

42<sup>ND</sup> STREET  
ANNUAL REPORT  
2015-2016

# CHAIR'S REPORT 2015-16

LIZ ALLEN

What a year 2015/16 has been for us all at 42<sup>nd</sup> Street. The team has made huge strides in bringing our vision for The Horsfall to fruition, securing capital and programming funds through the Heritage Lottery Fund, with additional capital funds from LandAid and Redevco. These funds have enabled us to start working with the Architects to begin the re-development of the Victorian shop on the corner of Jersey Street.

The Horsfall will be an exciting new venue and programme of activity building on 42<sup>nd</sup> Street's trusted and innovative approach to improving young people's mental health.

Not only will it offer a creative programme of activity for young people at 42<sup>nd</sup> Street, but it will also act as a public window into the world of arts in Ancoats. With increasing numbers of supporters from the local community, organisations and businesses, we eagerly anticipate the next year, during which we will launch The Horsfall and be able to share our vision of the powerful role of the arts in creating mental health and wellbeing.

We have also seen the gradual devolution of health and social care across Greater Manchester. 42<sup>nd</sup> Street is rising to the opportunities and challenges this affords us but always driven by the needs and voices of the young people who make up the 42<sup>nd</sup> Street family. We are confident that we can maintain our quality services and play a significant role with other partners and commissioners to ensure mental health services are not the poor relation of health provision.

We embrace the coming year with excitement about the opportunities ahead and as always the staff and trustee team are thankful for the ongoing support of funders and donors who allow us to deliver quality services to young people at a time when they need it most.



# CHIEF EXECUTIVE'S REPORT 2015-16

**SIMONE SPRAY – CHIEF EXECUTIVE**

Over 2000 young people have accessed our services this year, an increase of 600+ young people...

...an increase that has highlighted just what an incredible team we have at 42<sup>nd</sup> Street; everyone has been part of finding ways to ensure that we continue to offer young people a high quality, responsive service that meets need and offers choice.

Our work in schools and colleges has had outstanding results this year, with school staff and young people all reporting the huge benefits that they are seeing and feeling. Similarly, our work with 16–19 year olds, children at risk of sexual exploitation, our work with young people with Autistic Spectrum Disorder and TC42, (a therapeutic community approach to working with young people who might attract a Personality Disorder diagnosis), have all demonstrated how 42<sup>nd</sup> Street's approach to inclusion and choice makes a real and lasting difference to young people who may otherwise be overlooked. Our social action programme has also gone from strength to strength this year; powerful peer research, passionate peer ambassadors and a revitalised and energised LGBTQ+ project have all taught us once again how important it is that young people have a voice and that we listen to them - they are the experts.

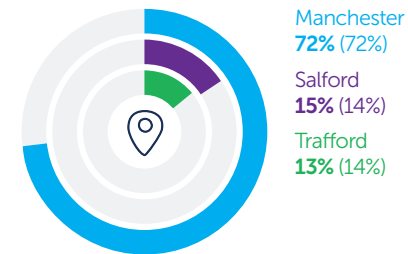
We also secured the funding we were hoping for to make The Horsfall a reality - we have started the capital build and a new programme that will offer more choice to young people and build on our track record for using arts and creativity to support emotional wellbeing, mental health and raise awareness of the issues.

A real highlight was being awarded the Children and Young People Now Charity of the Year award; for me this was the perfect recognition of Vera Martin's leadership and the hard work and dedication of an incredible team, always professional, always working with integrity and always putting young people first.

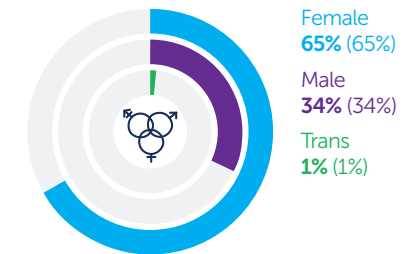
ANOTHER  
WONDERFUL YEAR  
FULL OF CHANGES &  
CHALLENGES

# THE 42<sup>ND</sup> STREET COMMUNITY 2015-16

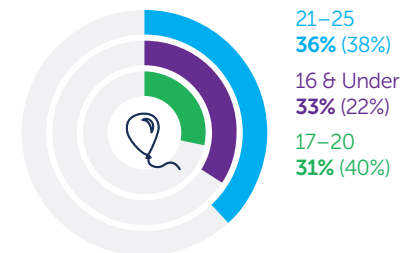
## AREA BREAKDOWN:



