

Organisation Name		Reference code
Exit Foundation		2023-10-YO20
Organisation Address		
Unit 1, 330-348 Uphall Road London IG1 2JJ		
Website Address		
UNIT 1 330-348 UPHALL ROAD ILFORD IG1 2JJ		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1172408	2012
Community Interest Company	Registered Companies House Number	Date Registered
No		
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No		
Grant Summary		
To deliver a mentoring and physical activity programme to young people known to the Police, Newham's Youth Justice System or social services, with the aim of supporting behaviour change so participants avoid any future convictions.		
Please describe the local needs that this project will address		
<p>Newham has more children and young people than any borough in London and 89.5% of children and young people are from an ethnic background other than white British. It is the third most deprived London borough with the most deprived areas for children under 16 being centred around Custom House and Canning Town. During 2022 Newham was the borough with the highest count of criminal offences (41220) with a crime rate that is 8% higher than London and 22% higher than England, Wales and Northern Ireland. It is one of 3 boroughs with the most notable county lines problem in London with Forest Gate South and Little Ilford Forest Gate South being the second and the third highest wards for referrals to Rescue and Response (a pan-London County Lines support service for vulnerable young people up to the age of 25 who are caught up in County Lines drug distribution networks and subject to criminal exploitation). In Newham young people from Black / African / Caribbean / Black British backgrounds are overrepresented amongst first time entrants to the youth justice system.</p> <p>Exit Foundation worked for 5 years as part of the London Borough of Newham Gangs Prevention Programme, delivering alongside Police, Victim support, Social Services and the YOS, to combat gang crime via mentoring. Our team supported selected young people into Education, Employment and Training as well as housing. We know that many young people at risk of committing their first crime have experienced loss, violence or hardship while they were growing up. Many describe having difficulty at school because of having Special Educational Needs or Disabilities, or of behavioural difficulties, often leading to exclusion from mainstream school. For some young people, there were other pivotal events in their lives. 85% of children in young offender</p>		

institutions have been excluded from school (Children's Commissioner for England). The Institute of Race Relations talks about a PRU to prison pipeline and says the proportion of pupils in PRUs and Alternative Provision in the capital is almost double the national rate, with young boys of black Caribbean heritage overrepresented in the sector. In Newham it is recognised that the continued rise in % of boys excluded compared with girls and the over representation of boys from ethnic minority groupings in absence, exclusions, youth offending, NEET and underachievement requires measures to allay continued rise. Through already working with young people at the edge of the criminal justice system we know there is a clear need to provide support to:

- Vulnerable young people transitioning from primary to secondary school
- young people who have experienced multiple adversity recognising that the cumulative traumatising impact of violence within the family and gang exploitation raises the risk of youth offending
- children with SEND, children affected by domestic abuse, children who are looked after, and care leavers
- Children at risk of exclusion from school given the high incidence of offending having been excluded

We know how difficult it is to engage with the young people who are most at risk of committing a crime which is why our unique delivery method, especially at the start is totally portable. We will pick the young person up from their home address for their mentoring and wrap around sport sessions, and then transport them back to ensure their safety.

What are the key outcomes that you will be seeking to achieve for young offenders?

The overall aims of the intensive mentoring are to reduce mentees' involvement or risk of involvement in criminality and/or violence and to improve mentees' education, training and employment (ETE) outcomes. The mentoring and sports coaching focuses on these two main outcome areas as mutually reinforcing. Through a bespoke and holistic approach, the programme will also aim to achieve other outcomes which are relevant to support each mentees' progress towards these overall aims. These often link to aspirations, confidence, relationships, mental health and wellbeing, and addressing basic and immediate needs. Exit Foundation aims to achieve these outcomes by providing young people with a safe space to develop their goals, identify any obstacles to achieving these, and provide the right support to overcome these. This often includes learning practical skills and coping strategies, as well as linking into appropriate support. Taking time to build a relationship with mentees, and working in a trauma-informed way, are key to the approach.

- Reducing participants' involvement or risk of involvement in criminality and/or violence as a perpetrator or victim.

This will be achieved by supporting mentees to learn strategies to manage their emotions and behaviours and to help them identify situations which may lead them to perpetrating or being around violence. The aim is to give young people improved abilities to avoid risky situations and, linked to this, reduce their engagement in violence and offending.

