



Impact Report

August 2021 – July 2022

Krunch is about helping young people to discover who they are, what they want to be and how to get there.

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Welcome

Welcome to our 2021-2022 Impact Report.

We are delighted to be able to share with you the work we have been doing over this past year, both at **Krunch Central** in Sandwell, West Midlands and at **Krunch South West**, in South Gloucestershire. We trust that this report provides a great overview of the year as well as a flavour of who we are and our commitment to all young people. Please especially enjoy reading our 'Spotlight' sections where we have focused on a few key areas of work in more detail.

The headline is that this year we have worked with **over 700 young people and offered over 4000 sessions**, ranging from youth clubs and holiday activities to one-to-one therapeutic support!

Our varied activities have supported a diverse cohort of

children and young people by meeting them at their point of need with a non-judgmental approach and a listening ear, always upholding our three ethos values:

HOSPITALITY: You are welcome

INCLUSION: You are valued

COMMUNITY: You belong

We continue to influence local and regional policy making for children and young people. We have represented the voice of the child at strategic levels in our local authorities and contributed our expertise and ideas to our respective voluntary and community sectors. We are proud to be part of developing Early Help working strategies and partnerships across our regions.

The last few years have been incredibly challenging

and Krunch has adjusted and adapted to an ever changing climate, responding swiftly to the various and increasing pressures on our young people. We found innovative ways to deliver youth work and mentoring during Covid restrictions, such as doorstep visits, safe and well checks, phone and video calls, even online youth clubs. We are incredibly proud of the creative methods we have pioneered to ensure that children and young people remain supported, heard and cared for and have continued access to safe and fun opportunities. We are blessed with a great team of experienced and dedicated trustees, staff and volunteers, who always go the

extra mile in supporting children and young people. We would like to extend our heartfelt thanks to them all for their passion, commitment and hard work, as well as our many partners and funders, without whom we would not be able to deliver such a quality service to the many young people we serve, helping them discover who they are, what they want to be and how to get there.

J Grant

Jon Grant
CEO



P Ball

Phil Ball
Chair of Trustees



What We've Done

- One-to-one mentoring interventions, ages 9 - 19 years
- Topical group workshops
- Alternative education sessions
- Project work and mentoring care experienced children and young people
- Work with children/young people with special educational/additional needs
- Transition project (moving from primary to secondary school)

- Preventing serious violence and youth crime interventions
- Real Respect project - preventing inappropriate sexual behaviour and violence against women and girls
- Developing and piloting new programmes and resources
- CAMHs secondment - our staff supporting Sandwell's Single Point of Access referral route and delivering therapeutic interventions

- Holiday Activities and Food Programme
- Adventurous activity trips
- The Prince's Trust Achieve programme
- Robust Covid 19 response programmes
- iRise - supporting pupils' return to education post Covid

- Community and skate festival
- Youth clubs
- Bushcraft club
- Boxing club
- Youth council
- Young volunteer programme



Krunch

Krunch Central is based in Oldbury in the borough of Sandwell in the Black Country and provides a range of one-to-one emotional health and wellbeing interventions and alternative education placements for children and young people aged 9 to 19 years. We work with students from many different educational establishments such as primary, secondary, special schools and pupil referral units, as well as with those currently not in education.

“

The programme from Krunch has been excellent. All students who have properly utilised the service have found it informative. The strategies provided offer students effective skills to deal with the challenges presented. Krunch offers effective solutions to all students to develop resilience and I have seen real improvements academically.

”

*Teacher of film & media
and personal tutor - Sandwell College*

We focus on listening to and validating an individual's worth, improving emotional health and wellbeing, and building resilience in children and young people, enabling them to become a positive voice in their own communities. We work holistically within existing multi-

agency frameworks with the intention of empowering children and young people.

Our experienced mentors are skilled at building relationships with young people and facilitating meaningful solution-focused conversations. Mentors

use tools such as games, art activities, worksheets and flash cards to help mentees reflect, verbalise and set positive goals for themselves. We use Outcomes Star developed by Triangle Consulting to facilitate change and measure progress. We even have Harry, our Pets As Therapy dog, who loves working with mentees!

