

TERMLY MONITORING AND EVALUATION
Heads-up project

The purpose of termly monitoring reports is to:

- Demonstrate how the project is meeting the aims and outcomes contained within the funding agreement;
- Provide qualitative and quantitative data to demonstrate the impact we make.

The termly monitoring reports shall include:

Project name/venue:	Heads-Up
Term:	Autumn / Winter
Date:	December 2022

1. Outcomes and impact

Workshop themes we have covered	<p>Smoking awareness.</p> <p>Positive thinking.</p> <p>Anxiety.</p> <p>Image.</p> <p>Social media.</p> <p>Alcohol awareness.</p> <p>Diet.</p> <p>Family.</p> <p>Relationships.</p> <p>Friendships.</p> <p>School / exams.</p>
What we have done to increase/improve Emotional health and wellbeing	<p>This term we have engaged in lots of conversations around anxiety. How this varies from person to person and what we can do to help them as individuals. Some young people stated a fidget toy may possibly help so I purchased these for young people. We discussed how when they feel frustrated in class they could use these to relieve anxiety / stress and hopefully it would help to keep them in class rather than going to link.</p> <p>We have looked at positivity. How we see ourselves and others and how we put ourselves down. Young people don't give themselves enough credit and how this can help our mental health when we do and say positive things for themselves.</p> <p>Social media was also a big subject that we covered over a few sessions. We spoke about how this can have a huge impact on friendships and relationships as how things are</p>

	<p>said and how they come across can be very different. Images can also cause major problems as people can be very mean and judgmental over social media towards each other. We spoke about being kind and if you don't have anything nice to say, think about it and do they need to say it – possibly remove themselves from the situation as comments can be very hurtful and cause self-harm and in extreme cases cause suicide.</p> <p>Young people engaged in a smoking workshop where we did a quiz which young people found interesting. We looked at the tar jar which they thought was disgusting. Some young people said that they have never smoked and said they never would after looking at it. They were shocked at what it can do to the lungs and learnt of the many health impacts it can have on the body and how expensive cigarettes are. This then created lots of conversations around vaping. Young people seem to think vaping is cheaper and has lower health impacts and are also easier or too easy to get hold of as they are on the shelves in the supermarkets right there in front of them.</p>
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2. Outputs Reporting

Total number of different individuals who have benefited from the activities since contract start	35
Average attendance per session	6 for group work.
Number of 1:1's carried out	24

Number of individuals x frequency	Subject	Notes
10	Alcohol	Weekend binging / parties.
4	Bereavement	Family illness and death.
16	Bullying	Bullying in school/ name calling. What bullying is and how hurtful it can be. How bullying can lead to suicide in extreme cases.
12	Confidence	Positivity workshops to encourage confidence. Attending youth club to build confidence and meet new friends.
14	Diet	Balanced diet and why it is important.
6	Drugs	Older peers smoking cannabis.
16	Exercise	PE at school – the majority really enjoy this as its physical and not sitting in a classroom which some struggle a lot with.
20	Family	Relationships with parents. Relationships with siblings. Disagreements. Financial problems so having to move in with grandparents.
14	Getting active	PE at school. Walking to school. After school clubs. Rugby. Football. Boxing.

16	Healthy eating	How this can make us better. Changing snacks to healthy snacks like fruit rather than crisps and chocolate.
6	Isolation	Living in rural areas and feeling isolated as no friends around.
4	LGBT+	Gender. Differences. XYZ at SYA.
16	Relationships	Relationship breakdowns. Positive relationships.
26	School	Likes, dislikes, struggles.
15	Self esteem	Conquering fears. School trip.
18	Smoking	Smoking workshop. Tar jar – shocked at how much tar can build up on the lungs.
2	Young carers	Looking after parents / grandparents.
22	Vaping	Very popular. Cheaper than cigarettes and easier to get hold of. Less health complications If you vape than cigarettes.
16	Anxiety.	Struggles. How many people struggle with anxiety.

3. Case study

Give an example where an intervention or series of interventions has contributed towards a young person/people's behaviour, emotional health or behaviour change.

We have had several 1-1's this term. A number of them struggle in school and some that spend quite a lot of time in link (pastoral). This is where they are removed from the classroom due to them being disruptive in class, We have given advice and support about how school is compulsory, how they can cope better within the class, the reasons why they are disruptive and how this has an impact with their parents / grandparents at home. We have had several conversations about how they feel disrespected by teachers and how they feel they are "picked on" as they are "naughty", We have also had many conversations about respect and respect being a two way process. They are challenged around subjects of make-up, having their nails painted and their skirts being "too short". They find this very frustrating as it doesn't affect their schoolwork, but we have had lots of conversations about rules and unfortunately, they are required to follow these as this is school policy.

Any changes to the planned delivery:

Due to the drama studio where we are usually based for group work sessions the last 4 weeks changed. We moved up to the English room for a session then had a table in the foyer for the last few weeks of term, for young people to come and chat, complete a quiz/ word search / mood diary and this gave us chance to check on their wellbeing. This worked well and young people still engaged well with us. Young people were made aware of the changes.

Wem Town Council
Heads Up Project
FAO: Penny O'Hagan, Town Clerk

Date: 16/12/2022

Dear Penny,

Re: Increase in prices

Please be advised that our price for the partnership agreement will increase from £10,000 p.a. to £10,500 p.a. This new price will be effective from the Summer Term 2023.

We have maintained our prices for 4 years despite rising costs and inflation. We are a Living Wage Employer and as you are aware there has been a substantial increase in rates of pay to keep up with the cost of living crisis. Therefore, this year we have decided to increase our prices to maintain our quality standards and ensure that our employees are paid a fair wage.

We trust that the above explanation is satisfactory. Your understanding and support are appreciated. Please let me know if you have any questions or concerns.

Yours faithfully



Richard Parkes
CEO

Headsup Funding - Headsup has been funded through grants

	2021-22	2022-23
Balance b/f	£2000	£4400
Income		
Grants donation	£7400	£7000
Earmarked reserves allocation agreed	£3000	£4600
Total Income	£12400	£16000
Expenditure		
Project running costs	£8000	£8666.66
Balance year end	£4400	£7333.33

Increase in project costs from 1.4.23 means that each term will cost £3500. Therefore balance remaining will enable project to run for 2 more terms until 31.12.23. If there is an underspend at year end in the youth services grant this could then be earmarked to enable the project to run for a further 2 terms.