]
- Hands On Computers [IT support]







#### **CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES**

(Year ended 31st March 2015)

	2015 (£)	2014 (£)
Incoming Resources	1,103	1,084
Resources Expended	1,101	1,062
Net Income/Expenditure	2	22
Total Funds (at 1st April 2014)	429	427
Total Funds (at 31st March 2015)	429	427

### **CONSOLIDATED BALANCE SHEET**

(As at 31st March 2015)		
	2015 (£)	2014 (£)
Fixed Assets	1,164	1,183
Current Assets	252	229
Creditors	(987)	(985)
Net Assets	429	427
Reserves: Restricted	135	136
Reserves: Unrestricted	294	291
Total Funds	429	427

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.

CALL US: Tel. 0161 228 7321

FAX US: Tel. 0161 228 0528

EMAIL US; theteam@42ndstreet.org.uk

@42ndStreetmcr @TheHorsfall

VISIT OUR WEBSITE: www.42ndstreet.org.uk

ADDRESS: 42<sup>nd</sup> Street, The Space, 87 – 91 Great Ancoats St Manchester, M4 5AG





1//