

STEP

2

young people's
health

Annual Report 2020

Trustees Report 2020

As for the rest of the world, 2020 has been an incredibly challenging year for Step 2. However, the challenges have provided us fresh opportunities and we have been able to develop our services in a way that is both encouraging and exciting. We are very proud of the way our staff team responded to the challenge. As a result, we are stronger as an organisation, having developed new skills, become more resilient and better able to respond to the needs we see around us. We were very proud to have been able to continue to support so many young people for whom 2020 brought additional issues, and to still be here and able to support them as they continue to struggle, and as we start on the recovery process.

We have been extremely grateful for our partners who have struggled alongside us, and allowed a broad range of services to be provided for young people who needed them more than ever. Many of these partnerships are stronger than ever, and give us hope for the future. As always our vision and mission has remained in focus to ensure we can continue to support young people to live healthy lives.

Our Vision

Young people will be healthy in every way, supported by quality services and each other.

Our Mission

Our mission is to enable children and young people to live healthy lives by providing information and delivering services to them, to their families, or to other professionals who work with them.



SPECIALIST INTERVENTIONS

We have been able to continue the pilot project we established last year working with young people who have on going social care intervention and who are pregnant or new parents and are preparing for pre-birth assessments. This work has been funded by Bradford Council. During the sessions we look at why and how to access antenatal classes, where to get support and the importance of working with professionals. We have made referrals to the Bradford Doulas and Baby Basics. This work has been challenging due to the social distancing guidelines and it has not been easy to move online, as often the young women were not able to or willing to access this. We have also offered walk and talk sessions, but not all were able to access this either. However, we have still managed to offer some support to 8 young women.

Our pilot project with young adults with learning disabilities was commissioned for a further year by the Specialist Learning Disabilities team from Bradford Social Care. This programme supports young people who are working towards Capacity Assessments and require further education to improve their knowledge and understanding of sex and relationships.

This was also difficult work during the pandemic, and was on hold for a while. Some of the young people we had worked with maintained contact, as they were feeling isolated and lacking support, but the formal work was difficult when we were not able to meet face to face. We offered sessions to 12 young people during the year, often using walk and talks or sessions in gardens over the summer.



YOUNG WOMEN'S WORK

Buttershaw Girl's Group, in partnership with the Youth Service and the Eden Project, used a variety of venues and taken part in a range of activities this year. It started well but with the pandemic at the end of March we to had maintain contact via phone. From July to October, with the good weather and use of a minibus, we resumed the Girls' Group doing activities and trips to the local parks and places of interest. Our partnership with Eden meant that when the weather deteriorated and the dark nights came we could use the Baptist Church and the Bedale Centre (where the Christmas party took place) when the Youth Club building was unavailable.



HOLIDAY ACTIVITIES

During the summer holidays we were able to run a full programme, offering activities in an outdoor setting and providing packed meals for young people, most of whom are in receipt of free school meals. This work included trips to parks, nature walks, outdoor sports and cycling. We worked in groups of 4 or 5 young people to enable social distancing and to adhere to Covid-19 rules. It was a challenge to keep to the planned programme as government guidelines changed regularly, but helping young people understand the guidelines and the reasons for them was an important part of this work.

We have remained in contact with many of the young people to support them on their return to school and with their own personal struggles during the pandemic. In total 80 young people attended at least one session.

We were able to carry out similar work in October half term which included trips to Lotherton Hall, Jumperooz, Cartwright Hall and Lister Park. There was a total of 45 attendances. The young people appreciated the packed lunches and teas which were provided. The weather was challenging with torrential rain but the young people enjoyed going somewhere different and just spending time together. At Christmas we were unable to deliver face to face work, so instead delivered food hampers to 85 families, including Christmas treats and toys for those most in need.

SCHOOLS PROGRAMMES

We continued our offer of one day a week support to students at Bradford Academy until schools closed. We then continued remote support, offering weekly phone calls, door step visits and food deliveries to the young people who had been part of the group until schools returned in September.



