# TOKKO Youth Space Impact Report 2015/2016



Helping young people advance in life through support recreation and leisure.

Registered charity: 1156805 - TOKKO Ltd.

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### **Mission**

To be a high quality, youth-lead charity provision, which meets the needs of local young people.

### **Vision**

To help young people to advance in life, through support, recreation and leisure.

### **Values**

To achieve our mission TOKKO has developed a set of goals, which we will work with our partners to deliver:

- Listen to the needs and viewpoints of young people.
- Create a safe and inspiring town centre space for young people.
- An inclusive space which respects all young people, staff, volunteers and other building users.
- Provide effective and impartial support to vulnerable young people.
- Provide a range of positive activities for social and informal learning.
- Work in partnership with the local community to bring about positive change.
- Inspire and open the doors for empowerment for young people.



### **Message from the Youth Board**

Thank you for taking the time to show an interest in TOKKO and the projects which make a huge difference to our young people. As TOKKO's Youth Board we ensure that TOKKO meets the needs of local young people through its membership and projects. We always have input at all stages and even sit on the Independent Board to provide a young voice at all levels of the charity - we often have lots to say!

We are a group of 13-19 year old young people from a variety of projects, schools/education providers and represent the diverse make-up of our town. We are extremely proud of being the at the heart of TOKKO and have found its support has helped each and every one of us in a different way; from securing part-time jobs and learning new skills to building confidence and self-worth.

Over the last 12 months we have been involved in the projects which you will shortly read about in this impact report. We have had the opportunity to get to know a mix of young people across the range of activities including trips, residentials, projects, fundraising, promotion events and activities within the building.

Quite simply we love TOKKO and want to make a difference for more young people. The more organisations and businesses we can work with the more opportunities we can help to create together.





### **Impact Statement**

TOKKO Youth Space has continued to grow over the last 12 months supporting young people across the local area to advance in life. In addition to its general youth provision and range of positive activities the number of projects on which TOKKO delivers positive outcomes has also increased to meet the growing needs of young people within the local area.

Our complementary projects identify and fill key gaps locally helping to reduce disadvantage amongst young people and ensure that in the current climate they are able to access a safe space at TOKKO.

Here they can talk to a trusted and experienced adult who will always act professionally and provide impartial information, advice and guidance to ensure that they are able to take positive steps forward towards their personal goals.

Our young people have been and always will be the engine room of the organisation. TOKKO's youth board ensures that views are heard at all levels including the independent board where two youth representatives sit at every meeting to gain an understanding as well as to provide an input into all areas of future planning.

Our highly passionate staff team have worked tirelessly over the last year and the following report highlights some of the challenges and barriers faced by young people, the outcomes achieved and testimonies of those involved. TOKKO is committed to continuing this work to ensure that our young people; possibly your future staff or managers; are equipped with the necessary life skills and resilience to be able to succeed. Measuring our impact allows us to demonstrate the difference TOKKO makes in our communities.

We are extremely proud of all our young people at the different stages of their personal social journey and in particular those who against adversity have developed strength, supported others and faced challenges to ensure they create their own future!



Helping young people to advance in life through support recreation and leisure.



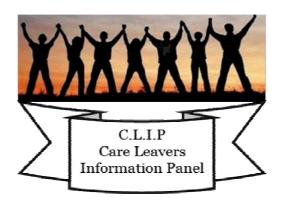
### **Care Leaver Information Panel (C.L.I.P.) Project**

Over the last year the C.L.I.P. project has worked with 24 different young people who have now left the care of the local authority. The group have led in the development of the 16+ signage, reproduced the care leavers charter to make it more user friendly and made recommendations concerning the physical access to the 16+ team offices to ensure it is more accessible and user friendly. C.L.I.P. also successfully ran a takeover day at TOKKO in which care leavers could attend and find out about what resources are available to them in the local community and give feedback on their service in an independent and non-judgemental environment.

80% of young people spoken to by CLIP said that they have learnt new information regarding the care system from the information CLIP has provided.

90% of CLIP members said that they would recommend CLIP to a friend.