- Improving participants education outcomes

This will be achieved by mentors taking the time to understand what the young person is interested in and helping them to identify goals related to these areas and strategies to achieve these. Where appropriate mentors will help young people to re-engage with education by explaining their needs and challenges to their teachers, so that they do not have to retell their experience. We know that this approach empowers teachers to give more effective support and in conjunction with support from the mentor helps a young person to cope with challenges and stay engaged in school where previously they may have found this hard and stopped attending.

- Improving participants confidence, mental health and wellbeing
Through young people having a trusted and non-judgemental adult to talk to they will be supported to address basic and immediate needs as a result of advocacy and signposting by their mentor resulting in improved mental health and wellbeing. Through the mentor being genuinely interested in the young person's goals and demonstrating belief in their abilities, young people will evidence having the confidence to take steps to reaching personal goals.

What are the key activities you will undertake with this funding?

We would like to use your funding to deliver intensive mentoring and sports for development programmes to 60 children and young people from black or minoritized/racialised communities, living in Newham and Redbridge, and referred to us by the Youth Justice Service, Probation service, local Pupil Referral Unit and Social services. We have established referral pathways with each of these organisations. Your support will fund a mentor with personal experience of the criminal justice system and a sports coach together with associated costs of travel and expenses.

The 16 week programme will offer intensive supervision, coaching, intervention, prevention, and mentoring support to young people at the edge of the criminal justice system, with the aim of preventing them committing a first time offence. The programme will aim to support behaviour change and to lead to outcomes relating to education, employment or training. The programme will be divided into four monthly sections, each tailored to the specific individual, and designed to encourage growth and development.

Each week the young person will be collected and returned to their home or another agreed place by their mentor. During the 2 hours with Exit Foundation, they will participate in mentoring and physical activity which in line with personal choice will be either boxing, weightlifting or facilitated sessions in Exit Foundation's recently refurbished gym. This physical activity will play an integral part in the social outcomes which we attempt to achieve and will dovetail with the 1:1 mentoring.

Weeks 1-4 will be centred around an initial assessment with the aim of pairing the young person with a mentor who will complement them and support their needs. To do so, we will learn about the young person's background, including their family, schooling, upbringing, morals, and faith. It is in this preliminary stage where we will encourage our client to set initial goals for change.

Weeks 5-8 will be focused on the young person's wider social background. We will develop an understanding of their neighbourhood, friends, affiliations, family background, drug use and more continuing to uncover roots of the young person's problems and locating methods to build on initial goals.

Weeks 9-12 will be where we start to look towards the future developing longer-term goals and setting action plans to reach them. It is here that we intend to identify hopes, aspirations, and explore determination to change behaviours which might lead to committing a crime..

Weeks 13-16 will help transition the young person mapping out the process of accessing goals and maintaining engagement with education, training or employment.

A key to our mentoring success is that we're dedicated to supporting both the young person and their family throughout and after their transition. After 16 weeks each individual will still have the option to continue their sports programme with us enabling us to maintain contact/support.

Who will be responsible for overseeing and delivering this work?

The work will be delivered by a mentor working for 15 hours per week and a coach working for 10 hours per week with both posts fully funded by this grant.

The mentor will also attend part of the coaching session.

We will also engage administration support to liaise with referring organisations and to support the upkeep of records and monitoring and evaluation.

