



# Manchester CEYP Programme Evaluation Report

November 2022

## Acknowledgements

Thanks to the young people from GMYN and other stakeholders for their valuable feedback and the GMYN team for their patience whilst we collated the data and evidence.

## About the Authors

Amanda Preece and Marie Graham are independent consultants commissioned by GMYN to conduct the Evaluation. Amanda has over 20 years of social research, public engagement and project management experience, whilst Marie brings a wealth of youth engagement and programme management experience to the team.

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# Executive Summary



GMYN commissioned independent consultants to evaluate their Manchester Care Experienced Young People's Programme (CEYP also known as Transitions). The evaluators reviewed progress on key measures and feedback from young people and stakeholders. This report provides findings that determine the impact of the programme and areas in which GMYN can learn from for future programme development and delivery. The evaluation covers the periods from December 2019 at the start of the programme, through to October 2022, two months prior to the end of the programme delivery.

## About the Programme

Manchester CEYP Programme is a three-year programme that supports care experienced young people aged 12-25 years. The overall aim of the programme was to work with care experienced young people in Manchester to provide them with something positive to do, providing structure through regular activities and improving life chances by boosting confidence, self-esteem and offering life skills and mentoring support to help prepare them for future independence.

## Changes Overtime

Delivering the programme during the Covid-19 pandemic and partially through lockdown had its challenges for the team and halted some of the usual processes and planned activity. This necessitated a change to the way the programme was delivered.

As the programme progressed the team looked to widen their referral pathways to engage more young people, making more links with residential homes and with social workers from the MCC New Arrivals Team. As a result, the core demographics of the young people within the programme changed overtime.

The original aim was to work with the general population of care experienced young people in Manchester, however the additional referral pathways resulted in the programme predominantly working with unaccompanied young people who made up a large proportion of the care experienced young people and were almost always male. These young people were very engaged but also had some unique needs to be considered.

The ages the team predominantly worked with was 16–25-year-olds with some 15-year-olds with permissions, this age group naturally evolved from the referrals.



## Key Outcomes and Impacts of the Programme

1. Young people saw a significant increase in their levels of confidence (as reported through the participant survey and focus groups as well as observations from the GMYN Team and other stakeholders).
2. An increase in life skills, English language skills, feeling part of the community, meeting new people and being more receptive to new ideas were also reported by the young people attending.
3. An increased positive association and confidence with activities that related to the young people's journeys to the UK was reported by social workers. For example, walking outdoors and outdoor activities associated with being on the water.
4. This is the only programme, of its type, in Manchester that has worked with this cohort of young people at such scale. It was also the first care experience programme within GMYN to engage a high number of unaccompanied young people.
5. Despite the challenges of delivering throughout the Covid-19 pandemic, the programme team proactively grew the delivery of the programme taking into consideration new referral routes, increasing the numbers of young people engaging and responding to the needs of a new cohort of young people with unique requirements.
6. A wide range of diverse activities were introduced to cater for the needs of the young people attending. Some of which were organised following suggestions from young people on the programme. For example, a regular weekly football skills session, English Conversation Club, football tournaments and how to develop growing spaces at the Ryder Brow Community Allotment.
7. The programme over exceeded in the number of young people reached and engaged, working with a total of 254 young people over the duration of the programme.

## Development Areas for Future Consideration

1. The programme addressed a need to provide positive structured activities for unaccompanied young people in Manchester, this need still exists and any future proposal would be supported by the MCC New Arrivals Team.
2. Future programmes could focus more on older age groups namely 16–25-year-olds and an additional programme could work with younger ages to ensure activities and support are tailored accordingly.
3. Large numbers engaging with the programme meant 1:1 support was difficult to achieve, this needs to be considered when developing a new programme. How best to provide 1:1 support and to measure a young person's journey through the programme enabling needs to be adequately met.
4. Separate programmes for different cohorts of young people. For example, individual programmes for younger age groups, unaccompanied young people, as well as a programme for other care experienced young people who are harder to engage with. It was noted that if different programmes are developed there would need to be time built in to bring the different cohorts together.
5. Bespoke solutions to data collection, monitoring and evaluation, design to suit the needs of the size and complexity of the programmes. It is understood that a new system is now operational within GMYN which should address this need going forward.
6. A nuanced approach to youth leadership within programmes. Identifying the different levels of youth leadership/engagement in planning, development and delivery according to the needs of the young people and the nature of the programme.
7. Programme outcomes to be flexible to the needs of the participants. For example, on this programme life skills and building confidence were more important to the young people participating than the prescribed outcomes of employability and volunteering.
8. Although all partners thought working relationships were good, more detailed and ongoing discussions between delivery partners to clarify expectations and to respond to challenges that arise would be helpful going forward. For example, the delivery of the mentoring element of the programme (through Barnardo's), whilst appreciated by the mentors and young people who participated, wasn't widely accessed by many programme participants. It was suggested that more work was needed in promoting the benefits of

mentoring and that the delivery partner could be involved in direct promotion with young people in future programmes.

9. Development of a peer mentoring programme to support engagement with the programme and to provide positive role models was suggested by a number of stakeholders.
10. All stakeholders agreed that interpreters to assist with language barriers when working with unaccompanied young people would have been helpful at different stages of the programme.

# Evaluation Approach



## Aims and Objectives

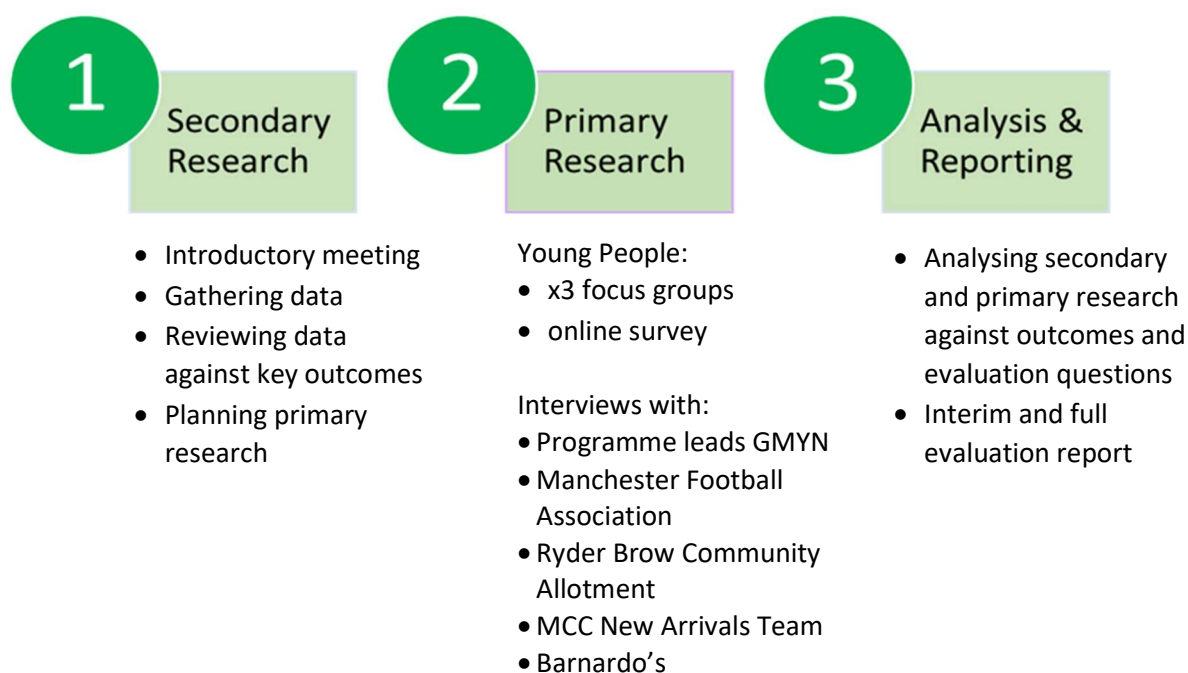
GMYN are keen for the evaluation to address how well their Care Experienced model works and why, and learn from the programme's delivery and impact.