C.L.I.P PROJECT OUTCOMES	
Provide peer support.	✓
Have care leavers voices heard and contribute as a key stakeholder to the 16+ team quality improvement and development plan.	✓
Develop knowledge and understanding around the local care system.	✓
Access bespoke move-on support through TOKKO's diverse complementary projects.	✓
Ensure procedures, charters and policies are youth friendly and can be digested and understood by the service users.	✓



CLIP has supported me by providing peer support from other young people who are going through the same transition as me. CLIP has also given me the opportunity to make positive change in my local community for people who have had similar experiences as me. This includes organising the Takeover day last year, which was a day where agencies came to Tokko and provided information for young people about different services in the local community such as health. I was very proud to be part of this and hope to continue this.



It was great to be a part of CLIP and see our ideas taken seriously and real changes made to ensure the signage for the 16+ team was visible to all and not hidden away anymore.



### **TOKKO Youth Counselling**

TOKKO's youth counselling for 10-21 year olds continues to be over subscribed with referrals from a range of stakeholders including GP surgeries, NHS services, schools and other professionals as well as self-referrals. In the last 12 months we supported over 160 different young people experiencing a crisis in their personal, emotional and social lives that was causing distress.

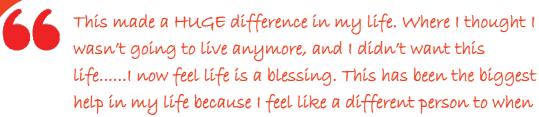
We aim to help vulnerable young people facing more complex issues or demonstrating risky behaviours, counselling is an important early intervention and rehabilitation strategy. Working at high quality standards, professional counselling services help young people break destructive behaviour patterns before they lead to more serious mental health problems and disadvantage which can result in greater crisis, such as teenage pregnancy, criminal behaviour and disengagement from education and training. This project is reaching young people who are experiencing crisis and disadvantage, whether they are barriers to housing services; education, employment, health or low confidence, low self-esteem or self-worth.







COUNSELLING - PROJECT OUTCOMES	
Counselling clients learn ways to understand and control their behaviour.	✓
Helps clients develop more of an insight towards their own thoughts and emotions so they can understand them more clearly.	✓
Builds clients confidence and self-esteem will increase.	✓
Enables clients to have a better understanding of themselves and others.	✓
Develops coping strategies to give the clients the ability to cope better in difficult situations.	✓



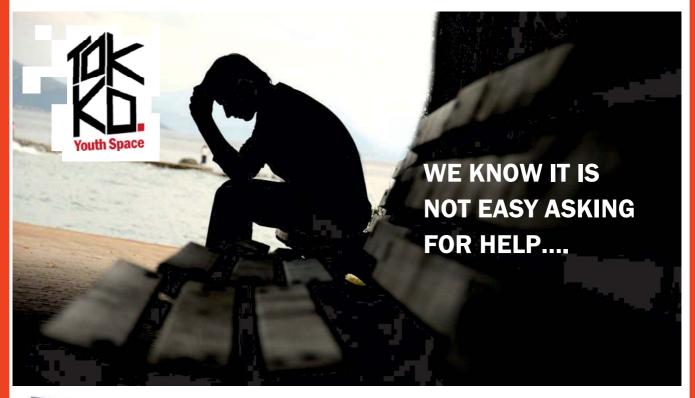
1 came 6 weeks ago.

99 est

TOKKO has helped me find my confidence again; it was my safe place where I could come to bury any problems.

99

This was a great experience, a relaxed space to talk to someone outside of my school and my family. Confidentiality is important to me, and I felt I could trust the counsellor. In sessions, I felt safe to speak openly, and it created a time where I could relax.





PEOPLE AGED 10-21.



### **TOKKO Disability Project**

Our Disability Project is aimed specifically at vulnerable young people with a variety of disabilities including autistic spectrum, downs syndrome and global developmental delay; all of which regularly attend our disability project.

This year we have run a wide range of activities including cooking, art sessions, open mic nights, climbing challenges, pool & table-tennis tournaments, listening to favourite music and chilling with friends and peer volunteers.