In September the number of sessions was significantly increased, as Bradford Academy wanted Step 2 to have some of their students on a full-time basis at our premises. This was exiting as Step 2 could offer a range of courses and activities to these young people. They studied core subjects in the morning and Step 2 programmes in the afternoon. We were also able to include Essential Life Skills such as cooking and cleaning, and to create a 'family feel' where the young people enjoyed cooking and eating together.

The students liked the informal arrangements and were willing to attempt to learn things that they previously believed they could not do. We were able to adapt the programmes to suit the students who attended. However, the premises created challenges, and with the added restrictions due to Covid- 19 it became very difficult to manage. The school made the decision to move to the school's alternative setting, and include our input only in the afternoon. However, attendance reduced at this point, and the school ended this provision at Christmas due to budget limitations, added to the difficulties of bringing additional professionals into the building in line with Covid-19 guidelines. We have worked hard at supporting schools in which ever ways we can throughout what has been a very turbulent year for them. We had started some group work in Queensbury Academy, which was halted when school closed.

Instead we were able to offer some transition work by Zoom for children who were preparing to join in September. We were in the process of teaching Mindfulness Skills in 2 primary schools when they closed in March, and although they did not complete the programme, we hoped the skills learnt were useful to them later in the year and that they will continue to use them in the future. We were delivering some group work and one to one support in Oastlers, and have been able to re-establish this work with some of their vulnerable young people who have attended throughout. We have continued to deliver 1:1 support in Oakbank School each week, moving this online when schools closed, until the end of term in July.



SEXUAL HEALTH OUTREACH

The sexual health drop-ins and bus sessions that have been a big part of our work were not possible for most of the year. We started by developing relationships with pharmacies, who were able to offer a condom distribution service throughout the year.

The re-introduction of the C-Card scheme has meant we have been involved in the exciting work of recruiting and training staff at key venues around the city to deliver their own sexual health support and condoms to young people they are in contact with.

Talking Taboos

Following on from our conference in 2018 we have developed a series of Talking Taboo workshops, which this year we moved online.

These included

- 'The Impact of Pornography on Young People'
- 'Young People and the Online World'
- 'Domestic Abuse and Young People'
- 'Emotional Wellbeing - helping young people out of Covid-19'

This training was delivered to a range of professionals working with young people. To date we have delivered 6 workshops attended by around 100 professionals and we received very positive feedback. We have continued to send out quarterly newsletters and regular mail outs promoting our services to a growing mailing list.



Counselling

Our counselling service continues to thrive as we continue to offer counselling to children and young people aged between 5-25yrs. Counselling is delivered for 5-11yr olds in primary schools and for 11-18yr olds in secondary schools and in community bases. Counselling for 16-25yr olds is now also offered through the CCG's Extended Access Service at a number of health centers across the district.

One of our major challenges to the counselling service in 2020 has, of course, been the impact of Covid-19 and lockdown. The counselling team did an amazing job in mobilizing swiftly to adapt our ways of working in order to continue to offer our high quality counselling services remotely in a safe and secure way. This was helped enormously by the fact that five of our counsellors had successfully completed their diploma training in Online Counselling and they were able to help shape the adaption of our services and support the rest of the team.

We delivered counselling sessions to 544 young people. A total of 3265 sessions of counselling sessions of counselling sessions have been delivered, averaging 6 sessions per person. In addition to this we developed our Therapeutic Check In service for those on the waiting list as part of our digital development plan. 132 sessions were attended by 27 young people on the waiting list. This gave young people the opportunity to begin to develop a relationship with their counsellor whilst they were waiting for full sessions to become available.

- 100% of young people said they felt more positive about how manageable they felt their problems were.
- 68% of young people said they felt more positive about their lives after counselling
- 75% of young people showed a positive improvement in their self esteem
- 84% of young people said they had made progress towards the goals they set for themselves
- 75% of young people showed positive change in how they felt about their relationships with friends or family



The community based counselling service has continued to be funded by Children in Need. We have been able to increase our capacity to support the work in the GP Extended Access Service thanks to increased funding from CCG. Through becoming actively involved in shaping the development of the newly formed Bradford Counselling Collaborative, we have been able to work with CAMHS to help with reducing their waiting list for 11-18yrs olds.