The following key questions were posed by the GMYN strategic leads, for the evaluation team to investigate:

- What aspects of the programme were effective?
- To what extent did it achieve its intended outcomes?
- How youth led is the programme and how could young people influence activities/programme delivery?
- What could be done differently or better to improve impact?
- What key learnings can be taken from this programme to enhance future offers?
- How can any learnings inform future funding applications and ensure changing needs and the environment in Manchester are being met?

## Approach

The evaluation approach involved three stages:



## About the report

The following report outlines the key findings from the evaluation undertaken during the final year of the Manchester Care Experienced Young People's (CEYP) Programme. Data from the programme team was collated throughout the three-year programme and is predominantly quantitative with some qualitative narrative. Primary data collated by the evaluation team is a mix of quantitative and qualitative. Survey data baseline numbers are relatively small (37 responses) so should be treated with some caution, however they provide a good indication of overall feelings and explanatory quotes from the young people responding.

It should be noted that most of the young people taking part in the qualitative element of the evaluation were male and predominantly care experienced young people who were referred via the MCC New Arrivals Team. The survey was sent out to all care experienced young people who had been involved with the programme, it is possible however, that some respondents may have had language barriers.

Throughout the report young people referred via the Manchester City Council (MCC) New Arrivals Team are referred to as unaccompanied young people. These young people are either seeking asylum or have successfully sought asylum in the UK.

# About Manchester CEYP Programme



## About the Programme

Manchester CEYP Programme (Transitions) is a three-year social action, life skills development and mentoring programme that supports care experienced young people aged 12-25 years. The overall aim of the programme is to give CEYP in Manchester something positive to do, provide structure through regular activities and improve their life chances. A diverse programme of activities was planned from December 2019 to December 2022 to boost the confidence, self-esteem and life skills of CEYP, helping to prepare them for future independence, enhancing their life opportunities and reducing social isolation. Mentoring was also available via Barnardo's who offered support and encouragement to young people to attend programme activities as well as supporting them in other areas of their lives.

The programme is funded by National Lottery Reaching Communities.

## Planning and Development

At the development stages, young people (previously involved with GMYN's CEYP programmes) were asked to provide feedback on aspects of the programmes that worked, didn't work, identify any barriers to participation and what they wanted to be involved in going forward.

Over the three years, as new people joined the programme, the team endeavoured to conduct 1:1s to establish individual needs and interests.

Throughout the programme young people were consulted on proposed activities and were encouraged to put forward ideas. Football and English Conversation Club were activities suggested by young people.

## Referrals

The team's ability to network and build close relationships with referral partners was critical to the successful referral of young people to the programme. Over the three years the programme has been in operation, the referral routes changed. Initially the team linked closely with the Leaving Care Service and Permanence Team at Manchester City Council. As the programme progressed the team sought to widen the referral routes to include: MCC New Arrivals Team, MCC The House Project, Looked After Children Nurses, supported accommodation providers, NHS Mental

*"..it didn't flow as much as we thought it would...the referrals were few and far between and always from the same five people."*

**Programme Team**



Health team, Youth Offending, and secondary schools, as well as referrals direct from foster carers and internally from other GMYN programmes.

## Care Experienced Young People

Nearing the end of year three, in October 2022, the programme had engaged with 254 young people. This exceeded the target outlined in the original bid which was 210 engagements. Of the total engaged, 168 attended activities at GMYN three or more times.

Links with social workers who knew GMYN from the Care Experienced Team at the Council and who now worked in the MCC New Arrivals Team, meant they understood GMYN and felt the programmes offer would be helpful to their young people. By mid-2021, this resulted in a significant number of care experienced young people accessing the programme through partner or peer referrals. These young people were on the whole, keen to engage. Many unaccompanied young people brought their own unique set of needs. For example, language barriers and experiences of trauma through journeys to this country. The team had to consider these challenges when planning engagement approaches, activities and trips away.

*"For me the massive difference is the consistency of the willingness to engage..... you have to fight with other [young] people who struggle with many barriers as to why they are not engaging. Whereas this cohort [new arrivals] overall were very keen.....quite often bringing a couple of friends..."*

**Programme Team**

At the beginning of the programme the team were keen to find the best way to include age groups that worked together in groups and made the young people feel comfortable. Initially they split the ages between 13–17-year-olds and 18–25-year-olds. Engaging the older age groups was easier as some young people were already connected into a previous GMYN programme for care leavers. Younger age referrals were received before the Covid-19 pandemic hit. However, Covid-19 and difficulty in keeping ongoing engagement with the younger ages during the school terms, meant the original age groupings started to merge into one mostly older group of 16-25, with predominantly 16–18-year-olds attending. As the referral pathway changed towards the MCC New Arrivals Team and less from the other avenues and numbers grew, the team had to focus more of their attention on unaccompanied care experienced young people. This brought some challenges for the team, as it resulted in less capacity to engage young people who required more 1:1 support and encouragement to take part.

The younger age groups tended to engage more during school holidays, taking part in activities such as bowling, screen printing and making pizzas. The team were able to seek permission for some 15-year-olds to participate in older age group activities.

*"It was good to have something to look forward to over the summer."* **13-14 year old**

## Activities

The activities catered for a variety of young people's needs and interests and were sourced and developed with the overall aims of the project in mind. Some activities were developed and delivered internally at GMYN and others were externally sourced through GMYN connections to local groups and the teams diligent work to identify appropriate external partners.

The following table illustrates the activities undertaken over the three years from December 2019 to December 2022, and provides an indication as to the outcomes they relate to. The outcome measures allocated to the activities in the table are the evaluators perspective on how they meet the core objectives of the programme. These are discussed further in the Evaluation Review section of this report.

The overall programme outcomes have been collated together as follows:

- wellbeing
- social connections/positive relationships
- life skills/aspirations/leadership
- employment skills
- community engagement
- confidence building
- volunteering/social action

Some of the activities were conducted during weekly group meetings which changed and adapted throughout the programme to fit the age, gender and availability of young people engaging.

