

# NOMAD YOUTH & COMMUNITY PROJECT

Annual Report 2015/2016

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**Nomad Staff:** Tim Prior, (Youth & Families Team Manager), Sarah Lane, Sue Prior, Josh Smith (Youth & Family Support Workers), David Freeman, David Jones, Gill Dowling (Adult Learning). **Patron:** Mayor of Henley, Julian Brookes. **Bankers:** Lloyds Bank, 1-2 Market Place, Reading, Berks, RG1 2EQ. **Accountants:** AJ Carter & Co, Chartered Accountants and Registered Auditors, 22b High Street, Witney, Oxon, OX28 6RB. **Reg office:** d:two Centre, 55/57 Market Place, Henley on Thames, Oxon, RG9 2AA. **Reg Charity No.** 1110274. Nomad is a registered charity limited by guarantee. **Company No.** 5480572.

## WHAT DOES NOMAD DO?

### SCHOOLS WORK

- Mentoring in local schools,
- Ukulele Workshop,
- Life Skills Programme,
- Attendance at professionals meetings,
- Support with school attendance,
- Home visits.

**904 Interventions**  
**485 Individuals**

**18.93%**

### FAMILY SUPPORT

- Parent's 1to1 support,
- Advice & Guidance and signposting,
- Family Focus/intensive support (for young person and parent),
- Take 3 Parenting Course,
- Young Mums Group,
- Targeted holiday activities,
- Liaising with Social Services, CAMHS, Health Services and Local Schools.

**819 Interventions**  
**79 Individuals**

**17.15%**

### AFTER SCHOOL

- Monday – Youth Club @ the YMCA pavilion. From 4.30-5.30pm. (Partnership with YMCA),
- Tuesday – Targeted Youth Groups @ Nomad, d:two Centre. From 4-5.30pm,
- Wednesday – Football at YMCA for school years 5-8 from 4.30-5.30pm,
- Thursday – Football at YMCA for school years 9-11 from 4.30-5.30pm,
- Targeted support work/ mentoring.

**1447 Interventions**  
**130 Individuals**

**30.30%**

### COMMUNITY

- Learning Project (learning English, learning to read, improving literacy and numeracy skills),
- Light House Food Bank,
- Community events/ fun days,
- 16+ Support – Transition support for young people attending college or NEET,
- Mentoring,
- Residential Trips,
- PT sessions,
- Targeted detached work,
- Sensory Room.

**1605 Interventions**  
**1034 Individuals**

**33.61%**

1 to 1 Interventions **1454**  
Group Work Interventions **3321**

Total Interventions from **4775**  
April '15 - March '16



## THE NOMAD PROJECT IS FIT AND WELL

As I look back on yet another year of activity and serving children, young people and families in Henley, I am always amazed at the sheer numbers of people and the volume of work that the Nomad team pack into just twelve months.

Tim, Sarah and Sue were joined on the team by Josh Smith in January. Josh brings an expertise as a trained fitness instructor and already we are seeing the benefits of his disciplined approach to health and fitness as he builds relationships with many young people.

With health in mind we are pleased to report that despite the difficult economic times we are living in, the Nomad Project is fit and well. Board Member Chris Ward of Ward Consultancy has been very helpful in working with the team to raise our public profile and develop funding initiatives within the local community. This is bringing our vision to see the majority of Nomad's work funded by the local community a little closer.

I love to spend time with the team helping and supporting with many of the activities and this year is memorable for a number of events. Running another 'bike workshop' with a couple

of young people from the local school, our annual trip to the beach which was recorded as the hottest day of the year and the Community Fun Day on Freemans Meadow.

In addition, I try to meet with the team once a week, to hear how things are going and encourage them. Every six weeks or so, I spend time with them individually over breakfast, supporting them with their own well-being. Staff welfare is very important to us.

At a time when many charities have been forced to close down or reduce their services, Nomad continues to look forward. However we will never take funding for granted and will continue to work hard to secure our future for the present and future generations of children, young people and families in the town

Thank you to my fellow Trustees and Board members and everyone who has contributed financially and with time and effort – your support is invaluable.

**Roger Cole | Chair**





## SUBSTANCES

The work to support young people and families where substance misuse is an issue continues. Many of our interventions contain a preventative element and there is considerable 1to1 support going on for both young people and parents who are abusing substances. This work does not stand alone but is embedded in the wider support work that Nomad offers.

We value our links with Turning Point, the Oxfordshire Harm Minimisation Service, referring some of our clients to them for expert help in this area. As part of our collaborative work the Nomad team are also accessing training from Turning Point around drugs and alcohol.

## PARENT VIEW

For several years my family have gratefully received your Christmas food parcels. They have made a huge difference for us each Christmas (and into January) and we were very touched when they arrived.

I would like to say a big thank you for all the support you have given my family and I over the years, (and maybe in the future?). Extremely valuable counselling, parental support, our family day at 'Go Ape' and of course the 'food bank'.

## FINANCES

Statement of Financial Activities for the year ended 31st March 2016

	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds 2016 (£)	Total Funds 2015 (£)
<b>Total Income</b>	89,241	61,466	150,707	131,192
Donations and legacies				
Charitable activities				
Other trading activities				
<b>Total Expenditure</b>	71,145	54,102	125,247	127,246
Salaries				
Premises Rent				
Other Administration				
<b>Transfer between funds</b>	(2,515)	2,515	-	-
<b>TOTAL FUNDS brought forward from previous year</b>	17,817	13,270	31,087	27,141
<b>TOTAL FUNDS carried forward to next year</b>	33,398*	23,149	56,547	31,087

\*Includes £23,000 reserves for any future salary shortfall.

