

BUILD BACK BETTER PROGRAMME REPORT - 2021

The Build Back Better Grant Programme was launched in December 2020 to support YHF member organisations through 2 strands of funding to help them to Build Back Better in 2021. This programme was made possible through fundraising proceeds donated by Harrow School who continue to partner with YHF to support a range of dedicated local charities to ensure a positive and lasting impact on the lives of children and young people in Harrow.

The two strands on offer included an invitation to apply for a larger grant of up to £8,000 for those organisations providing specialist services including, mental health support, challenging youth violence and working with highly disadvantaged young people. The smaller grant of up to £3,000 was for all of those groups who provide a range of more generalist activities and support.

In terms of sustainability and support to not only ensure a range of projects are on offer to children and young people, but to ensure organisations survive the pressures and constraints of the pandemic we offered support towards existing salaries.

Total number of YHF Member charities supported.	25
Total number of children and young people projected as engaging in project delivery between February and December 2021.	1,854
Total Granted	£121,780
Age range 0-5 years	
	10
Age range 6-12 years	512
Age range 13-18 years	1015
Age range 19-25 years	287
(up to 30 with additional needs)	30
Percentage of organisations addressing the 5 key areas identified in the Needs Analysis 'This is Harrow' based on responses from over 4,000 children and young people.	
Mental and Emotional well-being	91%
Youth Violence	15%
Employment Opportunities/Aspirations	12%
Inequalities	29%
Being active	33%

Build Back Better Projects

1. Every Step Matters

Every Step Matters specialise in delivering therapeutic and coaching support for children, young people and adults who have experienced Domestic Abuse and/or are struggling to fulfil their true potential. Their mission is to break the cycle of Domestic Abuse and empower every young person to find and fulfil their true potential.

What will they be doing?

At present they have no funding for time spent on general administration, marketing, social media, fundraising, book-keeping, and continued professional development. The money granted will help support the work they deliver face to face and help to give the organisation strength and stability.

Who will the project support?

The majority of the young people they work with come from disadvantaged backgrounds and communities. They engage with young people who have experienced Domestic Abuse, fallen into a cycle of toxic relationships, young people who are struggling with all the big life changes they are experiencing especially with the added impact of Covid-19.

What difference will it make?

1. Break the Cycle of Domestic Abuse - by teaching, building awareness and understanding of Domestic Abuse, we aim to break the cycle of Domestic Abuse.
2. Developing a strong awareness of self, including resilience, self-esteem and confidence.
3. Define life goals and aspirations and building a growth mindset and personal success plan.
4. Build a self-care plan to get through the most difficult of times such as Lockdown.

2. IGNITE Trust

IGNITE believe in the power of community so they build communities of change around young peoples' interests and needs. They believe a healthy community draws people to itself, changes individuals and empowers them to impact their environment. Within these communities, positive relationships develop, and barriers fall.

What will they be doing?

This grant award will go towards supporting organisational costs, namely their Senior Youth work post giving them stability, alongside navigating the changing restrictions in the current pandemic. This funding will support them in facilitating the change required in the way they provide youth work services as they re-start their in-person provision and continue with online interventions.

The Senior Youth Worker will support the delivery of key services for young people and provide project coordination, management and support, taking the lead on the development of responsive programmes that address the needs of our young people.

Who will the project support?

Through this funding they will engage young people aged 11-25 in Harrow who are from predominantly Black, Asian and Minority Ethnic backgrounds. Many of the young people they work with are involved in or at high-risk of becoming involved with the criminal justice or social care system and face multiple challenges and disadvantages such as poverty; learning difficulties; mental health issues; and substance abuse.

What difference will it make?

1. Young people will grow in their self-efficacy (confidence, self-esteem, communication, engagement), helping them to make positive choices and improving their skills and resilience to tackle challenges in their lives.
2. Young people will increase connectedness and a positive attitude towards other people. This will reduce feelings of isolation and increase young people's ability to relate to a wide range of people. It is believed that developed interpersonal trust will contribute to the process of desistance from crime.
3. Young people will take positive steps towards engaging/re-engaging with education and/or employment.

3. Harrow Carers

Harrow Carers Supports Young Carers who face many disadvantages due to their caring role. Many of our young carers have had no respite from their caring role and reduced engagement with peers since the beginning of lockdown.

What will they be doing?

This funding will help increase to increase their Juniors Healthy lifestyles programme aka 'Run for Young Carers'. The program focuses on weekly delivery of fun and creative activities to promote healthy lifestyles along with training the children to be able to run 5k by the end. This programme will give young carers aged 6-11 a break from their caring role for 1 hour a week, enable them to catch up on social development they may have lost during lock down and catch up / improve their physical health which has been impacted by Covid 19 and multiple lock downs.