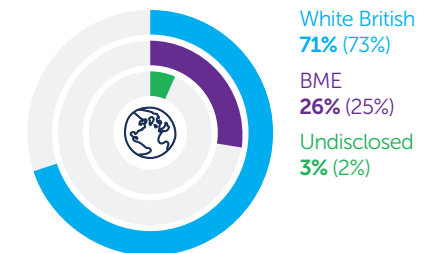
## GENDER BREAKDOWN:



## AGE BREAKDOWN:

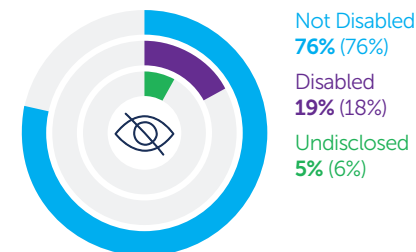


## ETHNICITY BREAKDOWN:

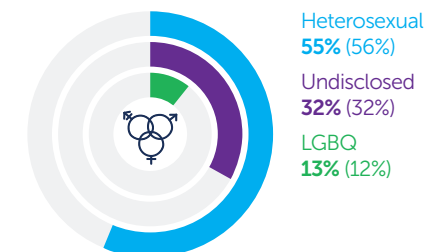


## DISABILITY BREAKDOWN:

(Not Including Mental Health)



## SEXUALITY BREAKDOWN:



# LAST YEAR 42ND STREET DELIVERED...

OVER 95% OF YOUNG PEOPLE WOULD RECOMMEND 42ND STREET TO FRIENDS AND FAMILY

## COUNSELLING, THERAPY, PSYCHOSOCIAL SUPPORT AND ADVOCACY, AND KEY WORK:



High attendance rates for individual therapeutic support (5-13% Did Not Attend rates);\*

\*70% young people show clinically significant improvement or recovery upon completion of therapeutic support (average across all areas using the nationally validated mental health outcomes tool, YP-CORE)

## THERAPEUTIC, ISSUE BASED AND IDENTITY BASED GROUPS, PEER SUPPORT AND CREATIVE PROJECTS:



100% reduction in YP-CORE scores for all 'Dealing with Depression and Anxiety Group' participants.

## KEIRAN'S GETAWAYS:



## WORK IN SCHOOLS AND COLLEGES:



## SOCIAL ACTION PROGRAMME:



## TRAINING:



## HELPLINE:



# TC42 THERAPEUTIC COMMUNITY: A NEW GROUP, A NEW APPROACH

“ The role of the TC [Therapeutic Community] is to enable the establishment of, “a secure attachment, then use this to bring about changes in deeply ingrained expectations of relationships and patterns and behaviour.” ”

## WHAT IS TC42?

TC42 is an innovative long term group aimed at young people aged 18-25 which is based on the principles and structures of therapeutic community groups. Whilst Manchester has an established TC for adults in Manchester, and other areas of the UK, TC42 specifically works with young people. 42<sup>nd</sup> Street has long supported young people who may attract a Personality Disorder Diagnosis or who have experienced long standing difficulties with their feelings and relationships. Therapeutic communities offer a unique opportunity to become part of a democratic exchange with peers, both gaining and giving support to others, and working together to understand and deal with issues brought to the group.

## 5 KEY THERAPEUTIC COMMUNITY PRINCIPLES:



\* Haigh, R. (1999), “The quintessence of a therapeutic environment”, in Haigh, R. and Campling, P. (Eds), Therapeutic Communities: Past, Present and Future (Jessica Kingsley, London).

## Young people say...

“It is the first long-term treatment that I have had access to.”

“It is good to have something that I need to commit to weekly especially when there might be chaos going on in my life.”

“It has been worth my while attending, I haven’t had the feeling of not wanting to come back like with other services.”

“It has a different dynamic to one-to-one treatment.”

“It is empowering to be a group member compared to one-to-one counselling.”

“Sometimes it is helpful to be with people with similar difficulties and sometimes it can cause problems.”

