



42nd Street Annual Report 2019-2020

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STREET

Registered Charity No. 702687

Chair's Report

Liz Allen

2019/2020 was another successful year for 42nd Street as we saw growth in the range of services we offer to young people, accompanied by growth in the staff team that support young people who access these services.

The incredible team at 42nd Street have, yet again, been driven by their commitment to place the needs of young people at the heart of all we do and to consistently meet these needs despite the ever increasing demand for support. Every part of the organisation has risen to this challenge and the team has continued to look for ways to address, what we appreciate, are long waiting times in order to ensure that young people feel supported throughout their journey with us. It is our hope that continued efforts will succeed and we will see reduced waiting times and an ever more diverse service offer.

We continue to see our role in the Greater Manchester VCSE sector as crucial, not only to position the charity and its work as part of the spectrum of mental health and emotional wellbeing support for young people, but to positively influence mental health commissioners and provide support and challenge to VCSE, health and social care partners. By working together, we believe that we can continue to increase awareness and reduce stigma, whilst also improving and increasing inclusion and access to services. At a time of increasing uncertainty, we know that our services will come under even more pressure and we must be ready to support young people across the GM region.

As Covid-19 begins to take hold, we look forward with some trepidation to 2020/2021 but with a determination to keep young people safe and at the heart of all that we do and to deliver services that continue to meet their changing needs.

Chief Executive's Report

Simone Spray

2019/20 was another incredible year for 42nd Street. Our ongoing commitment to inclusion and growing localised delivery has enabled us to reach over 5000 young people and offer the even wider choice of opportunities.

Our therapeutic services have continued to demonstrate the highest quality of personalised support for young people. The combination of committed mental health practitioners, supported by a passionate back office team and support and leadership from managers shines through in the outcomes with young people. Our reliable change and reliable recovery rates averaged at 62% across Greater Manchester (compared to a figure of 44% demonstrated in a comparable national BACP Study carried out in 2015) and (perhaps most importantly) 96% of young people said that they would recommend us to friends and family.

We continued to collaborate in the Greater Manchester Mentally Healthy Schools and Colleges Programme, lining with amazing locality partners to support 67 secondary schools as a partnership and 20+ schools directly and shaping the national approach to Education Mental Health Support Teams.



In order to continue to build on these successes and reach more young people, we secured funding from the Department of Health and Social Care and continue to lead the way with our online developments. (to come into its own from March 2020 onwards, but that's for next year...!) We are particularly proud of how our approach is reaching and working with BAME young people, LGBTQ+ young people, young carers, young people with disabilities and FE/University students.

The integrated Community Response Service has now been mainstreamed in both Manchester and Salford, a testimony to the dedication and skill of the team, supporting young people in high levels of distress, all too often overlooked for therapeutic support. Work also started with our Changemakers, young people who will be trained to advocate and for support other young people to challenge the "system" where it is detrimental to their health and wellbeing.

Our group work programme has also grown in size, diversity and punch this year, with more groups that ever delivering a combination of CONNECT, CREATE, CAMPAIGN projects, supporting each other through peer support, social action, young person led training and challenging the status quo.

"facilitates change by creating a safe space for open discussion connecting and identifying with peers, improving understanding of responsibility, decision making and sharing experiences and advise" (Anna Freud Centre's evaluation of TC42 2019)

Finally, we welcomed our new Creative team who have worked with young people and colleagues to deliver a range of personal and professionally transforming the psyche of the team and audiences supported by Paul Hamlyn Foundation and Arts Council funding. The Loneliness Together project, supported by Manchester Metropolitan University captured the first hand experiences and insights of young people from a variety of communities using music, immersive theatre, installations, film, transformed the front wall of our central HQ and of course offered us some beautiful and poignant poetry that captures what it's like to be part of the 42nd Street family.

This life we lead is ours.

We're not victims to our sadness, we won't let the spiral win,
Because when you feel alone again, our hearts will reel you in.

Despite our flaws any storm we can weather,

No longer sentenced to solitude we are Alone, Together"

by Caryiad Hughes

42nd Street Community 2019/20

(2018/19 data shown also; where 2018/19 data is not shown it was not previously published in our Annual Report)

Are you a young carer for a parent/carer/family?	%
No	73
Unknown	16
Yes	6
Prefer not to say	5

Housing status	%
Unknown	54.3
With family	37.3
Own/rented accommodation	6.9
Residential Care (Over 16)	0.8
Homeless/in housing need	0.3
Residential Care (Under16)	0.2
Prefer not to say	0.2

Employment/Education status	%
Unknown	53.5
School	23.5
Student FE	7.2
Student HE	4
Employed	3.8
Unemployed	1.9
Not in education/Employment/Training (Under 19 NEET)	1.4
Unable to work, long term mental health/health/disability	1.4
Alternative Education Provision(U16)	1.3
Alternative Education Provision(U16)	0.9
Training	0.4
Attendance difficulties	0.3
Prefer not to say	0.2
Attainment difficulties	<0.1

Experience of Care	%
Unknown	55.3
Not applicable	42.5
In care	1.1
Care leaver	0.9
Prefer not to say	0.2

Relationship Status	%
Single	76.8
Prefer not to say	12.1
Unknown	10.8
Married/Civil Partner	0.1
Separated	<0.1
Divorced/Dissolved Civil Partnership	<0.1