This year we experienced an increased demand for our mentoring services from schools and social workers. During this Covid recovery phase, many children have been experiencing the negative emotional effects of the pandemic, as well as living with other ongoing personal life circumstances. The top four reasons children and young people were referred to us

in 21-22 were low mood, low confidence, lacking motivation and challenging behaviours and difficulties mixing with peers.

We were pleased to receive a significant upturn in the number of referrals for Care Experienced Children and those with Special Educational Needs and Disabilities, both areas of support that our team are passionate about, as well as working with an increasingly diverse cohort of young people. We have grown our team and we continually access a range of training; this past year we have upskilled in the areas of harmful sexualised behaviour, understanding eating disorders, mental health first aid and autism awareness.



No. of young people

• Increase of 107 * • 5 % increase in children with SEND
* this year to 35% of total referrals • 10% of mentees are care experienced

373



No. of sessions

• Increase of 995 *

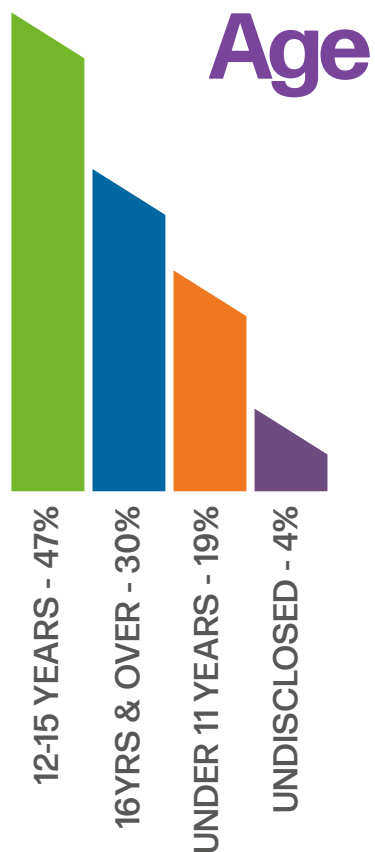
3723



No. of schools & colleges worked with

36

(* Compared to 20-21 figures)



Gender



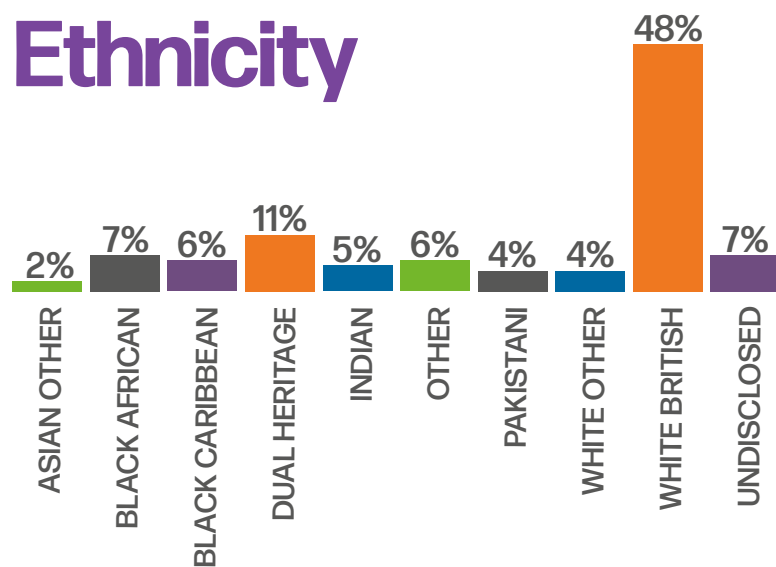
MALE - 57%
FEMALE - 39%
TRANSGENDER - 1%
UNDISCLOSED - 3%

This past year Krunch Central supported children in and from the following schools and colleges

Annie Lennard Primary
 Arena Academy
 Beacon Hill Academy
 Bishop Milner Catholic College
 Bristnall Hall Academy
 Bromley Pensnett Primary
 Cadbury College
 Causeway Green Primary School
 Dormston School
 Dudley College
 Dudley Wood Primary
 George Salter Academy
 Glebefields Primary School
 Gospel Oak Academy
 Leasowes High School
 Mesty Croft Primary
 Moat Farm Junior School
 Oldbury Academy
 Ormiston Forge Academy
 Ormiston Sandwell Community Academy
 Pegasus Academy

