



Social Impact Report

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

REGISTERED CHARITY: 1156805

2019



**TOKKO
YOUTH SPACE**



Contents

Contents	1
Mission, Vision & Values	2
Our Young People	3
Impact Statement	4-5
Care Leavers Information Panel	6-7
Counselling	8-9
Disability Project	10-11
Young Mothers Project	12-13
Volunteers Programme	14-15
Young Fathers Project	16-17
General Drop-in	18-19
Interact Project	20-21
OK2B Project	22-23
Lifewise Project	24-25
Think Venue, Think TOKKO	26-27
Funders, Thanks & Partnerships	28-29





Mission, Vision & Values

Vision:

'IMPROVE OUTCOMES AND ASPIRATIONS IN THE LIVES OF YOUNG PEOPLE.'

Mission:

'TO HELP YOUNG PEOPLE ADVANCE IN LIFE THROUGH SUPPORT RECREATION AND LEISURE.'

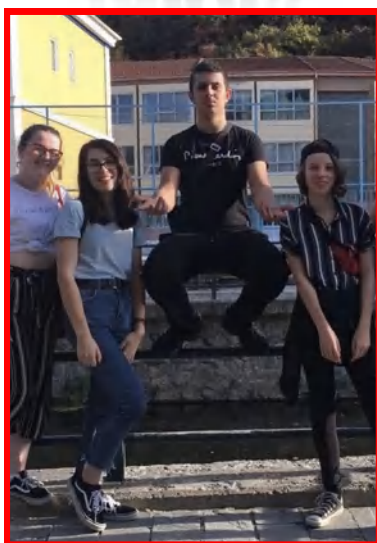
Values:

- ENSURE A SAFE SPACE FOR YOUNG PEOPLE WHERE THEIR **SAFETY** AND **SECURITY** IS PARAMOUNT.
- OPEN THE DOORS TO **EMPOWERMENT** FOR YOUNG PEOPLE AND WORK IN **PARTNERSHIP** WITH THE LOCAL **COMMUNITY** TO BRING ABOUT POSITIVE OUTCOMES.
- **INSPIRE** YOUNG PEOPLE TO BE **OPTIMISTIC** ABOUT THEIR FUTURE THROUGH A RANGE OF CAPTIVATING AND **FUN** ACTIVITIES.
- EMBRACE A **YOUTH-LED** CULTURE THAT **LISTENS** AND ACTS ON THE NEEDS AND VIEWPOINTS OF YOUNG PEOPLE.
- EMBRACE YOUNG PEOPLE'S **CREATIVITY** AND NURTURE THEIR TALENTS.
- BE AN **INCLUSIVE** SPACE WHICH **RESPECTS** ALL YOUNG PEOPLE, STAFF, VOLUNTEERS AND BUILDING USERS WHILST CELEBRATING **DIVERSITY**.





Our Young People



MESSAGE FROM OUR YOUNG PEOPLE

"TOKKO has truly helped me develop my interpersonal skills and generally has improved my confidence. It's a fantastic place to come to and make new friends. The staff members are really nice which always makes the atmosphere fun and engaging!" - Young Person

"TOKKO is a place where I come to have fun and enjoy my time with my friends. TOKKO has given me the opportunity to meet many amazing people and has helped me grow in confidence, become more open and generally improve my social skills" - Young Person

"I first got involved with the projects at TOKKO when I was 18 and although it was a later age to start, I still felt like I've grown up so much as a person and felt so much love from the staff members there, which drastically helped me become more sociable and happy with myself." - Young Person



Impact

2018 has been a challenging year securing funding to sustain both the level and quality of youth projects to ensure that young people are effectively supported in Luton. TOKKO continues to be seen locally as a trusted 3rd sector organisation to lead on diverse and inclusive youth work initiatives in Luton and the surrounding area bringing about positive outcomes for young people in line with our charity objectives. In late 2018 we won the Community Interest Luton Mark West Award for Integration recognising work we have undertaken over the last 12 months with a particular focus on integration and reducing inequality.