Activities	Description	Regularity	Outcome Measure
Outdoor Activities	<ul style="list-style-type: none"> <li>Park visits and picnic</li> <li>Walks in the Peak District and Hadfield reservoir</li> <li>Exploring Manchester by bike</li> <li>Discover Manchester walk</li> <li>Fishing and scavenger hunt in local parks</li> <li>Fishing for Wellbeing with King William IV Angling Society</li> <li>Grip Adventures – Archery, cycling</li> </ul>	One off	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Life skills/aspirations/ leadership</li> <li>Confidence building</li> </ul>
Trips	<ul style="list-style-type: none"> <li>Sponsored hike up Snowden</li> <li>Tree Top Trek</li> <li>Tree Top Adventure Golf</li> <li>City tours</li> <li>Pride event</li> <li>Grip Adventures raft canoeing</li> <li>Orienteering in Heaton Park</li> <li>Day trip to Chester</li> <li>Day trip to Liverpool</li> <li>Visit to Imperial War Museum North</li> <li>World of Work Exhibition at Manchester Museum</li> <li>Visit to Museum of Science and Industry</li> <li>Get to Know You trip to Nando's</li> </ul>	One off	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Life skills/aspirations/ leadership</li> <li>Confidence building</li> </ul>
Craft Sessions	<ul style="list-style-type: none"> <li>Cards for refugees</li> <li>Reflections on being in care</li> <li>Social action graffiti project</li> <li>Craft Fayre Social Action Project</li> <li>Winter craft swap and film</li> <li>Screen printing</li> <li>Diamond painting</li> <li>Jewellery making</li> </ul>	Weekly  One off	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Volunteering/social action (some elements)</li> </ul>

Activities	Description	Regularity	Outcome Measure
Gardening	<ul style="list-style-type: none"> <li>At Sow the City and Ryder Brow Community Allotment Society</li> <li>Litter picking</li> <li>Balcony planting</li> <li>Flower arranging</li> <li>Great Northern Garden Design Project</li> <li>Tree planting with The Kindling Trust</li> <li>Foodwave environmental education day</li> </ul>	Weekly     One off	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Life skills/aspirations/ leadership</li> <li>Community engagement</li> <li>Confidence building</li> <li>Volunteering/social action</li> </ul>
Music	<ul style="list-style-type: none"> <li>Song writing workshop by Reform Radio</li> <li>Make your own mix tape</li> </ul>	One off	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Confidence building</li> </ul>
Discussion Groups	<ul style="list-style-type: none"> <li>Conversation Club</li> <li>Race and Racism run by Kids of Colour</li> </ul>	Weekly One off	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Life skills/aspirations/ leadership</li> <li>Confidence building</li> </ul>
Cooking	<ul style="list-style-type: none"> <li>At the Beehive Accommodation</li> <li>At GMYN</li> <li>No bake baking</li> <li>Outdoor cooking</li> <li>Travel training</li> </ul>	Weekly   One off	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Life skills/aspirations/ leadership</li> <li>Confidence building</li> </ul>
Football	<ul style="list-style-type: none"> <li>Five-a-side</li> <li>Coaching training</li> <li>Inspire 22 tournament</li> </ul>	Weekly  One off	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Life skills/aspirations/ leadership</li> <li>Confidence building</li> </ul>
Courses	<ul style="list-style-type: none"> <li>Football coaching</li> <li>Snow Camp courses</li> <li>Presentation skills session</li> <li>CV writing workshop</li> <li>UPS Road Code Session</li> </ul>	Weekly  One off	<ul style="list-style-type: none"> <li>Life skills/aspirations/ leadership</li> <li>Employment skills</li> <li>Confidence building</li> </ul>
Film/Theatre	<ul style="list-style-type: none"> <li>Film making workshops</li> <li>Theatre workshops with HOME</li> <li>Cinema trips</li> </ul>	One off	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Life skills/aspirations/ leadership</li> <li>Confidence building</li> </ul>
Wellbeing	<ul style="list-style-type: none"> <li>Wellbeing Wednesday co-delivered by Be Well</li> </ul>	Weekly	<ul style="list-style-type: none"> <li>Wellbeing</li> <li>Social connections/positive relationships</li> <li>Confidence building</li> </ul>

Like many organisations, the pandemic and subsequent lockdown in March 2020 put a stop to any face-to-face contact. As the programme overlapped the Covid-19 pandemic, the wider GMYN programmes linked together to coordinate daily online activities including: zoom sessions, pre-recorded workshops, social media and virtual 1:1's. Food parcels, wellbeing and arts and craft packs and laptops were donated to GMYN via a corporate partner and delivered directly to young people on the programme.

## **Mentoring**

Barnardo's partnered on the CEYP programme by providing trained mentors. The aim of the mentoring element was to support and encourage young people to attend the programme activities as well as support them in other areas of their lives. Transition points within their lives and the care system overall can be challenging. Mentoring can provide a positive and trusting relationship for a young person to help guide and support them. Findings from previous studies<sup>1</sup> noted mentees gain confidence and feelings of belonging. Mentors also benefit from 'giving back', learning and confronting pre-conceptions and expectations of care-experienced young people.

Barnardo's recruited and trained 24 of the proposed 25 mentors. Twenty young people were referred into the mentoring scheme. Of those, 18 were matched and met their mentor at least once, 15 had a medium-term relationship meeting more than twice and 7 went on to have a sustained long-term relationship over 6-12 months. Two young people are still meeting up with their mentor regularly.

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<sup>1</sup> Research was carried out between March and June 2022 by fractals co-operative.



# Feedback from Young People



## Elements of the Programme Most Enjoyed

Care experienced young people gave their feedback on the programme via focus groups and an online survey.

All of the young people who provided feedback were extremely positive about the GMYN Manchester Care Experienced Programme. Socialising with others, meeting new people and making friends were key factors mentioned, as well as building confidence and the ability to take part in a variety of fun activities.

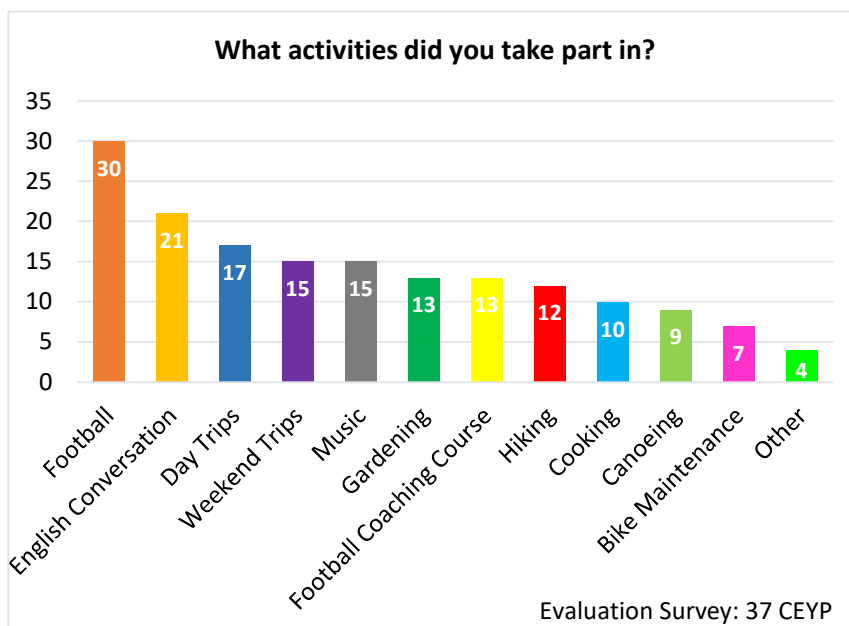
The team at GMYN were rated highly by the young people spoken to. Describing them as *“helpful, patient and kind.”*

Although it was clear the young people enjoyed a range of activities offered as part of the programme, football, English Conversation Club and trips away were the most popular overall (as the bar chart adjacent indicates).

