

C-o-n-n-e-c-t-e-d

Tackling loneliness with transport



Pilot Name: C-o-n-n-e-c-t-e-d

Delivery Organisation: Catch22

Aim: Working in Partnership with our National Citizenship Service (NCS) we worked with groups of YP from Durham, Newcastle and North Tyneside to identify any barriers to accessing the rail network, improve social networks and enhance personal skill sets.



What was my motivation for getting involved?

- 30 years experience of youth work
 - Skill set to support me
- Passionate about empowering young people
 - 10 years experience of working in the NE
- Sounded something different, worthwhile and a new opportunity to affect change



Identified problem:

- The ONS data collected between 14/10/20 and 22/02/21 shows that 8.3% of teenagers in County Durham often or always feel lonely. The percentage in Newcastle is higher at 12.5%.

Objectives:

- Through delivery of an awareness campaign and youth led social activities we aim to highlight the prevalence of isolation amongst young people and to discuss ways to tackle this, including promoting use of transport to aid new experiences and see new places.
 - Increase social connects with others and feel part of a bigger picture
- Improve personal skills including: Listening, Speaking, Problem solving, Creativity, Aiming High, Leadership, Teamwork and staying positive (Skillsbuilder). Thus, supporting their ability to deal with life challenges and loneliness.

Target audience?

- 17+ years
- 9 local schools and FE colleges from the NE including
 - Newcastle College
 - Bishop Auckland College
 - Catch22 Bishop Auckland College
 - Peterlee Catch22 College
 - Jarrow Hall College
 - UTC Northern Futures College
- The Oaks SEND School Spennymoor
 - New College Durham
 - Spotlight

Outputs / Activities?

1. Delivered a short intervention (3 x sessions) around isolation awareness. Included elements such as signs, causes, and coping mechanisms including improving resilience and planning of youth led activities
 2. Planned and facilitated some “Train Challenges”
Durham – Locomotion Museum in Shildon
Newcastle to Carlisle along the Tyne Valley Line
 3. Additional youth led journey planning including of the Tyne metro
 4. Specific train journeys with purposeful destinations including:
Bishop Auckland to Newcastle Hancock Museum
Peterlee – Hartlepool “Navy Museum”
 5. Poster and Leaflet campaign
 6. Music project

Bishop
Auckland
College





Catch22 Peterlee
College





Jarrow Hall

catch
22





Catch22 USP

- Catch22 Designs and delivers public services that build resilience and aspiration in people and communities
- Over 20 years presence in the NE building a reputation and a service to be proud of and that people want to be involved in
- A network of contacts especially schools, FE Colleges and key personnel who are like minded





- Insufficient lead in time
- Industrial strike action
- Lack of full time staff support



Achievements

- 173 participated in Connected from 9 different NE educational establishments with over 50% (53.7%) being identified as having a disability
- 500 intervention places delivered with nearly 25% supporting service users with loneliness
- Overall pulse score improved indicating that service users felt happier after the intervention
- Post trip surveys showed that over 66% of participants felt more inspired to spend more time outdoors
- 88.2% of interventions took place / 9.1% cancelled / 2.6% of participants had a no show
- Post Train Excursion Questionnaires:
 - Because of today I feel more confident in travelling by train = 56%
 - I enjoyed spending time with others = 86.3%
 - I discovered places I didn't know about = 64%
 - Because of today I feel inspired to spend more time outdoors / get out and about more = 68.4%
- Winning poster being displayed in Durham City Centre poster cages managed by Durham County Council

New & enhanced contacts

- Enhancing some amazing partnerships in the NE, such as New College Durham, Bishop Auckland College Newcastle College, The Oaks School (SEND)
- Development on new partnerships:
 - **Education provision partnerships including**
Jarrow Hall, Spotlight, Garden Lane
 - **Community Rail Partnerships including**
Felicity Machniki @ Bishop Line
Fiona Forsythe @ Tyne Valley Line
- Locomotion Shildon (Eileen Perry & Pam Porter)
- Marie Addison - Regional Community and Sustainability Manager (Northern rail)
- Passenger assistance on Bishop Line

Summary

- This was an amazing opportunity that I have been thrilled to be part of
- Our delivery included elements of youth led provision
- The focus was young person centric
- All about empowerment, successfully addressing barriers and improving resilience
- Key element is Plan – Do – Review
- Utilise dynamic risk assessments and safeguarding
- Identify the positives to young people
- Be upbeat and positive, think of the vulnerability of the audience
- Partnership is crucial
- Organisations were thrilled with the delivery and success stories witnessed (NCD, The Oaks and Jarrow Hall). They want it to continue.

***“THE JOURNEY OF A THOUSAND MILES
STARTS WITH A SINGLE STEP”***



Owen
New College Durham