Religion and Belief	%	2018/19
Unknown	36.7	42.6
None	33.2	34.1
Prefer not to say	14.8	7.9
Christian	9.6	9.1
Muslim	3.8	3.7
Other	1.2	1.5
Jewish	0.3	0.3
Buddhist	0.2	0.3
Hindu	0.1	0.2
Sikh	0.1	0.1
Pagan	<0.1	<0.1

Sexuality	%	2018/19
Heterosexual	43.3	48.8
Unknown	28.6	37.2
Prefer not to say	9.4	2.2
Bisexual	7.6	7.3
Person asked & doesn't know/unsure	6.2	New
Other LGBTQ+	2.2	1.8
Gay	1.5	1.3
Lesbian	1.2	1.6

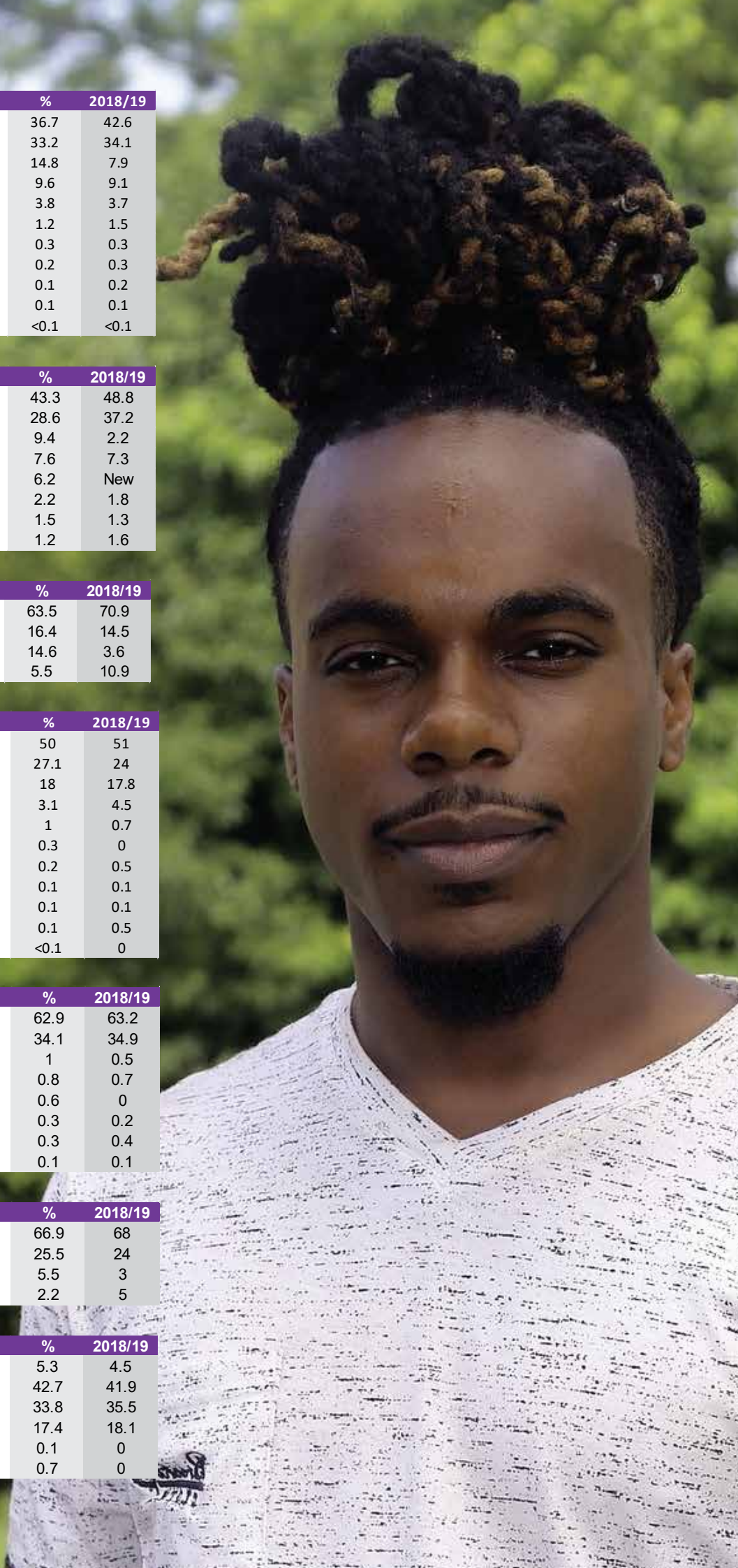
Disability	%	2018/19
Not Disabled	63.5	70.9
Disabled	16.4	14.5
Unknown	14.6	3.6
Prefer not to say	5.5	10.9

Area	%	2018/19
Manchester	50	51
Salford	27.1	24
Trafford	18	17.8
Tameside & Glossop	3.1	4.5
Unknown	1	0.7
Bury	0.3	0
Stockport	0.2	0.5
Bolton	0.1	0.1
Heywood, Middleton & Rochdale	0.1	0.1
Wigan & Leigh	0.1	0.5
Cheshire	<0.1	0

Gender Identity	%	2018/19
Female	62.9	63.2
Male	34.1	34.9
Gender Queer / Non - Binary	1	0.5
Trans Male	0.8	0.7
Unknown	0.6	0
Trans Female	0.3	0.2
Other gender identity	0.3	0.4
Prefer not to say	0.1	0.1

Ethnicity	%	2018/19
White British	66.9	68
BAME (Inclusive White Irish & other)	25.5	24
Unknown	5.5	3
Prefer not to say	2.2	5

Age at Referral	%	2018/19
11-12	5.3	4.5
13-15	42.7	41.9
16-19	33.8	35.5
20-25	17.4	18.1
25-28	0.1	0
Unknown	0.7	0



During 2019/20 42nd Street Delivered...