### Football

Football was introduced following a suggestion from the young people. Coincidentally, one of the team leads had experience of football coaching so felt confident they could introduce the activity quite easily. The team also recognised the benefits of an activity that created social connections but did not rely heavily on language skills. This suited the influx of young people referred via the New Arrivals Team at the Council, many of whom were at varying stages of learning to speak English as a second language. Shortly after its introduction, the football sessions became extremely popular as young people talked about the activity and introduced it to their peers. On average 31.2 young people attended the sessions, numbers reached the 50s over the summer in 2022.

Young people described the football sessions as a way to make friends, improve their mental health, relax and be happy. Learning to work as a team was also mentioned, as was the opportunity to complete a coaching course. Six young people were also supported to submit a successful funding application to hold a five-a-side football tournament.





*"I like football because it is my favourite sport and also [it] makes me meet people and ...make me feel happy."*

*"Being involved with [the] GMYN football programme has helped me get to know a lot of people... I have enjoyed everything about it...now I have a lot of friends and skills."*

## English Conversation Club

Similar to the football sessions, English Conversation Club was introduced by GMYN on the suggestion of the young people who wanted to improve their language skills. The programme proved very popular with 60 young people engaging with the weekly sessions. As many young people were learning English as a second language, it was felt this would be an opportunity to provide them with the skills required to improve their transition into education and work, and enhance their opportunities.

*"I like English Club...it helps me to improve my language and ...gives me confidence."*

*"Helped me to improve my language and I have met a lot of new people....I [have learnt] new things that can help me in the future."*

In the final months of the programme, the team arranged for an associate at Be Well to take over the English Conversation Club so as young people can continue to access this session if they want to.

## Trips

Day trips and weekend excursions proved to be very popular with young people spoken to. These included; regional hikes, canoeing, fishing, orienteering, park visits, outings to nearby cities, cultural visits to museums etc.

In addition, the programme team organised a summer 2022 residential weekend in the Lake District which involved a number of outdoor activities including hiking, canoeing, campfires and climbing.







In 2021, a collaboration between Bury, Oldham and Manchester Care Experienced Programmes developed the idea of a 'Snowden Hiking Project'. The aim of the project was to conduct a number of practice hikes in the Peak District to enable the young people to take a guided hiking trip up Mount Snowden to raise awareness of young people's mental health and sponsorship for 42<sup>nd</sup> Street (a young people's mental health charity). Twenty young people attended the overnight stay in Llanberis and successfully hiked up Snowden, 13 of which were from the Manchester CEYP Programme.

Young people gave positive feedback on the trips through the programme team and the evaluation, with many saying it gave them an opportunity to meet new people, try new activities, build confidence and get away from home and everyday life.

*"A break from my hectic life and making new friends."*

*"I enjoyed everything about this trip [Lake District], especially when we were doing the activities. I have also enjoyed seeing people and helping others."*

*"I enjoyed climbing Snowden because we were raising money for 42<sup>nd</sup> Street."*

*"The trip helped me to start believing in myself and I have more confidence."*

## Gardening

In partnership with Sow the City, Ryder Brow Community Allotments and Great Northern Urban Gardening, GMYN were able to offer a range of opportunities for young people to learn how to grow their own fruit, veg and flowers.

This activity also proved to be very popular amongst the care experienced young people. During the weekly sessions at Ryder Brow, 10 young people on average volunteered at the site each week, building pathways



and clearing the area. They were also provided with supported learning to grow their own produce and then learn, with the GMYN team, how to cook the foods grown.

Ryder Brow Community Allotment described the impact gardening work had on young people, such as improving their confidence, skills and knowledge, relationship building and working as a team.

Overall, young people were extremely favourable towards the gardening projects, describing their experience as a way to learn new skills, improve the environment and work as a team.

*"Our sites been derelict for 20 years so a lot of the help they do is site improvement. One of the things .... was to make a pathway using builders rubble and gravel. They have [also] been designated a growing space... growing crops. They take these home and take some potatoes to the office [GMYN] and the coordinator shows them how to cook and prepare the food."*

**Ryder Brow Community Allotment**

*"I enjoyed gardening as it is a nice break from life."*

*"...reminded of planting at home, good to help with saving money....learn how to plant a tree...helping the community."*

*".....taking care of environment, learnt how to grow veg and fruit, enjoy gardening. You learn new skills....and help to make Manchester healthier."*

## Impact on Young People

The programmes impact on young people was gathered via the young people's focus groups and through the online survey as part of the evaluation, stakeholders' impressions of impact are highlighted in the following section. Impact refers, in this instance, to whether a young person felt more confident as a result of being involved with the CEYP programme at GMYN, whether they felt more socially connected by meeting new people and engaging more with communities, and whether they had gained more life skills and open to new ideas and experiences. All of these were proposed outcomes for young people from the outset of the programme.

### Confidence

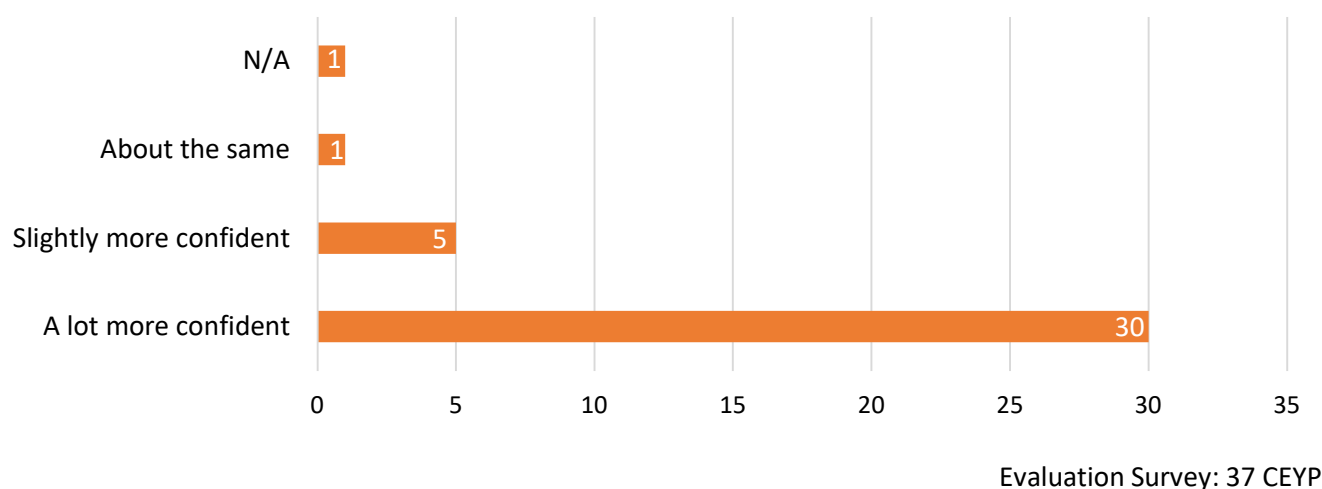
As the following chart illustrates, the majority of young people surveyed (30 of 37) said they felt a lot more confident, feeling good about themselves and their abilities, after being involved in the GMYN activities. This coincided with the findings from the group discussions.

