



END OF PROJECT REPORT

2023

“Maximising Engagement”

Introduction

With a funding agreement from the Merseyside Violence Reduction Partnership, Maximum Edge CIC undertook a six-month project in the Parr and Town Centre areas of St Helens, Merseyside, two of the most deprived areas of England on the Index of multiple Deprivation, suffering from high numbers of long-term unemployment, low education levels, low income, poor health, high levels of addictions and other issues – communities suffering from long-term social trauma.

Aims and Intended Outcomes

Our target beneficiaries were 400 young people between the ages of 5-25 years, living in the Parr and Town Centre areas of St Helens. The aims were to

To **increase** the number of young people:

- feeling confident to keep themselves self
- reporting improved health and/or wellbeing reporting increased resilience and/or self-care
- reporting increased self-esteem and confidence
- undertaking treatment/therapy

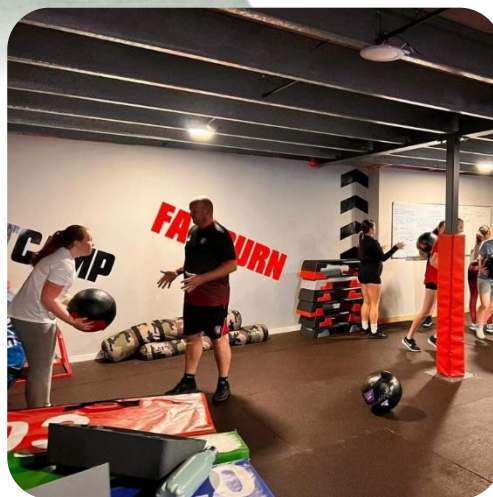
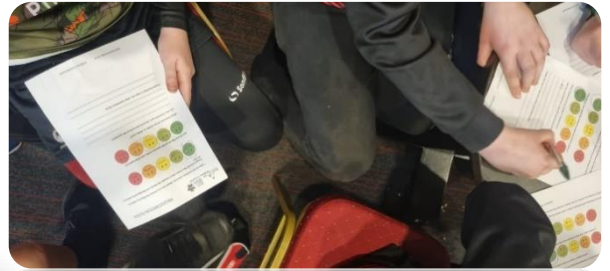
To **reduce** the number of young people:

- feeling unsafe in their community
- likely to commit anti-social behaviour
- likely to re-offend
- reporting stress, anxiety and/or symptoms of depression

Activities and Opportunities

- Creative Writing Workshops
- Guided Artwork Sessions
- Community Based Workshops
- Graffiti Workshops
- Outreach Work
- One-to-one coaching
- Sports Sessions
 - Football
 - Rugby
 - Multi-skills
 - Gym Sessions

In Pictures





Community Links

Working across the two areas of Parr and Town Centre, we maintained and established new community links with the following groups:

Parr

Blackbrook football sessions

Sidac football club

Boxing Club

Broad Oak Primary

Parr Mission

Sexton Avenue Community Allotments

Town Centre

Hope House

Outreach inc Victoria Park

FC St Helens

Wrestling for boys

West Park Rugby Union

Young Womens refuge

Unexpected Outcomes

- In addition to new podcasts, we changed things up a bit, and developed a 6-episode Videocast series, around self-care, available on our [website](#).



- We found that parents/carers of some of the children were more interested in the sessions and workshops than anticipated, so they were encouraged to stay and listen, while the young people took part.
- New Community Connections – once we were working in the communities, we got to know more organisations who are doing amazing work, and would like to build these connections and work together on future projects

Impact

We worked with **400** young people

237 identifying as male

163 identifying as female

116
5-10 yrs

118
11-15 yrs

52
16-17 yrs

108
18-24 yrs

6
25+ yrs

Across the different groups and venues we used, there were improvements across all intended outcomes, indicated below on this star impact, we used short questionnaires before and after engagement



Case Studies

Katie, 16, Parr

I started doing when I was 13, smoking weed and I've tried ecstasy, ketamine, and coke. I've been in trouble with the police and was excluded from school. I've never cared about myself or my behaviour, and have never felt like anyone else cared either. When I met Maximum Edge, they showed me the consequences of my behaviour and where my life could be headed. I've really enjoyed the sessions and have used the podcasts nearly every day. I'm looking at how to get into college to retake my GCSEs

Greg, 13, Town Centre

Greg was not attending school and withdrawing from activities with his friends. We started one-to-one sessions with him to support him after his dad was recommended to get in touch with us by a family-friend who knew we were delivering a project.

We started working with Greg at the end of January 2023 with weekly one-hour mentoring and well-being sessions. We listened to him talk about his feelings and worries, helped him identify what he wanted in life, and we taught him what anxiety and adrenalin did to his body and mind. We used his aspirations, calming and coping strategies to slowly help him start to understand and manage his feelings and emotions. 7 weeks later, he had gone from not attending school and struggling to meet with friends to attending school for up to four days a week and enjoying Mountain-biking with his friends. He still struggles with attending school on Mondays, but is managing his emotions really well.

Conclusion

Of the 400 young people engaged in the project, we saw improvements in all expected outcomes, and feel we have demonstrated an ongoing need for this type of work to continue.

The project has strengthened our existing community connections, and introduced us to new opportunities within Parr, Town Centre and other areas of St Helens. It has also allowed us to develop our staff team and create new content for our bank of online learning resources.

We understand the issues facing communities across St Helens and believe this project could be expanded to other areas, if funding allows. We intent to maintain contact with the Merseyside Violence Reduction Partnership, with a view to applying for further funding, should we be eligible.