Perryfields Primary
 Phoenix Collegiate Academy
 Q3 Langleigh
 Q3 Tipton
 Rowley Hall Primary
 Sandwell Academy
 Sandwell College - Central St Michaels
 Sandwell SEND Education Department
 Sandwell Valley School
 Shireland Collegiate Academy
 St James CofE Primary
 St Michaels CofE High School
 Tameside Primary Academy
 The Brades Lodge
 The Link Academy
 The Westminster School
 Thorns Collegiate Academy
 Victoria Park Academy
 West Bromwich Collegiate Academy

Ethnicity



Spotlight on...

Emotional Health and Wellbeing Grant – Sandwell

We were delighted to receive Covid-Recovery Funding this year which we put to immediate use offering bespoke mentoring interventions to 35 young people waiting for emotional wellbeing support in local schools. This funding came at just the right time to help us accept an increased demand for our services from schools dealing with the wide ranging impact of Covid on their students.

“

It helped me overcome my sadness.

Student, aged 11

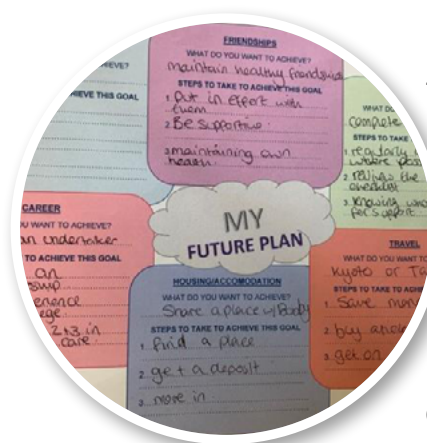
I learnt how to control my anger.

Student, aged 10

”

One school was overwhelmed with students who had lost loved ones; in another they needed our mentors to work with year 11 students because they had returned with less motivation and more challenging behaviour following lockdown. In general, there was an upsurge in children

who felt frightened, isolated and anxious about life in general following the pandemic. Of those referred to us, 43% had Special Educational Needs and 29% were within families supported by social workers or Early Help Family Services.



This worksheet was created in session by a 17-year-old male student who initially struggled to focus on or feel optimistic about the future due to struggles with mental health. He identified his goals for some aspects of life and some positive steps he could take now for each. Towards the end of mentoring he showed a real increase in optimism.

Boundary bags have been used to encourage students to note down qualities they look for in friendships and relationships. This activity allows them to focus on positive qualities they should be looking for and encourages positive boundaries towards negative behaviours. Boundary bags are also used with students to note their strengths and qualities which is effective in helping promote self-esteem.



No. of young people

35



No. of sessions

362



No. of mentors

5

- 67% of the 35 mentees experienced an increase in understanding both their feelings and behaviour
 - 67% experienced an upturn in friendships
 - 50% gained more confidence and self esteem

Spotlight on...

Improving the emotional wellbeing of children and young people who have SEND (Special Education Needs and Disabilities)

We have delivered emotional wellbeing interventions to an increased number of SEND young people in 21-22 via one-to-one mentoring and small group work, for children in mainstream and specialist schools and for young people with EHC plans who find themselves outside of the school system. Our mentors have open and honest solution focused conversations with mentees around topics such as self-esteem and confidence, managing feelings, developing resilience and building healthy relationships. We have also supported children as they transitioned back into educational settings.

“ Without Krunch, J wouldn't be where he is today. I would like to thank all the staff at Krunch for all their help and support. I am so proud of J. Thank you again. ”
Parent

We have continued to work with students from our local specialist schools, Brades Lodge and Westminster. As part of their weekly timetables, students from these schools came to our venue in Sandwell and engaged in alternative education sessions designed to inspire, nurture and improve their social, emotional and

mental wellbeing needs. Students took part in a range of activities, such as drama, cooking, indoor sport, IT, art and design, and some have also completed an OCN West Midlands qualification (now called AIM Qualification). We have worked hard to meet individual learning and additional needs with relevant session content, a

child led approach and appropriate resources, to ensure that all young people feel welcome, valued and a sense of belonging at Krunch.