## WHAT IS A GROUP SESSION LIKE?

- Democratic ethos
- Clear boundaries around roles, timekeeping, etc.
- Business section including check-in, risk & contact - any risk issues which may have occurred during the previous week, new referrals, etc.
- Talk time - members bring something they’d like to discuss
- After-group/debrief

## KEY FEATURES OF A THERAPEUTIC COMMUNITY:

- Long term support
- Those with Borderline Personality Disorder need long term treatment/ response
- Group setting enables members to practise coping with challenge, and scenarios which inevitably ‘trigger’ strong emotional responses, in a supported way

**TC42 is a partnership with Manchester Mental Health and Social Care Trust (MMHSCT), who also deliver ‘15’, a TC group for adults in Manchester.**

TC42 brought together MMHSCT’s experience of facilitating TC’s, with 42<sup>nd</sup> Street’s expertise in supporting young people. From the launch of TC42 in June 2015, referrals came in steadily. Young people were asked to commit to involvement for 12 months initially, participating in one half day session each week. Group members complete reviews of their experience and outcomes at six and twelve months, using the

Therapeutic Communities Research Network (TCRN) evaluation tool, which incorporated CORE-10, a nationally validated mental health outcomes measure. Attendance has been good, with those leaving the group moving on, doing so due to gaining employment.

## WHAT’S NEXT?

Due to the resounding success of TC42, 42<sup>nd</sup> Street will be delivering a second year until June 2017 and will be recruiting new members along with a further staff member to join the delivery team.

# THE HORSFALL

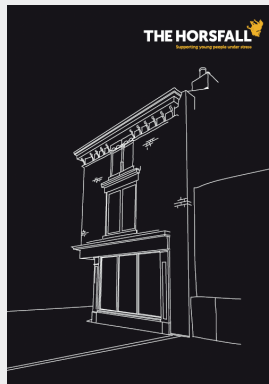
In 2015/16 we developed plans and raised funds for the transformation of 42<sup>nd</sup> Street's Victorian shop into The Horsfall.

We started, as always with young people and also reached a wider public of 270 through creative consultation. Highlights of the process included **Hand Drawn Histories** by Jacqueline Waldock who created an installation from people's hand drawn maps of the area and recorded memories. We also commissioned an installation by Nicky Colclough where visitors could investigate how sound, lighting, colour and nature could play a role in the building and findings from the project were presented to our architects and as part of our fundraising proposals.

On 2nd November, BBC Radio 4 broadcast **'Taking Art to the People,'** a documentary about The Ancoats Art Museum, how 42<sup>nd</sup> Street has taken inspiration from its story and the role of art in recovery and good mental health. [Listen here: http://www.bbc.co.uk/programmes/b06mccpr](http://www.bbc.co.uk/programmes/b06mccpr)

In September 2015, we finally received approval from the project's principal funders: Heritage Lottery Fund, LandAid and Redevco and we were able to set our plans for our new space in motion.

Aside from the appointment of architects and quantity surveyors we were also able to launch creative projects shaped by our **Creative Agents**. This is a growing group of young people who are making key decisions and realising our vision of The Horsfall as a venue and creative programme for all young people and the wider community. Earlier this year, the group were employed as consultants to "mystery shop" The Whitworth art gallery and feedback to their front of house team and as a result, The Whitworth has adopted new ways of working and two young people have taken up part-time employment at the gallery.



## 42<sup>ND</sup> STREET PEER AMBASSADORS

"By listening to others and through our own personal experience we can advocate and campaign for and with young people.

We are all different - we are unique, honest, trustworthy, real, inspiring, fabulous and nerdy!"

42<sup>nd</sup> Street's Peer Ambassadors are an inspiring, dedicated team of 13-25 year olds, who influence local, regional and national policy and practice; run behaviour-change and awareness-raising campaigns; and speak publicly about the issues facing young people.



### KEY ACHIEVEMENTS SINCE LAUNCHING THIS YEAR:

- Influencing the Greater Manchester Mental Health Strategy and Devolution.
- Advisory role for 'A Spiralling Mind': a theatre production addressing self-harm and eating disorders, in partnership with Odd Arts - reaching c.1000 Salford school students.
- Presenting at the Association of Young People's Health (AYPH) conference.
- Involvement in 'PartiSpace', an EU research project exploring democracy and participation.
- Sharing expertise with Sam Gyimah (Parliamentary Under Secretary of State for Education and Childcare) when he visited 42<sup>nd</sup> Street.

