

# therendezvous

Impact Report  
2021 - 2022



**300+**

Young people



**900+**

Hours of  
mental health



**320+**

Hours of advice  
& information



**750+**

Hours of  
learning



“The Rendezvous not only support their young people but they invest time and effort into the people who either volunteer or work for them – so it’s a pretty special place”

## REFLECTIONS ON THE YEAR

As we report on the second year living and working with a global pandemic we have much to be proud of.

In a year that was again punctuated by Covid-19 disruption we could not be more proud of the Rendezvous team - both staff and volunteers. They have stood together, supported each other through challenging times with perseverance and good humour and continued to do their best to make a real difference to 300 young people's lives each year.

We are hugely grateful to the many others who have helped us work towards our goals - partner agencies, funders, the local community but most importantly the young people themselves.

Over the year, young people have 'dug deep' to overcome anxiety, find new perspectives, learnt to be more forgiving and to manage their emotions. They have studied hard to gain qualifications, find work or go back to college, they've made new friends and worked hard to solve their problems. Most importantly many have learnt that asking for help is not a sign of weakness but a sign of strength. We are proud of them all.

The last two years have made us stronger and as we celebrate our 25th anniversary in 2022 we know that with your help and support there is a lot more we can achieve together.

### Rendezvous Board of Trustees

Stephen Uden (Chair)

Helen Da Silva Wood (CE)

Sue Prescott (Treasurer)

Alison Hoffman

Amanda Whitlock

Carol Johnson

Julie Warren

Linda Bygrave

Martin Singer

## SUMMARY OF ACTIVITIES

We have always focused our work on supporting the young people who don't have emotional, financial and practical support and they have never needed us more.

Evidence shows that, particularly over the last two years this group of young people have had "poorer mental health and wellbeing outcomes than those with more advantage."\*

Mental health and wellbeing issues are at the heart of all the work we do. Whether it's one to one emotional support or small targeted group work, young parents support sessions or English and Maths tuition, addressing poor mental health and building self-confidence and self-esteem continues to be of paramount importance.

The courage young people show in the face of challenging circumstances and often traumatic experiences always spurs us to do more to provide the help and support that they need in the way that they need it.

Young people come in all shapes and sizes so one size definitely does not fit all. Because of this we have continued to offer young people different ways of engaging with us face to face, on the phone, individually or in small groups.

We remain young-person led - always striving to build on their strengths.

Despite the continuing disruption we were able to support 300+ young people - 190 through 1:1 sessions - and also develop new activities such as our learning project in Yeovil.

"Over the pandemic, girls and young women, older young people (16-24 year olds), disadvantaged children and young people, and those with SEND were more likely to report difficulties with mental health and wellbeing" \*

We embedded new nurture pathways to provide opportunities for young people to progress from 1:1 support into small group work projects such as "Anxious to Awesome". These provide a safe space to build on the gains they have made and can also serve as an alternative means of supporting young people whilst they wait for an appointment.

"At the start, I was very nervous coming but it didn't take long and I felt safe being myself around them all"

Such is the national crises in young people's mental health and the lack of statutory support services available, the team are working with many whose needs are far higher than normally considered within the remit of youth workers. Their ability to build positive relationships with these young people mean they have attended many more case and multiagency meetings with statutory sector professionals this year.