“ It helped me a lot as I feel safe and comfortable. ”
Student, aged 18

We celebrate difference and neurodiversity at Krunch and always encourage young people with SEND challenges to dream big and expect to achieve and contribute to the world around them.

“ I struggled a bit with sharing how I felt. I have got better at sharing my thoughts/feelings. ”
Student, aged 18



Harry assisted the engagement of a student whose autism and anxiety made it difficult for her to attend her alternative education placement at Krunch. Once Harry was involved she was happier on arrival, more relaxed in the session and she became more able to access the learning activities.



Brades Student working towards an Open College Network West Midlands qualification in cooking as part of developing his skills for independence.



No. of young people **119**



No. of mentors

10

35% of our mentees had a recognised SEND

15% had an Education Health Care Plan

Spotlight on...

Dudley Violence Reduction Intensive Mentoring Project

The Violence Reduction programme, funded by West Midlands Violence Reduction Unit (since renamed Violence Reduction Partnership), aimed to increase the emotional health and well-being and support positive school engagement of children who are at risk of school exclusion. We worked with 25 students referred by Dudley schools, most of whom had already received fixed term exclusions at school before being referred to the project and were on their 'last chance'.

"I worked with a young boy aged 11. We have focused on the long-term consequences of continuing with the violent behaviour he is engaging in, as well as the risks of choosing older friends who also engage in this behaviour. We have looked at laws around violent behaviour, and scenarios/real life examples to develop an understanding of these consequences and how these can impact his and other people's lives. This allowed T to see the bigger picture of why he needs to make positive changes to avoid harmful actions when he feels angry."

Mentor

We worked in partnership with relevant professionals already involved with the children and provided an integrated programme of solution focused one-to-one mentoring. Each young person had at least 12 one-hour sessions with an experienced mentor through which they received support with behaviour, engagement with school and

learning, and discussed a range of topics such as healthy friendships, criminal behaviour, managing emotions and positive choices.

All the children who engaged experienced increased self-awareness and learned new tools to cope with emotional dysregulation and to understand how their brains function when under stress or fear, eg 'amygdala hijack'. In addition 56% experienced personal growth on the Outcomes Star in the Feelings and Behaviour category. These children experienced many barriers to learning; 44% of the cohort had Special Educational Needs and 20% were in families receiving Social Care support. Despite such challenges, 33% made progress in the area of education and learning.



No. of young people **25**



No. of sessions **250**



No. of mentors **6**



Spotlight on...

CEO Jon's role in growing Sandwell's Early Help Partnership

Our CEO, Jon Grant, is a passionate advocate of the voluntary and community sector and the important work that these organisations deliver in local neighbourhoods. He loves to network and connect people locally and regionally, facilitating communication and dialogue between the voluntary and statutory sectors. Jon continues to do this in various strategic roles: He is Vice-Chair of Sandwell Council of Voluntary Organisations (SCVO) and Chair of the VCS Children and Young People's Forum. He was also the elected VCS representative on the Sandwell Children's Safeguarding

Partnership (SCSP), ensuring the voice and work of the voluntary sector is recognised in discussions around safeguarding practice, process, and concerns. Jon has played an active and integral part in the refresh of Sandwell's Early Help Strategy this year and now also chairs



the new Sandwell Early Help Partnership. This growing multi-agency network brings together schools, voluntary agencies, community organisations, faith groups, Sandwell Council, health providers, police and fire services and others, to work more closely supporting children and families



Jon presenting an Early Help Partnership certificate to CEO, Jo Haydon of 4 Community Trust



An Early Help Partners meeting

in Sandwell. Jon has been the up-front presenter at many Early Help promotional events this year and the message he has shouted and cascaded far and wide across the borough is that early intervention is available and accessible, to support children, young people, and their families before they reach crisis point. There is growing sense of togetherness and respect across the professional workforce as the Partnership seeks to promote and provide the right support, in the right place, at the right time to Sandwell children and families.