(Figures in brackets - comparable 2018/19 data)

5226 young people accessed 42nd Street (5059)

Individual counselling, therapy, psycho-social support and advocacy:

3675 (2245)
counselling
sessions to...

478 (317)
young people

511
Engagement
sessions to...

280
young people

4799 (3996)
Psycho-social
Sessions to...

619 (558)
young people

3024 (2701)
IAPT sessions (CBT Low and
High Intensity & Counselling for
Depression) offered to...

504 (202)
young people

298
Online Service
sessions to...

72
young people

Work in schools and colleges:

42nd Street delivered work in schools and colleges across Greater Manchester (independent contracts and GMMHSP)...

2385 (753)
sessions to...

266 (150)
young people

Greater Manchester Mentally Healthy Schools Partnership: in total, the partnership delivered...

5548
sessions to...

853
young people

Integrated Community Response (ICR) – crisis de-escalation for 11-18 year olds:

1232 (1142)
sessions to...

288 (353)
young people

Duty Calls:

864 (1504)
calls...

Support, referrals, advice and calls from professionals, parents/ carers and young people

Engagement with Support:

42nd Street has maintained very high attendance rates across all elements of our service, demonstrated by 'Do Not Attend' (DNA) rates of between 3-13 %. With an overall rate DNA rate of 9.5% across all areas at all stages of support.

As part of the national 4 week wait pilot in Trafford we have reduced our waiting times to meet the national standards on over 60% of cases.

Improvement and Recovery from Mental Health difficulties:

Consistently high "reliable change" and "reliable recovery" rates for individual therapeutic support (non-IAPT services): 54% (63) in Manchester, 76% (41) in Trafford, 59% (57) in Salford, and 62% (53) in Tameside & Glossop compared to a figure of 44% demonstrated in a national BACP Study (2015).

96% (97) of young people would recommend 42nd Street to friends and family

Therapeutic Groups:

Dealing with Depression and Anxiety: Manchester (2 programmes)...

11 sessions to... 22 young people

Dealing with Depression and Anxiety: Salford (2 programmes)...

11 sessions to... 21 young people

Dealing with Depression and Anxiety: Trafford...

7 sessions to... 10 young people

TC42 (Democratic Therapeutic Community Group, 1 year+ participation by each young person)

46 sessions to... 15 young people

Issue and identity based groups:

Young Women's Peer Support Group:

42 sessions to... 29 young people

Q42 (LGBTQ+ creative digital project for 13-18 year olds):

47 sessions to... 37 young people

Cloud42 (a new young care leavers' campaign group):

9 sessions to... 5 young people

Social Action Programmes:

42nd Street Peer Ambassadors:

55 sessions to... 24 young people

Creative Agents:

56 sessions to... 27 young people

Make Our Rights Reality:

74 sessions to... 63 young people

Creative Space:

7 sessions to... 37 young people

Film 42:

19 sessions to... 10 young people



The Horsfall Creative Programme (identity based and open access projects):

Young Carers:

6 sessions to... 16 young people

Young Refugees:

1 session to... 8 young people

Pupil Referral Unit

10 sessions to... 12 young people

Summer Programme:

100 young people

Salford:

4 sessions to... 8 young people

Gift Shop:

20 sessions to... 45 young people

Creative drop-in:

48 sessions

The Whitworth art gallery summer residency:

2 sessions to... 45 young people

Photo walk:

5 sessions to... 20 young people

Culture trips:

3 sessions to... 20 young people

Community events (Festival, slate park, Thru the Mill):

4 sessions to... 20 young people

Movement (Dance project):

34 sessions to... 18 young people

Professional Training:

Training delivery included working with young people who self harm, common mental health problems, with artists and the cultural sector and LGBTQ+ training.

25 (14) workshops to...

563 (237) participants...

Integrated Community Response (ICR) Service

Now mainstreamed into current NHS contracts, the ICR pilot (2017-19) places mental health practitioners across Manchester (4FTEs) and Salford (2FTEs) in settings where young people regularly present psycho-social distress and risk. **A holistic family-centred approach, ICR combines a 5 session model of de-escalation support** (42nd Street, lead partner); welfare, advice and guidance for families (Manchester MIND; MIND in Salford); e-therapy (Self Help Services); with wrap-around support from social care and immediate step-up to CAMHS. ICR is the result of brave commissioning (Manchester and Salford CCGs), collaboration and system-wide recognition that the current response to mental health crises often left young people falling through the cracks due to different services' access thresholds.

ICR is recognised across Greater Manchester for its impact for young people, i-Thrive approach and its role within the Greater Manchester crisis care pathway. An external evaluation by the Anna Freud Centre found significant individual and system impacts with savings of £806,040 as a result of improved mental health outcomes, and reductions in the number of referrals and emergency calls to CAMHS, and in the number of presentations at A&E.