TOKKO is well recognised locally amongst a wide range of professionals, parents and young people as a safe and inclusive place for young people to access support, recreational activities and leisure. This continues to put young people at the heart of TOKKO; making them a key driver for projects that meet their needs and looking for gaps to avoid duplication of provision. Finances remain in good order; however funding cuts impacting in the forthcoming year create a need to diversify funders to secure additional core funds. There is stability of key management staff with a diverse and complimentary range of skills, knowledge and experience.



Funding has been secured in particular to support targeted vulnerable and disadvantaged young people whilst TOKKO continues to self-generate income through venue hire to support core costs.

Team TOKKO



Statement

We are grateful as always for the generosity of our amazing funders, fundraisers and donors (both organisations and those individuals making monthly donations as their chosen charity where we receive gift-aid on top.) These donations are vital in assisting us to meet some of the running costs, provide key equipment and continue the work we are so passionate about which is making a real and valued difference to local young people.

The fundraising environment remains challenging and competitive as a small but vital charity; there is still a need to develop this further looking at working with partners to be their charity of the year. This year TOKKO was selected in the Tesco 'Bags of Help' scheme and has been selected as one of Foxley Kingham's charity partners. This support and charity recognition is important in raising awareness within the community and future fundraising potential.

Through the innovative and diverse projects demonstrated in this social impact report TOKKO exhibits a high level of inclusivity, opportunity and support for young people whilst continuing to identify gaps in the market to avoid duplication of projects and services for local young people. The key partnerships which TOKKO has nurtured and developed over the past year have enabled TOKKO to be a fundamental referral source for professionals where young people always get to talk to someone in a time of crisis and then are provided with a fluid transition into either TOKKO's own projects and services or signposted (with support where needed) to the most appropriate local professional expertise.





C.L.I.P

Care Leavers Information Panel:

Care Leavers Information Panel is a Luton Council funded project at Tokko Youth Space aimed at Care Leavers since our opening in 2013. The group provides feedback on Luton Council/Government policy to get the voice of people directly experiencing corporate parenting/care system.

Care Leavers meet once a fortnight to hang out together, catch up and support the decision making process in the care system for young people both in care and leaving care in Luton. Some C.L.I.P members are also now seated on the young person's panel for Luton Borough Council and feedback from various meetings.

“ This Project has developed my confidence and also my understanding of the care leaver transition. ”

“ This project has helped me find my voice as a care leaver. ”



CARE LEAVERS



Project Outcomes

- Socialising with like-minded people in similar circumstances.
- Working through similar situations based on corporate parenting commonalities.
- The opportunity to influence care leavers policy.
- The opportunity to be a part of Council Young People Panels and further influence policy and relationships.
- Learn/develop life skills to ensure a smoother transition from corporate parenting to living independently.



A silhouette of a person in a thinking pose against a brick wall background. A large red ribbon graphic curves across the top left. A red banner at the bottom contains the word 'Counselling' in white.

Counselling

- Increased ability to cope with the disruption of their family life.
- Improved communication with family members/peers/local community.
- Increased confidence and self-esteem.
- Reduction in the symptoms of anxiety and/or depression.
- Improved ability to form positive attachments.
- Improved sense of wellbeing.
- Improved engagement with local community.



Project Impact

The clients have developed a range of tools to help them act on their own decisions making positive steps to achieve personal outcomes in a safe environment. The project works in partnership with young people to reduce barriers to accessing report.



“One of the best counselling services that I have accessed.”

“I did not think counselling would really help and I did not like the idea of it, however I have found that it has really helped me. I am in a much better place.”



Project Outcomes

- Clients confidence increases along with self-esteem.
- It helps clients to learn ways to deal with and control their behaviour .
- Allows clients to develop coping mechanisms to help deal with difficult situations
- Helps clients to have a better understanding of themselves and others
- Builds up a level of trust with the counsellor



Disability Project

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

We offer a wide range of fun activities during each session including cooking every other week; Art session every week, open mic once a month, climbing wall once a month; pool, table-tennis tournaments, listening to favourite music and basically chilling with friends and peer volunteers.

We also have a range of activities and trips planned that promote independent living skills and enhance social and emotional wellbeing. They are designed to be fun and are chosen by the young people that attend the group.