### CAMPAINING:

Work on an emotional wellbeing campaign for 11-25 year olds is underway; with c.200 young people and professionals consulted to date, 2016 will see the campaign enter phase two.

# CELEBRATING SUCCESS ←

This has been an exciting year for 42<sup>nd</sup> Street and one of significant recognition of our work, and testament to the vision, commitment and dedication of our team.

In November 2015 we were hugely proud to be announced as the **Children & Young People Now, Children and Young People's Charity**. The awards ceremony, held at London's Hurlingham Club, was a fantastic celebration of the wider sector. We were pleased to be joined on the night by our supporters, Access Advertising and were genuinely overwhelmed by the words of congratulations from colleagues and supporters across the UK.

2015 also saw us announced as one of twelve national recipients of a **Weston Charity Award**. The Weston Charity Awards celebrate and support excellent charities working in the fields of Youth, Welfare and Community. The award has enabled us to access an amazing team of senior business leaders through the organisation **Pilotlight** who have provided invaluable organisational developmental advice and support across the year.

42<sup>nd</sup> Street was also one of thirty charities to be shortlisted for the prestigious **The Guardian Charity Awards**, 'Charity of the Year'.

Our **We Tell You** peer research team's inspirational research into black young men's experiences of accessing mental health services was recognised, as they scooped the **winning spot** in the **Spirit of Manchester Awards**, 'Manchester Youth Volunteering Award' category.



# RESEARCH & KEY DEVELOPMENTS

## NATIONAL RESEARCH: YOUNG PEOPLE IN MIND

A national collaboration with Youth Access and 8 partners, this research project with 16-19 year olds demonstrates an evidence base around the impact of Youth Information, Advice & Counselling Services (YIACS). Research highlights the complicated inter-relation between health and social issues.

- ✓ 84 different vulnerabilities measured
- ✓ 77% of mental health presentation were: anxiety/stress, depression, suicidal thoughts/attempts, self-harm and family relationships
- ✓ First time seeking support for 89% of young people
- ✓ 91% experienced improvements in YP-CORE scores

## LOCAL RESEARCH: WE TELL YOU

In 2016 our peer research project exploring young black men's access to preventative services will disseminate its recommendations to key decision-makers, young people and organisations nationwide.

## THERAPEUTIC SUPPORT:

42<sup>nd</sup> Street is integrated into AMHS and CAMHS mental health pathways including IAPT. We have extended therapeutic services in both Trafford and Tameside & Glossop, and now deliver dedicated child sexual exploitation services.

## GREATER MANCHESTER DEVOLUTION AND TRANSFORMING SERVICES:

42<sup>nd</sup> Street is a member of the GM VCSES Reference Group, Mental Health Strategy Board and Reform Board. We have worked with colleagues across our delivery areas to develop "Local Transformation Plans" in response to the Future In Mind Report. Plans will shape commissioning arrangements and the future landscape of services for young people. 42<sup>nd</sup> Street has consulted with 300+ young people to ensure their views inform plans.

# KIERANFEST 2015

"It's really helpful that 42nd Street is based in school as it is difficult for a lot of young people to access support like this outside of school."  
Young Person

Together, as a tribute to Kieran, his family, friends and the wider community have raised over £36,000 for 42<sup>nd</sup> Street since KieranFest began.

Every year, this inspiring community event is supported by generous donations from local businesses, and is many hours of dedication, planning and preparation in the making. This year, the kind donations raised in Kieran's memory have supported Kieran's Getaways, a bespoke service for young people in Chorlton High School and our Creative Agents and the impact has been amazing.

## WHAT ARE KIERAN'S GETAWAYS?

Kieran's Getaways have been developed with and for young people accessing 42<sup>nd</sup> Street to give them 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. This approach is something Kieran's family feel Kieran would have approved of.