The ICR model is replicable in different settings with different cohorts, and has led to an expansion into other innovative, integrated services with additional mental health practitioners now part of No Wrong Door (NWD) in Manchester and the Safe Zones project, and future developments include NWD in Trafford. NWD has been independently evaluated by Loughborough University between 2015 and 2017, and has since received widespread and national recognition for its success in demonstrating improved outcomes for young people and reductions in numbers of looked after children, as well as significant financial savings. Safe Zones are part of the Greater Manchester crisis



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“We can use that [ICR] as our first port of contact; often, it’s quicker and they’re going to get an increased level of support than I think they’d be getting from CAMHS.”
”
(Professional stakeholder)

Online Services

Our online therapeutic service mirrors our face-to-face support and delivers counselling and psycho-social support alongside groups, drop-ins and soon, webinars. This year our online Salford pilot grew into a fully staffed service, able to offer online support not only outside of Salford but, in March 2020, across the whole of Greater Manchester as Covid-19's first lockdown hit. From October 2019 to March 2020 the number of young people supported online tripled as the service grew. By the end of 2019/20, young people were able to access text, audio and video-based support as well as online group work and were able to continue their face to face support online in light of the pandemic with an extraordinary low DNA rate for online appointments of just 1%. In 2019/20, our Online Support service (<https://onlinesupport.42ndstreet.org.uk>) reached a broad range of young people with 52% identifying as LGBTQ+, 38% having a disability, 14% young carers, 14% NEET, 10% BAME, 10% care-experienced. 97% of young people registering showed clinically significant levels of needs (with 43% showing as severe psychological distress) and 100% of those completing support showed improvements in their outcome data.

We heard from 961 young people on what they wanted to see from online services and built a focus group from this to take our online work further, ensuring their voices are heard throughout with a collaborative paper published with University of Manchester on our findings ("Survey of Young People's Views on Internet-Based Help-Seeking", C/ Fox, E. Harrison, N. Garnett). With support from our amazing partners Aeguana and Off The Record our online service and staff training has gone from strength to strength and we are eager to continue sharing our learning from this new and exciting venture, and were thrilled to be able to do this at our Salford workers and the NHS Salford citizens conferences this year as well as join with i-Thrive and CAMHS digital working groups on furthering online access for young people across Greater Manchester.

2019/2020 will see 42nd Street expand online services across Greater Manchester as a result of national Department of Health and Social Care funding as we continue to influence local, regional and national policy across health and social care; and train well-networked VCSE organisations to deliver online support within their localities. May 2020 will see the start of an external evaluation of 42nd Street's Online Services with Health Innovation Manchester and The University of Manchester which hosts NIHR Applied Research Collaborations (ARC) Greater Manchester. **The resulting report will enable us to enhance the evidence base around online therapeutic services, particularly noting the impact and learning from delivery during the pandemic.** Importantly, we will add a new strand of evidence around the impact of psycho-social interventions, to a national knowledge base which focuses on counselling and therapy. A second key objective is to develop an implementation toolkit to facilitate the deployment of the 42nd Street Digital Therapeutic offer across Greater Manchester and nationally.



Bespoke Services in Schools, Colleges, PRUS & Universities

42nd Street offers contracted services to schools across Trafford, Manchester and Salford and in partnership with Alliance for Learning, Youth Sports Trust (YST), Place2Be and 6 locality VCSEs partners 42nd Street delivered the Greater Manchester Mentally Healthy Schools and Colleges Programme in all 10 localities across Greater Manchester. **The model of delivery is to place a Mental Health Practitioner within a school for one day per week to support individual young people referred by the setting for 6-12 weeks of support.** 42nd Street and partners also supported the placement and training of new Education Mental Health Practitioners. This model aligned with a whole school, whole community response with partners also offering support in primary schools, training for front line staff and leadership teams, access to YST sports coaches and development of Peer Ambassadors. The programme was designed to test the whole school's whole community approach to mental health support in education and respond to and inform the wider Department for Education programme to develop Mental Health Support Teams nationally. Activity in schools and colleges has considerably increased for both 42nd Street and partners as the GM Mentally Healthy Schools programme grew from September 2019 from 37 to 67 settings.

Across all schools and colleges programmes in 2019/20, 42nd Street staff and those on placement with us delivered 2385 sessions – mental health assessment and therapeutic support – to 266 young people.

Moving forward, 42nd Street is delivering on the Thrive in Education programme with partners in Salford and Manchester, for the 2020/21 academic year, with MHPs again placed in schools and colleges. It is an exciting time, continuing the foundations of true collaboration, as 42nd Street and other VCSE organisations such as Place2Be and Manchester Mind continue to work closely with CAMHS and Local Authorities to deliver a blended model, rooted in the principles of i-Thrive, to meet the needs of young people and families ensuring young people mental health and emotional wellbeing needs are supported early on, preventing escalation of difficulties, and providing therapeutic support in an accessible joined up way.

The Q42 Project

This year the Q42 Project focussed on community. Youth group sessions were redefined as 'queer community meets mental health support,' and the young people (aged 13-18) learned about the larger LGBTQ+ community, engaged with their local and national communities, and built a community with each other. Through this group the young people were able to take part in a variety of opportunities, starting this year with the Children in Need live event in Wirral, where they were interviewed through Facebook Live and had the chance to share their experiences publicly, followed soon after by a trip to learn about identity expression through slam poetry and later, a Christmas trip to Manchester's Winter Markets.

The young people were offered many workshops this year including: party as protest, baking, queer chosen families, Youth Pride (part of Manchester Pride), and LGBTQ+ visual art and expression. For LGBTQ+ History Month the young people collaborated with a local artist to create two large visual displays, one covering The Horsfall's windows and the other across the entirety of 42nd Street's entrance. Before the Covid-19 lockdown the young people learned about the state of the HIV epidemic today and began contributing toward the U=U (Undetectable = Untransmittable) campaign.

