

matrix

with young people, for young people

WWW.MATRIXTRUST.COM

News Update **Winter 2021**



“You brighten my day”



Collaboration is a core value at Matrix, so we were delighted when our friends at GASP Motor Project approached us to partner with them. An established charity, GASP deliver accredited courses in basic motor mechanics and practical engineering skills for young people who need a different way to learn.



We're really pleased you're there for the young people
School Nurse

With mental health issues at an all time high amongst young people, GASP invited us to provide a Matrix trained Youth Worker to offer a relational presence as a bolster to the teaching team. The latest NHS research tells us that 'rates of probable mental disorder amongst 6 to 16 year olds have increased from 12 to 17% of young people, from 2017 to 2021, so we have joined forces to ensure young people studying at GASP have the mental health and wellbeing support they need. Working alongside their team of mechanics for 2 sessions a week, Josh provides group

and one-to-one sessions which encourage young people to think about and look after their own mental health.

"Toni had lost interest in the session, making phone calls to friends and playing videos on her phone. Josh sat alongside her, chatting first about what she was watching, before turning the conversation round to the session and how she might reengage. They agreed next steps to help Toni get involved with the activities and following these she was fully engaged for the rest of the session"



The trusting relationships Josh has built with these young people are opening doors for him to support them with a listening ear, coping strategies, and tools that are helping them recognise their own red flags, encouraging best practice when it comes to their own mental health and the wellbeing of those around them.



One of the exciting things about having our own building is that we can offer a range of inspiring activities. This term we partnered with Synergy Dance - a local dance company that inspires people to keep fit and have fun (as recently seen on strictly!). We invited them to deliver street dance and dance fitness at the Youth Hideaway, to provide sessions that met the needs of our young people, ensures everyone who wanted to could get involved.



Adi's Story

Having recently arrived in the UK, Adi joined Youth Hideaway when he found out about the Synergy Dance workshops. As a child he danced for fun, to impress friends and because it made him happy - so it was always a dream to represent his culture through dance, wherever he went.

When he arrived at Youth Hideaway one week to find the dance teacher was ill, he was delighted to be asked to take the session and teach some cultural dances. Both he and the young people loved the session! For Adi, it was more than just a great session though, as he expressed later that day on Instagram, he never thought he'd make a career out of it, but now "that kid who started dancing at an early age is now teaching dance on the other side of the world!"



Thank you so much for giving me this golden opportunity, I will never forget this day.

21%

21% young people think their life will amount to nothing.
Princes Trust Index (2018)

Those with low self-esteem are more at risk of developing mental health problems as they grow up



Matrix helps

£10

Runs a targeted workshop that inspires young people to believe in themselves

One in six school-aged children has a mental health problem

Those with a mental health problem are more likely to miss or be excluded from school

Matrix helps

£26

Gives young people a listening ear with a one-to-one session with a Youth Worker

We have more exciting workshops coming up in the spring term including: Graffiti Art, Wellbeing and Theatre. Follow @youth.hideaway on Instagram for full details

CHAMPION FUNDRAISERS

A HUGE thank you to our fabulous fundraisers that have raised valuable funds over the past 6 months! We really appreciate all the hard work they have put in.

Lyndsay Haslehurst Marathon Runner



Lyndsay is a huge supporter of Matrix and this year she was finally able to run the 2021 London Marathon after several cancellations due to covid. Her hard work and hours of training paid off as she finished the race in just over 4 hours, raising well over £2000!

"I feel really privileged to have been given the opportunity to run for you guys"

Amanda & Alison Bake Sale



Amanda and Alison took part in this year's 'What's Your 26' campaign, raising over £400 by baking and selling delicious apple cakes to family and friends across Guildford.

A special shout out to Tesco and Emmanuel Church, Stoughton, for their generosity, supporting Alison & Amanda to carry out their '26' and bake their amazing apple cakes!

Concert Retiring Collection



Last summer we were approached by the Orchestra of the New Age, an orchestra led mainly by students, who were performing a concert at Holy Trinity Church in Guildford. We were delighted when they told us they wanted to donate funds raised through this concert to Matrix. *"It is close to our hearts and we would love to support and raise money for helping vulnerable young people."* They raised over £500!

Natalie Savage Art Exhibition



Each season we invite a local artist to exhibit their work in The Hideaway, and Natalie Savage, who 'loves the ethos behind Matrix and The Hideaway Café', kindly agreed to be our first. Her acrylics on canvas are inspired by the beauty of nature witnessed whilst walking her dog in the Surrey Hills, and she selected some Autumnal works to fit our seasonal switch up in the café. The exhibition ran for 3 months with 25% from each sold painting donated to Matrix.