We have also run a range of activities and trips to promote independent living skills and enhance social and emotional wellbeing. This year the group chose to go on a canal boat cruise, visit London attractions, canoeing, feeling festive at Winter Wonderland and heckling Jafar at the Pantomime Aladdin.

We have a high participation and retention rate which is continuously growing and experienced staff and young people who volunteer their time to support the project are positive influences to the young people. Each week brings fun and there is never a dull moment.







DISABILITY - PROJECT OUTCOMES	
Enhanced social interaction and cognitive development.	✓
Building positive relationships with peer mentors and volunteers.	✓
Enhanced independent living skills.	✓
Providing opportunities for fun and informal learning (independence skills) in a safe environment to build self-esteem and confidence.	₹
Enhanced communication skills with others.	✓



1 don't want to leave Tokko so I've become a mentor so I can help on Tuesday nights.



1 love learning new things which will help me in the future.

I have brought my friend along too and he thought it was really cool!





### **TOKKO Fairbridge Project**

Fairbridge has run 11 cohorts over the last year supporting 74 young people furthest away from the labour market. The project in partnership with the Prince's Trust gives young people the chance to discover themselves, tackle their barriers and set clear and meaningful goals to enable them to take the next positive steps. Many of the young people come with multiple barriers and this year has been no exception with the project supporting young people over the last 12 months including: ex-offenders, homeless, victims of domestic abuse, carers for their parents, high anxiety levels, low self-esteem, mental health concerns, drug & alcohol addictions and educational underachievers to name just a few. In the last 12 months 92% of clients experienced positive outcomes!

The project enables those young people to develop confidence and self-worth in a safe environment starting with an access course which entails a residential followed by bespoke regular 1-2-1 support from a highly qualified youth worker with access to a range of professional partners. The young person can access that support for up to 12 months to enable their next progression into education, employment, training or volunteering.





FAIRBRIDGE PROGRAMME - PROJECT OUTCOMES	
Build confidence & self-esteem.	✓
Work with a wide variety of people to achieve a shared goal.	✓
Develop team work skills through both indoor and outdoor adventurous activities.	✓
Gain two accredited qualifications and enhance your CV.	✓
Tackle barriers to positive outcomes in a youth-led manner to create ownership and completion of long, short and medium term goals.	✓



Without this opportunity I would be in a far worse place mentally.





Príor to Fairbridge I could barely leave the house, I had such bad anxiety. The staff have been so good for and to me, as now I can get out on my own that much more.





TOKKO's Fairbridge programme has enabled me to overcome huge barriers, sort out family troubles and re-engage in education. Life now has a purpose.



### **Interact**

Interact is a project which is structured around social change. The group is sponsored by Luton Someries Rotary Club to develop and create social change both locally and internationally.



The project launched in early 2016 and builds confidence and self-esteem of the members whilst implementing positive change through social action locally, nationally and internationally. As a youth-led project the young people come up with social action ideas and then make, implement and deliver their ideas to bring about positive change for the local community. Since the launch the project has 20 members and have supported a range of projects and fundraised to support others. In 2015/2016 the group:

- Ran a fundraising tuck shop.
- Sold crocus pins to raise money to assist in eradicating Polio worldwide.
- Supported a fundraising bag packing event to assist funding their social action projects.
- Supported a charity rally which raised over £2,000 by directing the traffic and managing car park safety.

Kelvin Katona was welcomed as the first president of InterLuton in an inauguration ceremony.



INTERLUTON (TOKKO INTERACT) - PROJECT OUTCOMES	
Develop a sense of responsibility and ownership for tasks delegated by fellow team members.	✓
Develop confidence and self-esteem.	✓
Complete intergenerational work to develop new skills and share experiences.	✓
Make a difference to the local community.	✓
Understand and develop skills around 'service before self'.	✓



Interact has developed my leadership skills and given me opportunities to network in my local community that I would not have experienced prior to the project.

66 I really enjoy the change that my role as vice-president has helped to create in my community.

Interact brings young people together to create positive change in the local community. Interact also builds positive relationships between different age groups.