*"Doing activities outside builds teamwork and [I] enjoy making team mates, very important for confidence for young people."*



### How confident do you feel after being involved in the GMYN activities?

[Confidence includes feeling good about yourself and your abilities.]



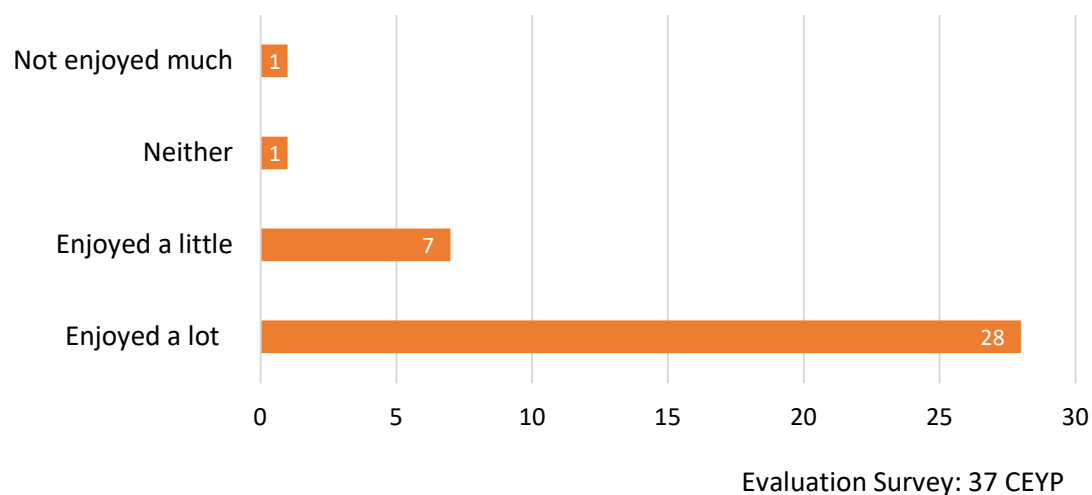
### Meeting New People

As the young person indicated previously, meeting new people and creating social connections builds confidence, reduces social isolation and increases overall wellbeing. Most young people enjoyed meeting new people (28 of 37 surveyed). However, some found this a little more difficult and needed time and support to do so, many felt GMYN activities helped with this and the staff were supportive and encouraging.

*"I find socialising difficult, but this trip has helped me improve my socialising skills."*

**Young Person** (Quote from GMYN fieldtrip feedback)

### How much did you enjoy meeting new people during the GMYN activities?



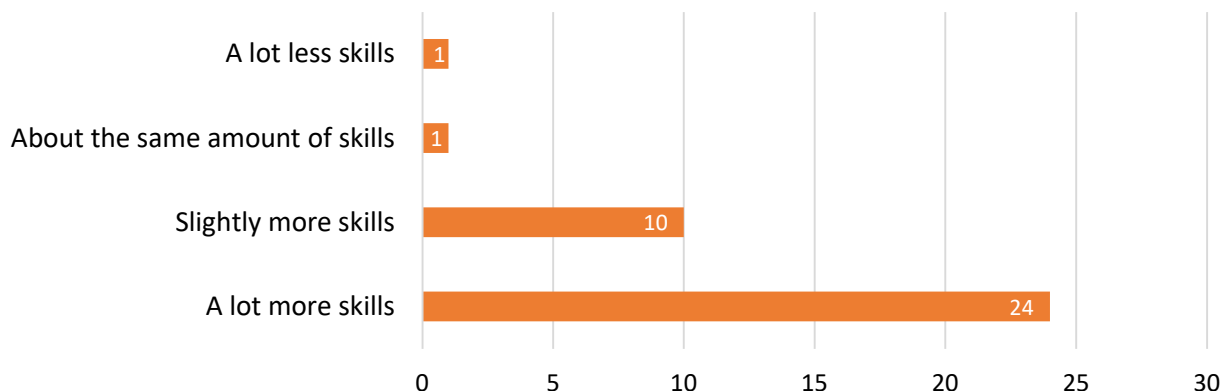
## Skills Gained

Increasing skills for the future and gaining key life skills are important for any young person growing up. Young people living in care may find these more difficult to gain due to a lack of family connections and support. Many young people surveyed felt they had gained a lot more (24 or 37) or slightly more skills (10), from their involvement in the GMYN activities.

“.....enjoyed together...got more experience about how to cook and prepare food.”

### How many more skills do you feel you have after being involved in the GMYN activities?

[Skills could be general life skills like communication, planning, time keeping, budgeting or one specialist skills like art, craft, cooking etc.]



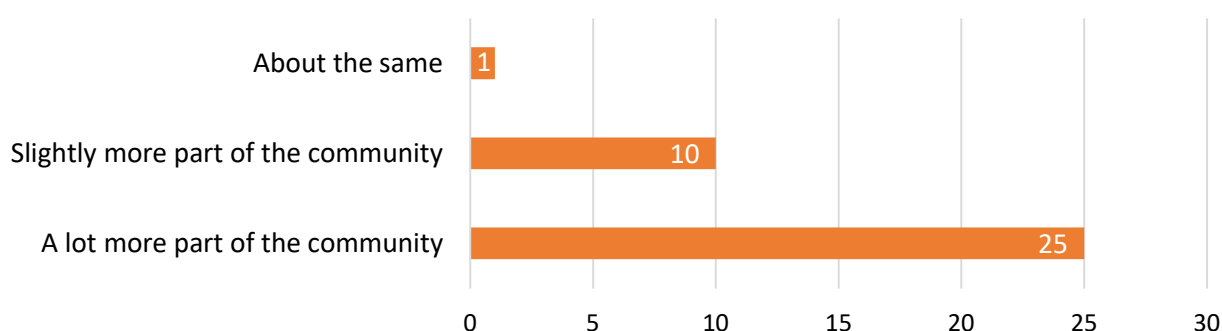
Evaluation Survey: 37 CEYP

## Community Engagement

As the following chart shows, young people felt the GMYN activities made them feel a lot, or slightly more, part of the community. Community however, can mean different things to different people (geographical, GMYN or young people). Some references related to the gardening activity, where young people felt their volunteer work was helping the community. Others referred to feeling more connected to other people in general.