We have been able to increase the number of schools we deliver a service in, partly due to accessing YIM+ funding. Schools receiving a counselling service from Step 2 this year have included Merlin Top Primary School, Bradford Academy Primary School, St Oswald's Primary School, Atlas Primary School, Eastburn Primary School, Greenlane Primary School, Margaret McMillan Primary School, Westbourne Primary School, Grove House Primary School, Crossley Hall Primary School, St Bede's and St Joseph's Secondary School, Coop, Grange Secondary School, Bradford Academy Secondary School, Buttershaw Business and Enterprise College, Queensbury Secondary School, Beckfoot Thornton School, Bronte Secondary School and Feversham Academy. We have provided supervision for safeguarding leads at Paddock JINN School and Belle View Girls School.

Through Children In Need we were able to access a booster grant which gave us the opportunity to pilot some therapeutic work for parents. Parents of young people who had been referred to us but who didn't want to take up counselling were offered a therapeutic space to explore their own issues and anxieties in parenting their teenagers in lockdown. The groups were very successful and we hope to be able to develop this much needed work in the future. 2020 has seen us develop our partnership with Relate Bradford and Family Action to work on the CALM project, supporting children aged 5-11yrs who have experienced trauma and adverse childhood experiences. This project works to support reducing the CAMHS waiting list for 5-11yrs. Once again we have had to work hard to adapt this service in light of COVID-19 and our therapists have offered support to parents of children who are waiting to access the face to face service. Referrals continue to come from school nursing teams, social workers, children's services, GP surgeries, Early Help, schools, families and individual young people themselves. We have managed to keep the waiting list relatively short and so are usually able to see people reasonably quickly.

Our counselling team has comprised of 15 counsellors this year. We have developed new recruitment processes which have enabled us to recruit high quality counsellors. All our counsellors are qualified to minimum Diploma level and are all members of a professional body, usually the BACP (British Association of Counselling and Psychotherapy). They attend monthly clinical supervision in line with BACP guidelines in order to safeguard and quality assure their work. They also attend a monthly supervision group session at Step 2 to support them in their work. In addition to this they given access to regular CPD opportunities.

Staff News



We were crowned active workplace winners in Active Bradford's 2020 Sports Awards after introducing walk and talks for staff members and participating in the Parkrun, alongside all the activities we encourage young people to complete. These have continued as a feature for staff and young people whenever we can, as a necessary alternative to meeting inside.

Various staff completed Level 2 qualifications around Young People's Health and Well-being topics. We said goodbye to some long standing staff members. Gemma and Graham who both joined us in 2011 have now left.

We also said goodbye to Rhiannon who has now moved to a full time role. She had been a sessional counsellor for a year. We have been very grateful for all they contributed to the organisation over the years and we miss them all.

