



Annual Report

2022-23



Top row: CIC team members.

Bottom row: One You and Gravesham Borough Council team members

About Us

The Grand helps people of all ages improve their physical and mental wellbeing by providing the Healthy Living Centre for Gravesham and a dedicated youth programme; Gifted Young Gravesham

Our services are delivered using a 'hub and spoke' model, with our main base in Gravesend town centre and activities also taking place across the borough in locations best suited to the people who need them.

Working alongside Gravesham Borough Council's One You Kent team, who deliver their service via the Grand, we offer something for all ages. Exercise, music, English lessons and more. 99% of what we offer free for everyone.

Gifted Young Gravesham (GYG) roots youth mental health and well-being at it's heart.

We offer essential services such as one-to-one counselling, support from professional youth workers and creative workshops for young people. All of these services work together to help young people build in confidence, make friends and celebrate youth voice.

About Us...

The Grand and GYG are part of a Community Interest Company (CIC) called Gravesham Network Development.

We are a not-for-profit organisation, who rely on external funding to deliver services to the community in Gravesham and surrounding areas.

Our board members oversee the direction of the organisation. The board meets every other month and includes members of the community, local business owners and skilled professionals.

Our core aims are:

Supporting Young People

Improving the Health and well-being of the local community

Delivering a Healthy Living Centre for the borough

Our targeted programmes are based on prevention and directly contribute to reducing health inequalities and improving physical and mental wellbeing. In 22-23 57% of the people we engaged lived in the areas of greatest need and 45% were from an Ethnic Minority Background.

Income split by workstream

Total: £357,106

Not including One You Kent funding stream which is managed by Gravesham Borough Council.

14%
Overheads
£52,055

70%
Gifted Young Gravesham
£248,251

16%
Healthy Living Centre
£56,800

The big stories of the year



GYG won a National award at Say #NO2H8 Crime. The Sylvia Lancaster Upstander Award category

2,974

People aged between aged 8 and 91 years old joined a project or workshop with The Grand and GYG

58%

As part of our hub and spoke model of young people engaged in services around the borough including in schools, rural youth clubs and detached work in areas of need.



GYG were shortlisted as a finalist at the National Diversity Awards



The big stories of the year



We established a partnership with 5Rights Foundation

We have been working with 5Rights Foundation, who champion young people's rights online, since 2019. Our formalised partnership has seen our youth service visit The House of Lords, co-host international events in London and work together on the Digital Rights Bill.



Prince Harry invited us to a meeting

In September 2022, The Archewell Foundation invited our youth committee to meet with him to discuss the impact of social media on their mental health and well-being.



We moved into a new building

We are now based in the Gravesend Methodist Church Community Centre, in Gravesend Town Centre. We moved into our new home in September 2022.

We run our services from here as well as around the borough and share the building with other community groups

Who we work with...

We have a range of partners who fund us, support our work or partner with us. We work with organisations on local, national and international projects.



Our online community

Our work reaches people in the digital world as well as face-to-face.

During the pandemic we transferred as many of our services online as possible. And expanded our work by creating videos on healthy eating, meditation, exercising at home, tech advice and more.

Our online community has grown significantly since 2020 with social media platforms helping us spread the word about our services and attracting new audiences to join a workshop or programmes.

27,082

visits on our website
during the year

137,504

people reached via The
Grand's Facebook page

81,534

people reached on
Twitter

Healthy Living Centre

63%

of people accessing our Healthy Living Centre Programmes saw an improvement in their wellbeing (Measured using the Warwick Edinburgh Mental Wellbeing Score)

Our vision is to improve the health and well-being of all people in our community; to support young people to grow and achieve; and to promote and celebrate the opportunities, diversity and creativity that a place can have on personal health and well-being.

Our Healthy Living Centre provides free and affordable services for the public. From free exercise classes (provided by One You Kent) to free digital tech classes for older people and singing for adults.

56

people over 50 years old learnt introductory level skills in how to use a laptop and smart phone

109

people over 18 years old took part in our weekly singing & mental health sessions

392

people used the One You Lifestyle programme. Gaining support to change their lives and feel better.

119

people who don't have English as a first language took part in a 6-week long English language course



Healthy Living Centre

Here's Jo's story about the difference the Grand made to her life and day-to-day well being.

Jo attended our beginners tech course as she wanted to improve her computer skills and confidence online.

Jo wanted to talk with her adult sons via video call and wasn't able to do this as she didn't know how to use a computer.

When she first joined our workshops, Jo was extremely nervous, but as the weeks went on her confidence improved.