Krunch South West

Krunch South West is based in the market town of Thornbury, South Gloucestershire. We are a vibrant hub for young people and youth provision in the local area and this year have offered a wide range of services and activities for young people.

We have a small team of passionate and committed youth workers and a unique venue, The Pod, to facilitate our work.

Over this year we have worked with **330 individual young people**, aged between 10 and 25 years, helping them to reach their full potential.

Our focus is on supporting the emotional and physical wellbeing and life skills development of young people from all backgrounds, and our work takes on two strands: open access provision that all young people can come along to;

and targeted provision that provides focused support for young people who have become disengaged and/or struggling with a variety of issues (mental health, NEET, substance misuse, anti-social behaviour etc).

All our activities are focused on positive outcomes such as

improving communication skills, understanding rights and choices, new skills and knowledge, positive mental and physical health, improved relationships and self-confidence, and we have been able to achieve around 2500 'marks' for each one of these outcomes throughout this year.

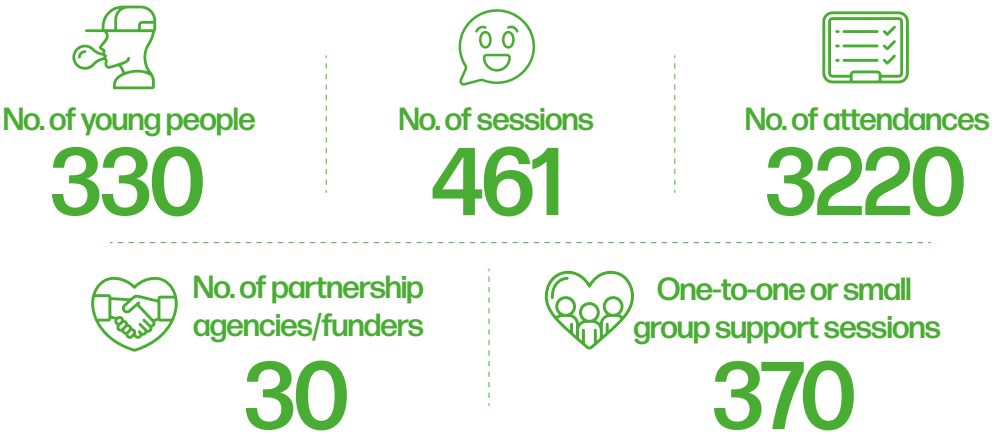
Our core activities have been youth clubs, one-to-one mentoring, small group work, personal development programme, holiday activities and food programme and youth volunteering. We have successfully run The Prince's Trust Achieve programme and a number of young people completed Personal Development and



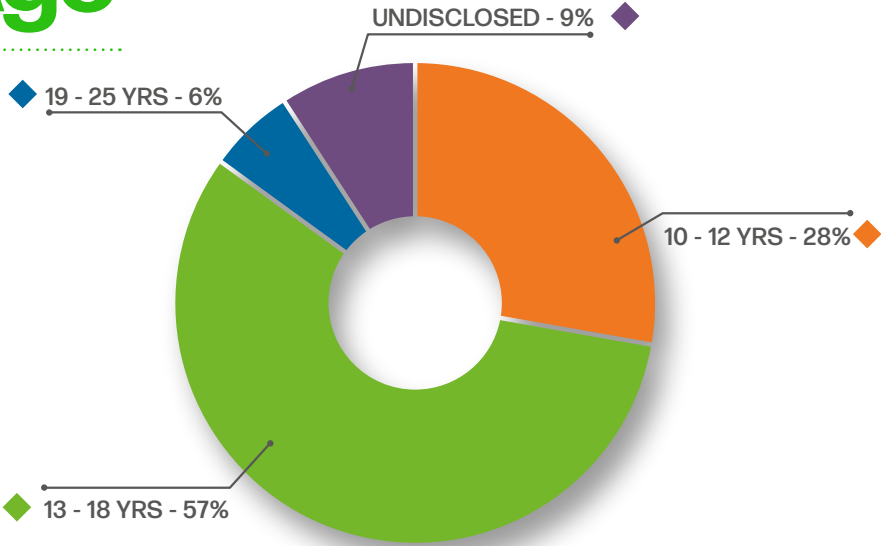
Employability Skills units. We have worked in partnership with the local councils, schools, police and youth organisations and received referrals for our one-to-one work from several different sources.