Who will the project support?

As of December 2020, they were supporting 271 young carers aged between 5-18 years old. These clients require support because the caring experience can be emotionally and physically draining. Their role is so demanding that they can be affected by poor mental and physical health themselves. Many of the carers are isolated and struggle to maintain social networks, links with the local community and the interests and activities which are essential to sustaining good emotional and physical health.

What difference will it make?

1. Improved physical health and increase the distance they are able to run and the length of time they are able to exercise for.

2. Improved social skills through engagement with other young carers and evidence by parent testimonies.
 3. Improved wellbeing through engagement with the programme.
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4. CAAS – Centre for ADHD and Autism

What will they be doing?

Should CAAS will use the funds towards deliver of their Lego®-based therapy group which they hope to restart in April 2021. This includes two ten-week courses with 6 participants per course. They have two members of the team, one of whom is also a qualified youth counsellor, who are trained to deliver Lego Therapy. They completed their training through Bricks for Autism whose training courses are officially endorsed by Cambridge University's Autism Research Centre.

Who will the project support?

The project will benefit ADHD/autistic children and young people aged 6-14 who struggle with friendships or with social communication, mainly where anxiety or previous negative experience means they feel unable to connect with their peers and form relationships, seeing them stuck in a vicious cycle of loneliness, often leading to anxiety and depression. This is further impacted through lack of social activities outside of school, often because mainstream activities are not readily accessible. Younger children also struggle to make friendships or find that they prefer to be on their own which becomes a bigger challenge when faced with having to be social. This can result in increased anxiety and frustration because they simply “don’t know how to”.

These differences, understandably, can lead to a lack confidence and self -esteem. By addressing these problems creatively, they learn skills to build and sustain friendships, which can be particularly important for when they transition to high school.

What difference will it make?

1. **Increased Confidence and Self-Esteem** - groups such as Lego therapy enable participants to build self-esteem, resilience and confidence within a supportive peer group. Through small group work they learn social skills in a natural environment and can share coping strategies for situations that they find a challenge.
 2. **Increased independence and reduced isolation** - attendance at the groups will help reduce isolation. The communication skills learned will reduce anxiety leading to the young people being more able to form friendships and feel like they belong.
 3. **Improved mental health and better home environments** - the above will result in improved mental health for our young people. Better understanding will result in better home environments for the whole family.
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5. The WISH Centre

What will they be doing?

WISH will provide additional capacity to hold drop in's, therapy and group sessions in schools and elsewhere, providing extra capacity for groups, outreach and therapy.

Who will the project support?

Young people are struggling with the impact of lockdown and COVID-19 – those with existing mental health issues are finding it harder than ever and many cannot access their usual support or find a weekly telephone call insufficient, WISH provides access to a number of services which together provides a full support package that young people say is helping them to cope. This is vital as they can prevent incidents of self-harm, tackle any suicidal thoughts and feelings as they arise, support a young person to disclose domestic violence at home, provide sufficient validation and positive affirmations that they do not sext or send nudes (CSE), create a positive peer support community to help with mental health issues such as anxiety or depression, and provide advice and information on staying well and safe as well as de bunking various social media myths about Coronavirus that are shared by young people. 78% of the young people we support are BAME young women and girls ages 11-19 years, and 20% are LGBT+ and an increasing number are SEND.

Young people aged 12-25 years old will be referred via Help Harrow, Heads Up, schools, social care and community partners, and will self-refer through our online digital platform.

What difference will it make?

1. 80% of young people will stop self-harming.
2. 90% reduce or stop suicide ideation.
3. 85% increase coping skills and safety from digital exploitation and CSE.

6. FLASH Musicals

What will they be doing?

FLASH run weekly workshops where the young people learn to act sing and dance, on a stage in a Theatre, taught by qualified teachers. Classes are divided into groups to learn different sections of the performance, one group with drama the other dance - then they all come together to sing. FLASH have their own recording studio and record a lot of CDs for them to learn and take home to their families to hear and share the work they have accomplished. They also have a media suite and film some rehearsals which are shown before the performance to their family and friends. Due to having these facilities the young people not only learn performing arts they also learn Technical Theatre Skills, Recording Studio production and media.

Who will the project support?

Around 50% of the young people who attend are from disadvantaged families, including children with learning difficulties, ADHD, as well as young people from families that have alcohol and drug addiction issues. Flash provides a good break for these young people which allows them to escape the reality of their difficult lives and allows them to express themselves in a creative form, enabling them to gain self-esteem and confidence.