By the end of the 12-week sessions Jo was able to create an email account, shop online, browse different websites and also learnt about scam awareness.

Jo is now able to video call her sons with her family, and has also made the same tech sessions.

and stay in touch new friends who



GIFTED YOUNG GRAVESHAM

We use established youth work principles to support young people and encourage them to get involved in different after school workshops and projects.

All our work is led by young people through the GYG Committee who meet weekly. We aim to support young people's mental health, raise their self-esteem, increase confidence, provide social networks and create inclusive safe spaces for all.

Our unique youth work model allows young people to work with creative industry professionals in the FREE workshops we offer.

The combination of youth work professionals and creative professionals means we can provide young people with fun, inspiring workshops in all kinds of areas, including:

- dance
- singing
- media skills
- drumming
- visual arts,
- hair and make-up skills
- youth committees
- international debates
- and youth clubs in the rural areas of the borough.



Supporting young people's mental health

Young people's mental health and emotional well-being is at the forefront of all the work we undertake.

From providing a safe space to talk, to professional support at times of crisis to helping young people realise their dreams, we offer guidance at every stage.

“

Being a part of the Grand has really improved my mental health and my social skills. Before I came to the Grand I was very anti-social, but now I am like a new person as they've made me feel so much more confident in myself.

”

GYG in numbers

2,582

Young people joined in a Gifted Young Gravesham workshop or project four or more times over the year

654

hours of 1-1 counselling took place face-to-face for 109 young people.

Active Listening is free for young people to access and offers six weeks of support (minimum).

624

different sessions ran throughout the year. Including mental health counselling, dance, media skills and youth discussions.

1734

young people joined in a project or campaign around the borough. For example in a school, youth club or outdoor event.

30.4%

of students at Northfleet School For Girls took part in 'Report It' anti hate-crime classes provided by GYG

262

young people attended our youth clubs held across the borough

YOUTH VOICE

We champion the views and opinions of young people.

From the weekly GYG Youth Committee who help steer the programme, to campaigns our members are passionate about, online international discussions with young people across the globe and sharing views with external partners.

Each of these platforms helps give young people opportunity to express their views, grow in confidence, feel valued and make a difference. We will continue to champion youth voice as an integral part of our work.



Digital Futures Commission

5Rights Foundation invited our young people to host the international 'Digital Futures Commission' conference in London. The group spoke to major organisations including Defend Digital Me, Lego and Roblox about the importance of protecting young people online.

GYG Global and online safety

We visited Parliament and the House of Lords as Baroness Beeban Kidron's guests, where they gave their views on the Online Safety Bill regulating safety online. This is alongside our work together on GYG Global, an online youth discussion platform.



REPORT IT

NO SPACE FOR HATE

Youth Campaigning

Since 2017 we have worked continuously on campaigns that tackle hate and bullying and promote respect.

The hard work was recognised this year with the campaign winning a national award at the No2H8Crime Awards.

Throughout 2022 and 2023 we worked with every secondary school in the borough to change the way hate crime and bullying is reported, with each school signing up to a new system.

We created a powerful film and campaign materials for schools and to be shown online with the message 'No Space For Hate' and the youth committee held two anti-hate crime festivals locally which have attracted thousands of young people to come together to celebrate diversity.

This award is for every young person who has been part of our campaign against hate since we started all those years ago - you are making a difference.



REPORT IT

NO SPACE FOR HATE

1,500

young people in secondary schools received sessions in schools to learn more about Sexism, Sexuality, Ethnicity and Disability to challenge discrimination and discuss respect, tolerance and inclusivity.

The Results

70-80%

In 2022, 70-80% of respondents identified categories covered under Hate Crime.

Only 1% of the respondents knew which groups came under Hate Crime in 2018.

5,679

young people completed the Hate Crime questionnaire in 2018

34%

Increase of 34% in young people having heard of hate crime (85% in '22 compared to 51% in '18)

REPORT IT

NO SPACE FOR HATE

3,571

young people aged 11-18
completed surveys giving
their views and
perceptions of hate crime

Youth view on the campaign:

GYG's Fiyin Thomas,
aged 18 said:

"We started this project so
many years ago because we were
tired of just talking about issues and
realised it was time to do something.

Who else was going to do it?

Who was best to do it?

It was us, the young people that are carrying hurt.

We didn't want those same hurtful experiences to carry on."

GYG worked alongside Kent Police, Porchlight and every school in the borough



Contact Us

Visit us:

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Grand.Gravesend



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