The Q42 Producers have written a variety of blog posts this year. Several members took the opportunity to be interviewed and share their interests, including art, gardening and film/tv representation. These blog posts provided a space for the young people to not only express themselves but also receive positive affirmation. One of the Q42 Producers wrote about their personal experiences with coming out and transitioning, another shared their own experiences as a bisexual young person and offered support for other bisexual readers, and another spoke out about homophobia, biphobia and transphobia in schools, and offered advice on how to deal with and overcome anti-LGBTQ+ bullying.

The staff have furthered local and national networks, maintained a consistent social media presence, delivered **LGBTQ+ inclusivity training** and training for supporting LGBTQ+ young people with their emotional health and wellbeing. Christopher Owen (Q42) and Scott Lauchlan-Ford (online services) began the process of writing an **LGBTQ+ Inclusivity Handbook for professionals** which is due for publication in December 2020. Overall, the Q42 Project's various digital, group and event-related outreach has supported roughly 3,000 young people this year.



Feedback from Q42 Project young people

'I don't feel like we're a youth group,
I feel like we're a community.'
Young Person

'I go to the group because it provides me with a sense of LGBTQ+ community among young people which otherwise I would not be exposed to if it didn't exist. Without out the group I wouldn't have as many friends and would still feel alone in not knowing anyone other queer people. Overall this group has helped me to feel less isolated but also helped me to understand other members of the LGBTQ+ community which otherwise I wouldn't have known about. I am very grateful to this group for showing me love and friendship when not very many people did.'
Young Person

'Before I started Q42, I found my life rather difficult. I never had anywhere to go to get support and get respected for my identity. I managed to feel more happy when at the groups. It helped me make new friends, something my anxiety restricted me from doing. I felt so lost and alone until I came to Q42. I look forward to sessions: having a laugh over stupid things, working on mental health and wellbeing, and just talking about life in general. It is a safe space for me and it is the highlight of my week.'
Young Person

'The Q42 group has gave me a group of people who I can relate too. in the short time I've been here everyone has made me feel so welcome and to know that there's other people out there who go through similar stuff to me really helps. the group is a safe space for all of us and it's really improved my social skills in school and in everyday life. Plus even in this small time I've found another side of me that I didn't know was there. It truly is the highlight of my week.'
Young Person

“
'Ok without Q42 I wouldn't have made one of my best friends and uhhhhhhhhghhhh Q42 is just generally really fun and I uhh just like joining and being a part of something. I kinda helped with this year's online pride event, that was super fun and I had a great time planning it and I really liked being able to help out with something.'
Young Person
”

Social Action Programmes

Make Our Rights Reality (MORR)

42nd Street led the NW Hub of the national MORR programme with partners, YPAS delivering across Greater Merseyside(2017-2020). MORR enabled young people to access legal education, rights training and get involved in social action. **Young people have used their knowledge, skills and confidence to effectively challenge injustices they face in their lives: zero hours contracts, long waiting times for services, benefits sanctions and rogue private landlords.** In Greater Manchester, 42nd Street reached 3854 young people via structured peer education activities, 500 young people entered the programme and 107 were involved in social action.

MORR Ambassadors' later campaign influences businesses to create a better workplace for young people in employment around mental health. This year the MORR group collated all of their research and findings around young people's experience of mental health support in the workplace and created a website that hosted a report of all their findings along with resources they created that employers can download to make it easy to implement changes for the better.

To launch the website and showcase the report they held an online conference for employers to talk through their experience and share the knowledge they had gained from the experience. There was a significant range of employers that engaged and offered very supportive and positive feedback from the work that the young people had created. After the conference the young people reflected how the MORR project had impacted on them and their lives.

Check out what they have created at www.thrivestandard.co.uk



'I now feel grown up, like an adult and know I can achieve things that I didn't realise were possible.'
Young woman

Beeheard

The Beeheard group have been meeting monthly to discuss important topics around mental health to feed back to the Greater Manchester Children and Young People's Mental Health Board. **Each month they send 5 priorities to the Board that they feel are important to take into consideration.** In addition to this, the Beeheard group are planning a symposium to talk to the board about the importance of youth voice and discuss how to further embed youth voice into decision making and influencing change.

42nd Street has secured £100,000 over the next two years from Act for Change. We will use our strong local, regional and national connections to introduce trained and inspiring young people to key decision makers and harness the strong foundations of service user involvement emerging from Greater Manchester's Mental Health Strategy. Currently being led by 42nd Street and other key VCSEs organisations.

'Beeheard gives me something to look forward to each month. It teaches and empowers me to enact positive social and political change.'
Young Person

'Beeheard is an incredible group, empowering youth to make changes in a society where they may otherwise be unable to do so. I feel a part of something big and I like I can actually make a difference.'
Young Person



Film 42

A national campaign alongside partners Theatre in Prisons and Probation (TiPP) and Survivors Manchester by/for young black men informed by the 'We Tell You' peer research project (n.190 young men). The 'Perceptions' report and 10-point manifesto challenges mental health services to change the way they engage with young black men.

Film42 uses creative digital methods to raise awareness of the issues on a national platform. Using smartphones Film42 created a series of films which can be viewed on our YouTube playlist here:

www.youtube.com/42ndstreet

Film42 will work with services to improve access for black young men and also provide individual therapeutic support, with specialist support around sexual violence by Survivors Manchester.