**“E looks forward to coming every week; E thoroughly enjoys herself”
- Parent**

“Tokko are amazing! I don’t know where we’d be without their support” - Parent

“I love doing the cooking and meeting with my friends each week; we have so much fun” – Young Person.

We have a high participation and retention rate which is continuously growing and we also have experienced staff and young people who volunteer their time to support and be positive influences to the young people that are part of the project. Each week brings fun and there is never a dull moment. It is a privilege to be involved in such a great project and we are always looking for volunteers to support them.

The Disability Project is not funded

Project Outcomes:

- Enhance social interaction and cognitive development.
- Build positive relationships with peer mentors and volunteers.
- Enhance independent living skills.
- Provide opportunities for fun and informal learning (independent skills) in a safe environment to build self-esteem and confidence.
- Enhance communication skills with others.



Young Mothers

The Young Mothers' project provides a specialised tailored programme specific to the individual needs of young mums and young mums to-be in Luton.

The Young Mothers Engagement Specialist provides guidance, support and advice on a range of issues and difficulties that young mothers may face daily, including housing; knowing what benefits they are entitled to; going back to education; finding work. As well as this, the Young Mothers' worker also supports individuals that are experiencing abusive relationships; criminal and sexual exploitation and will be an advocate for them during meetings with other professionals including CP (Child Protection); CIN (Child in Need); TAF (Team around the Family) and any other meeting where they may need additional emotional support.



Our Young Mothers' Engagement Specialist

The Young Mothers' Engagement Specialist has supported numerous young mums and mums to-be throughout 2018. Support has included supporting young mums to move out of area for their own safety; supported with fleeing abusive relationships and criminal exploitation. Also supported young mums by engaging them in positive activities and trips out which therefore reduces the risk of isolation and contributes towards positive mental wellbeing.

Referrals are made by a variety of agencies including the teenage midwife team; Early Help; social care and we also receive self-referrals.



Also as part of the Young Mums Project, we run TOKKO Totz which is now runs every other week. TOKKO Totz provides a safe space where the young mums can meet and their child/baby can socially interact with others contributing to their social and cognitive development. TOKKO Totz is a safe and non-judgemental environment with qualified staff in both Early Years and JNC Youth Work.

The Young Mothers Project is funded by Luton Council Public Health.



Outcomes

- Raise aspirations of young mothers and mothers-to-be.
- Raise self-awareness, self-esteem and self-confidence.
- Promote healthy wellbeing.
- Reduce isolation and risk of post-natal depression.
- Raise awareness and support young mothers to leave abusive relationships and enhance ability to make healthy choices in the future

“Nikki has helped me so much, she helped me get out of Luton and made sure that I got support in the area where I moved to. I now feel safe and have started fresh with my baby” – Young Mum

“The young mums workers are easy to talk to and I have never felt judged, I trust both Nikki and Sade when I need help” – Young Mum



Volunteers

TOKKO would not be able to support the range of young people across the town without the support of our varied and valued volunteers. Over the last 12 months TOKKO has been supported with over 1250+ hours of volunteering time in addition to the university and student placements. This includes opportunities for volunteering at every level of the charity including:

- Our independent board who develop the strategic direction of the charity
- Young volunteers through peer mentoring and social action projects via our Interact and Rotaract programmes
- Reception volunteers being the customer serving face of the organisation
- Youth support work volunteers – supporting our youth projects and activities



TOKKO is always grateful for the support of its volunteers who enable us to maximise the work which we undertake with young people – if you have skills to share and time to spare please get in touch to see how you can help TOKKO and its young people advance in life.

“At volunteer training, you gain more understanding of what TOKKO is about and what TOKKO does, for example what planning goes in to running projects and how to deal with all types of situations that you come across whilst volunteering in the drop-in sessions” - Volunteer



Programme

TOKKO's volunteer programme started in October 2018 and was designed, prepared and delivered by one of our qualified JNC Youth Workers who is also a qualified teacher and assessor with extensive knowledge and experience in Youth and Community work. The 12-week programme is delivered alternate weeks and covers 4 units. The course contents include:

Unit 1: Knowledge, Policies and Procedures
Unit 2: Community and Working with Young People
Unit 3: Informal Learning and theories
Unit 4: Practical skills, evaluation and reflection



