



getawaygirls

Annual Report 2011

*Transforming
Young Women's
lives in Leeds*

Our Patron

I'm really impressed with the work Getaway Girls is doing supporting young women and helping them to have lots of opportunities and looking forward to a positive future. The project helps young women overcome some serious issues and helps to get their lives back on track. I think the intergenerational work with the young mums and grandparents is a great idea, I hope you can build on this work in the future. All the young women from Getaway Girls I've met have really inspired me with their enthusiasm and positive attitude, keep up the great work.

Angela Griffin, Patron



Chair's Report

It's been another year full of challenging year for all voluntary and community organisations in Leeds and nationally. Getaway Girls has continued to focus on what matters... supporting the most vulnerable young women in Leeds and helping to transform their lives: Whilst also establishing innovative, creative new work in response to needs identified e.g. Keep Sussed and Safe and On the Right Track.

I would like to thank all the young women, peer educators, volunteers, staff, trustees and partners for their focus and commitment to making Getaway Girls a successful project.

2012 will bring further opportunities and challenges. I am confident that Getaway Girls, with all the skills and experience gained throughout the years will continue to develop and empower young women to raise their aspirations and lead happy, healthy and fulfilling lives.

Gail Hardwick, Chair of Management Committee



Thanks to...

Everyone who has helped Getaway Girls to continue supporting young women in Leeds throughout 2011.

All our staff for their ongoing enthusiasm and motivation

Funders for their ongoing support

Trustees for their commitment and time

Partners for sharing their skills and resources

And especially all the young women who have participated and helped to shape the project throughout 2011

Support, Challenge & Fun

Getaway Girls enables girls and young women aged 11-25 to build up confidence, develop new skills and take positive risks in an environment which offers cooperation and support. We focus on supporting for the most vulnerable young women in Leeds including the following target groups. Our work focuses on the following 3 areas:

We target young women who experience barriers or discrimination because they experience one or a combination of the following issues:

They are looked after or on the at risk register

They have mental health issues

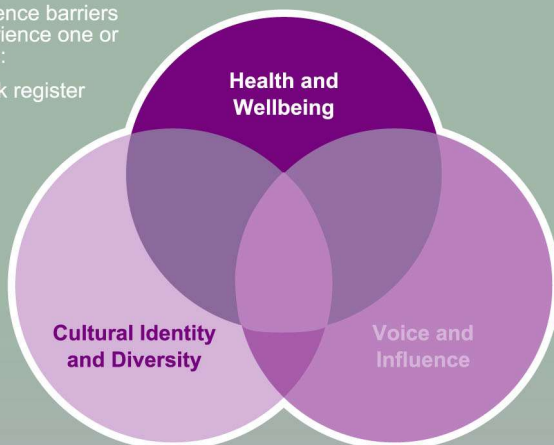
They experience domestic violence

They are at risk of early pregnancy or young mums

They are NEET or struggling at school

They are asylum seekers / refugees

Because of their ethnicity or their racial heritage.



Priorities for 2011 were:

- To produce a Funding Strategy and secure funding from a range of sources including grants, commissioning, Income Generation through selling services eg training, work with schools.
- To develop further support for vulnerable young women including young mums under 19, young women new to the country, young women needing support re mental health and emotional wellbeing.
- To increase the number of fruitful partnerships within our work.
- To raise the profile of our Getaway Girls through strategic forums, high profile events and creating opportunities for Voice and Influence.
- To develop our base to create a media / IT space and Individual support work room.

Priorities for 2012 are:

- To continue to secure a range of funding and work towards long term sustainability based on the funding strategy.
- To develop further support for vulnerable young women including young mums under 19, children who are looked after, young women new to the country and young women re. mental health and emotional wellbeing.
- To build on sports and adventure education work, work with schools, work re heritage theme, short group work programmes, Intergenerational work.
- To build on partnerships including West Yorkshire Police, Leeds Museum and Galleries, schools, Childrens Centres.
- To offer further opportunities for training, peer education, Voice and Influence
- To raise the profile of Getaway Girls and participate within strategic forums.