Many of the parents of these young people use the on-site food bank. These needs have been exacerbated during the pandemic due to the loss of jobs and income. Communities have been hard hit by the pandemic and subsequent lockdowns. Children and young people have missed many months of school, with some not having the full access to remote learning. Even though some schools are now back, extra-curricular activities are still restricted as are social interactions. This has resulted in increased mental health issues and growing isolation for children and young people.

What difference will it make?

1. Tuition in the performing arts and team building which will help with life skills very needed in this competitive world. Through drama and real-life role play it will help going to interviews, starting a new job and being independent.
 2. Increased social skills and opportunities to meet with local people and friends which they have missed through the Covid. These workshops will help combat loneliness and bring back community spirit.
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7. Kids can Achieve - KCA

What will they be doing?

KCA provides services for children, young people with learning disabilities and their families. They support children aged 5-25 including those with complex and multiple disabilities. The core services are holiday playschemes, after school club, Saturday club, outreach & 1:1 support, service and family support and therapies and the funding will cover part of the salary costs of one of their support workers.

Who will the project support?

They aim to develop the self-esteem, social skills and education of the young people who access their services and support their social inclusion. They provide for those currently unable to find the support they need because mainstream services are not able to meet their high needs and work with them towards achievement of their goals. The children we look after are isolated and vulnerable.

They also have learning disabilities and other associated communication disorders such as severe autism and they require support to positively interact with other children and in the community, their needs and high levels stress can result in behaviours that challenge. It is common not to have friends to play with; very often they are not confident enough to take part in mainstream activities.

What difference will it make?

1. Ensure children with learning disabilities and complex needs have access to play and learning opportunities.
2. To reduce social isolation of young people with learning disabilities living in Harrow, enabling them to socialise and make friends with other like-minded people.

3. To reduce the inequalities that young people with learning disabilities and their families face daily by ensuring they are given the best possible start in life and access to the community just like everyone else.
4. To ensure families are able to access safe and appropriate respite opportunities so they are able to care for their own needs and needs of siblings

8. Arts for Life

What will they be doing?

The 121 Together Programme at Arts for Life Project (AFLP) is a clinical therapy programme offering counselling/psychotherapy/CBT to 6 – 25-year-olds. This programme is open to both Arts for Life Project disadvantaged young people or by self/professional referral via the web portal/YHF Portal/Help Harrow Portal. The provision offers face to face appointments at time when many provisions are virtual.

Who will the project support?

The organisation currently supports young people between the ages of 6-19 yrs. 80% of the children supported are undergoing or have undergone 1:2:1 therapeutic intervention, 75% have learning differences and 45% are currently or have been under CAMHS. The young people using the service present a range of challenges including social, emotional & communication developmental delay, challenging behaviour, emotional retraction and self-harm.

What difference will it make?

1. To support 20 young people between the age of 6 – 25 years with Clinical Therapeutic Support to alleviate crisis.
2. To encourage 30% of those young people to engage in other AFLP or partner provisions following therapeutic intervention.
3. To increase personal resilience skills 4. To increase self-reliance and independence in personal well-being.

9. HASVO

HASVO is the Centre for the Somali Community in Harrow and aims to strengthen the links between all community groups within Harrow. Their main focus is support for the Somali Community in Harrow.

What will they be doing?

The funding is for their Role Model Project. They will recruit and engage 15 current University students from the local community to give back to the community through a set of sessions for young people through the provision of weekly support with key subjects, bi-weekly group discussions and monthly careers advice. The project aims to promote mental and emotional wellbeing amongst all participants,

by providing a safe and positive environment for both the facilitators and young people to engage and feel connected. A survey carried out by HASVO in November 2020 of 10 current university students showed:

- 77% reported a high level of isolation.
- 88% reported a lack of positive activities to engage with.
- 74% reported that they would want to volunteer.
- 90% reported a high level of mental health issues among young people in their age group.

Who will the project support?

The beneficiaries of this project will be disadvantaged young people aged between 6 - 25 years old from the deprived wards of Roxbourne, Rayners Lane and Wealdstone. The young people will be from both genders, and the project is open to all communities. These wards are part of the most deprived areas in Harrow with high levels of social housing with poor quality overcrowded homes and high poverty. Many of our targeted young people would have been exposed to anti-social behaviour, crime, and gangs. Life expectancy is lower in the area, and youth obesity is high.

What difference will it make?

1. Improved Mental health & wellbeing.
2. Increased engagement.

10. Mathsmakers

What will they be doing?