- Have knowledge of the staff and their roles and responsibilities within the organisation.
- Have awareness of the ethical and professional principles of a youth worker. To have knowledge of the role of a volunteer and understand the importance of professional boundaries and relationships with young people.
- Have knowledge of all policies and procedures including safeguarding and the indicators of CSA and CSE. To be aware of procedures when disclosures are made and to know the safeguarding officer.
- Have knowledge of the community focusing on diversity, equality and understanding of various cultures that access TOKKO.
- Have knowledge of inclusion and diversity in practice to engage and work with young people and have knowledge of dealing with conflict in an appropriate and professional manner.
- Have knowledge of formal and informal approach as a volunteer. To have knowledge of holistic approach to practice as a volunteer supporting in sessions and other activities with young people. To understand the importance of observation and evaluation in order to enhance future practice when working with young people.
- To be able to deliver a project and reflect back on practice.



Young Fathers

Young Fathers

During the year Young Fathers continued to be supported in many areas. Help was available for dads with children involved in social services being an advocate in meetings, court appearances, applying for benefits and better contact with their children.

The service also offered bespoke support regarding employment and training to encourage dads in attending the Letsfair employment fair to assist in appropriate training & employment.

Referrals to the service were also made to many organisations including; Youth Offending, LBC, Self-referral, teenage midwives team and other local services.

Funding was also secured from Near Neighbours and The National Lottery to make a documentary project about young parents living in Luton.

Project Outcomes

- Bespoke support for young fathers and fathers to be.
- Dads helped with housing and training.
- Support into employment.
- Better mental health.
- Reduced offending.





HOW HAVE WE HELPED YOUNG FATHERS IN LUTON?

Established as a part time project in 2015 & full time since 2016



The service can be accessed via self or professional referral



Young fathers receive bespoke 1-1 support

85% reported improved living skills
58% got into education or training
72% improved their physical health
80% did not re-offend



Luton

“Neil helped me very quickly and during a difficult time for me. He gave me the support when I needed it which was normally once a week, I’m now working and my son was born in November – healthy and happy”. Matthew



CALL US NOW

01582 544990



Luton

TOKKO.CO.UK



General Drop-in

General Drop-in, Half Terms and Holiday provision

Together our dedicated Youth Work team and various programmes running throughout the year ensures that young people attending TOKKO have beneficial and diverse experiences and plenty of opportunities to develop in positive ways. Our General Drop-in is an updated continuation of the traditional Youth Clubs of old where friends are made, you have a place to belong, feel safe and have fun.



The General Drop-in sessions are an integral part to TOKKO's offer to young people in Luton and surrounding areas. With use of various parts of the building young people engage in conversations with our friendly Youth Workers, play ping-pong, pool, various games consoles, use of the climbing wall, use of the dance studio as well as in-house and external activities and trips on the holiday and half-term programmes.





Additional Information

We also offer additional activities during sessions where we have outside agencies join us for mini workshops raising awareness and harm reduction information including drug and alcohol workers; Coppafeel (breast cancer awareness for young people); white ribbon campaign (Domestic Abuse); wellbeing sessions and Hate Crime awareness to name a few.



We welcome all young people from the ages of 13-19 years old (up to 24 with a disability). A years membership costs £15, which is less than 30p a week. Having membership entitles young people to go on our trips during the half-terms and school holidays as well as the summer programme and to access the evening youth activities.



Interact

What is 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 group is structured in a hierarchy and is run by an elected president who works with their vice president to chair meetings. There is also a junior vice president, a secretary and a treasurer.



The group works together to create and then undertake social action projects. This provides the opportunity for young people to connect with community leaders, develop leadership skills and make international connections. The project also develops budgeting, team work and communication skills. Young people develop a sense of responsibility and ownership as tasks are delegated to team members in order to see a project through to completion.





Over the last 12 months TOKKO's Interact project has run the following social action projects:

Supported **Appledown** dog show event (this event raised over £6000).

Assisted the **Pulloxhill** car show raising £3,500 for various charities

Organised a charity masked ball and auction raising £3000 this also supporting a young person to go out to Fiji for a month to teach in a village

Decorated rooms in a local youth hostel and a local care home. Paint and materials were donated by local companies.

