

the BARNABAS beat

Issue 8 - April 2024



The Bottom Line & A Hard Truth by Hayley Brown, Manager

Barnabas Safe and Sound have been supporting young people since 2001, initially for those aged 16 to 25 in housing crisis, we then introduced youth work as a means to give skills and advice to young people to prevent homelessness. Prevention is the key word here, this seems to be a word that has been lost over the last 10 years. With endless cuts in funding to frontline services - most of which worked with young people to give them the skills and resilience they need to become active members of their communities. Budgets and targets set are now focused on paying for things once they've gone wrong - at a greater cost to the public purse.

For example; in a recent report from the National Youth Agency, *The Social Cost of Youth Work Cuts: Preventing Youth Offending through Youth Work*, highlights that it cost 4 times more (£200,000) for a young person to enter the youth justice system, than one who doesn't. (Full report on our website).

In terms of homelessness, research by Homeless Link tells us that in 2022/2023, 136,000 young people aged 16-24 presented as homeless - and this just the people they knew about. Whilst our supported accommodation project offers crisis point support, which is a more expensive service, this is still a cheaper option, and offers a financial benefit to the public purse. For every £1 spent on supported accommodation £3.50 is saved.

Why does all of this matter? Is it just about public spending? Or do we all have a greater responsibility to ensure our young people get the best start in life and have the skills and understanding to do this? In the 19 years I have delivered youth work in Morpeth, I have seen the long term benefits of the work that we did years ago. Those young people are now adults, they have jobs, homes and children. Many of those young people had little faith that this could happen for them. The projects and opportunities available to all young people were in abundance with fully funded services and teams of experienced and qualified youth workers.

It is time for prevention to take centre stage again. There needs to be a change in thinking at local and national level. Every day I see reports on increases in young people mental health issues, homelessness, and crime/ anti social behaviour. These issues have always been there, but now there are less services and funding available to work with young people before it hits crisis point.

Young people are at the heart of what we do as a Charity - they are our future, and it's absolutely essential that our community supports them on that journey to adulthood.

So - how can you help?



Well, firstly we would love it if you could become a Member of our Charity. Membership demonstrates your dedication to our cause, and helps to make our day to day operations more sustainable. By making a monthly donation to Barnabas Safe & Sound you are supporting the need for our services in Morpeth and the wider Northumberland community. As a member you play a critical part in governing the charity - did you know, we can't have our Annual General Meeting without our Members being present?



Do you have any free time? Perhaps you have some past experience of working with young people and might like to get involved in youth work again? Or maybe you'd like to help us fundraise by attending events, or organising your very own personal challenge? Have a chat with us - new opportunities pop up from time to time. Read on for information about CEO Sleepout - its not too late to get involved.

LET'S
TALK IT
OUT

As Hayley highlighted in her introduction, its never been more important to support your local charities before they are lost. Please do talk about Barnabas Safe & Sound every chance you get - spread the word, and help us to champion the voices of young people in Northumberland. If you're passionate about improving facilities for young people, and you want to see a reduction in youth homelessness please do be vocal about this - we are here to support you with anything you need.

FOLLOW

Give us a follow on social media. We're active on both Facebook and Instagram : search for barnabassafeandsound

→ **SHARE**

👍 **LIKE**

COMMENT

Be sure to like our posts, or share them with your friends and family - and we always love a comment. Getting feedback from young people, their parents or carers, or from members of the public gives us such a boost. This informs our future projects, and let's us know we're meeting the needs of the young people we work with.





Now for the fun bit! Our Egg-cellent Easter Activities



LASP Outdoors

Northumberland
Holiday Provision
...whether it rains or shines!



How was your Easter? We hope the rain didn't put you off from getting outdoors, and having fun. Despite having to cancel our planned Paddlesports, the wet weather certainly didn't dampen the spirits of our young people! We teamed up with Morpeth Town Council, Thinky Dinky Do, LASP Outdoors, and NCC's HAF Holiday Provision to deliver a range of activities for 9-14 year olds, including:

- **A creative theatre workshop - writing stories, building props, making costumes and planning performances. Robot dinosaurs, mad scientists and much more.**
- **A Bike Adventure - learning how to service your bike, then taking a trip out to Gallagher Park in Bedlington to experience the pump track, and back.**
- **Stop Motion Animation - creating story boards, making paper cut animations before pulling together to make animated film. Check out our social media to watch the creations at play - there may be a mutant pineapple that goes rogue, but I can neither confirm, nor deny!**



WHAT'S ON YOUR CHANCE TO GET INVOLVED

CEO Sleepout
Alnwick

Sleep out in magical Lilidorei!

Join compassionate people from across Northumberland for a night beneath the stars as we raise big funds to change local lives.

All you need is a big heart and a sleeping bag!

Lilidorei in The Alnwick Garden • 16 May 2024

ceosleepout.co.uk/alnwick



There's still time to sign up for CEO Sleepout on Thursday 16th May - set in the grounds of Lilidorei. All you need is a smile, a sleeping bag and a willingness to raise much needed funds - which will be put to work in Northumberland. To register, head to www.ceosleepout.co.uk/alnwick/ and select Barnabas when asked if there is a referral charity.

RESCHEDULED ANNUAL GENERAL MEETING

MONDAY 20 MAY 2024, 6pm, The Garage, Wellwood House

Open to all, this is a great opportunity to hear about our work in the 22/23 financial year - and also learn about our plans for the future.

We hope you are able to join us - refreshments available.



AGM
ANNUAL GENERAL MEETING

Barnabas Safe & Sound

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