Health and Well Being

Young Mums

The young mums work has developed further this year and we have offered a range of exciting and challenging opportunities for young mums with safe and creative childcare being offered on site.

Our young mums work offers young mums under 19 a chance to meet new friends, learn new skills and build up their confidence. Some highlights this year include 8 week Parenting course, 3 day residential at Northern College focusing on Positive Thinking, Come Dine with me, Visit to Circus, Visit to Pantomime with complimentary tickets from City Varieties.

We also offer the opportunity for young mums who are now over 19 to take on the role of peer educators and we provide training and support for them to be buddies within the young mums groups.



Young Women & Emotional Health

Young women over 16 have been offered support through the 16+ group, individual support and drop in support. Young women have been referred for support through CAMHS, school mentors, housing, self-referral for a range of support including housing, jobs, relationships, school etc and help to build up their confidence and emotional resilience. We have also created an Individual Support Work Room thanks to young people from Princes Trust. This offers a safe, comfortable, confidential place for young women to relax, be offered practical support, sexual health information and pregnancy tests.

Physical activity & Adventure Education

Physical activity and adventure education continues to be an important part of our work at Getaway Girls. This year we've offered lots of exciting and challenging opportunities for young women including climbing and abseiling, raft building, canoeing, kayaking, swimming, rock scrambling, dry slope skiing, ice skating, skipping, rounders, sports day with picnic, belly dancing, street dance and fitness. We ran weekly Zumba sessions from September to December and weekly gym sessions with a creche. All these exciting and challenging activities are an important tool for us to help the young women increase their fitness, build up confidence, teamwork and co-operation, learn new skills and have fun.



Girls Talk

Girls Talk has been offered to young women in Year 6 in primary schools in East and West Leeds. The programme offers a fun and interactive way of talking about all the things that matter to girls. It covers Being a girl, friendships, body image, the media, growing up and puberty, positive role models, the future and moving to high school.



On the Right Track

On the Right Track, an 8 week programme looking at decision-making and risk taking behaviour. The programme has been facilitated in schools and youth groups.

Keep sussed & safe

is a resource pack and group work programme focusing on alcohol, risk taking behaviour and sexual health.

A resource pack was produced by a group of young women who are peer educators at Getaway Girls. The pack contains a set of photo cards and 10 activities to use with young women aged 14- 16. The resource was on Valentines Day and has been running group work programme for groups in East Leeds.

North East Leeds Chief Inspector
Melanie Jones said:

"I am delighted to see young people taking responsibility for educating their peer group about such important issues. All too often we see the consequences of poor decision making, either through actions or life choices

due to judgement being impaired through drink, and the impact on people's lives can be very great, even life-changing"

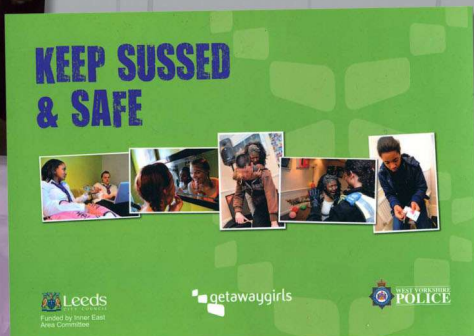
"It made me feel more cautious about getting drunk & who I'm with."
(Young woman from workshop aged 15)

Intergenerational Work

We have started developing Intergenerational Work and want to build on this throughout 2012. Some examples include working with The Grandparents Association and SKIPKO to produce a banner and photography display focusing on Being a Mum - The banner will be displayed at St James' Hospital Maternity Unit from March 2012. We have also created an IT space where women from different generations can support each other to learn about IT, use the Internet and share skills.

Fusion

A partnership was established with CART team Social Care to offer young women who are unaccompanied refugees and asylum seekers a chance to meet, build up friendships, try new activities, build up confidence & have fun. The young women developed a supportive relationship with workers from Getaway Girls and began to feel confident attending other groups including young mums, 16+ group, residential and summer scheme where all young women from groups joined together.