Supported the local Dementia Café in Luton by designing and printing 9 memory books which they donated (supported by our work experience young people).



Project outcomes

- Develop leadership skill.
- Connect with community leaders.
- Make national & international connections.
- Develop budgeting and organisation skills.
- Develop interpersonal skills to create effective outcomes.

“Interact certainly has contributed to improving my interpersonal skills and has truly improved my leadership skills. I find working in a team a lot easier too!”

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

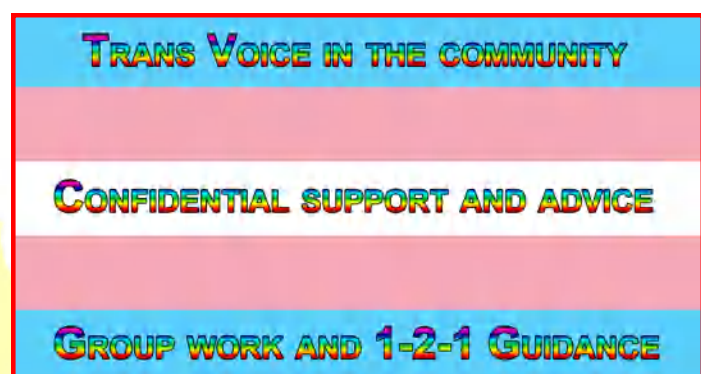


OK2B - LGBTQ+

Activities include:

- Understanding the law around Homosexuality.
- Visits to a Gay conference and other services that support the LGBTQ+ Community.
- Research the History of the LGBTQ+ community.
- LGBTQ+ History Month (February) – develop an informative display using chosen media.
- Sexual health training session.
- Mental health and wellbeing.
- Male & female health including testicular and breast cancer.
- Healthy relationships.

“No one I’ve spoken to at school has ever knowingly met a trans person before or been taught anything about trans people and what we might need.”





TOKKO Youth Space has a project that started in February 2014 called 'OK2B' for members of the Lesbian, Gay, Bisexual, Transgender + questioning community aged 13 – 19 years old. Our aims are to develop a peer mentoring programme as well as offering a youth-friendly space where young people can feel safe and can use other services. Young people will receive 1-2-1 support, in schools or at TOKKO. They will also be given the chance to be the voice of the young LGBTQ+ community in Luton and the surrounding areas. We are aiming to work with Stonewall on their education programmes and youth steering group and we will also be delivering anti-homophobic bullying assemblies in High Schools and Colleges across Luton.



Project outcomes

- A sense of belonging and community for young LGBTQ+ people.
- Understanding and awareness of issues facing LGBTQ+ young people.
- To make young people feel more confident and self-aware.

“ 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.”





Lifewise

About Lifewise

Lifewise™ at Tokko Youth Space is made up of 3 distinct projects which can overlap as seen fit for the individual. All sessions are designed to build on our client's mental wealth and overall wellbeing; the aim in turn is to lead the client to a better personal foundation towards reaching their personal goal(s) – with clarity and awareness. The three projects are:



Lifewise Fundamentals

Lifewise Mentoring

Lifewise Outdoors

In a short space of time Lifewise has had an impressive amount of positive impact on the lives of those frequenting the various projects. Feedback from the project audience has ensured Lifewise grows in a genuine, accurate and valuable way and continues to do so. Some of the feedback has included:

- Young people feel more secure, leading to confidence in themselves to better navigate previously difficult social settings.
- Clients/audience have learned impactful life tools to use in everyday life; dealing with anxiety, bullying, loneliness, clarity and making better life choices.
- Young people are better able to deal with some of life's repeating patterns and break the cycle with clearer understanding.
- Young people are able to focus more on their mental wealth and aim higher and be more precise in their wants, needs and learn how to get there.



Success Stories

"I can't thank you enough. Before I started the Lifewise program, I wasn't in a good place mentally. I was struggling with home life and with socialising/friends. As a result of this I resulted to self-harming as I thought it was my only option. Lifewise has opened my eyes. I now look forward to Tuesdays and talking to you. I'm now proud to say that I am 6wks clean and without self-harm. I'm proud of my sexuality. Thank you for everything, keep being awesome and I hope we meet again."