The work will be overseen by Paul Dayes our Director
How will your organisation continue to sustain this project after the grant ends?
<p>We aim to sustain this project in the future by closely monitoring the impact of this work and demonstrating the effectiveness of preventing first time convictions and the associated savings to the criminal justice system. We are confident we will capture and evidence an effective approach to engaging this cohort of young people. This sports for development approach is not only innovative but offers an exciting model that feeds into the Youth Endowment Fund's (YEF) recommendation that sport interventions reduce offending by 52%. YEF also reports that "There is a strong negative correlation between youth crime and activity levels. Put another way, children in regions that report higher activity levels experience lower levels of violence."- Youth Endowment Fund, 2022. "Children, violence and vulnerability 2022: A Youth Endowment Fund report into young people's experience of violence" The DCMS Get Active report makes mention of several wider policy areas in which sport and physical activity can play a positive role, for example in reducing unemployment, disadvantage, academic disengagement, criminal offending and anti-social behaviour. We are excited to be able to show the impact of intensive mentoring and wrap around sport on reducing offending and will take the results to Newham council and local youth offending teams to try and secure further funding when this grant ends. We will also look at securing future sports related funding and take the results to schools and show that young people at risk of exclusion can be supported through mentoring and sport.</p>
What expertise and track record do you have to be able to deliver this work successfully?
<p>Exit Foundation has substantial experience working with young people with complex needs from early interventions all the way through to post custody support. At the heart of our approach is the desire to connect and relate to the individual's needs. Paul Dayes, the CEO, and several of the mentors have first-hand experience of the criminal justice system and subsequently, the ability to empathize with the lived experiences of the young people. This element has proven crucial to the success of program delivery. Paul has developed a programme of mentoring, coaching and goal setting which he and his team use to engage young people, working with them to change behaviour patterns, grow in self-belief and to make positive life choices. Working with schools and London Borough of Newham's youth and social services teams Exit Foundation provides bespoke support to young offenders and those at high risk. Our relevant experience includes delivering a number of high-level mentoring and sustainability programmes funded by MOPAC; working closely with our partners such as Newham YOS, we provide extensive bespoke support to young offenders and those at high risk. In addition, we work with local schools to raise awareness of gang affiliation and criminal exploitation by utilising our close links with Newham youth and social services teams.</p> <p>In addition to receiving referrals we carry out street outreach. Our project E-gangs involved us engaging with young black men, a third of whom we reached via outreach. One client felt that E-gangs was able to help him exit a life of crime because Paul conducted a home visit within days of him being released from prison and spent time building a relationship. Paul explained how he himself managed to leave a life of crime and then worked with this young person to identify his skills and interests before supporting him to become a personal trainer. Other clients on this project explain a benefit of working with Exit Foundation is that when they find themselves in tricky situations through which they could easily be drawn into criminal activity they call their mentor who in an emergency situation will come and see them and help remove them from the situation. At times this has involved helping a young person to relocate to move them away from the situation.</p> <p>Our other strength is our ability to place participants into suitable training and employment provision; a success rate which currently stands at over 90%. This is a</p>

<p>hugely important outcome for young people we are working with to help prevent them committing their first offence. For additional added value we are able to access an internal drugs and alcohol rehabilitation facility - a residential 18 months programme with a 90% success rate for those that complete the programme. It is this approach that puts us in an excellent place to support young people at the edge of the criminal justice system as we work with you to prevent future convictions.</p>	
<p>Explain how the grant will be spent</p>	
<p>The plan is to work with 30 young people per year and each young person to engage in a 16 week programme, working with 10 young people at any one time. We will deliver 8, 16 week programmes over the 2 years. Costs include Mentor working for 15 hours per week @ £35/hour £25,200 Coach working for 10 hours per week @ £25/hour £12,000 Administration Costs @ £13.15/hour for 120 hours £1,578 Food and refreshment costs @ £40/head £1,200 Total per year is £39,978 £79956 over 2 years</p>	
<p>Will you be working with young people who are already known to local offending teams and already engaged with interventions such as Out of Court Disposals, Point of Arrest Diversion programmes or other YOT Prevention Programmes?</p>	
<p>Yes</p>	
<p>If yes, please provide details of which YOTs, Police Teams or other services you will be working with and how.</p>	
<p>We will be working with Newham & Redbridge Probation, Youth Justice Services London, LCT and social services</p>	
<p>If no, please provide details of how you will engage with young people in the community who are at risk of gaining a criminal record.</p>	
<p>Will you be receiving funding from any other sources for this project?</p>	
<p>No</p>	
<p>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</p>	
<p>Yes</p>	
<p>Reason why not all staff have DBS checks.</p>	
<p>Total funding requested in this application (£10,000 to £80,000 with a maximum of £40,000 in one year)</p>	
<p>£79956</p>	
Proposed grant start date	Proposed grant duration in months
4/27/2024	24
<p>How much funding is required each year?</p>	
Year 1	Year 2
£39978	£39978
What was your organisation's expenditure in the most recent financial year?	What was your organisation's annual income in the most recent financial year?
£183073	£214894
<p>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</p>	
<p>£110105</p>	