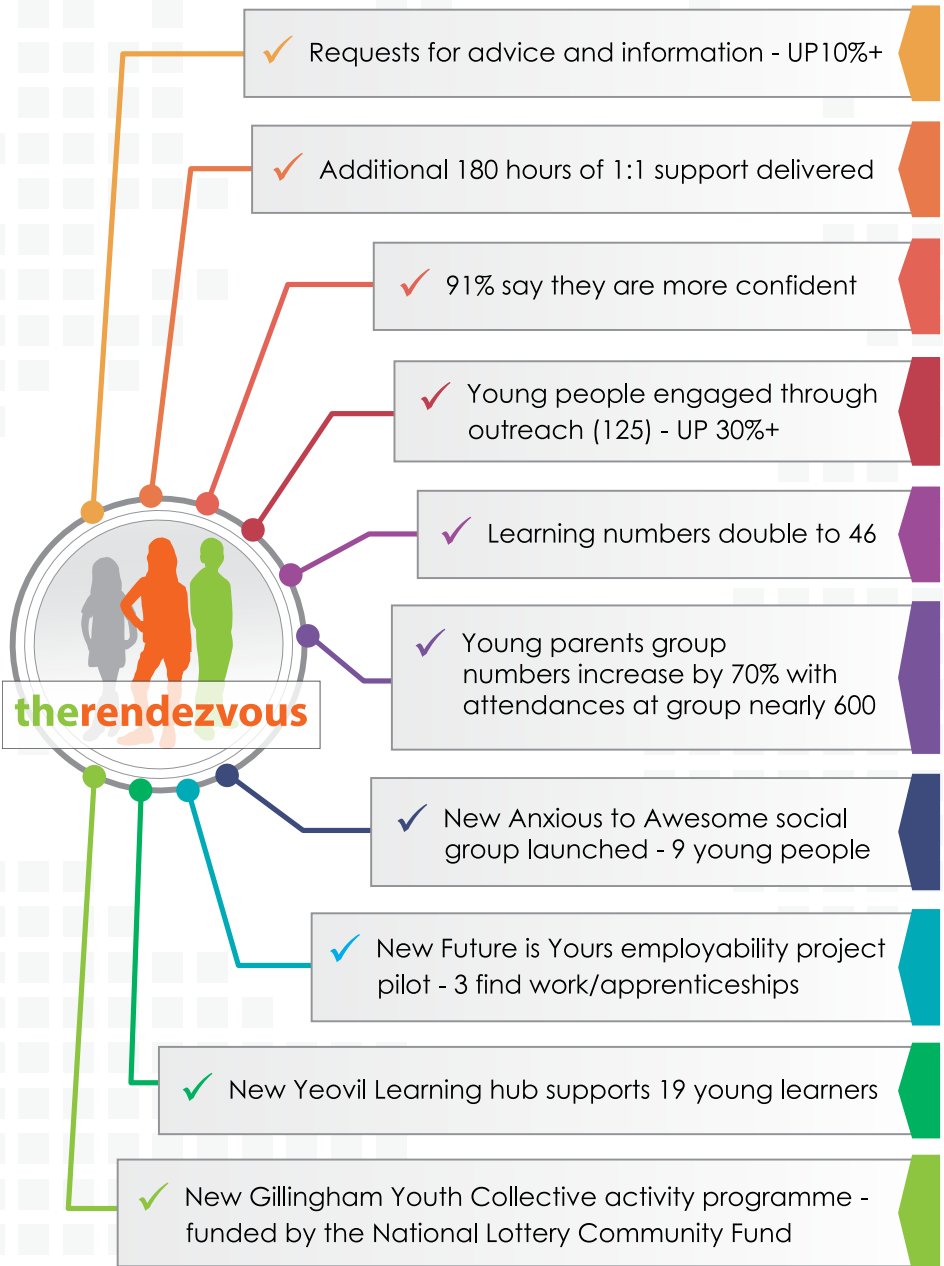
Whilst we do not offer a clinical service the team continue to show great care, skill and consideration in their work and access a range of training opportunities to help them perform their role.

Working with young people with high needs can be emotionally challenging making staff welfare of real importance. The team are supportive of each other but also benefit from regular group and individual supervision from a trained and experienced Counselling Supervisor.

"I realise now how I get angry and what my triggers are"

*\* COVID-19 mental health and wellbeing surveillance report – Office for Health Improvement and Disparities, UK Government, January 2022*

## BOUNCING BACK FROM COVID



## VOLUNTEERING

The contribution our volunteers make to the Rendezvous can never be overstated. Despite the difficulties caused by the pandemic they have remained committed to the charity and the young people they support. We have an average of 35 volunteers throughout the year - some volunteer as tutors in English and Maths, others help out at young parents groups whilst some provide much-needed support behind the scenes.

We work hard to match them to their area of interest and enable them to develop too. Half of our volunteers have gained new skills, knowledge and understanding whilst others have enjoyed putting existing skills to good use.

Over the years volunteering has proved an excellent way in to new careers. At least two are now teaching formally in the state system, our senior youth worker started as a Rendezvous volunteer and this year we have two long-standing volunteers who have made the transition to join the staff team.

Our volunteers tell us that the best thing about volunteering at the Rendezvous is...

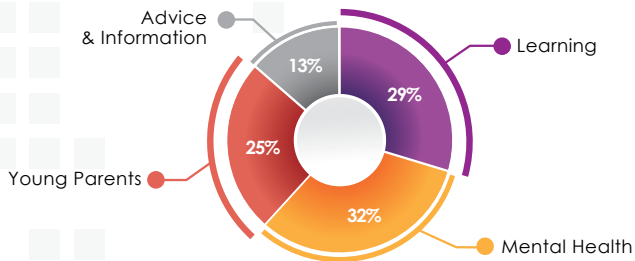
- "The feel good factor"
- "Using my skills to help other people"
- "Trying to make a difference to the lives of young people"
- "Seeing learners succeed"
- "Feeling useful"

Volunteer feedback

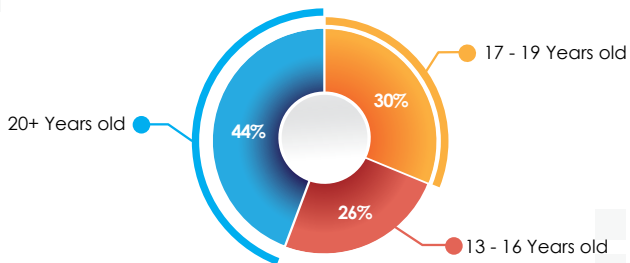
- 100% feel valued and enjoy their time volunteering for the Rendezvous.
- 100% get the support they need to perform their role.
- 100% would recommend volunteering at the Rendezvous to someone else.