The aim of this project is to improve the results in GCSE Maths of 72 disadvantaged children, aged between 14 - 16 years old, from Harrow. It will achieve this by providing each of them with ten online tutorials of targeted small-group support. All tutorials will occur after-school or on Saturdays. They will work with a local school in Harrow, Park High School, who will select the students needing additional support.

Who will the project support?

The 72 young people supported by this project will come from all ethnic groups and be aged 14- 16 years old. All will be from disadvantaged backgrounds, the majority from BAME groups, and eligible for free school meals (FSM).

Many will also be facing multiple and complex challenges such as English as an additional language (EAL), special educational needs and disabilities (SEND), and lacking self-confidence. All the children supported by this project will come from Park High School in Harrow.

What difference will it make?

1. Improve core Maths skills which will help them access further education, gain better employment opportunities, manage their finances and improve their social mobility.
2. Improve self-confidence, aspirations and sense of self-worth.
3. Improve interpersonal and employability skills. MathsMakers tutorials will encourage teamwork and problem solving in a small group.

11. Watford FC CSE Trust (Cedars Youth and Community Centre)

What will they be doing?

Cedars aim to create and develop a new weekly youth voice session called 'Time2Talk'. The session will initially start as an online offer, until we are able to provide a face-to-face service once restrictions have been lifted. The project will look to provide young people with a platform to share ideas and discuss relevant matters. Through this work they would like to empower the young people involved, allowing them to have a sense of ownership over their community centre. They have previously hosted small youth focus groups; however, these groups have been aimed at specific activities, meaning they haven't had a true reflection of all of their users. The T2T sessions will lead into the creation of a sustainable youth board, which can positively influence the future direction of the centre.

Who will the project support?

The project will engage a combination of pre-existing and new participants aged 8- 18. We will invite participants from a number of our current programmes, as well as working with partners to identify new project beneficiaries.

They aim to bring together a diverse group of young people, all of whom are facing different challenges. This can range from young people who are currently inactive, struggling with mental health issues or at risk of youth violence. All new participants will be signed posted into our current activity, provision to ensure that alongside their involvement in the T2T sessions, they are keeping active.

What difference will it make?

1. Participants have improved physical well-being.
 2. Participants have improved mental well-being.
 3. Participants have improved confidence and self-esteem.
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12. MY YARD

My Yard uses surplus food from supermarkets, allotments and gardens to grow, distribute, and teach people how to eat well. Reaching out to the community and those most isolated and in particular through developing their youth work focus.

What will they be doing?

The funding will help them to expand their youth work towards helping the young people to gain volunteer experience and certificates in various short courses throughout the year to add to their CV and gain more work experience. The issue for many young people is the lack of opportunity to earn money or gain part time work experience or understanding how to use their skillset to develop small businesses. Examples are young people who have been excluded from school, have already gained criminal records as well as those who feel the lack of support from parents or schools stop them from progressing as other peers their age from different areas.

My Yard has established and built relationships with a number of young people on Grange Farm estate and the surrounding areas. With the support of Harrow Council and Higgins Construction they have created a course for two age groups.

Who will the project support?

My Yard engage with young people struggling with inequalities with a focus on the Grange Farm estate in South Harrow. They feel in their words “judged by where they live and what they have” One 16-year-old says, “I feel my life is over and I am just 16”. The success of young people learning how to harness skills and sell their creative work has inspired the entire community with a sense of comradeship as they enjoy wearing their hoodies and be identified as Team Grange. Young people from the surrounding area have become part of the group not just those on the Grange Farm estate. The feeling of an inability to break into the workplace or have educational or work success can lead to a vulnerability to illegal gang/drug recruitment for some of the more vulnerable group.

What difference will it make?

1. 12- 18-year-olds will complete 50 hours of volunteering activity.
 2. 12–18-year-olds will complete 3 courses (short 2 – 4 hours each).
 3. 9-12 year will complete the younger changemaker course.
 4. 19-25 will engage with the younger changemakers for 10.
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13. Josh Hanson Trust

What will they be doing?

The Fine Lines Art project is a 6-week project which is delivered online 1:1 to 10 vulnerable young people, and their parent/carer/guardian. The programme addresses the challenges faced by young vulnerable victims of crime and those who are currently part of the criminal justice system or at risk of becoming part of the criminal justice system. This project is currently being delivered online as part of their violent crime prevention support and restorative approaches module.

The Fine Lines Art project also shares a PowerPoint presentation about Josh and his story, death and the impact of knife crime including the ways to resolve conflict without violence by an expert by experience Criminologist and bereaved victim of crime who is assisted by sessional and safeguarding leads with a wealth of youthwork experience. The topic around knife crime, anger, depression, and isolation shall be addressed alongside decision making, anxiety, fears, and empathy as well as restorative thinking while engaging in Fine liner Urban Art techniques.