Making a difference and Trans

We've been making a difference to young women's lives in Leeds since 1987. We continue to use a solution focused approach building on young women's strengths. We often support young women who have had to cope with many challenges in their lives and are therefore very vulnerable. We help to build up their confidence, offer new experiences, build up skills and offer practical support. Young women tell us that as a result of ongoing support from Getaway girls they feel a sense of belonging and not being judged for their past, but are offered a chance to look forward and change their lives.

Over the last year we have supported 384 young women

92	aged	11-12
118	aged	13-16
132	aged	16-19
42	aged	20-25
115	from	East Leeds
92	from	North Leeds
86	from	South Leeds
91	from	West Leeds



forming Young Women's Lives

Distance Travelled

382 young women felt more confident & more able to make friends

380 young women learnt skills that will be useful for their future including cooperation and communication, problem solving and conflict resolution skills.

382 young women increased their knowledge about issues important to them.

18 young women have been supported in finding jobs and college courses.

12 young women have been helped to settle back into school.

22 young women have been trained in peer education and youth work skills.

63 young mums increased their confidence and skills in supporting their children.

19 gained qualification Introduction to Youth Work

45 staff and volunteers working with young people in Leeds trained and received qualification Introduction to Youth Work

Young Women's stories

My story, I started drinking when i was 15 with my mates - going out and having a laugh. just hanging around the streets. we'd get into all sorts of trouble and dangerous situations and started drinking everyday. My mum couldn't handle it so she kicked me out and things got worse. I became addicted to alcohol and drugs. I never knew i was till the last year of my addiction as this caused my life to be unmanageable and i lost everything, my relationship, family. i had to move into temporary accommodation and I lost the parental responsibility of my children. 5 months into a new year and I get to see my children regularly and hope to get them back full time soon. I'm due to move into a new home and i've been attending aa/na meetings and have a sponsor so i can work my 12 steps, which has improved me as a respectable human being. I've been clean now for 5 months and now enjoy a life of being a mum and being myself without the use of alcohol and drugs.

I attend the young mums group at getaway girls and feel welcomed and that i belong. i can be myself and not feel judged for my past. I am now a peer educator with getaway girls and i'm training to be a qualified youth worker. My hope for the future is to volunteer as a mentor at the youth offending service and use my skills and life experience to help young people with their day to day problems they need support with and to help them get back on the right track"

My story, I first came to getaway girls in January 2011. I was involved in doing a culture programme. I was referred because of my behaviour at school. I was fighting, arguing with teachers and found school really boring. When getaway girls came to my school it was totally different. It turned out I knew the worker. I started a 6 week programme and I really enjoyed it. I was also in trouble at home- arguing with my mum, smoking weed . I needed something to do on a night, so I joined the positive id group. At that time my confidence was low and I needed something to be enthusiastic about. I worked on the artwork that we did , the graffiti and painting and found out about all the stuff in the museum like footbinding and the corsets women wore. We did the exhibition and I spoke at the launch at the museum. I went on residential's, did loads of activities in the summer like raft building, climbing, zumba and belly dancing. Getaway girls has helped me control my behaviour, given me something to do and helped me meet new people. I've built up a better relationship with my mum , she can see that I'm doing good at getaway girls and school. I can now talk to my mum about certain things including problems. Getaway girls has given me the push I needed and I hope I will continue to grow!

Feedback from Parents

“As the proud parent of one of the girls i would like to say that i am overwhelmed with the positive work and attitudes from the young ladies they have grown to very confident and radiant with good self esteem. Keep up the good work.”

“ She has made excellent progress whilst attending getaway girls positive in her attitude towards others and family has excelled and she is a joy to be around.”

Cultural Identity & Diversity

Cultivate Groups

Cultivate 8 week Culture Programme has been run in 5 schools as well as Community settings. The programme looks at Culture in an interactive, fun way focusing on food, fashion, music and people. There is a celebration session where all the young women who have taken part show what they have learnt through whichever method they choose eg a performance, slideshow photography display.