## FACTS AND FIGURES

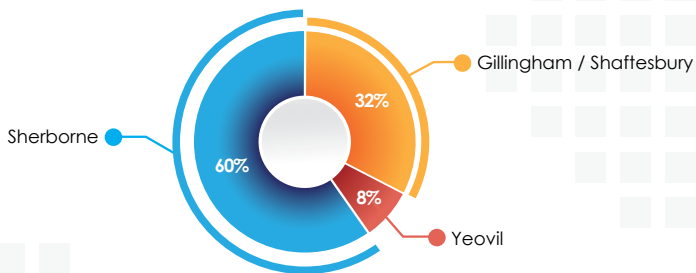
### 1:1 Sessions (2300+)



### Young People By Age (300+)



### Location



"It was a real blessing the day I decided to visit the Centre. My daughter's anxiety was extreme and I just didn't know where to turn. Talking to someone every week has made such a big difference to her and to our whole family - she's more confident and now has strategies she uses when she gets anxious. We were able to go out together to a café the other day."

## WORKING WITH THE WIDER YOUTH AND COMMUNITY SECTOR

As the only organisation of our kind working in this area it is important we adapt our services to meet the local need. But we know we cannot do it alone and have continued to work with other voluntary groups and statutory services to achieve the best results for the young people we work with.

Agencies we've worked with:

### STATUTORY SERVICES

Dorset Sexual Health  
Children & Adolescent Mental Health Service (CAMHS)  
Dorset Youth Offending Team  
Sherborne & Gillingham Health Visitor Teams  
Sherborne & Gillingham Police  
North Dorset Local Alliance

### SAFEGUARDING

Children's Advice and Duty Service (CHADS)  
Pan-Dorset Safeguarding  
Children Partnership  
Somerset Safeguarding  
Children Partnership

### SCHOOLS

Gryphon School  
Harbour Vale School  
Sherborne Areas Schools Trust (SAST)  
Sherborne Primary School  
Gillingham School  
Yeovil College  
Kingston Maurward

### THIRD SECTOR

Acts 365 (Sherborne)  
Dorset Mental Health Forum  
Dorset Youth Association  
Dorset Community Association  
Future Roots (Rylands Farm)  
Gillingham Foodbank  
Gillingham Youth Club  
Sherborne Foodbank  
Sherborne Town Youth FC  
SPARKS  
The Hub (Sherborne)

### OTHER

Sherborne: Cheap St United Reform & Methodist Church  
Gillingham: Riversmeet Leisure Centre

### COUNCILS

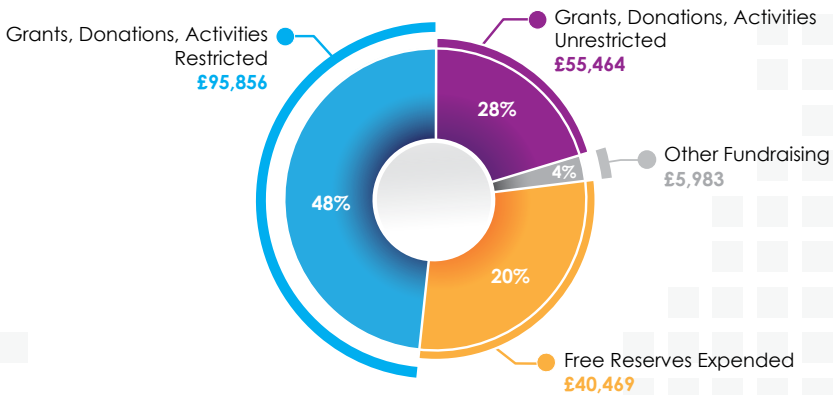
Dorset Council  
Gillingham Town Council  
Sherborne Town Council