“Before joining GMYN I didn't have any friends in the UK, now my friends circle is so big”.  
**Young Person** (Quote from GMYN case study)

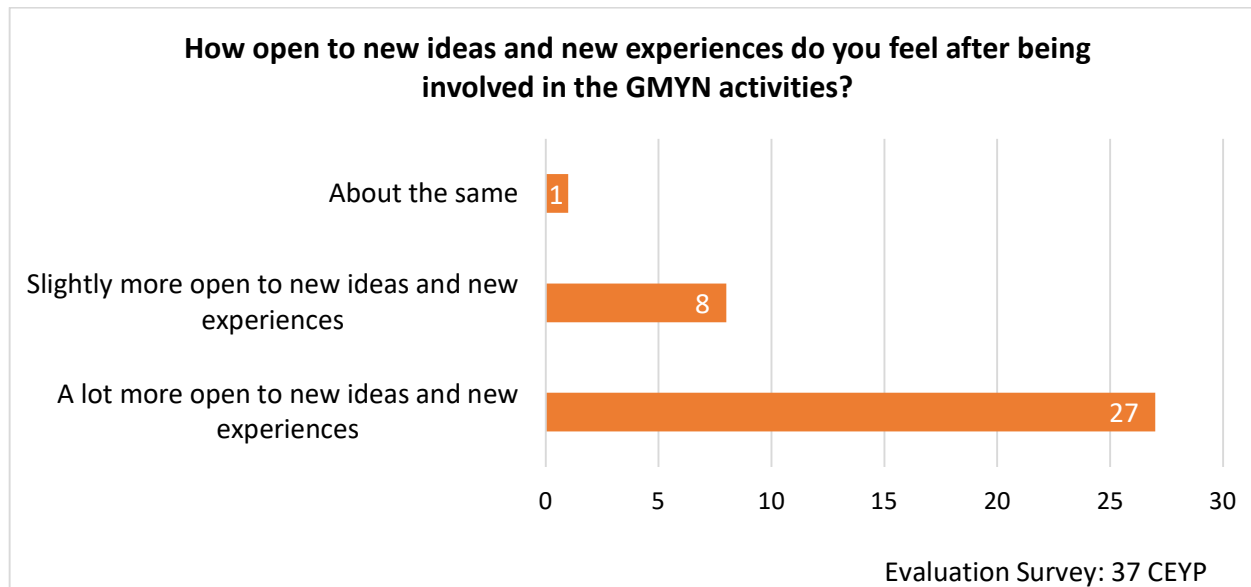
### How much more part of the community do you feel after being involved in the GMYN activities?



Evaluation Survey: 37 CEYP

## Open Mindedness

Being open minded means being receptive to new ideas and new experiences which results in reducing feelings of frustration and increasing overall confidence and wellbeing. Most young people taking part in the survey felt slightly or a lot more open to new ideas and experiences after taking part in the GMYN activities. Learning new things is one of the five ways to wellbeing outlined by the New Economics Foundation and promoted by the NHS, research shows that it can improve an individual's mental wellbeing.

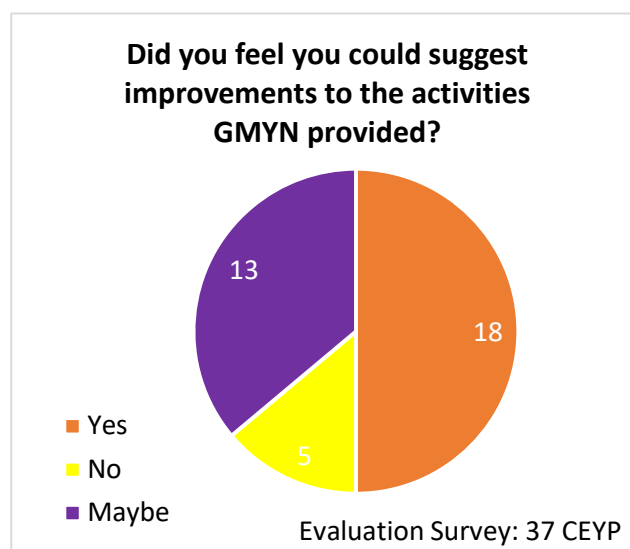


## Suggestions for Improvement

The survey demonstrated that overall, most young people did feel like they could suggest new activities and improvements. However, they were a little unsure as to whether they could put forward improvements to the activities already being provided. It is unclear why they felt this way although many said they were happy with the status quo, so it could be that they did not feel it was necessary to make changes.

*"I don't know I think all the activities are good so far."*

Suggestions include: more of the same, more sporting activities during the school holidays for young ages, computer classes, dancing classes, more trips, piano lessons, basketball, tickets to football games, skate boarding, work experience and more football sessions.



# Feedback from Stakeholders



## Stakeholder Opinions on the Care Experienced Programme

The following findings are based on six interviews with: the CEYP programme team, GMYN Head of Delivery, Ryder Brow Community Allotment, Manchester Football Association, the MCC New Arrivals Team Social Workers, and Barnardo's.

Overall reflections from the programme team, wider GMYN staff and social workers, is that the programme was very successful as it improved multiple positive outcomes for large numbers of disadvantaged young people, where no other provision was available.

*"Good programme, can't really fault in anyway. The support our young people are receiving is key and it is significant for them, happy with the support that they are receiving."* **Social Workers**

The GMYN team agreed, the programmes development was organic, with referral routes widening as the programme developed. The large percentage of unaccompanied young people resulted in additions to the activities to meet the needs of these young people.

Extraneous variables clearly had an impact on the running and flow of the programme over its three years in operation. The pandemic and subsequent lockdown halted activities and impacted on engagement with young people and referral teams. However, it also meant social workers had more time to refer into the programme. In addition, the programme was being delivered at a time when the increase in unaccompanied young people entering the social care system was growing rapidly. The New Arrivals social workers identified the programme was meeting the needs of their young people and subsequently referred many through to the GMYN team.

*"It is filling a bit of a gap really. If we didn't have this it is not like there are lots of other options for young people to do similar stuff. It is our go to when young people arrive so that is significant."* **Social Workers**



The GMYN team were clear that the large numbers of unaccompanied young people had an impact on the direction of the programme. Many of these young people were highly motivated and would attend regularly without much encouragement. Working with such large numbers of young people from this demographic left little time to support young people who needed more encouragement and support to attend.

*"We could chase one person but couldn't do it endlessly. Targets meant we concentrated on those who were interested."*

**Programme Team**

The programme team also made many efforts to include under 15s. A number of factors impacted on the success of engaging younger people including: covid restrictions, team capacity, school term time and the type of activities available to them.

Despite these changes the GMYN Team and other stakeholders felt the programme stayed true to its overall outcome measures for the programme and matched the GMYN vision and approach.

## Impact on Care Experienced Young People

The New Arrivals social workers spoke very positively about the programme and its impact on the young people they worked with. They found a noticeable increase in confidence and connectiveness with other young people and other adults, and an increased positive association with activities that related to their journey to the UK. One social worker described the programme as a therapy and better than a young person sitting in a room with a psychologist.

*"I spoke to a lot of kids about that...they are quite scared of the water and walking as it reminds them of that [the journey to the UK]. It is invaluable what the [residential has done] to be honest, that is not something we can do as social workers..."*

**Social Worker**

*"Lot of improvement in confidence .....some young people have also said that they have managed to meet with others who are from the same village ..... and that is massive for them....it gives them that instant feeling that they are at home, that they are not alone here."*

**Social Worker**

The Ryder Brow Community Allotment lead noticed some changes in the young people volunteering with them. An improvement in confidence, working as a team, building relationships, developing life skills and aspirations. They described how two young people had been volunteering for over two years, how some had made suggestions to develop their own growing area, and others were involved in gaining AQA qualifications.



Feedback from the Manchester Football Association also described young people growing in confidence and taking on leadership roles on the pitch. They described how, over the course of the sessions, they noticed young people's language skills improving, and how some young people wanted to improve further by gaining coaching qualifications.

The football sessions were seen by the GMYN team as a great way to get young people involved in something they were interested in that was non-verbal. This brought advantages to those with language barriers and helped form friendships and build confidence.