“ This has been an exceptional year for us at Krunch, and I have been so thrilled at the breadth and depth of our offer of local youth provision. Working in partnership with so many other local agencies has been fantastic, and our relationships with local schools, social services and the police have been further cemented. It has been a privilege to walk alongside our young people, helping them navigate a post covid world and deal with all the uncertainty, anxiety and turbulence that was, and is still ahead of them. I would like to thank the Krunch South West team for their dedicated work, as well as the Krunch trustees for their support. Thank you to all our funders, especially to Thornbury Town Council who are always championing the cause of local young people.

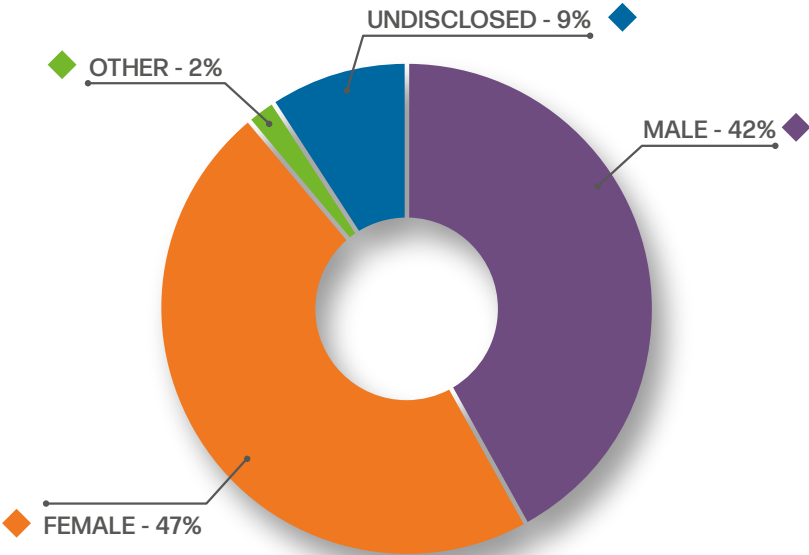
Penny Baker, Krunch South West Manager.”



Age



Gender



This past year Krunch South West has supported young people referred by:

Abbeywood Community School

Jigsaw Thornbury

Marlwood School

Pathways Learning Centre

South Gloucestershire Wellbeing Network

The Castle School



Spotlight on...

Holiday Activities and Food Programme

We have worked with South Gloucestershire Council to deliver a much need Holiday Activities and Food Programme for secondary school age young people. Our sessions have included sports, indoor and outdoor games, arts and crafts, graffiti, dance and vocals, bushcraft and forest skills, inflatables, cooking, self-defence, table tennis, as well as some trips out to a high ropes course and trampoline park. Every session included a healthy lunch, which can be a lifeline for families during the school holidays. Often the young people help to prepare and cook their own food and will try things they haven't tried before. Participants have enjoyed the opportunity to come along and have fun in a safe and supportive environment, engage in new activities, as well as being able to chat to a youth worker around any concerns they may have.



No. of young people 110



No. of sessions 16



No. of attendances 328

“

Another big thumbs up for today. Thank you all at team Krunch!

Parent

”

“

I just wanted to say a huge thanks for today. The boys are buzzing from their time with you and can't wait until tomorrow. Absolutely fantastic activity sessions.

Parent

”

“

The leaders are really good and funny, the food is really nice and also the activities we do are really fun!

Young person, aged 12

”



Spotlight on...