Who will the project support?

They will engage with vulnerable young people who are at risk of committing crime, who have just entered the criminal justice system and those who are who are faced with challenging experiences. Their projects are delivered by an expert by experience and assisted by project coordinators and mentors who have a wealth of experience working with and supporting young people.

Throughout the Covid-19 pandemic they have been taking referrals from the police and private sectors who work with young vulnerable people identified as needing the benefits of an arts intervention project.

What difference will it make?

1. Increase awareness to knife crime.
2. Reduce Youth Violence
3. Increase knowledge and skills.
4. Improve mental and emotional Well-being

14. Harrow Steel

Harrow Steel” was founded 1986 and has created an ethos of challenge and nurture that provides an opportunity for gifted and talented young musicians aged 14 – 21 to learn complex music aurally within a Steel Band. They support the engagement of musical talent, in a multicultural environment across Harrow and NW London.

What will they be doing?

Harrow Steel will be offering three projects. They would like to re-engage once again with the members of the Steel Band as soon as they are able to for weekly rehearsals. If this cannot be ‘live” they will teach virtually via zoom with parental permissions. Following this they would like to hold an Easter or May Half term or summer holiday Steel Pan Academy for 30 new Steel Pan players in year 8 and start a regular Saturday morning Steel Band for beginners in April/ May with some of their year 7 students are eagerly waiting for this to happen.

Who will the project support?

The Young people they are aiming to engage with are from schools in the London Borough of Harrow and surrounding areas. These students are of secondary school age and beyond (ages 12 – 21) and they particularly want to provide opportunities for those on low income or eligible for Pupil Premium Grant. The band members represent the ethnicity of the London Borough of Harrow with over 60% coming from BAME backgrounds. They also ensure a high-level musicianship is available for Gifted & Talented Musicians who would not normally be able to access this kind of provision due to financial constraints.

What difference will it make?

1. Improvement in mental health through weekly rehearsals/ half term workshops.
2. Improved aspirations and skills needed to gain employment such as teamwork/ leadership skills/ punctuality.
3. Increased confidence in performance and learning a new skill.

15. Afghan Association London (Harrow)

Afghan Association of London has been supporting the Afghan community in Harrow for 23 years. They have initiated numerous successful projects in response to emerging needs of the community and assisted thousands of Afghan refugees in the process of their integration into the UK society through provision of practical help and support, advice and advocacy.

What will they be doing?

Whilst the Coronavirus epidemic has changed our lives beyond recognition, AAL highlights the disproportionate impact of Coronavirus on BAME communities in particular the youth who are vulnerable. The long-term effect of a disturbed education, lack of physical and leisure activities and in particular limited interaction with friends and family members will be enormous on young people's lives. This funding will do towards support costs for the organisation and to enable them to continue to deliver work to assist the Afghan youth (18 – 25 years) overcome the devastating impact and after effects of the Coronavirus and the lockdown period on their lives. As part of the project an Afghan Youth Forum will be established in Harrow to oversee a range of activities including; Taekwondo Classes, a Football FC and a 7 a side Football Tournament, Volleyball teams, and Chess Club.

Who will the project support?

The Afghan youth are extremely vulnerable and experience isolation, inequalities, financial hardship, poor housing, unemployment, and mental health due to trauma and experience of civil war and exclusion from different aspects of social life. They are affected by lack of support, resources (sport and leisure facilities) and social networks. The families are seriously concerned about the influence of radical elements and preachers of hate on disaffected youth which can lead to radicalisation. Many young people have difficulties settling into school and consequently fail to do well at their studies.

What difference will it make?

1. Enhanced awareness of the Afghan young people to adhere and comply with Government guidance and professional advice on how to stay safe during the Coronavirus crisis.
2. Engaged and well supported Afghan youth, as a result of their participation in sport, leisure and recreational activities during the epidemic crisis throughout the summer holiday period.
3. Less isolated, less affected Afghan youth during the epidemic as a direct result of participating in project's activities.
4. The Afghan youth will be less likely to become involved in crime and anti-social behaviour as a direct result of their involving in healthy, physical, sport and learning activities.

16. The 8th/19th Harrow Scouts

This scout troop alternates their location between West Harrow and Harrow Weald. The group is a good mix of boys and girls who like being with friends and participating fully in the adventure of life.

What will they be doing?