*"..... I tried doing a couple of actual drills.. pass to this cone and then you run here...it was just blank faces, but ... towards the end of the summer everyone understood ...so the language barrier has been lifted for a lot of those young people and others are more comfortable in that leadership role to help others."* **Manchester FA**

## Young People's Involvement

We asked the stakeholders for their view on young people's involvement in decision making in their element of the programme and generally.

The Manchester FA lead, described how he had noticed how young people had '*stepped up*' and helped others with language difficulties and supported others who were having a bad day.

The Ryder Brow Community Allotment contact also described how they gave young people choices and encouraged them to make suggestions as to what they would like to do in their growing space.

The programme team felt they were responsive to suggestions and adapted the programme accordingly. For example, young people pushed for the Conversation Club and Football which was introduced. Within the Conversation Club the team also described asking young people for feedback on the topics they would like to discuss.

## Future Offer

There are some common themes that the stakeholders interviewed suggest should be considered for the future of the programme. These include considerations around the age groups the programme covers, suggestions included changing the programme to cover care experienced young people over 16-years old. The programme team and others stakeholders described the 15-year-olds and under as having different needs, availability and permissions.

Other suggestions were around data monitoring and collection. The GMYN team want to see an easier way for the programme leads, GMYN and others to collate qualitative and quantitative data throughout the programme delivery.

Providing translators/interpreters when working with a large number of young people with language barriers, was suggested by the social workers, Manchester FA, Ryder Brow Community Allotment and Barnardo's.

Other observations that stakeholders wanted to be considered for future CEYP programmes were as follows:

From programme team/GMYN:

- Football to be included in future programmes due to its popularity, universal appeal and ability to provide a non-verbal activity for those with language barriers
- Keeping targets realistic
- Less focus on the nature of activity more on outcomes
- Less specific targets around volunteering and social action, let them evolve organically
- More youth led

From social workers:

- Introduction of peer-to-peer mentoring to support young people into the programme
- Face-to-face introductions at the onset to encourage participation
- Better communications between social workers, team leads and placements (housing) with regards to trips, some disconnect resulted in young people not having the right equipment or time to support with this
- Volunteering for young people at the end of the programme to prevent an abrupt end to support
- Administration suggestions:
  - Programme lead email on the referral form so they know where to send it
  - List of social workers to be passed to GMYN for ease of contact

From Barnardo's

- Better joined up working between Barnardo's and GMYN programme leads
- More discussion and better communication about roles and expectations
- Align outcomes more to mentoring
  - Consider using WART – Wellbeing Resilience Tool at the beginning and end of mentoring

From Ryder Brow Community Allotment:

- Seasonality and school terms to be considered more
- Add more value by doing more cooking with the crops grown e.g. pickling, jams etc.
- Enabling young people to continue with growing spaces at end of the programme
- PPE equipment to be considered and/or young people to be better briefed on what to wear e.g. waterproof coats, wellies/old shoes, warm clothing
- Difficulty with under 18s continuing at the end of the programme unless accompanied

From Manchester Football Association:













- Consider ring fenced funding for a separate coach
- Split recreational play and games up so they can cater for a mix of abilities and aspiration
- Some provision to support young people to play football into adulthood, concerns about future lack of opportunity, cultural issues that may prevent participation, money to travel and equipment etc.

# Evaluation Review




## Output Review

The following table illustrates the key output measures proposed in the original funding bid and how these were met or partially met throughout the programme delivery. GMYN were clear at the onset that the measures were subject to change dependent on the delivery model used, so there is some expectation of movement. Other key outcome measures introduced on pages 9 and 10 relate to young people's wellbeing, social connections and life skills.

Output Measures	Totals	Met  Partial 
210 young people supported	254	
384 1:1s	383 [exit 1:1s currently taking place]	
390 group sessions	493	
20 life skills sessions – year 3	20+ life skills sessions ran throughout the project	
180 volunteering activities	190 [findings linked to social action]	
8 social action projects – year 3	9 [small projects took place throughout the year]	
20 employability sessions – year 3	8 employment related activities ran throughout the programme	
10 young people become young leaders/peer educators	21 young people took on leadership and peer supportive roles	
20 young people gain AQA accreditation	<ul style="list-style-type: none"> <li>5 young people gained AQA accreditations through allotment project</li> <li>6 young people gained ASDAN qualifications through Snow Camp</li> </ul>	
25 adult mentors recruited	24 mentors recruited and trained by Barnardo's	



Mentor relationships between 6-12 months - Mentor monthly meetings with clear action plans - Mentor Coordinator monthly supervision	20 YP referred into the mentoring programme <ul style="list-style-type: none"> <li>• 18 were matched and met their mentor at least once</li> <li>• 15 had a medium-term relationship meeting more than twice</li> <li>• 7 had sustained and long-term relationships between 6-12 months</li> <li>• 2 are still meeting up regularly over 18 months later</li> </ul>	
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## Programme Successes

### Outcomes

Overall, **the programme has been successful in meeting or partially meeting all of its key output measures** outlined in the table above. Particular successes are the variety and number of group sessions/activities offered that tackle the fundamental elements of the programme's additional objectives, which were to:

- Improve confidence
- Reduce social isolation and increase social connections and positive relationships
- Increase life skills and aspirations
- Increase wellbeing
- Increase skills for the future
- Increase engagement in the community

A sense of improved wellbeing, building social connections and positive relationships, and confidence building are outcome measures from the programme that were well represented amongst the activities undertaken (refer to the table on pages 9+10). Improving life skills, aspirations and leadership were also fairly well addressed by the activities offered.

Feedback from young people and stakeholders

emphasised the achievements the programme had made in improving on these key outcomes, with many young people feeling more confident, connected and having gained new skills. All of which have a positive impact on an individual's overall wellbeing.

*"The wellbeing, confidence, social connections.....happens at all sessions....we have seen a massive change in people as they have engaged and developed relationships with other young people and with us."*

**Programme Lead**

### Young People

**The programme has been extremely successful in engaging a high number of young people who have experienced care services.** It has also encouraged and enabled young people from a variety of backgrounds to meet and enjoy partaking in activities together.

Although not the original target group of young people, the programme has **managed to engage and address some of the needs of a niche set of young people traversing through the care system.** Social workers working with unaccompanied young people found the programme ideally met their needs, particularly as they described difficulties in finding anything prior to the CEYP programme that was suitable. The social workers thought the programme had a positive impact on young people's wellbeing following traumatic journeys to the UK.

The young people in the focus groups identified that without this programme they would have had nothing to do apart from sitting in a room becoming depressed.

## Activities

It was clear during the feedback from young people and stakeholders that the **variety and selection of activities offered during the programme were uniquely suited to the cohort of young people engaging**. Summer activities catered for younger age groups during the school holidays and a mix of activities throughout the three years enabled the majority of 16–25-year-olds to find something that suited their needs and interests.

**Popular activities, included five-a-side football and the English Conversation Club.** Football provided a non-verbal universally known activity which was extremely well received amongst the unaccompanied young people engaging with the programme and other older age group young people. English Conversation Club also catered specifically for young people wanting to learn the English language in a fun environment.

Trips away and outdoor activities also proved to be very beneficial to young people who had experienced a traumatic journey to the UK. Social workers described the experience for some young people as therapeutic, turning a negative experience into a positive view of the countryside and water.