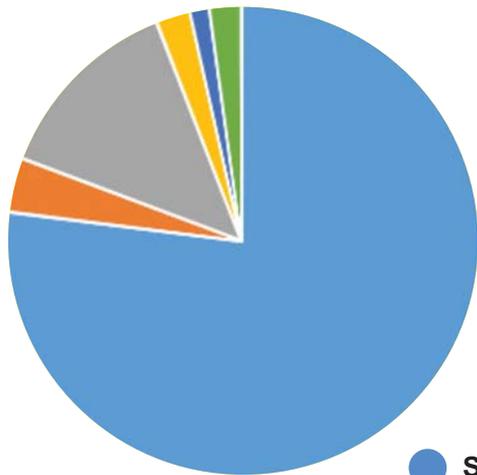


Note from the Chair of the Trustees

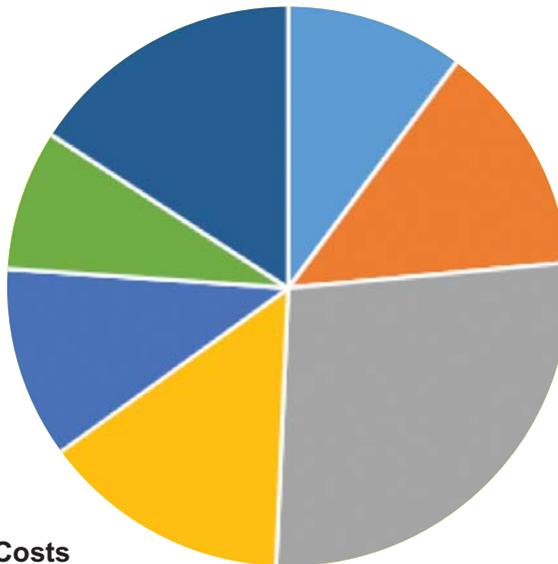
In common with so many organisations and individuals around the world, 2020 was a very challenging year for Step 2. I am immensely proud of the way the team was able to adapt to the restrictions on the way services were, and continue to be, delivered and to find other ways to support young people and their communities. I would like to thank everyone in the team for their contribution and their flexibility this year and also my fellow trustees, who willingly met more frequently than they would have ordinarily to ensure Liz and the team were well-supported.

Income Sources

Expenditure



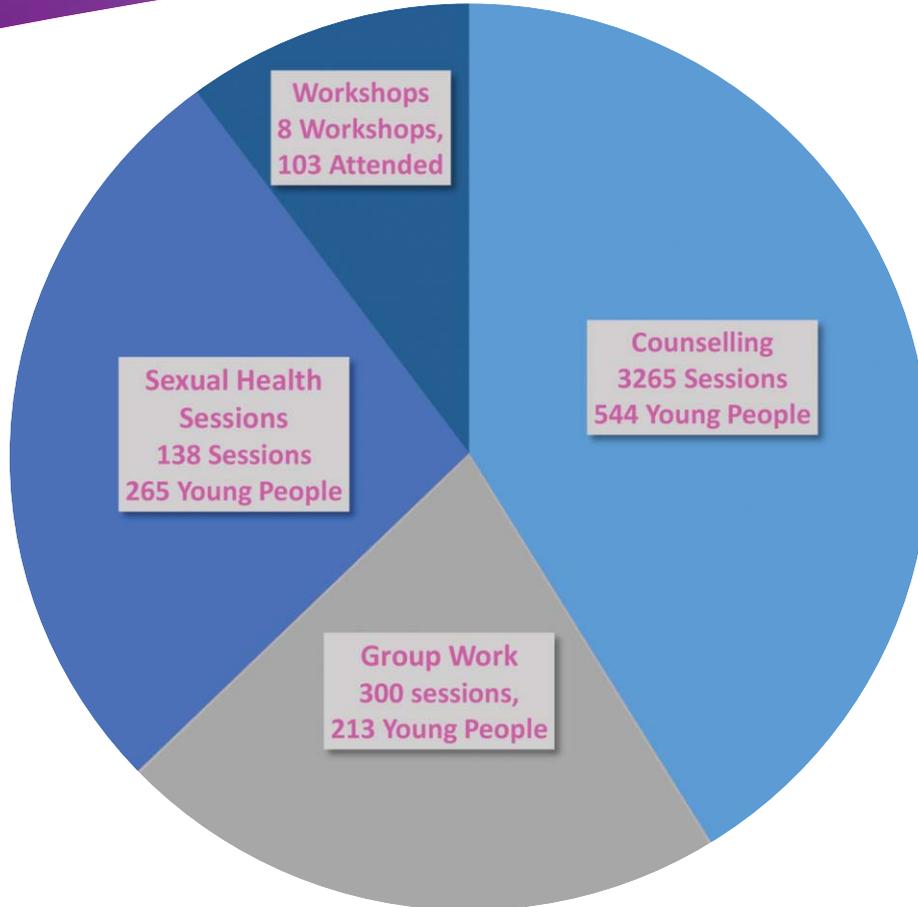
- Staffing Costs
- Premises Cost
- Programme Costs
- Consumables
- Professional Fees
- Other



- Health & Well Being Fund
- BBC Children In Need Appeal
- Schools
- Ongoing contracts
- Short-term commissions
- Other grants
- Other Income



Sessions Delivered



STEP

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young people's health



Charitable Incorporated Organisation 1161921



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