Youth Clubs

We run two youth clubs a week in the town centre, supported by Thornbury Town Council, for all young people in school years 6 to 11, split into a junior and a senior club. Young people have access to a whole range of activities, such as games, sport, pool, art, craft, gaming, cooking, and the clubs provide a safe space for young people to socialise and access support. This year we also took part in national campaigns, such as Children In Need, Anti-Bullying Week, World Environment Day, Youth Work Week, Pride and 'Hello Yellow'



"I really enjoy coming to Krunch as it gets me out of the house and there are always fun activities to do. There is always someone to talk to and I really like the people there."

Parent

World Mental Health Day, where we chatted to the young people about the importance of looking after their mental wellbeing. A highlight this year was our Christmas ice skating trip to Planet Ice. Young people have also taken part in our volunteering programme, where they have helped to run youth club activities and develop valuable leadership and team work skills.

In addition to our main youth clubs, we have offered five regular small group sessions this year: Jigsaw, for young people with additional needs; a board games group; a girls only group; a bushcraft/forest skills club, and a boxing programme.



"I find it relaxing to come to youth club and I enjoy doing the craft activities - it really distresses me!"

Young person, aged 14

"I just wanted to say a massive thank you for all the support and nurturing you give to A and the others. I can really see the boys growing in confidence as well as developing their social skills and boosting their emotional well-being from attending youth club with you. You know I have the utmost admiration for the work you do and am so grateful for the support you provide."

Parent



No. of young people **204**



No. of sessions **75**



No. of attendances **1536**

Spotlight on...

The Pod

The Pod is our converted shipping container located next to the local skate park and community woodland, containing a small office, kitchen/café area serving drink and snacks, and an indoor seating area. It is a very unique venue, specifically designed for youth work. The Pod has been used for a huge variety of activities throughout the year, such as small group work, mentoring, our Personal Development Programme, The Prince's Trust Achieve club, partnership meetings with other

local youth organisations as well as open access youth sessions. Most activities at The Pod take place outdoors, come rain or shine, which has been perfect whilst working within the remaining Covid restrictions this year. The indoor space can be used for young people to learn cooking skills, barista training, playing games, crafts, or simply just relaxing with friends. We have an outdoor table tennis table, and young people always enjoy sitting around a fire pit, toasting marshmallows and chatting, even in the winter months!



“

It's always been a struggle to find activities that suit G, its often felt like he sits between two worlds (autistic and neurotypical), never quite fitting in either. He's been asked to leave various clubs over the years as they couldn't manage him. However, from the very first time he attended Krunch at The Pod it's felt like he found his place and fits in. He's always thrived outside and loved bushcraft type activities so he felt right at home sitting round the fire with the youth workers and other young people. Over the past year I've observed him thriving at Krunch and feel like his quirky and energetic personality has been celebrated and welcomed. He's grown both in terms of his confidence, independence and life skills. He has a greater understanding of diversity and the world around him as well as friendships and his relationships with others. Thank you so much

Parent of young person, aged 12

”

“

I like Krunch because it's fun and I get to see my friends and I never used to have that many friends but I have at Krunch. I love hanging out at The Pod because there's a fire and we get to make cool stuff and I can buy stuff like lemon drizzle. I love the bushcraft stuff because it's important to learn survival so you can look after yourself.

Young person, aged 12

”



No. of young people **174**



No. of open access sessions at The Pod **50**



No. of attendances **586**

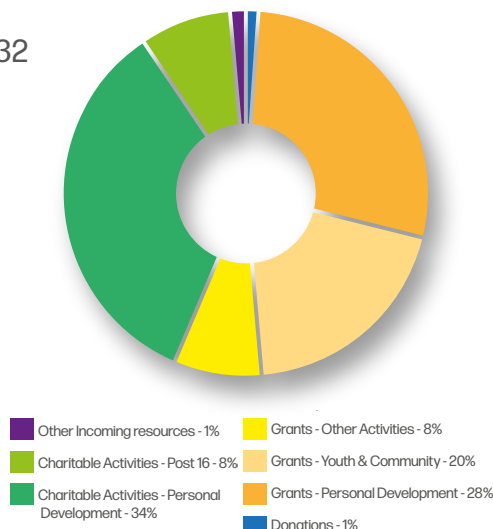
Finances and Funding

Joint (Krunch Central and Krunch South West) income and expenditure for the year ending July 31st 2022

Krunch is dedicated to delivering high quality services in an efficient manner, to ensure maximum value for money is achieved.