"It's important to know we have a space for us...where we can speak as Black men without having to explain ourselves." Young person



The Horsfall Gallery Space & Creative Programme

Loneliness Connects Us

We worked with several groups to reflect on the recent **42nd Street report 'Loneliness Connects Us'** Working with Gorse Hill studio Brighter sounds and The Horsfall Creative Collective groups created films, poetry, music, an immersive exhibition, an interactive theatre piece and a public realm piece that transformed the front of 42nd Street with a large-scale spray paint piece. **The work was completed in September 2019 with exhibitions, performance, film premier and a symposium at Manchester Metropolitan University 'Mental health, Art and Loneliness' which was attended by health care professionals, artists, academics and youth workers.**

Read the report here:
www.mmu.ac.uk/esri/loneliness-connects-us

It's been another busy year for The Horsfall! These are just some of the opportunities for young people accessing 42nd Street and engaging young people in the wider communities of Greater Manchester.

'I have a very good time. The music workshop was fun. The art workshop was a lovely, calm and relaxing environment. Everyone was really friendly!' Youn Person

Creative Agents

The group used the ground floor of The Horsfall gallery to create an immersive exhibition which responded to the request to create **a place you would feel ok to be alone in** – linked to the loneliness project. The group worked with the Manchester Craft and Design Centre to create nature themed work and filled the space with plants, natural shapes and colours

The group also undertook several cultural visits exploring art institutions and opportunities in Manchester – including MIF, HOME, Manchester Art Gallery, Brighter Sounds and Young Identity performances.

Creative Space

We started the group in March 2019 to support young people to have a space to use and explore arts materials. **The session allows for a safe space things Horsfall. The session supports those young joining art projects and is also a space they can return once projects have been completed.** Session where supported by artist working for the first time in a group setting and sold at our Horsfall Christmas shop.



Summer Programme

(open to all young people at 42nd Street and those from invited youth organisations)

'I LOVED IT! I found it was an amazing experience. I want to go into TV production so this was a great start. I loved doing the research, brainstorming ideas, and working the camera.' Young Person

We opened the doors of The Horsfall each Thursday during the summer months inviting young people from 42nd Street and other youth organisations to explore various arts-based projects and opportunities including computer design, spray painting, filming, design and general arts access. **The sessions welcomed over 100 young people during the season.**

The Horsfall photo competition

(open to all young people up to the age of 26)

Based on three of the aspects of the **5 Ways to Wellbeing - take notice, be active, connect**, the competition attracted work from over 100 young people and resulted in an exhibition in December 2019 which welcomed over 200 visitors.

'Today was a fun session and it let us express our thoughts.'
Young Person

In March 2020 we responded to the global pandemic by starting social media creative wellbeing activities, and providing basic art materials to young people to help them feel connected during the first lockdown.

'Creative, wonderful learning space.
Best art session ever!'
Young Person

Henry Franks – Photo competition winner in the over 18 category.



Acknowledgements

We would like to thank the following for their financial support

Grants:

- NHS Manchester Clinical Commissioning Group
- NHS Salford Clinical Commissioning Group
- NHS Trafford Clinical Commissioning Group
- NHS Tameside & Glossop Clinical Commissioning Group
- NHS Wigan Clinical Commissioning Group
- Health Education England
- Department of Health & Social Care
- Trafford MBC
- Youth Access
- BBC Children in Need
- Arts Council
- Comic Relief
- Children's Society
- Barnardo's Leaving Care
- The Albert Gubay Charitable Foundation
- The AIM Foundation
- Connell Co-op College
- Cedar Mount Academy
- Altrincham Grammar School for Girls
- Buile Hill High School
- Wellington School
- Manchester Enterprise Academy
- Parrs Wood High School
- Greater Manchester Centre for Voluntary Organisation
- MIND
- Paul Hamlyn Foundation
- Young Manchester
- HASCAS
- Trafford Housing Trust

Special thanks to our friends at Kieran Fest who continue to raise funds and support 42nd Street in memory of Kieran Crump Raiswell; they have now raised over £53,000 and all funds go towards direct support for young people on Kieran's Getaways and opportunities through The Horsfall

Also, our thanks to: Crowe Clark Whitehill [Auditors], Hanley's [Payroll], Handscomputers [IT support], Emperor [brand and marketing] and Access Advertising who support us as their nominated Charity of the Year.

Donations:

- PCCS Books
- Guild of St George
- St Wilfrid's Church
- 42nd Street Nightclub
- APJ & Co Ltd
- Birtwistles Food Group
- CFG Law Ltd
- Charlene Pattison
- Charlotte Searle
- Didsbury Beer Festival
- Duchy of Lancaster Benevolent Fund
- Edward And Zoe Spark
- F Guratsky
- FIV P A Ltd
- Glossopdale School
- Helen M Mackey
- John Neate
- Leon Martyn Connor Brothers
- Manchester Mental Health and Social Care
- Myerscough College Traineeship
- Natwest Trust & Estate Services
- Old Mancunians' with Mount Sinai Lodge
- OTB Studio Ltd
- Pretty Little Things
- R Foran-Parkinson
- Rishworth School
- Salford & Districts Football League
- St Anne's in Sale
- Strategic North
- Stretford Swimming Club
- The Five Fools
- The Royal College of Psychiatrists
- TSB
- W Hesketh
- Wellington School
- Wendy Clarke
- Christine and Roland Crump-Raiswell & all who donated in memory of Kieran Crump-Raiswell
- Bernard Davies
- Jonathan Bennison
- C Mahoney
- All donors through the JustGiving, CTT Charity, VirginMoney Giving, Paypal Giving, Charity Aid Foundation and Charity Choice websites, Charitable Giving Payroll Giving
- Sponsors who supported our sponsored events
- All anonymous donors.