Since KieranFest began, over 60 young people have had the opportunity to take Kieran's Getaways which have included:

- ✓ A trip for young women to the Lake District
- ✓ A day trip for young people on completion of the Dealing with Depression and Anxiety Group
- ✓ A residential to London for our peer researchers looking into how to improve services for young, black men
- ✓ Tickets for our peer researchers to attend the Spirit of Manchester Awards (they won!)
- ✓ An adventure residential for young women called "Girl Talk"



"I feel a lot better having talked about my difficult thoughts and to realise how many things I can do to manage the stress and anxiety and I am much happier, more myself."  
Young Person

## CHORLTON HIGH SCHOOL

In September 2015 we started to deliver a service in Chorlton High School-match funded by the school. 28 young people have been supported by one of our Counsellors based in the school one day a week. Most young people have needed support with depression, low mood and anxiety, but the counsellor has also worked around self-harm and suicide, family problems, bereavement, bullying, confidence and self-esteem issues. 70% of the young people that worked with the counsellor have demonstrated recovery and the school has also reported benefits such as improved attendance, big changes in presentation towards exams, less aggressive behaviour, increased self-esteem and self-worth, improved relationships, less isolation and greater trust of professionals. Most importantly young people have told us it is making a big difference to them. We are delighted that, through KieranFest support, we will be delivering another year of support in Chorlton High School for the academic year 2016/2017.

## CREATIVE AGENTS

42<sup>nd</sup> Street's Creative Agents volunteer their time to support the development of our creative programme, The Horsfall. KieranFest donations have enabled young people to be trained to Mystery Shop the Whitworth Art Gallery and provide training for their front line staff in how to best welcome vulnerable young people to the gallery.

## THANK YOU

42<sup>nd</sup> Street couldn't do any of this work without the amazing support and generosity of Kieran's family and friends and the local community who so generously donate to KieranFest. Thank you from the staff team at 42<sup>nd</sup> Street and the young people who access our service.

TO FIND OUT MORE ABOUT KIERAN FEST,  
PLEASE VISIT:

[WWW.KIERANCR.ORG](http://WWW.KIERANCR.ORG)





# THE STAFF TEAM IN 2015-16

## 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)  
(Left October 2015)

**Leonie Brown**  
(Finance Officer)

**Rebecca Coughlan**  
(The Horsfall Finance and Communications Administrations Officer)

**Rachael Brooks**  
(Admin Team Manager)

**Renee Forrest**  
(Receptionist / Data Analysis Officer)

**Joe Hindmarch**  
(Receptionist)

### SENIOR TEAM:

**Champa Vaghji**  
(Learning Development Officer)

**Heather Parr**  
(Facilities Officer)

**Julie McCarthy**  
(Creative Producer)

### MENTAL HEALTH TEAM (COMMUNITY):

**Danielle Bohne**

**Geraldine Osowska**  
(Left March 2016)

**Jackie Trotter**

**Kay Al-Hamdani**

**Rhiannon Vaughan**

**Chris Holden**

**Tahra Jenkins**

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

**Eleni Dimitrellou**

**Sarah Flounders**

**Rashmi Vadgama**

**Carina Wake**

**Alex Habens**

**Wendy Bond**  
(Left July 2015)

**Dannie Rosenhammer**

**Angela Tibke**

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

**Joanne Shaw**

**Katrina Garg**

**Richard Moosbally**

**Sian Wild**  
(Left February 2016)

**Ed Coyle**  
(Left January 2016)

**Amy Girvan**

**Paul Allen**

**Zoe Doyle**

**Anna Lubbock**

**Scott Lauchlan-Ford**

**Nicola Colclough**  
(The Horsfall Engagement Officer)

**Sonya Christensen**  
(Professional Learning and Development Centre Development Manager, Greater Manchester Social Work Academy)