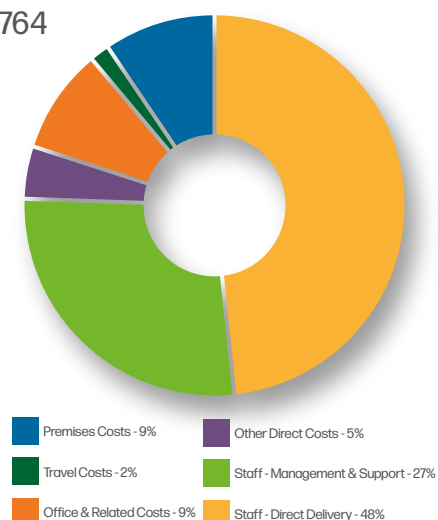
Income for the year totalled £482,832
(previous year: £465,773)

Donations	£6,192
Grants - Personal Development	£134,458
Grants - Youth & Community	£94,785
Grants - Other Activities	£36,980
Charitable Activities - Personal Development	£165,428
Charitable Activities - Post 16	£39,433
Other Incoming resources	£5,556
	£482,832



Expenditure for the year totalled £482,764
(previous year: £417,159).

Staff - Direct Delivery	£233,411
Staff - Management & Support	£132,263
Other Direct Costs	£21,717
Office & Related Costs	£42,892
Travel Costs	£7,345
Premises Costs	£45,136
	£482,764



Funding

We are very grateful for the financial donations received from a variety of sources throughout 2021-2022, no matter how big or small. We appreciate the commitment of our ongoing regular donors as well as those who have given single contributions. By investing in our work, you are truly sharing in our vision for all young people to reach their full potential. Thank you to all of you who make our work possible.

Grants were most gratefully received from the following Trusts and organisations:

Krunch Central

Active Black Country

Dudley Violence Reduction Unit
(now Partnership)

Grantham Yorke Trust

Safer Sandwell Partnership

Sandwell Children's Trust

Sandwell Housing and
Communities

SCVO – Sandwell Council for
Voluntary Organisations

Krunch South West

Community Fund

One Stop

Magnox

Members Award Funding

Renishaw

South Gloucestershire Council

TADLOF (Thornbury & District
League of Friends)

Tesco

Thornbury Carnival

Thornbury Foodbank

Thornbury Lions

Thornbury Town Council

Do you want to support our work?

If you would like to donate to our work, please use the following link.

www.gofundme.com

Krunch Partnership Working: Championing multi-agency work across our regions.

We are committed to multi-agency working with other organisations who share our vision for children and young people. Good working partnerships both strengthen and enhance the local offer for young people and ensure more young people can access the support and opportunities they need. We view everyone who works alongside Krunch and refer into our services as partners, but we wish to acknowledge the supportive working relationships we have had with the following organisations and people within them.

This year it has been a pleasure to work alongside:

Krunch Central

OCN West Midlands (now AIM Qualifications)

Dudley Metropolitan Borough Council

Friends of Krunch

Love Black Country

Sandwell Children's Safeguarding Partnership

Sandwell Children's Trust

Sandwell Metropolitan Borough Council

Sandwell Early Help Partnership

Sandwell Inclusion Support

Safer Sandwell Partnership

SCVO

Triangle Consulting: Outcomes Star

West Midlands Police Officers

West Midlands Police and Crime Commissioner

West Midlands Violence Reduction Unit (now Partnership)

Youth Endowment Fund

Krunch South West

Abbeywood Community School

Avon and Somerset Police

Early Help Partnership

Jigsaw Thornbury

Marlwood School

NGM

Pathways Learning Centre

Phase Mentoring

South Gloucestershire Wellbeing Network

South Gloucestershire Youth Partnership

The Castle School

Contact Us



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Krunch South West

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Krunch UK, registered charity number 1114961, is a company limited by guarantee registered in England and Wales under number 5364024 having its registered office at Sandwell Christian Centre Langley Crescent Oldbury, West Midlands B68 8RE.