The Staff Team

Board of Trustees

Officers

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Nikki Nazran (Treasurer)
Harriet Gibson (Secretary)
Richard Spearing
(Deputy Chair)

Lay Members

Kevin Jones (Safeguarding)
Hywel Thomas
Ric Hawkins
Jacqui Cotton
Vicky Sharrock
Roxanna Locke
Hormoz Ahmadzadeh

Staff Team

Senior management Team:

Chief Executive: Simone Spray

Head of Service: Chris Jacob

Head of Business Operations:
Tess Gregson

Service Managers:

Karina Nyananyo (ICR),
Eva Popova (CTT),
Zoe Greenwood
(Psycho-Social Support),
James Walklate (Youth &
Projects), Alex Habens (CTT
CBT/IAPT), Champa Vaghji
(MH & Emotional Wellbeing),
Scott Lauchlan-Ford (Online
Services), Natalie Lunn
(Schools, Colleges &
Education)

Seniors Practitioners:

Katrina Garg (Psycho-Social
Team), Jo Johnson (ICR Team),
Claire Workman (Youth &
Projects), Eleni Dimitrellou
(CTT), Alexis Wilks (Online)

Administrative Team:

Rachael Brooks (Admin
Manager), Rebecca Coughlan
(Marketing & Comms Manager),
Daniel Martin-Williams
(Monitoring & Evaluation
Officer), Lauren Young
(Receptionist), Lynn Cooke
(Admin Officer), Joanne
McLeod (Admin Officer),
Lauren Thomas (Admin Officer).

Finance Team:

Leonie Brown (Finance
Manager), Emma O'Toole
(Finance Officer).

Facilities:

Heather Parr (Facilities
Manager), Joshua Obinim
(Caretaker).

Mental Health Practitioner Team (Psycho-Social Support and Schools Teams):

Kay Al-Hamdani, Stephanie
Muldoon, Jackie Trotter, Chris
Holden, Danielle Bohne,
Sarah Lennox, Terri Anderson,
Dana Howard-Jones, Anton
Piskarjov, Laura Jackson,
Jennifer Rafferty, David Foy,
Sinead Ellis, Eric Thompson,
Dominique Phillips-Clarke,
Richard Moosbally, Ren Hall,
Elisheva Blesofsky.

Mental Health Practitioner Team (Counselling & Therapy/ CBT):

Tahra Jenkins, Rhiannon
Vaughan, Carina Wake, Sarah
Flounders, Rashmi Vadgama,
Dannie Rosenhammer, Kirst
Betts, Beth Samuels, Natalie
Whittaker, Dylan Scott,
Rafaela Nunes, Sasha Myers,
Harriet Smythe, Donna Black,
Max Hombberger, Joanne
Kowalski, Tori Bohlman,
Charlotte Hand, Lucy Garner,
Sacha Gottlieb, Christina Delia.

Online Practitioner Team:

Caren Leigh

Mental Health Practitioner Team (Youth Work & Projects):

Ricardo Vilela, Sam Whalley,
Jemma Watson, Camille
Jordan, Reece Williams, Fran
Slater, Hanan Warsama, Cassie
Horwich, Naomi Rechnitzer,
Melech-Dovid Kanter, Zoe
Doyle, Angela Bousfield,
Michael Riley Jones.

Mental Health Practitioner Team (ICR):

Tim Eaton, Jo Shaw, Sian
Fawcett, Anya Stevenson,
Tamzin Broderick, Chanell
Beaumont, Christian Langford.

The Horsfall Project:

Rod Kippen (Creative
Producer), Fliss Clarke
(MHP – Youth & Projects).

Students:

Kim Peak, Elliot Griffiths,
Nicole Hughes, Natalie
Bernstein, Anisa Riaz, Cara
Ebden, Makeda Hunt, Holly
Daniels, Danielle Green,
Hayleigh Bradburn, Emelie
peters.

Secondments:

Christopher Owen, Trevor Roberts.

Interns:

Libby Turner, Rose Sergent,
Nia Mack, Jamie- Lee Wainman.

TC42 Group:

Chris Holden, Ella Dix-Nagra,
Adrian Sloane, Peaches
Buttress, Elisabeth Pearse.

IPS Group: Tori Otero.

As our team grows it isn't possible to list everyone who supports our work but we would like to thank you all of our wonderful staff, students, interns and volunteers for all their hard work this year.



