

JANUARY - MARCH 2021

QUARTERLY REPORT

PREPARED BY FIRST CLASS FOUNDATION



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QUARTERLY REPORT

We made it!

This past quarter has been epic, so many new advances and changes to the world around us, but also as an organisation!

We have changed location, and have now moved to our new home in Wolverhampton. It has been an amazing achievement and one that we are extremely proud of.

Navigating through this new terrain, ensuring the safety of our team and pushing forward with our plans - if we are completely honest, has left us feeling somewhat overwhelmed!

As the country begins to open up, we can't wait to do the same, we are busy planning events and opportunities for you to meet us face to face, share our vision and introduce you to our wider team.

We at First Class Foundation are here to serve the following purpose:

1 Reduce youth violence

2 Improve mental health resilience

3 Connect young people and their families to their purpose, through access to jobs, training and positive opportunities.



Over this last period, we have spent an enormous **42** hours in internal zoom meetings with our team planning and thinking, checking in and checking out with staff, to make sure our foundation is strong from the bottom to the top. We have really relished being able to work together once again, taking all the relevant precautions, nothing beats sitting together to work on our First Class Mission together!

Our focus remains the same, but we are now looking forward to the future of brighter days ahead where we can work together face-to-face, reconnect with our clients and programme attendees and more importantly get our street team out there to meet young people where they are on the streets with a wealth of positive opportunities ready to share.



We are First Class Foundation, Building a First Class Nation!

We create projects and programmes that serve young people and their families across the city through our seven spheres of influence: Family, Business, Politics, Media, Justice and Education.

YOUR LIFE MATTERS

Our Your Life Matters programme which started back in August concluded in March, we are proud of the partnership we have created with Birmingham Says No and also extremely proud of the young people who have started to reflect on their own lives and look at ways to make their lives a great success.

We would like to take this moment to thank Birmingham Says No, A-Vision and Antonio Henry for their partnership and working together to enable young people the chance of mentoring, access to relatable role models and much more.

To the rest of the contributors, partners and young people again we say a massive thank you!



We have engaged over 140 young people online

Your Life Matters has seen some great success, to date we have engaged over 140 young people online with a nice consistent group of young people on zoom, 34 referrals, 30 engaged and received one to one mentoring.

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CASE STUDY

One mentee in particular has been learning more about self-belief, so has started to believe in his own talents and abilities and how we can achieve anything he puts his mind to. One of our mentors spent many hours teaching him how to build strong habits and how to habit stack. He then went on to starting his own YouTube channel and we created his logo and banners and now he has started creating videos for it.

Using his strengths and passions for exercise, our mentee got back into exercise and realised this was a vital part of his development. The mentor taught him how to diffuse situations and keep calm within school, which school has commended him on and our support was brought up in his school review.

KITCHEN TABLE TALKS

Our Kitchen Table Talks forums have continued online with a range of interactive, informative sessions aimed at offering parents and carers support during what has been a difficult time.

Kitchen Table Talks is a platform and service provider for parents who have children or young people in the youth justice service. To talk, gain access to support, advice and encouragement about a broad range of topics close to their heart.

Across the last few months, we have received **42 referrals** from all of the YOS' across the region which we have received great feedback for ("grateful for the outlet", "not like any of the services we normally get, they actually care")

ONLINE FORUMS CONTINUE...

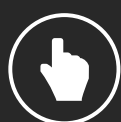
Before Covid 19 and the global pandemic, we would go to a dessert shop or a coffee shop and invite parents to meet up together and share their experiences with each other, which allows for peer-to-peer support and encouragement. This is a way for them to be around other parents that may have experienced similar situations, and subsequently offer advice and tips to one another.

This has not stopped, here at KTT we have adapted and moved to doing online forums via Zoom to create a safe space for our parents to engage with, letting them know that we are still here.

We tell our parents to grab a hot drink, biscuit or a slice of cake and join the call. We also have been sending out some sweet treats to parents. We have a monthly forum for each YOS location, this will be available for those parents you refer.

In addition to this in the New Year, a lot of the parents would like face to face engagement so we will be doing doorstep visits – because nothing beats face to face connections! This quarter we have delivered **25 online parents** forums and spent approximately 80 hours' worth of one-to-one interaction with parents referred.

We are pleased to announce that with the lifting of the restrictions Kitchen Table Talks will be offering monthly forum sessions across the West Midlands, from the 21st of June we hope to be able to reconnect with parents, both old and new.



Visit the Kitchen Table Talks website www.kitchentabletalks.org

For more information about Kitchen Table Talks <https://youtu.be/1ZvnrJ6TcHc>

Total referrals: 77, Total engaged: 65

DEAR YOUNGERS

Our Dear Youngers programme is for young African Caribbean males aged 16-25. They have had access to weekly online forums around topics including, business, health and wellbeing and nutrition.

Despite boys from African & Caribbean communities having lower levels of diagnosable mental health difficulties at the age of 11 years, than white or mixed heritage boys, national data points to adult African Caribbean men having a significantly higher likelihood of developing some types of mental illness.

Saying this, the Dear Youngers project is an initiative that focuses on improving the mental and emotional wellbeing of black males aged 16-25, by providing interactive and practical programmes that are led by proficient and culturally competent practitioners that can help build resilience and sustainable behavioural change. Our team consists of passionate and driven experts who are keen to develop innovative projects and effective public health approaches that can engage disadvantaged groups, encouraging them to zealously fulfil their purpose and become global and societal benefactors.

THE ORIGINAL MANDATE OF A MAN

The Original Mandate of MAN is programme has been strategically developed to target key issues pertaining to the interlinkage between mental health and 'faith'. In spite of the mixed views on the duality of these topics, we believe that mental health and manhood can be holistically explored and effectively captured through biblical principles, helping men purposefully optimise their lifestyles.



Our focus is to equip young men with a current, impactful and pragmatic understanding of biblical principles on the 4 challenges, we call mountains of manhood, that we believe young men must scale to successfully overcome barriers of toxic-masculinity. We are dedicated to providing a learning platform that bridges the gap between reality and faith.

We aim to restore the original mandate of man by readdressing the miscommunication, misconception and misunderstanding of the term masculinity using biblical principles as a core tool of teaching. We intend to help men understand how active faith paired with pragmatic principles can help improve mental health & emotional wellbeing.

Students will be given the following resources:

- Online or Printed First-Class Foundation journal & vision board templates
- Access to free books & materials Checkout | United Church of God (ucg.org) =
- Free Study Bible | Bibles for Europe
- Personal coach & free 15 min 121 Zoom session

DEAR YOUNGERS

What's Next

The Dear Youngers team are currently forecasting plans for the first quarter of 2021 and thereon. Many great opportunities are in process such as an official collaboration with Commonwealth Games. To support young people through the second national lockdown, weekly forums were hosted on each Thursday to enable young people to have mental wellbeing 'check ins'. Moving forward we will be putting out content via our social media so look out.



For more information about any of our programmes, please visit
www.firstclassfoundation.org

Total engaged : 22

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