The funding is to provide face to face activities for these young people during school holidays. A programme of physical, adventurous, challenging and fun activities run by external suppliers will be designed to help the young people to interact with each other, to gain a sense of achievement and

Be physically active. Specific activities will depend on covid-19 restrictions but are likely to include the following: Indoor Climbing / Boulder wall, pony rides, Water Activities (e.g., sailing, canoeing or Stand-up Paddle boarding) and Adventure activity day (e.g. zip wire, caving / tunneling, high ropes and abseiling).

Who will the project support?

The group has over 100 young people from different cultures and ethnicities in West Harrow and Wealdstone in their group. 46% of the young people are from a BAME background and many of their families would be unable to afford the outdoor activities so they will prioritise support for these groups.

What difference will it make?

1. Improved mental and emotional wellbeing - young people will be able to interact with their peers in a structured and safe environment and do something they enjoy which will help improve their social interaction, reduce isolation and have a positive impact on their mental and emotional well-being.
2. Being Active - and based or water-based activities (e.g. climbing wall, paddle boarding, abseiling) that are fun and challenging for the children and keep them physically active will be hugely beneficial to their physical health and keep them fit.

17. OYA – Organisation of Young Africans

What will they be doing?

OYA would like to extend their services to the young people and families they work with by offering access to advice and information two evenings a week. this will include support with:

1. general enquires, dealing with tech, health concerns and other issues.
2. education, dealing with curriculum, homework and settings.
3. finance, dealing with partners' funded students and fees.

Many of the parents struggle to complete online forms, struggle with email even when they have an email address, and struggle with technology in general, hence their reliance on phone calls, and to a lesser extent texts.

Who will the project support?

The young people OYA engage with are aged 10-19 of African/African-Caribbean heritage. OYA supports them to build fulfilling lives by bridging the academic attainment gap, improving cultural self-confidence, and engaging with black positive role models (teachers). Their young people have been disproportionately affected by Covid, largely due to multiple pre-existing disadvantages including, Employment, Housing, Health, Education and Technology.

What difference will it make?

1. Improved communication with families.
 2. Increased access to information and support.
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18. The 1st Roxeth Scout Group

What will they be doing?

Activity Camp - they are planning to put on a special indoor / outdoor camp for Cubs and Scouts with the younger section beavers attending for the day on a Saturday.

This will include a number of on-site activities. The funding will ensure that they can open the activity up to the whole group and to support those families who may otherwise struggle due to loss of jobs as a result of the pandemic/ on low income. The Campsite is a local county site (Paccar Scout Camp) 12miles from Harrow and arrangements for those who have not got transport to get to the campsite will be supported.

Who will the project support?

The group includes young people from a range of different ethnicities and backgrounds. Ages range from 6 years to 15 years with young leaders aged 15 – 18 who are a credit to the group, helping with the weekly meetings and activities. The children in the group, due to the pandemic, have not had a chance to socialise as much with their peers and they see the importance of this in terms of affecting their wellbeing and mental health. There are a number of children with special needs and this activity ensures that they will greatly benefit from this type of activity, helping to build self-confidence and independence.

What difference will it make?

1. Increased physical activity - children getting back to being active having been stuck indoors over the past year due to the pandemic.
2. Increased socialising and bonding - residential experiences provide a good bonding exercise for all members and leaders gain a better insight into the needs of those attending.
3. Remove barriers relating to cost and inequalities.
4. Improved mental and welling being of the members.

19. MOSAIC LGBT& Young Persons' Trust

What will they be doing?

Mosaic will use this funding to expand their recently launched counselling service by increasing its capacity by 50% by adding additional counsellor. They see an increased anxiety amongst their members who can't deal with ever changing exam plans and would like to offer mentoring that is focused on academic achievements. Their localised mentors' scheme will see more mentors going out to Harrow and speaking directly to schools. Each mentor will have a portfolio of schools they will be engaging regularly to make sure there is a persistent referral route and support for staff as well. We are going to hold a regular training session for offsite mentors to assure quality. This funding will expedite this programme and support an existing post.

Who will the project support?

MOSAIC aim to engage young LGBT+ persons age 13 – 19 as well as those who are questioning their sexuality and gender.

What difference will it make?

1. Young people will self-report a stronger sense of belonging and community.
 2. Young people will self-report reduced anxiety.
 3. Young people will self-report increased self-esteem.
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20. Zawiyah

What will they be doing?

The funding requested is for the delivery of additional classes that specifically cover aspects of mental health awareness but in a fun and motivational / educational way. This class will happen mid-week and help relieve the children and adults suffering from mental distress as a result of Covid19 and issues associated with this such as the lockdown. Armed with the mental health first aid training and the provision of extra classes, they will make a positive contribution to combatting / reducing the impacts of low mood and depression. They have regular contact with the children and parents, and some parents have specifically asked us to help further in addressing this need.