Restricted Funds

	Opening Balance (£)	Income (£)	Expenditure (£)	Closing Balance (£)
<b>Adult Learning</b>	423	8,957	(5,821)	3,559
<b>Food Bank</b>	522	2,033	(842)	1,713
<b>Families</b>	38	2,657	(1,077)	1,618
<b>Football</b>	23	1,248	(852)	419
<b>Community Activities</b>	300	1,955	(1,395)	860
<b>Youth Activities</b>	293	3,292	(2,718)	281
<b>Help Fund</b>	525	4,347	(3,711)	1,161
<b>Sensory Room</b>	3,031	90	-	3,121
<b>Salary Costs</b>	-	37,500	(27,083)	10,417
<b>Finalized Items</b>	8,701	1,902	(10,603)	-
	£13,270	£63,981	£(54,102)	£23,149

## EMOTIONAL AND BEHAVIOURAL INPUT

I am a consultant child and adolescent psychiatrist and I have been looking after the children with mental health difficulties in the Henley area for many years. I am very pleased to share my experience of working with NOMAD.

They provide invaluable support to vulnerable children and their families. Nothing is too much trouble, and the experienced workers in NOMAD with their extensive knowledge of the Henley community are able to provide from basic food supplies, to emotional and behavioural input to very troubled young people.

Children and their families respect them and are often happy to accept help from them that they wouldn't from statutory agencies. I have to say that over the years they have helped me to engage with some difficult to reach families.

I truly believe that NOMAD is a fantastic project, and their hard work, delivered with tenacity and deep compassion has touched the lives of many vulnerable children and young people.

**Dr Isabel Paz | Consultant Child and Adolescent Psychiatrist**

# WHERE DOES THE FUNDING COME FROM?

Thank you to the following organisations and charities who have partnered with us, supporting various projects and aspects of our work with their expertise and funding. We very gratefully acknowledge their help and input without which Nomad would not be able to deliver its services:

- Ancient Order of Froth Blowers
- Ballards
- Charlton Otmoor Trust
- Churches Together in Henley
- Community Safety Partnership
- Face of Henley
- FatFace Foundation
- Gillotts School
- GreenSquare Housing Association
- Henley Baptist Church
- Henley Educational Trust
- Henley Lions Club
- Henley Literary Festival
- Henley Town Council
- Henley YMCA
- Hobbs of Henley
- Holy Trinity Church
- Individual Contributors
- Invesco Perpetual
- John Hodges Trust
- Knight Frank
- Local primary schools
- Phyllis Court
- Probus Mens Club
- Probus Womens Club
- Shiplake College
- South Oxfordshire District Council
- South Oxfordshire Housing Association
- Sovereign Housing
- Tesco Henley
- Thamesfield Youth Association
- The Mosawi Foundation
- Turners Court Youth Trust
- Twyford Boxing Club
- Waitrose Henley
- Ward Consultancy

## PROFESSIONAL APPROACH

As a school, we find NOMAD's support invaluable. We directly commission mentoring work which provides regular support for young people who struggle at school. The approach from the youth workers is professional, but different from what we can offer as a school. NOMAD supplements this work with their own resources. They also provide opportunities for young people to participate in constructive out of school activities, such as football and trips during the holidays.

Also invaluable is the parenting support NOMAD provides. We regularly refer families to them for work that we have neither

the time nor expertise to do. NOMAD's staff then work in partnership with us to try to secure better outcomes for young people. Without improvements in parenting, for example the enforcement of boundaries at home, very often there is a ceiling on what we can achieve in school. There is no doubt that NOMAD's involvement with young people and their parents has helped us to ensure a number of at risk students have successfully completed their education, and also supported parents to work more successfully with us in the longer term, as younger siblings join the school.

**Matt Druce | Deputy Head Gillotts School**

## GENEROUS FOOD DONATIONS

During 2015/2016 Lighthouse Food Bank distributed 195 food parcels benefiting 237 adults and 172 children in and around the Henley area. In addition we distributed over 130 Christmas Food parcels.

As always we are incredibly grateful to everyone who supports us both with their time and their donations. In particular we would like to thank Badgemore, Stoke Row, Trinity, Sonning

Common and Rupert House Primary Schools for their generous Harvest Festival donations which will be used towards our Christmas Food Parcels. A special mention to Tesco for their support over the last year which has included food drives, a regular collection point and many additional donations of needed items. Henley Lions Club has also been supportive in their help with our food collections at Waitrose.

## MAKING A DIFFERENCE

Nomad have been an incredible support to one of the families that I am working with. They have a flexible and friendly approach, nothing is too much trouble and are willing to help in any way they can. They have made such a difference to the family that I am working with, they have provided both emotional and practical support and it is likely that without this support it may not have been safe for the child to remain

in his mother's care. They are open in communicating with me and sharing information. It has been a pleasure working with members of the Nomad team and they are an invaluable resource for families in need within the Henley area.

**Laura Pennicott | Social Worker**