### TOKKO M.A.D. (Make a Difference) Project Night

The Make a Difference (M.A.D.) project which launched February 2016 makes up a variety of projects which are young people led and are supported and coached by Youth Workers which empowers young people to plan and deliver positive contributions to their local community. The young people that are involved in the projects come from a variety of backgrounds and have their own issues that they are facing or have overcome including: young mothers, young fathers; severe mental health difficulties; looked after children; leaving care; homelessness; survivors of abuse and social deprivation as well as those supporting others that are experiencing deprivation.



Our M.A.D. projects include MADfest; Interact; WC project and up and coming Strong and Positive women through the ages (1916-2016 Women's Roles) to name but a few.

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The MADfest project culminated in a mini music festival where young people including those facing a range of barriers mentored each other and performed at a local venue kindly donated to showcase their talents whilst

where young people including those facing a range of barriers mentored each other and performed at a local venue kindly donated to showcase their talents whilst raising money for Keech Hospice and TOKKO. Young people sourced raffle prizes, refreshments, music acts as well as volunteers and compering the evening. Hopefully the first of many MADfest events - watch this space!



M.A.D.PROJECT OUTCOMES	
Raise aspirations of young people in the community.	✓
Raise awareness of Tokko and other charity organisations bringing about community cohesion.	✓
To be inclusive off all participants and abilities (aged 13-24yrs).	✓
Promote self-esteem and self-worth.	✓
Promote positive contributions to the local community.	✓



I can't thank Tokko enough for supporting me in fulfilling my dream and giving me the opportunity to organise a charity event. I can't wait until the next one!



66 It was awesome and everyone involved were brilliant! What you guys do for young people is amazing; and if it wasn't ( for Tokko, I don't think I would be here now talking to you.





### NCS (National Citizen Service) @ TOKKO

NCS at TOKKO focuses on a high quality, unique, full-time part-residential programme focused around fun and discovery. Supported by professionally qualified and experienced youth workers young people aged 16 & 17 build skills for work and life, while taking on new challenges and adventures, making new friends, and contributing to the local community through a social action project, aiming to get young people in Luton involved in the community and making a difference.

During 2015/16 TOKKO ran 3 cohorts of NCS supporting 50+ young people on their social action journey developing a range of skills to help the young people advance in life including: teamwork, problem solving, communication, interpersonal skills, motivation, organisation, leadership, independent living, budgeting, marketing, networking and fundraising.

The NCS programme is supported by central government and certificated by the Prime Minister.



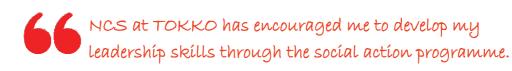


PROJECT OUTCOMES	
Develop team work, communication, interpersonal and networking skills.	✓
See a project through from infancy to completion.	✓
Work with other charities in the local community through application of their networking skills.	✓
Develop confidence in own abilities.	✓
Get the opportunity to continue skills development through the Interact programme.	✓



TOKKO'S NCS allowed me to step outside of my comfort zone and try new activities with the support of my peers.







The whole experience has increased my confidence and as a result 1 have a volunteering opportunity with Tokko to develop my skills further.





### **OK2B - LGBT Project**

Tokko has run a successful project over the last 12 months called "OK2B", which works within schools, delivers group work, 1-2-1 support and advises other agencies on issues around homophobia, trans-phobia and bi-phobia for young people. We are part of a forum with other post 18 LGBT support agencies in the area working with the LGBT community.

We have formulated, produced and delivered a concentrated and targeted, on-going programme of awareness on the consequences of homophobia, trans-phobia and bi-phobia for young people.

The project also provides bespoke 1-2-1 support where needs are identified; this helps the young people explore their sexual or gender identity in a safe and supportive environment.

Over the last 12 months the project has gone into schools and delivered LGBT awareness and antihomophobic bullying presentations to over 500 young people across Luton; whilst also supporting 25+ young people on an individual basis.





OK2B - PROJECT OUTCOMES	
A sense of belonging and community for young LGBT people.	✓
Understanding and awareness of issues facing LGBT young people.	✓
Young people who feel more confident and self-aware.	✓
A voice for LBGT young people.	✓
A wider understanding of issues facing young LBGT people.	✓



OK2B has given me support and the opportunity to discuss my sexual identity in a safe environment where I felt I was not being judged.