Positive ID

Positive ID was a project run in partnership with Leeds Museums and Galleries. The project focused on 3 themes:

- **Women and Beauty**
- **Women who have migrated to England**
- **Leeds & Women who have achieved**

The young women decided to capture each theme using a different art style i.e. visual art, graffiti and used these techniques to showcase their learning.

The first 4 weeks of the project we worked with 2 graffiti artists Nick and Jake to look at women and beauty, here the young people learnt different styles of writing using different materials such as spray paints, paint pens & learnt how to visually display all the information they had researched i.e. foot biding, looking at corset tops, Egyptian make-up etc. & modernise them using graffiti to make 6 display boards.



During the middle part of the project the young people concentrated on Women who have migrated to Leeds/England from other countries, again we used the graffiti artists but also incorporated another artist work Marcia who works on visual art to create another big display board that focused on women and objects they might of brought with them for example a teddy bear from world war 2. The young people also looked at their background and looked at grandparents, parents etc. and family traditions that today we still use i.e. Saturday soup (Caribbean).

The 3rd theme the young people looked at was Women who have achieved; here the young people interviewed local women who had achieved well within their communities. The young people interviewed Michelle Scally Clarke (dub poet), Yvette Smalle (youth and community lecturer) Sarah Taylor(movie makeup artist) Alison Lowe (Local MP)and others to find out how they got to where they are today, from that they then created canvas with Marcia using a scratching technique to display the information about these women.

From October to December all three displays produced were featured at the Leeds City Museum.



Inspire

Inspire aimed to raise young women's aspirations and gave young women an opportunity to meet women from East Leeds and produce a short DVD about their lives. Some women featured in the DVD are Michelle Scally Clarke, Yvette Smalle and Alison Lowe as well as Terri Loney, a community activist, Anna Rayner, a businesswoman and complimentary therapist and Deb, a film maker. The young women also visited Leeds Metropolitan University and did some Poetry workshops and Film makeup with the women who were interviewed.

"The Getaway Girls Cultural Roots programme has allowed them to use their creativity in so many different ways to explore their own diversity and learn more about one another. The girls have enjoyed spending time as a group and made new friendships, which has increased their self-esteem and motivation. Their teachers have commented on 'the buzz' and enthusiasm they display after each session. I have also spoken to parents of the girls who have told me how much their daughters have gained from this experience."

"Can I thank you and your team for your professionalism and commitment which has been noticed by many of our staff. I do hope that we may have further opportunities to work together in partnership in the future as I believe that projects and partnerships such as this really do help community cohesion."



Passion 4 fashion

We had the privilege of being part of Passion 4 Fashion 2011. Fifteen young women from Getaway Girls from a diverse range of cultural backgrounds including young women from Cameroon, Eritrea, Somalia, Malawi. The young women designed and made their own outfits from clothes from charity shops with support from a designer and one of our peer educators who is a fashion student. They took part in planning sessions including Catwalk Confidence. The whole project culminated in an amazing Fashion Show held at Leeds Town Hall with young women from housing support projects and Getaway Girls.

Residentials

We held 2 great residentials in 2011

East Barnby Outdoor Education Centre Easter 2011, twenty two young women from diverse backgrounds aged 13-17 took part in challenging activities including beak scrambling, canoeing, climbing, abseiling and skiing and also shared what they had learnt about cultures.

Northern College December 2011, ten young mums and fifteen children spent three days at Northern College where they had the chance to relax, enjoy time with each other in the fantastic venue, take part in a Positive Thinking Course and Relaxation and Pampering and enjoy time with their children in the Adventure playground.



Voice and Influence

International Women's Day

We held a high profile International Women's Day Event in partnership with Leeds City Museums and Galleries and Comic Relief at Leeds City museum Celebrating 100 Years of International Women's Day with the Theme of Inspiring Women in Leeds. With performances including a drama sketch, game-show style presentation, music and activities. Judith Blake, Children Leeds, spoke about Inspiring women in Leeds and raising aspirations of young women and Angela Griffin, spoke about young women in Leeds, gave out V50 certificates and took part in the performances. We also launched our New DVD showing the work of Getaway Girls, showed the Culture programmes slideshow focusing on Inspiring women from throughout the world and launched our banner produced by the young women focusing on women who inspire us funded by V involved.