Who will the project support?

Zawiyah provide supplementary education for children aged 5-15 and some support, advice and signposting for their families and other disadvantaged adults presenting to them. Their services are primarily for children and families from a wide variety of ethnic backgrounds. Those supported by this project are a mixture of existing children and families. Currently all of these clients come to them through word of mouth and they hope to expand their work through promotion and social media.

What difference will it make?

1. Improved Mental Health Awareness
 2. Treatment if minor mental health symptoms
 3. Referral of more serious cases to the correct organisations able to help.
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21. The West House Heath Robinson Museum Trust

What will they be doing?

They will be buying new equipment to help support their children's Art Academies aimed at giving high quality art education and its associated mental and emotional well-being benefits to children whose arts provision in schools has reduced due to funding cuts. These Academies are serious art clubs for children who want to improve their technical skills and knowledge of art in a nurturing, relaxing environment of relatively small numbers, with a specialised staff to child ratio of between 1:3 and 1:4. The sessions are set up so that all the children are equal, providing all of the resources so that no child is disadvantaged by their economic circumstances.

The techniques taught include; watercolour, acrylic painting, book illustration, mural design, printing and sculpture, not offered in many schools, and invite professional artists to present sessions regularly to increase the breadth of culture each child is exposed to.

Who will the project support?

The attendees are local children who either attend local schools or are home schooled. There are currently 2 different art academies directed at different age ranges (7-10yr olds and 10-16yr olds). There are a number of subsidised places, and this funding will help support promotion to a wider network of local schools and to encourage those from disadvantaged areas to participate. They have had children attend with a variety of issues such as ADHD, acute anxiety disorders, depression, self-harm, dyslexia, bullying issues, autistic spectrum, fetal alcohol syndrome amongst others.

What difference will it make?

1. Increased number of children working towards an Arts Award.
2. Improved mental and emotional well-being.
3. Improved confidence and ability to show and discuss work with peers/older/younger children.
4. Opportunity of work experience for the workshop leaders and volunteers.

22. Woodland Adventure Forest School Harrow

What will they be doing?

Prior to COVID, almost all of the Forest School activities took place at their base in the Bentley Old Vicarage Nature Reserve, as well as in All Saints' Church when weather conditions were unpleasant. However, over the last year they have had very limited opportunities to welcome groups to the forest and so are developing new ways of sharing their resources. This has included online activities promoted via social media, socially distanced and COVID compliant visits to schools, family bubble visits to their site, and latterly online video sessions with schools and pre-school groups. They will use the funding from Build Back Better to purchase equipment for filming and editing, necessary software and licenses, plus cabling to ensure internet availability for streaming, to enable them to develop their capacity to record different types of sessions and to empower families and individual children to increase their confidence to understand nature and its beauty, and to appreciate its value for us all.

Who will the project support?

Woodland Adventure Forest School Harrow works with a range of local children and families across Harrow. They are currently working remotely with 60 children and their families. After the half-term in February, they plan to send the project to Harrow Special Schools and a nursery group in Harrow.

What difference will it make?

1. Increased Numbers of people reached via schools and pre-school sessions, plus YouTube views.
2. Increased number of teaching videos provided to schools etc and uploaded to YouTube.

23. Khulisa

What will they be doing?

Khulisa are passionate about helping all young people to realise their potential. This funding will enable them to deepen their work in the borough, engaging with young people as they return to school after the lockdown, offering an intensive programme to support their social and emotional wellbeing.

The programme helps young people, especially those with who have experienced adverse childhood experiences, to express themselves without violence, to understand the impact of their behaviour, to encourage them to stay in school and to divert them away from criminal activity.

Who will the project support?

The main audiences are young people aged 11-18, who have often experienced adverse childhood experiences, including but not limited to, growing up in poverty, living in the care system, being at risk of exclusion and/or partaking in violent or criminal activity. Teachers and care professionals refer young people to the programme who are deemed to be at 'high risk' of exclusion, becoming involved in crime or youth violence. For the Build Back Better proposal they will primarily be working with Rooks Heath College, based in South Harrow. Rooks Heath is a diverse school community, with leadership that values our approach to wellbeing and aligns well, working with them to deliver a whole school approach, where we will support students, staff and the wider community of parents and carers to deliver the best social and emotional outcomes for their young people. Demographically, 38% of the young people they work with come from non-white backgrounds and in particular they support young boys from black African, black Caribbean, Bangladeshi and mixed backgrounds.