I had fallen out with my entire family and they did not approve of my decisions. The group gave me the opportunity to share positive influences and enable me to discuss my choices and support the issues and struggles I have been going through.



It has been really great having TOKKO come into our school and highlight the importance of sexuality and gender equality. It has given me the confidence to speak up and challenge others.





### **TOKKO Totz**

Our Tokko Totz project launched Sept 2015 funded by Public Health is aimed at young parents with children 0-2 years; offering a range of fun activities during each session linked to the Flying Start Five to Thrive initiative. Partner agencies join the sessions to provide easily accessible and professional information, advice and guidance where needed. We also have monthly visits from FNP (Family Nurse Partnerships) and also an IDVA (Independent Domestic Violence Advisor) worker attends regularly to offer further support, advice and guidance.

We support the parents with getting them out of isolated situations, we have trips that are educational for the children, learn about conservation and get the parents to bond in others ways enhancing social and emotional wellbeing and creating ownership as young parents choose their next adventure.



PROJECT OUTCOMES	
Young parents gain confidence and self-esteem enhancing their mental wellbeing.	✓
Young parents notice a difference in their relationships with their children.	✓
Young parents become more outspoken about what they want and don't want with regards to parenting and working with other agencies.	✓
Parents look forward to bringing their children to Tokko Totz and feel part of a community.	✓
The children and young parents play and explore the new facilities enhancing social and cognitive development.	✓



My daughter and I love going to Tokko Totz because we were isolated staying indoors before, now we go every week and my daughter gets excited even when she sees the building.





1 have enjoyed getting to know the young mums and dads at TOKKO Totz. I was nervous having a child so young but everyone made me feel welcome.



# Public Health **England**





### **TOKKO Young Father's Project**

Over the last 12 months the project has supported 39 Young Fathers (aged 14-24) living in Luton and provided support across a range of areas from providing advocate support for a range of scenarios from court to social worker core meetings. Fathers have gained knowledge and understanding helping them make informed decisions to set them up to be supportive and skilled fathers; ensuring that they become equipped to deal with parenthood whilst also develop resilience.

The project worker has supported young fathers to gain employment, increase employability, understand benefits and budgeting, access counselling, reduce addiction, manage anger, develop parenting skills, gain independent living skills and increase sexual health awareness.

All young fathers who use the services will gain an insight into the 'Five to Thrive' principals and meet other young fathers.





PROJECT OUTCOMES	
Experience a dedicated father's service with 1-1 support that's free, confidential and non-judgmental.	✓
Be referred into other Tokko projects & trips.	✓
The opportunity to meet other young fathers .	✓
Have access to other local relevant services.	✓
Gain information about healthy lifestyle's and help with employment and benefits, CV writing, cooking and budgeting.	✓



Tokko has helped me so much with confidence building and being a young father.



Tokko helped me with a lot of areas of my life. I can't recommend them enough.



I've had one hour's support each week for a number of months whilst going through a custody battle and other family related issues. I have been helped with managing emotions, and supported through court.



### **TOKKO Young Mother's Project**

The Young Mother's project provides a specialised tailored programme specific to the individual needs of young mums and young mums-to-be 14 to 25 year olds in Luton. In the last 12 months the project has supported over 35 young mums and mums-to-be. Presenting issues have included young mums: with housing issues that include inhabitable abodes; at risk of CSE (Childhood Sexual Exploitation); living in hotels and hostels which are inappropriate for the needs of the young mum and her child/children - including no cooking facilities; isolation and at risk of outside negative influences; at risk of homelessness; victims of domestic abuse; dealing with child custody issues; fleeing from gang related violence and threats; with mental health difficulties including post-natal depression; personality disorder; bi-polar, depression and anxiety,

In addition the project has provided advocacy as the lead professional in meetings and conferences as well as outreach and home visits for young mums who are unable to come to town. The high quality work has been noticed and young parent workers from TOKKO now sit on the MARAC

(Multi-Agency Risk Assessment Conference) and are a key referral pathway for the Family Nurse Partnership.