NHS
 South Manchester
 Clinical Commissioning Group

NHS
 Wigan Borough
 Clinical Commissioning Group

NHS
 Health Education England

NHS
 Salford Clinical Commissioning Group

NHS
 Tameside and Glossop
 Clinical Commissioning Group

NHS
 Trafford
 Clinical Commissioning Group



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The Children's Society



GMCVO



Financial Summary

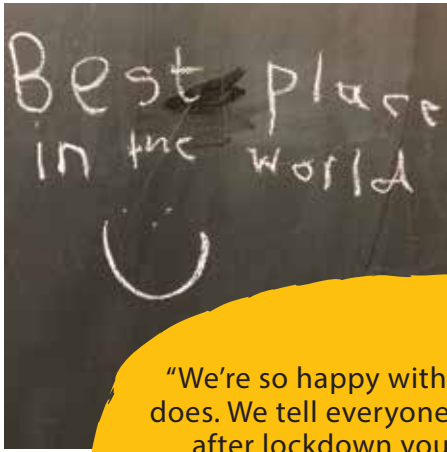
Statement of Financial Activities (Year Ended 31st March 2020)

	2020	2019
Incoming Resources	3,147	2,301
Resources Expended	(2,794)	(2,087)
Net Income/(Expenditure)	353	214
Total Funds At 1 April 2019	914	700
Total Funds At 31 March 2020	1,267	914

Balance Sheet (As At 31st March 2020)

	2020	2019
Fixed Assets	1,152	1,174
Current Assets	1,078	685
Creditors	(964)	(945)
Net Assets	1,266	914
Reserves: Restricted	730	478
Unrestricted	536	435
Total Funds	1,267	914

The Balance Sheet and Statement of Financial Activities are summaries of information extracted from the full annual accounts. Copies of the full annual accounts can be obtained from the Company Secretary. A copy of the full statutory accounts has been filed with both Companies House and the Charity Commission.



"We're so happy with everything 42nd Street does. We tell everyone, how before, during and after lockdown you've worked so hard to engage and support young people. You do a fantastic job and you kept [young person] sane before she came to live with us and 42nd Street was the only thing she had to look forward to. She lived for the groups. You've done an amazing job and we're so pleased with what you do for [young person]."

(Kinship Carer of young person involved in a piece of theatre via The Horsfall)

"It feels like I have learned how to walk away/slow down my anger which allows me to see my emotions more clearly (like feeling upset). This then makes me realise that I need to support myself while I wait for my sadness to pass. I've learned that things like arguments and difficult emotions will always pass which allows me to be more reassuring of myself."

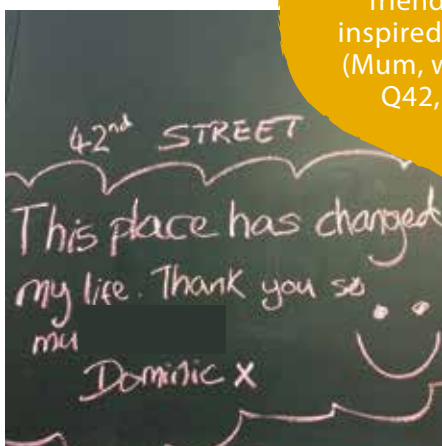
(Young woman, 14, accessing psycho-social support)



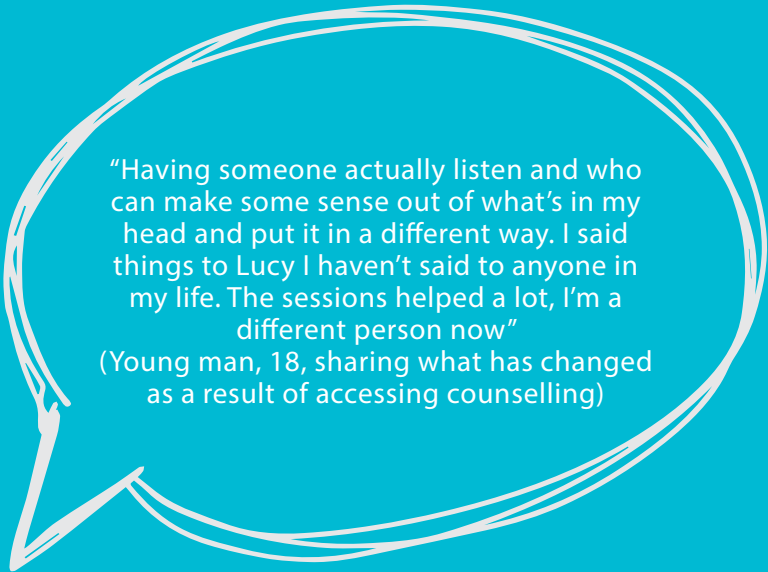
"The staff at 42nd Street are fantastic. All the practitioners I worked alongside are devoted to their work. They are also very supportive of each other. If I ever needed to discuss a decision I had made/was planning to make, then I found I could approach my colleagues really easily. Another great thing about the staff is the diversity. For instance, compared to the other mental health organisations, 42nd Street has a good balance of practitioners. Having a workforce that represents different genders means that 42nd Street can meet [young people's] preferences."

(Student Social Worker on placement at 42nd Street)

"Thank you to the wonderful staff at 42 for taking my daughter and her friends to Pride. They came away inspired and positive (and very tired)"
(Mum, whose daughter is involved in Q42, our LGBTQI+ programme)



"Thank you [Mental Health Practitioner], I realised after talking to you that I really need to ask for support and I texted the social worker too. Thank you for listening, it really helped"
(A mum who was supported via a call to one of our Duty Team)



"Having someone actually listen and who can make some sense out of what's in my head and put it in a different way. I said things to Lucy I haven't said to anyone in my life. The sessions helped a lot, I'm a different person now"

(Young man, 18, sharing what has changed as a result of accessing counselling)

Time to talk

Call: 0161 228 7321

Email: TheTeam@42ndstreet.org.uk

Web: www.42ndstreet.org.uk

Social: **Instagram:** @TheHorsfall_42ndstreetmcr

Twitter & Facebook: @42ndstreetmcr

Twitter & Facebook: @TheHorsfall

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M4 5AG

42ND
STREET