"I suffer with high levels of anxiety which can physically affect me. There have been times when I literally couldn't breathe due to life challenges and through Lifewise I was introduced to breathing techniques which I use and have encouraged others to use. Lifewise has been a journey of learning for me; there are so many different tools to explore so I feel like it can accommodate anyone. I had a massive connection with the mudras and learning about their uses has been insightful and effective. It's something I use daily to relax."

Lifewise is a program I think should be introduced to everyone - it's like your personal mental health first-aid box which you can access any time."

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 and contact **01582 544990** or **info@tokko.co.uk** for more information or to book.

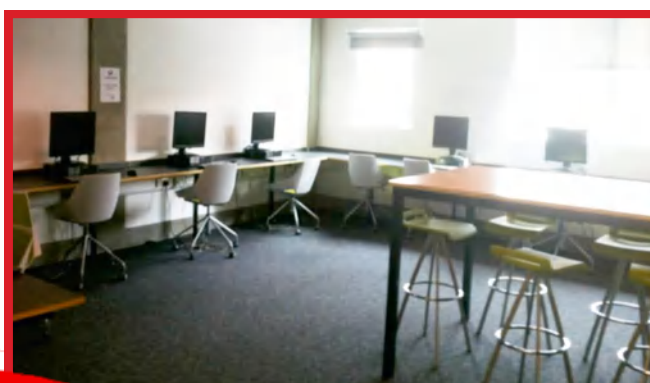


Climbing Wall

Size:	7 metres high
Max capacity:	6-12 per session
Price:	£50/ hour Instructor included
2 hour rate:	£90 (Inc. Instructor)
Birthday parties	Price on asking

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)



ICT Media Suite

Size:	32 m2
Max capacity:	16 people (9 PC's and a laptop table.)
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 hours)
Full day rate:	£75-80 (max. 8 hours)

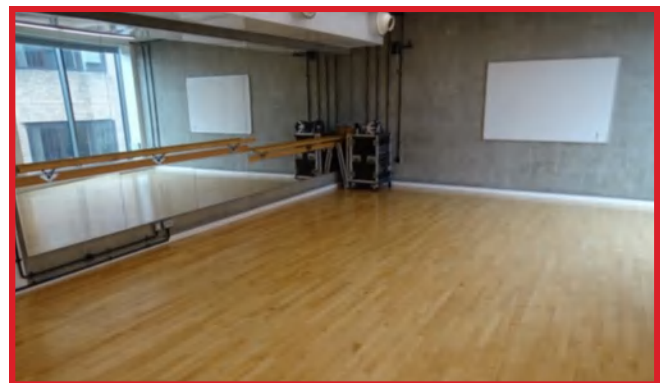


Training and Conference room

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)

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)



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)