In 2015/16 70% of young mums have increased their aspirations for the future with 50% continuing their education.



PROJECT OUTCOMES	
Raise their aspirations.	✓
Raise their self-awareness, self-esteem and self-confidence.	✓
Promote healthy wellbeing of the individuals.	✓
Reduce isolation and risk of post-natal depression.	✓
To raise awareness and support young mothers to leave abusive relationships and enhance ability to make healthy choices in the future and for future relationships.	✓





Without your help and support, I don't know what I would have done.



Níkkí has done more for me in one day than what my social worker has been able to do in 4 months - thank you so much.



66 It's good to be able to speak to someone who doesn't judge me and understands where I am coming from.





### **Volunteering & Work Experience at TOKKO**

Over the last 12 months TOKKO received over 4,000 hours in volunteering support, without this support we would be unable to run as a charity and ensure our time is focused on the young people and helping them achieve positive outcomes and develop their own social journey. Volunteering opportunities were offered in Youth Support Work, Customer Service, Hospitality and general administration.

Our reception area is run completely by volunteers and work experience placements giving them the opportunity to supervise reception, practice customer service and receptionist skills whilst being the first point of call for our visitors, building users and young people.

Over the last year we have seen over 25 volunteers move on to employment or further training and supported 33 work experience students undertaking school and college placements or as part of their traineeship.





VOLUNTEERING & WORK EXPERIENCE - PROJECT OUTCOMES	
Learn and develop new skills.	✓
Give people motivation and a sense of achievement.	✓
Gain employability skills & experience.	✓
Gain knowledge and understanding of a working environment.	✓
Develop the importance of work ethic.	✓



Thanks to volunteering at TOKKO, I have been able to secure employment and for the first time in my life I am able to support my family.



Being at TOKKO has given me the experience I need to further my own career path and helped me learn new and improve existing skills.



Tokko has really opened my eyes to all the different options that are available to me. There are lots of paths into youth work. It has been great working alongside lots of talented, well-educated different and passionate people.



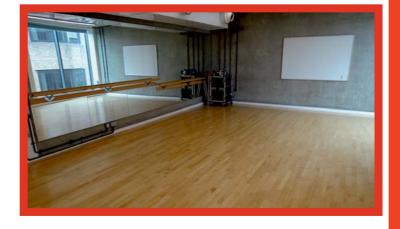
## Think Venue, Think TOKKO, Think Supporting Young People.

TOKKO has a range of facilities available to hire to accommodate your next meeting, training event, conference or celebration. By using TOKKO's facilities you are directly supporting our young people and the valuable work that we do across the local area. Take a look below and see what facilities we have available and contact **01582 544990** or info@tokko.co.uk to book.



Multi-Purpose Room	
Size:	65 m2
Max Capacity:	30 (cabaret style) 60 (theatre style)
Price:	£40/hour
Half day rate:	£120 - (max. 4 hours)
Full day rate:	£200 - (max. 8 hours)

Dance Studio	
Size:	57 m2
Max Capacity:	25 (cabaret style) 40 (theatre style)
Price:	£25/hour
Half day rate:	£80 - (max. 4 hours)
Full day rate:	£150 - (max. 8 hours)





Training & Conference Room	
Size:	40 m2
Max Capacity:	20 (cabaret style) 30 (theatre style)
Price:	£25/hour
Half day rate:	£80 - (max. 4 hours)
Full day rate:	£150 - (max. 8 hours)



Small Meeting Rooms	
Size:	Various
Max Capacity:	6-10 people
Price:	£12-15/hour
Half day rate:	£40-45 - (max. 4 hrs)
Full day rate:	£75-80 - (max. 8 hrs)

ICT Media Room	
Size:	32 m2
Max Capacity:	16 people (9 PCs & laptop table)
Price:	£25/hour
Half day rate:	£80 - (max. 4 hours)
Full day rate:	£150 - (max. 8 hours)