"It's a unique organisation and I'm delighted to be supporting them and everything they do with the young people of Guildford"

WHAT COULD YOU DO?

There are so many fun ways to raise vital funds for Matrix - could you be one of our champion fundraisers too? We'd love you to help us - through a retiring collection, bake sale or unicycling through the town centre - it's up to you to be as creative as you like!

Just email events@matrixtrust.com to tell us your idea.

Want to help, but need some support? We can help with ideas, promotion and other support to help you get your fundraiser off the ground.

And of course we'll champion you all the way!

CO-OP COMMUNITY FUND



We're very excited that this year we've been specially selected as one of 3 local causes for Co-op's community fund! So you can even support us when you shop at Co-op.

It's really simple:

1. Become a Co-op member for £1
2. Choose us as your local cause to support
3. Get rewards when you shop and Co-op will also donate to us as your selected cause

Just pop into your local Co-op or go online to sign up: membership.coop.co.uk

Fuel the Conversation - For just £5 a month

Research documents the power of young people having a trusted adult to talk to - from improving their mental health, to increasing school attendance and improving career prospects.

But not every young person has someone they can trust or that's ready to listen.



Your gift of £5 a month will give an unheard young person a safe space to talk.

BACS : Metro Bank
Sort Code: 23-05-80
A/c No: 33689896

"I feel better about myself and my life since I started talking"
Ollie, Year 9

CONNECT

WE HELP YOUNG PEOPLE FIND FRIENDS

Since the Youth Hideaway opened in April, the dedicated team of Matrix and cross-church youth workers have been providing an engaging and welcoming space to encourage young people to let off steam and build friendships.

“
I wouldn't miss it for anything
Year 9

2 young people in Year 9 were initially invited after attending one-to-one sessions with our Wellbeing Practitioners. On arrival they were introduced to each other and playing games with the team, they very quickly made friends. They now meet up regularly at the Youth Hideaway, finding it a safe space to hang out. The team is on hand to listen, to chat about what's worrying them and to encourage them to take part in new opportunities.



Thanks to Surrey's Police Crime Commissioner and the Surrey Wellbeing Partnership, who have helped fund the project, enabling us to create a welcoming space for young people.



72% of young people report they had recently felt lonely or isolated
Dame Kelly Holmes Trust, 2016

72%

Young people become withdrawn from society

Matrix helps
Creating a welcoming space where young people can make friends.
£5
Makes Hot chocolate for 30 young people

EMPOWER

WE BUILD CONFIDENCE

“The experience has made me a lot calmer around strangers and as a result has made me less fearful about starting a new job”
Rosie-May, Work Experience Student

Twelve 16-18 year olds, like Rosie-May, have been supported into paid work and training this year through short-term work experience placements or regular volunteering this year, through our BOOST project. Individuals who are struggling to access work experience due to a lack of connections or that suit their interests, are interviewed by our Youth Development Manager, Paul, who matches them with a local placement. The hosts are then supported to provide an interesting and successful experience and young people are prepared for how to make the most of it.

This year opportunities ranged from Barista, administrator and production chef to translator and even local politics. Placed with the local Liberal Democrat candidate for MP, Will really enjoyed the range of tasks they had arranged for him to do during the day. Our CEO popped in to see how he was getting on

Life today is complex and challenging - there's greater choice, but also unprecedented uncertainty

54% lack the self-confidence to find fulfilling work.
Prince's Trust, 2018

Matrix helps
£150
Supported 20 new places on our work experience scheme

and Zoe told us how pleased she was to be involved in this project: “It was exciting to hear that we had made a perfect match for Will and that he was getting so much out of his work experience placement.”

We are now also working in partnership with a local school to provide work experience placements for year 12 students who are unable to find suitable opportunities.

We're always interested to hear from local businesses who can provide work experience.

Is that you? Contact Paul: **07458 099088** &/or paulsharpe@matrixtrust.com

What have our Apprentices been up to?



Coffee Roasting

Team Building

Trip to Butchers



A hidden café with a big heart!

Discover Guildford's hidden gem - a beautifully creative café curated as a space to retreat and connect with friends for a bite to eat.



"The people and the space make it a great environment to be in"
Apprentice (Miles)

SPACE ALSO AVAILABLE TO HIRE

Come and find your hideaway and make every coffee count, benefitting young people who need help to develop the confidence and tools to navigate this complex and challenging world.

WHEELCHAIR FRIENDLY • DOG FRIENDLY • PLANT-BASED OPTIONS

📍 **The Hideaway**, Allen House Pavilion
Eastgate Gardens Guildford, GU1 4AZ