### CARETAKER:

**Joshua Obinim**

### STUDENTS:

**Lucy Kenningley**  
(work experience)

**Abigail McKessy**

**Anna Pasko**

**Kate Morgan**

**Resham Townley**

**Charlotte Noblett**

**Olufummilayo Olatunji**

**Alice Lenehan**

**Tahra Jenkins**

**Debbie Tran**

**Kamilah Wallace**

**Laura Mather**

**Noleen Menzer**

**Diane Birrell**

**Stuart Avery**

**Lucy Garner**

**DONORS**



Salford City Council



# ACKNOWLEDGEMENTS

## WE WOULD LIKE TO THANK THE FOLLOWING FOR THEIR FINANCIAL SUPPORT OF 42<sup>ND</sup> 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
- ✓ Heritage Lottery Fund
- ✓ Curious Minds
- ✓ The Tudor Trust
- ✓ CRH Charitable Trust
- ✓ Department for Education
- ✓ BBC Children in Need
- ✓ University of Manchester
- ✓ ATLAS Manchester
- ✓ LandAid
- ✓ Redevco
- ✓ Homes and Communities Agency
- ✓ Garfield Weston
- ✓ Hilton Double Tree
- ✓ Norfox
- ✓ Equinox Properties Ltd
- ✓ GSK
- ✓ Connell Sixth Form College
- ✓ Cedar Mount Academy
- ✓ Oakwood Academy
- ✓ Altrincham Grammar School for Girls
- ✓ Chorlton High School
- ✓ Wellington School
- ✓ Walkden High School
- ✓ UTC Media City
- ✓ St. Bede's College
- ✓ Flixton Girls' School
- ✓ Irlam & Cadishead College
- ✓ Greenbank 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
- ✓ All who donated in memory of Anne Kearney
- ✓ All who donated in memory of Vera Martins
- ✓ Diva-Charity Events
- ✓ Royal Bank of Scotland
- ✓ Charities Trust
- ✓ Residential Management Group
- ✓ Access Advertising,
- ✓ Janet Batsleer
- ✓ Frankie Spray
- ✓ Christine Martins
- ✓ Eleanor Pugh
- ✓ Mr S C Cole
- ✓ Judith Saffer
- ✓ All donors through the JustGiving, VirginMoney Giving, Paypal Giving and Charity Choice websites
- ✓ Sponsors who supported our sponsored events
- ✓ All anonymous donors

THANK YOU!

### Also our thanks to:

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

# FINANCE



## CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

(Year ended 31st March 2016)

	2016 (£)	2015 (£)
Incoming Resources	1,191	1,103
Resources Expended	1,123	1,101
Net Income/Expenditure	<b>68</b>	<b>2</b>
Total Funds (at 1st April 2015)	429	427
Total Funds (at 31st March 2016)	<b>497</b>	<b>429</b>

## CONSOLIDATED BALANCE SHEET

(As at 31st March 2016)

	2016 (£)	2015 (£)
Fixed Assets	1,181	1,164
Current Assets	271	252
Creditors	(955)	(987)
Net Assets	<b>497</b>	<b>429</b>
Reserves: Restricted	209	135
Reserves: Unrestricted	288	294
Total Funds	<b>497</b>	<b>429</b>

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

## FOLLOW US:

@42ndStreetmcr

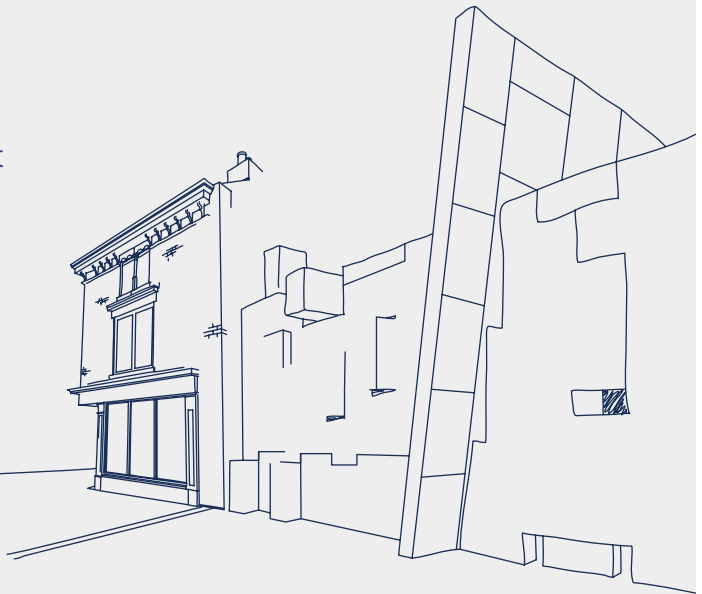
@TheHorsfall

## VISIT OUR WEBSITE:

[www.42ndstreet.org.uk](http://www.42ndstreet.org.uk)

## ADDRESS:

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



**42<sup>ND</sup> STREET**



Supporting young people under stress

42<sup>nd</sup> Street is a Company Limited by Guarantee. 2476342  
Registered Charity No. 702687