House Of Lords

As part of the Enquiry Into Young Women and the Penal System, Getaway Girls was invited to submit evidence about our work on prevention and early intervention re young women and crime. We were then invited to the House Of Lords to talk about our work. Two peer educator told the audience about how they had benefitted from Getaway Girls. Two other Young Women's Projects also presented and we all gave a clear message that what works is long term, holistic work with young women. At a national level this is now being discussed by key decision-makers.

Positive for Youth

2 young women from Getaway Girls took part in the national Positive for Youth event in London which focused on the Positive for Youth statement & gave young people a chance to be consulted.

Child Friendly City

We've been involved in the planning to help make Leeds a Child Friendly City. That means all Children's Services, Drs, Transport etc The Child Friendly City work is based on the UN Rights Of The Child & UNICEF concept. We'll continue to be involved through our Voice & Influence work.

Department of Health

Through Young Minds and the Department of Health 5 young women from Getaway Girls had the opportunity to be involved in the Decision making and interviews for the partnerships from across the country who had been shortlisted to receive funding through Increasing Access to Psychological Therapies. The department of Health were very impressed by the young women's motivation, enthusiasm and skills.



Peer Education

Throughout our work young women who are over 18 & have come through work at Getaway Girls, or who express an interest in youth & community work had the opportunity to be involved in supporting younger girls. This is an important part of our work in terms of raising young women's aspirations, building up confidence and an opportunity for work experience as well as providing credible, positive role models for the girls. All Peer Educators have enhanced CRB checks, clear boundaries and support from a development worker as well as ongoing training including Introduction to Youth Work

Work with the media

Working with the media helps to raise the profile of the work of Getaway Girls as well as giving a voice to young women for the issues that matter to us. Media coverage in 2011 included 2 Radio Interviews re young women's stories about their lives for Children in Need and a Look North interview for Children in Need re young mums.

Introduction to Youth Work

The Introduction to Youth Work is an 8 week course focusing on What is Youthwork, Qualities of a Youth worker and values of Youth Work, Communication with Young people, Group work, Participation, Safeguarding, Health and Safety, Planning and Evaluation. The course is facilitated in a fun and interactive way. So far we have facilitated 4 courses with 62 people receiving certificates. 18 peer educators and volunteers have participated in the course. We are currently running a course for young women aged 18-25 who are peer educators or involved in youth work in Leeds and have 3 more courses planned in February and March.



Figures & Funding 2011

Where our money comes from

Total Funds

Leeds City Council (core funding)	22,564
Comic Relief	39,238
Leeds City Council (Engage)	24,388
Pfizer	39,462
Henry Smith	21,000
Faith In Action	5,991
Leeds City Council (vulnerable groups)	7,500
Wellbeing fund	3,916
Dulverton	2,500
Youth Opportunity Fund	5,850
Future Jobs Fund	1,500
Training	1,000
Celebration	1,000
Total	£175,909

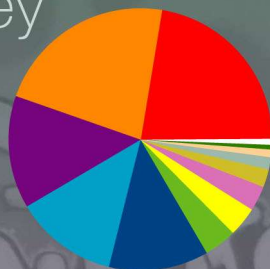


How we use our money

Total Funds

Resources expended
Charitable Activities
 Personal Development
 for Young Women
 Governance Costs
Total Expenditure

111,626
 29,197
£140,823*



* please note that our financial year end has changed from end of May to end of March.

Partners etc.

We work in partnership with many different agencies in order to enhance our work with young women. Thanks to the following for their hard work and commitment to positive outcomes for young people.

Leeds City Council Youth Service
 Womens Health Matters - Include
 The Children's Society HEARTS
 National Open College Network
 High Schools across the City
 Clubs For Young People
 National Youth Agency
 Black Heath Initiative

Leeds Museum & Galleries
 West Yorkshire Police
 The Market Place
 Leeds Libraries
 UthAssociation
 VInvolved
 Shantona
 NCVYS

COMIC
RELIEF

Children
in Need



 **getawaygirls**

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