## FINANCIAL SUMMARY

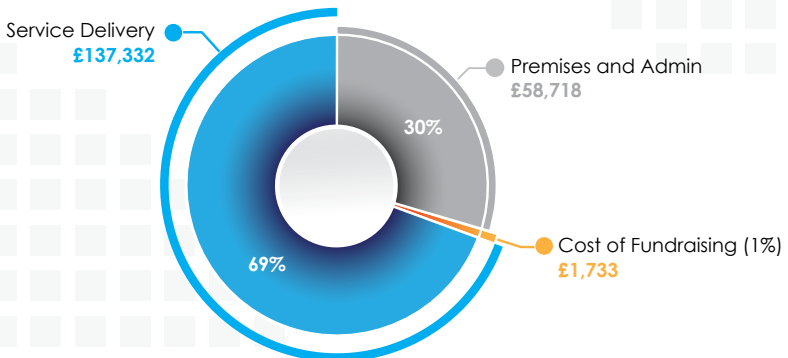
With the predicted absence of emergency funding and community fundraising activities being slow to start up again, this year was always going to be difficult. But, with the help of our regular supporters, some new funders and the board-approved use of unrestricted reserves we were able to maintain our existing work programme and develop new activities.

Whilst we still have a funding shortfall for 2022-2023, we have ended this financial year in a good position and are optimistic for the future.

## FUNDING



## EXPENDITURE



\*A full set of annual accounts can be found on our website and lodged with the Charity Commission

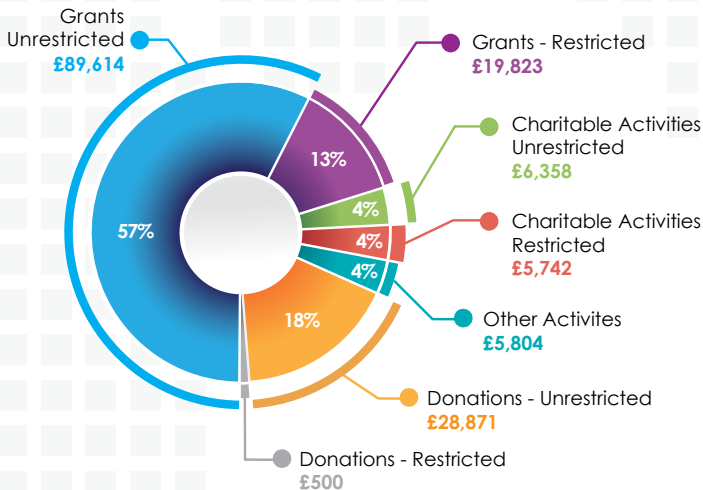
## FUNDRAISING

Grants continue to be our main source of income and we have maintained a mixed income stream throughout.

This year focused on developing multi-year grants and we are delighted that BBC Children in Need, CABWI, Garfield Weston, Lloyds Bank Foundation and the National Lottery Community Fund have committed to supporting us from April 2022 through a range of grants ranging from two years to five years in length. Our regular donors continued to support us throughout.

A huge thank you goes to all our funders and supporters.

From the smallest of individual donations to the local community organisations and the largest of national grant givers your support during this financial year has helped us survive in a time when funding was adversely affected because of the pandemic. We thank you for your ongoing support of young people and helping us to help them.



## VISION MISSION VALUES

### Vision

- A world where all young people have the skills and knowledge they need to thrive.

### Mission

- To provide young people (13-25) facing disadvantage in the North Dorset/South Somerset area with the tools they need to live happy, healthy and fulfilling lives.

## OUR VALUES

### Positivity

- We believe every life can change for the better.
- Trust, honesty and respect.
- We ensure these underpin every relationship we build.

### Inclusivity

- We welcome everyone, irrespective of their sex, gender identity, race, cultural or religious background, beliefs or circumstances.
- Patience and understanding.
- We recognise that it takes some young people much longer than others to find their way in the world and we structure our work accordingly.

"Jemma [mental health case worker] has really helped me feel better about myself and made me think about my future. I've decided I want to go to college so she's helped me sign up to do my English and Maths at the Rendezvous because I'm going to need those to be accepted. Things feel much better now and things are much calmer at home – we don't shout at each other all the time."



therendezvous



## **GILLINGHAM YOUTH COLLECTIVE THE NATIONAL LOTTERY COMMUNITY FUND**

We have been awarded £350,000 over five years to work with over 300+ young people each year in a partnership project with Gillingham Youth Club.

The project which puts youth voice at its heart and is restricted to new work in Gillingham was formally launched in March 2022 and will run to December 2026.



# Youth Resource Services (The Rendezvous, Sherborne) Ltd

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Charity no. 1162722

Co no. 07592624

We wouldn't be  
here without the funding from



Garfield Weston  
FOUNDATION



..and not forgetting

- Alice Ellen Cooper Dean Charitable Foundation
- Elizabeth and Prince Zaiger Trust
- Faith in Action Committee, Sherborne
- The Valentine Charitable Trust