## Partially Achieved Outcomes

There are some areas of the programme which the team found were not as applicable to the young people they were predominantly working with, or where they were not able to spend as much time developing due to the sheer number of referrals coming through.

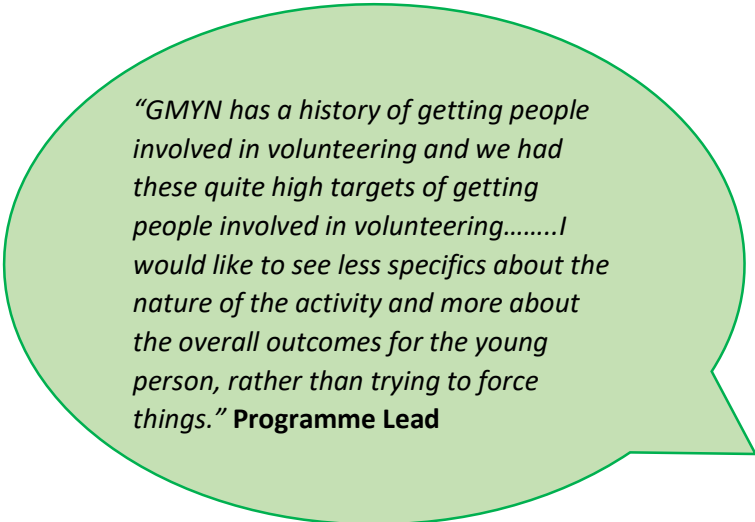
## Young People

All ages originally proportioned to the programme were included in the programme from the onset. However, as the programme progressed it became **more difficult for the team to ensure the mix of young people in terms of ages, gender and backgrounds were part of the programme**. Unaccompanied young people were keen to engage and the numbers referred rose rapidly, leaving less space and capacity to work with young people who needed more support to begin and sustain engagement.

The predominant demographic of unaccompanied young people is male and generally 15 years old or older. This meant the type, style and appeal of the activities had to change to adapt with the young people coming through. It was clear however, that every effort was made to enable young people from different backgrounds to mix together during the activities.

## Activities

**Employment skills became less of a focus** for the activities chosen by the programme team. Employability sessions did commence throughout the programme but were limited mostly due to many unaccompanied young people needing to focus firstly on improving their English skills. In addition, the pandemic meant, there was a need to initially concentrate on simply getting together face-to-face and having fun.



*"GMYN has a history of getting people involved in volunteering and we had these quite high targets of getting people involved in volunteering.....I would like to see less specifics about the nature of the activity and more about the overall outcomes for the young person, rather than trying to force things."* **Programme Lead**

**Community engagement, volunteering and social action appeared to be elements of the programme that merged naturally together** within activities undertaken through gardening and crafts. The initial target of 180 volunteering activities may have been ambitious and difficult to meet without merging with the other elements. However, it could be concluded that the approach used worked well for the young people engaging in the programme as it was more subtle and embedded in activities that they expressed an interest in such as gardening and crafts.

## Qualifications

**Gaining qualifications via AQA accreditation for 23 young people was an outcome which proved to be difficult to achieve** for the programme. There are examples where young people were encouraged to get involved in courses to increase their employment and life skills, such as: football coaching, snow camp and gardening. However, the team determined early on in the delivery of the programme that life skills would need to be more of a focus for the young people they were engaging with. Reasons for this included a necessity for many unaccompanied young people to firstly gain English Language skills. Also, many young people wanted more support with confidence building and general life skills.

## Mentoring

**Mentoring was more challenging to move forward than anticipated when the bid was written.** Lockdown during the Covid-19 pandemic meant the matching process and mentor and mentee engagement was delayed and team leads from GMYN and Barnardo's were unable to meet up face-to-face.

Originally it was envisaged that Barnardo's and GMYN staff would spend time at each other's offices, which was not possible during Covid-19 restrictions. This contributed to a mis-match in expectations, between the partners, about the roles and responsibilities regarding developing and the implementation of the mentoring programme. Despite this both organisations report good working relationships and a desire to work together on projects in the future.

The capacity of the GMYN staff to focus on the mentoring element was impacted by the sheer number of referrals entering the programme. In addition, changes to the cohort of young people engaging with the programme meant the mentoring scheme was not able to cater for language barriers, as Barnardo's would have liked. Both Barnardo's and GMYN recognise the need to focus on explaining the benefits of mentoring to young people who might not realise how beneficial the scheme could be to them, with partner organisations taking a more active role in working with young people to explain these benefits.

## 1:1s

The majority of 1:1s were conducted when a new young person started with the programme. In the first year Journey of Change (an impact and outcomes measurement tool) was used when young people first joined the programme. However, as the programme became very busy with referrals it is apparent **the team were unable to fit in 1:1s with everybody at the onset or to continue conducting 1:1s throughout the programme.** The teams main focus was to ensure safeguarding protocols were in place, whilst also conducting regular check ins with

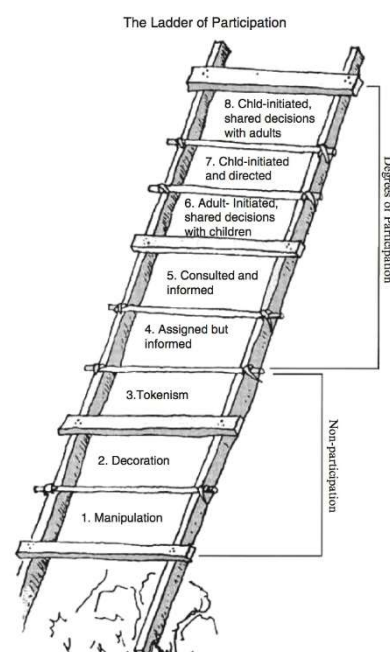
young people to determine their needs and wants. 1:1s are planned for the end of programme to ensure future support and next steps are outlined for each young person.

Not having regular 1:1s impacted on the team's ability to gather data that could have assisted monitoring outcomes at key points during the programme. It may also have had an impact on their ability to assess the young person's needs in more detail. However, this was not obviously apparent as the majority of young people engaged, at the point 1:1s were reduced, were less in need of focused support. In addition, the relationship between the team and the young people was such that they were able to regularly check in on support needs on an informal basis.

## Youth Led

Young people were heavily involved with the original design of the programme. However, once the programme started there were a number of **competing priorities and complications which made it extremely difficult for the programme to be 'led' by young people**. High target numbers of young people, the changing environment due to Covid, the change in the participant type (many of which had limited English language skills), all restricted how youth led the project could be. **Overall, young people's involvement was altogether a youth led approach but young people were engaged in decision making in different ways.**

Using Hart's Ladder of Young People Participation we identified the levels of engagement that applied to this programme. Young people identified that they were Informed of activities (stage 4), in most cases they were consulted (stage 5), in some cases staff-initiated ideas but the young people made decisions on which were taken forward (stage 6), and in a few cases young people initiated ideas (stage 7 e.g. football and English conversation) and the staff made them happen. Also from our observations, some young people clearly took a lead in supporting other young people who were new to the group and in setting up and clearing up after activities without being prompted. Suggesting a sense of ownership and culture of helping out.



## Evaluation Summary

Key outcomes and impacts of the programme, and development areas for future consideration are outlined in the Executive Summary at the beginning of this report.

**Manchester CEYP Programme**  
**2022 Evaluation**