Funders,



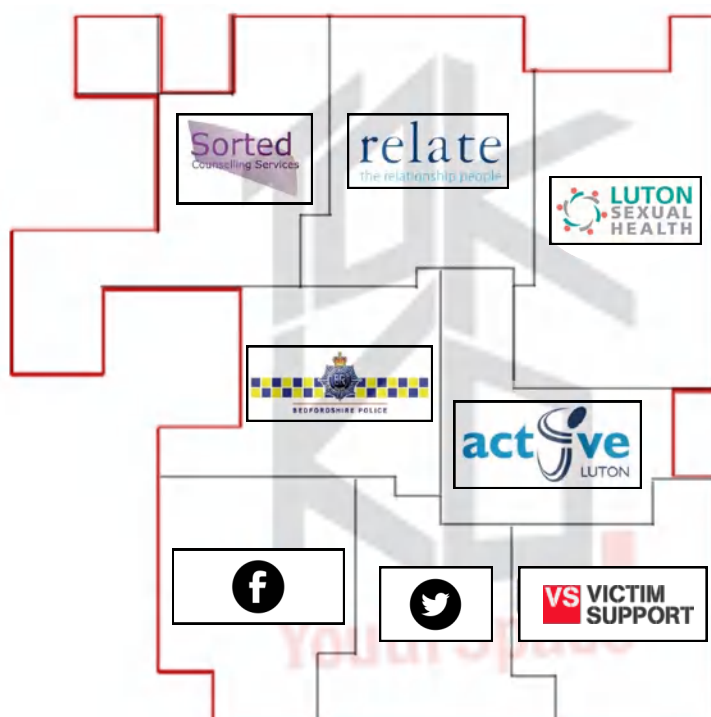
THANK YOU

Thanks & Partnerships

The support you give **TOKKO** makes great things achievable

I have had the privilege of setting up and running **Tokko Youth Space** over the last 5 years, developing a Youth Board, projects and activities bringing young people's vision to fruition. A project that supports young people from across Luton and the surrounding area, giving young people a voice within the Town and opportunities to follow their dreams and ambitions has made my journey very enjoyable.

Andy Calvert - Executive Manager

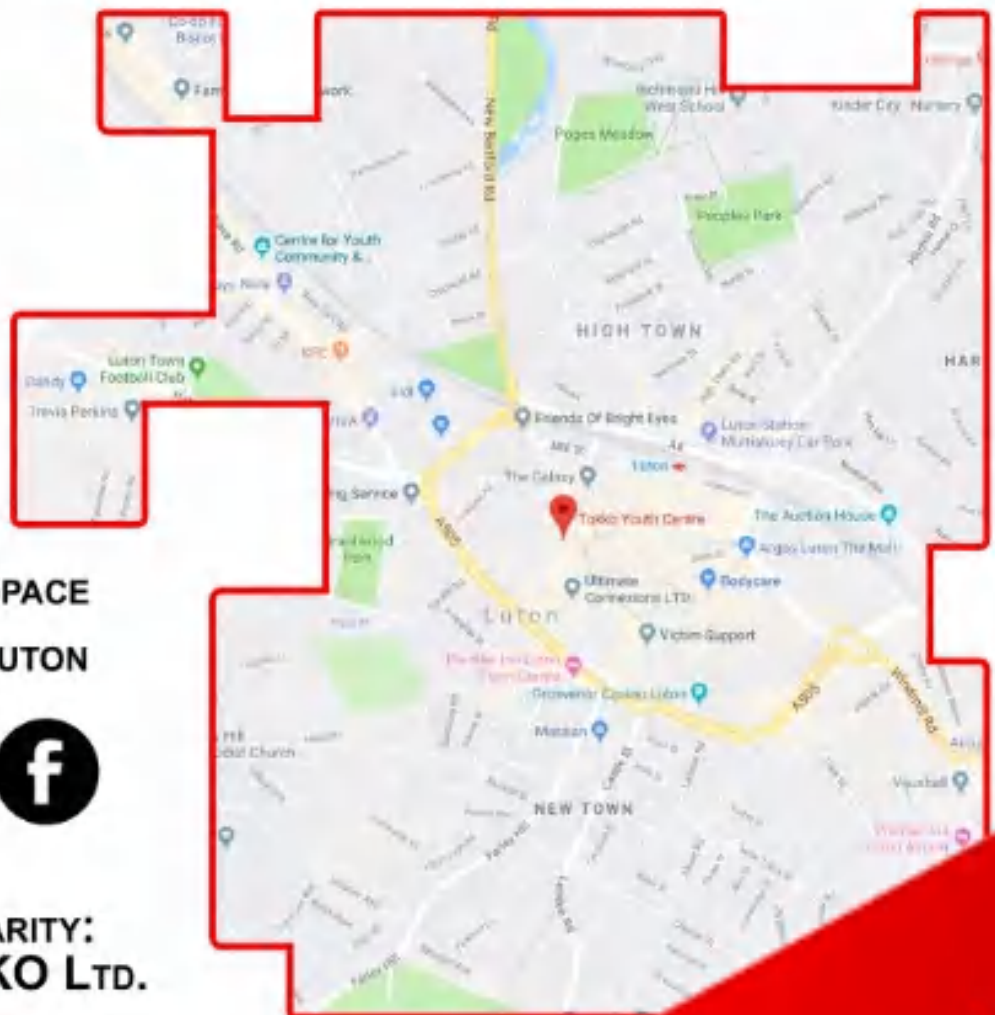








Thank You!



7 GORDON ST, LUTON LU1 2QP