What difference will it make?

1. Increased Social and emotional well- being.
2. Better emotional self-regulation
3. Greater Resilience.
4. Hope and coping skills.

24. Afghan Association PAIWAND

What will they be doing?

Paiwand has run a very successful Supplementary Education project for over 10 years and currently support 51 disadvantaged young people who are mainly from refugee and asylum seeker communities. They are principally new arrivals to the UK, having settled here over the last 5 years. Traditionally, the Saturday School met face-to-face at Stag Lane Junior School, however with the advent of the Covid-19 pandemic and lockdown, all physical provision has ceased, and classes moved online using Zoom. The online school therefore meets virtually every Saturday morning during term time.

The project is predominantly funded by the John Lyon's Charity who pay for the teaching staff and Saturday School Manager. The money through Build Back Better is to recruit a new part time member of staff called a Partnership Coordinator over 7 months to raise awareness of the project and to enable more young people to access the project.

They will do this through liaising with schools, using social media and online websites, developing partnerships with other charities, linking with local authorities, and attending conferences and fora.

Who will the project support?

99% of the school children have refugee backgrounds. They come from a variety of ethnic backgrounds and are an equal mix of male and female. The group age is mostly between 5-11 years old. A small percentage of children are between 14-18 years old who study GCSE Farsi.

School closures and social distancing, while necessary measures, pose significant challenges to refugees and asylum-seeking students who often have a history of prolonged absences from school. Additionally, confusion about their entitlement to services and lack of formal and appropriate support may trigger trauma related to feelings of hopelessness and isolation. In the current circumstances, they are experiencing further isolation and educational challenges due to limited access to technology and educational support at home. Invisibility and silence around the needs of this population are not new.

These young people are academically behind their peers when starting education. Lockdown has exacerbated this and made it harder for them to catch up. It is therefore paramount that measures are put into place to provide specific educational support for these students.

Access to and support to thrive in education are crucial because education helps children have a sense of structure and normalcy, which is essential to successful integration. Development of English language proficiency is fundamental in building friendships and social inclusion.

What difference will it make?

1. More children will have access to Supplementary semi-live Education via Zoom.
2. More children and their families will have easy access to our counselling and activity sessions.
3. More children will have increased confidence and emotional wellbeing.

25. Synergy Theatre Project

What will they be doing?

Synergy Theatre Project works with prisoners, ex-prisoners, and young people at risk of offending through theatre and related activities, whilst placing the wider issues surrounding criminal justice in the public arena. Synergy aims to build a bridge from prison to social reintegration, prevent young people from entering the criminal justice system, and inspire change by capturing the imagination and affecting the feelings, behaviours and attitudes of participants and public.

The funding will go towards a compelling short film, *Dues*, about county lines which will be filmed in May 2021 and will tour to young people in Harrow with accompanying workshops from September to November 2021. The film by Ambreen Razia which has been researched thoroughly explores the grooming stage of county lines focusing on a 15-year-old girl who is vulnerable to recruitment, needing money for her and her mother to escape a violent home. The film is being shot with a combination of professional and ex-prisoner actors and will be toured with accompanying post-screening discussions and drama workshops led by professional facilitators and ex-prisoners involved in the filmmaking.

Who will the project support?

Synergy's young people's programme specifically targets hard-to-reach young people who are most at risk of entering or are already within the criminal justice system. In Harrow this includes those attending pupil referral units (PRUs) and those in schools in areas of deprivation who are considered at risk of offending. These young people are disadvantaged, vulnerable and have multi-complex needs including socio-economic deprivation, unstable home lives, experience of trauma and as a result have complex emotional and behavioural needs.

Young people attending PRUs are particularly at risk of being drawn into a cycle of criminal behaviour, having already been excluded from mainstream education and/or having already entered the criminal justice system. 41% receive free school meals, 80% have a Special Educational Needs Statement, lower economic and BAME groups are over-represented. Within the PRUs we work there are issues with attendance, violence in and outside school, regular involvement with social services and the police. Many are on the cusp of involvement with gangs and crime particularly 'county lines'.

What difference will it make?

1. 400 young people attend the film and take part in post-screening discussions with 90% report a greater understanding of the consequences of involvement in county lines and recognising the signs of grooming.
2. 100 young people at risk of offending participate in a half-day workshop accompanying the film and, as a result, 70% report a deeper understanding of the themes and issues in the play and a shift in attitude towards the impacts of county lines, recruitment into crime on themselves and their community.
3. Of those attending the workshops 50% seek further engagement with Synergy and/or further arts projects