Training Kitchen	
Size:	32 m2
Max Capacity:	8 people (Equipment included.)
Price:	£25/hour
Half day rate:	£80 - (max. 4 hours)
Full day rate:	£150 - (max. 8 hours)

Climbing Wall	
Size:	7 metres high
Max Capacity:	6-12 per session
Price:	£50/hour Instructor Included
Half day rate:	£80 - (max. 4 hours)
Full day rate:	£150 - (max. 8 hours)



### Thank you very much indeed...

TOKKO Youth Space thanks the funders who have supported our work in the last year:

- Bedfordshire and Luton Community Foundation
- Children in Need
- London Luton Airport
- People's Health Trust
- Prince's Trust
- Public Health
- Sportivate

It is their financial contribution that has allowed us to consolidate, build new partnerships and take our work into new areas.









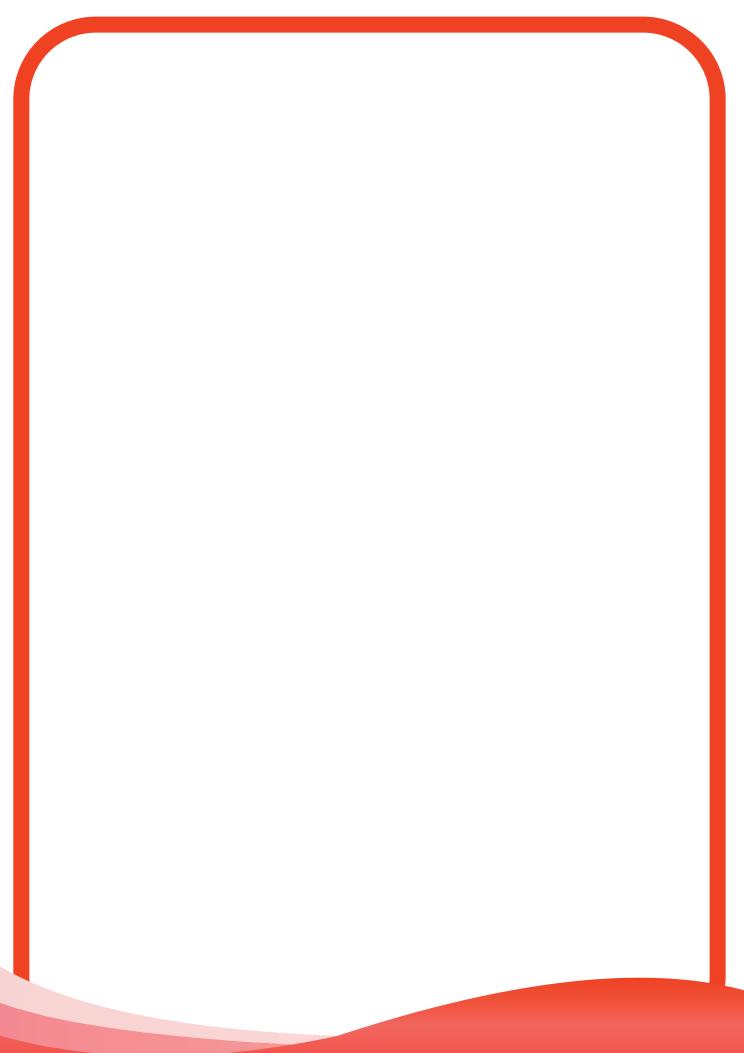






TOKKO is grateful for the support it receives from a range of businesses, from professional advice and services to pro bono support to new opportunities for our young people. Over the last 12 months we would particularly like to thank the following businesses for their generous support:

- Altro Letchworth
- Asda Luton
- Chalk Hill Academy
- Co-op Funeral Care Luton
- Gibbs & Dandy Luton
- In Kind Direct
- Lush Luton
- Luton Someries Rotary Club
- Mail Boxes Etc. Luton
- Mathew Catlin Tai Chi
- Napier Watson
- Offley Place
- Pictons Solicitors
- Tesco Skimpot Road
- The Little Branding Company
- The Mall
- Tiger Luton
- Vauxhall
- Webster Internet
- Wilkos Luton



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