



 Energise  
Me

 **The Agency**  
Southampton  
**2024**



Young people from under-served communities have the self-confidence, networks, skills and creative mindset needed to be protagonists in their lives and the world around them.







Agents

21

registering

Agents

16

attending

Agents

13

pitching

Projects

3

funded





**Cycle 1**

**24**

**sessions**

**Average**

**82%**

**attendance**

**Cycle 2**

**32**

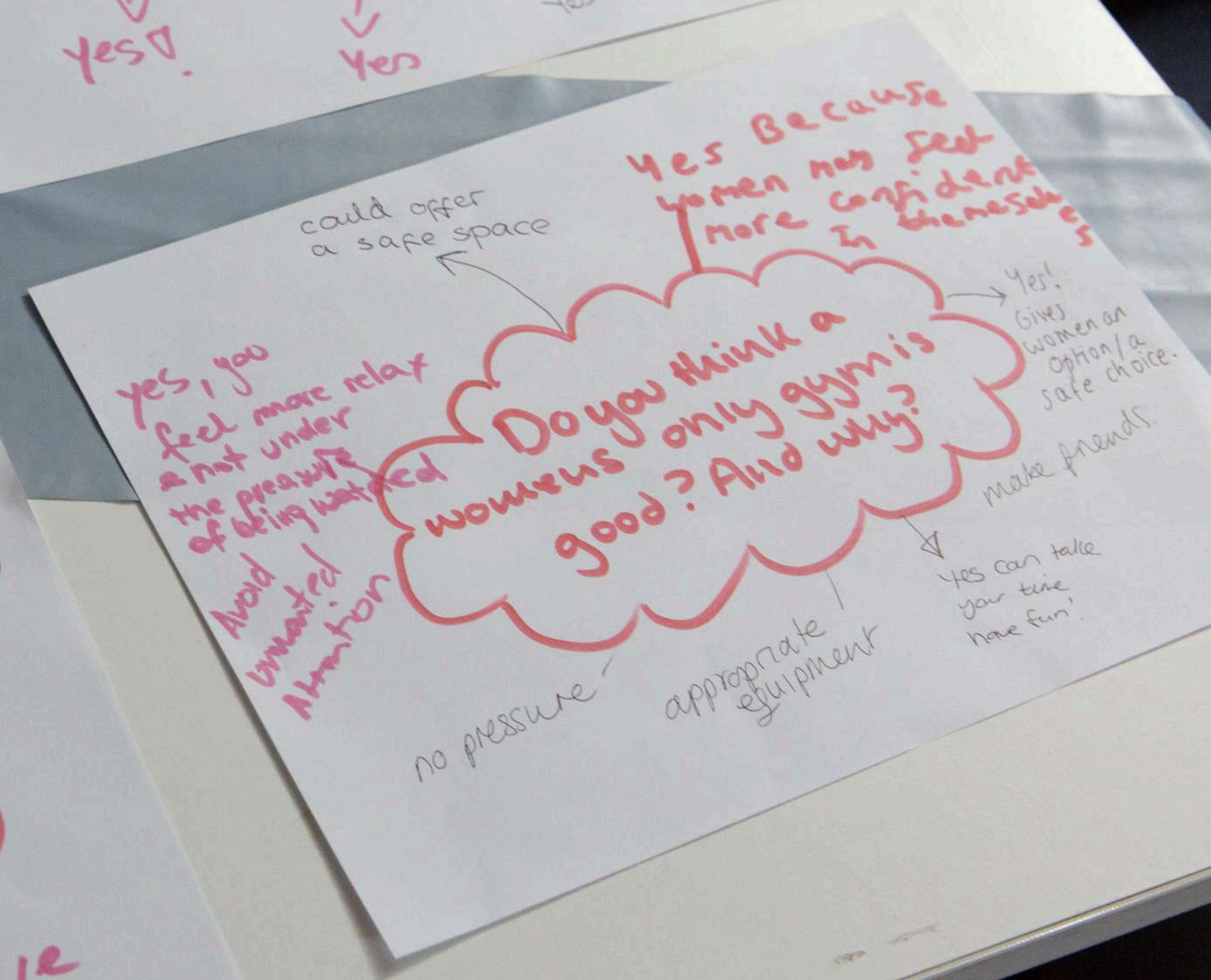
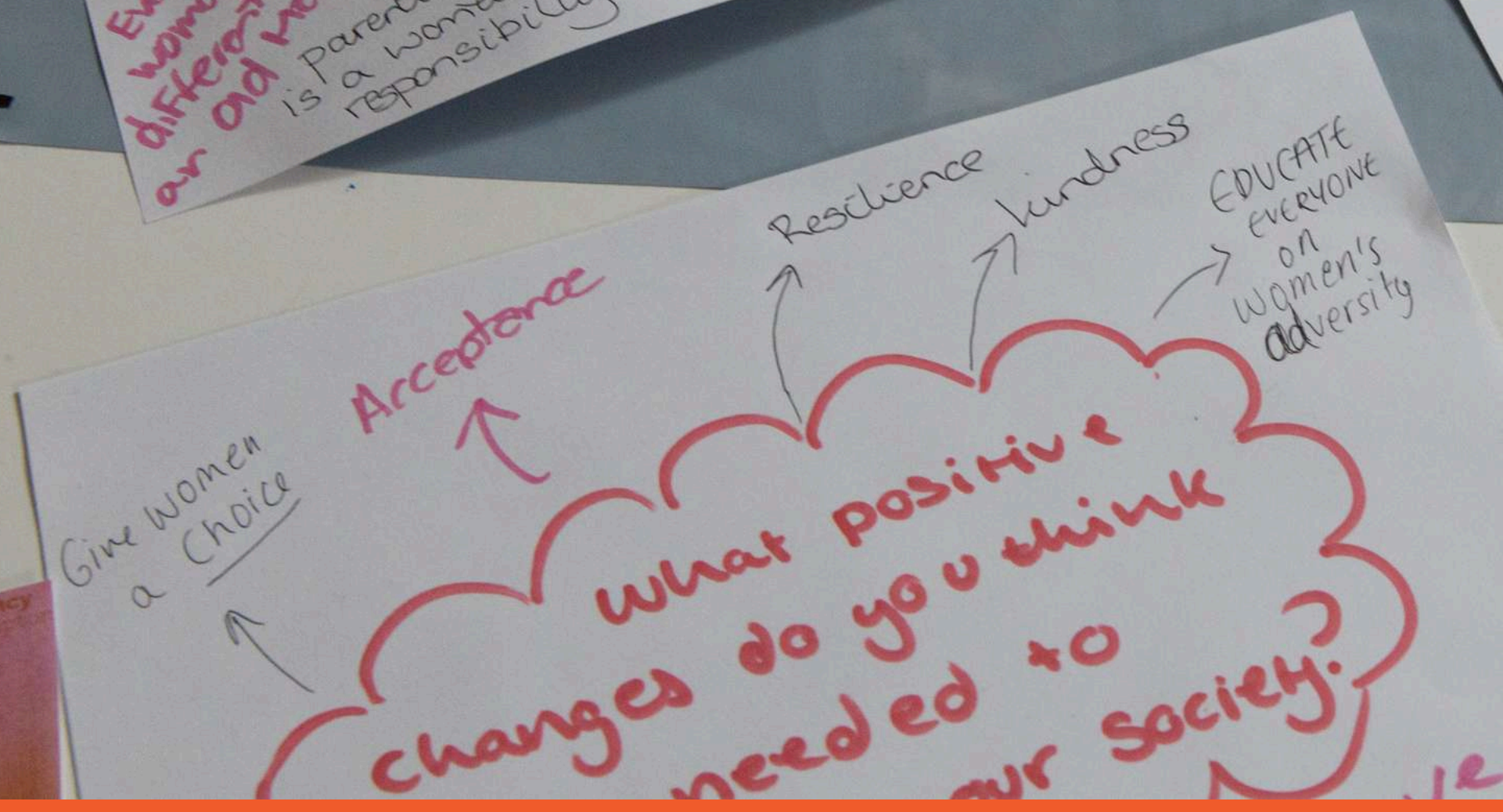
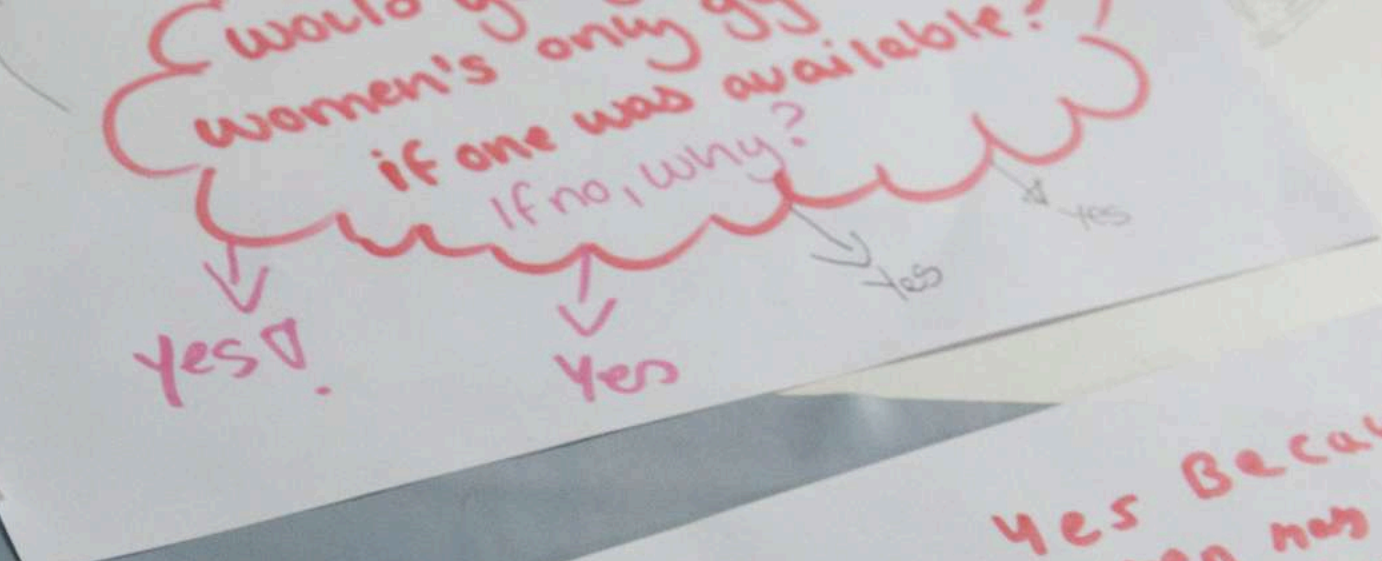
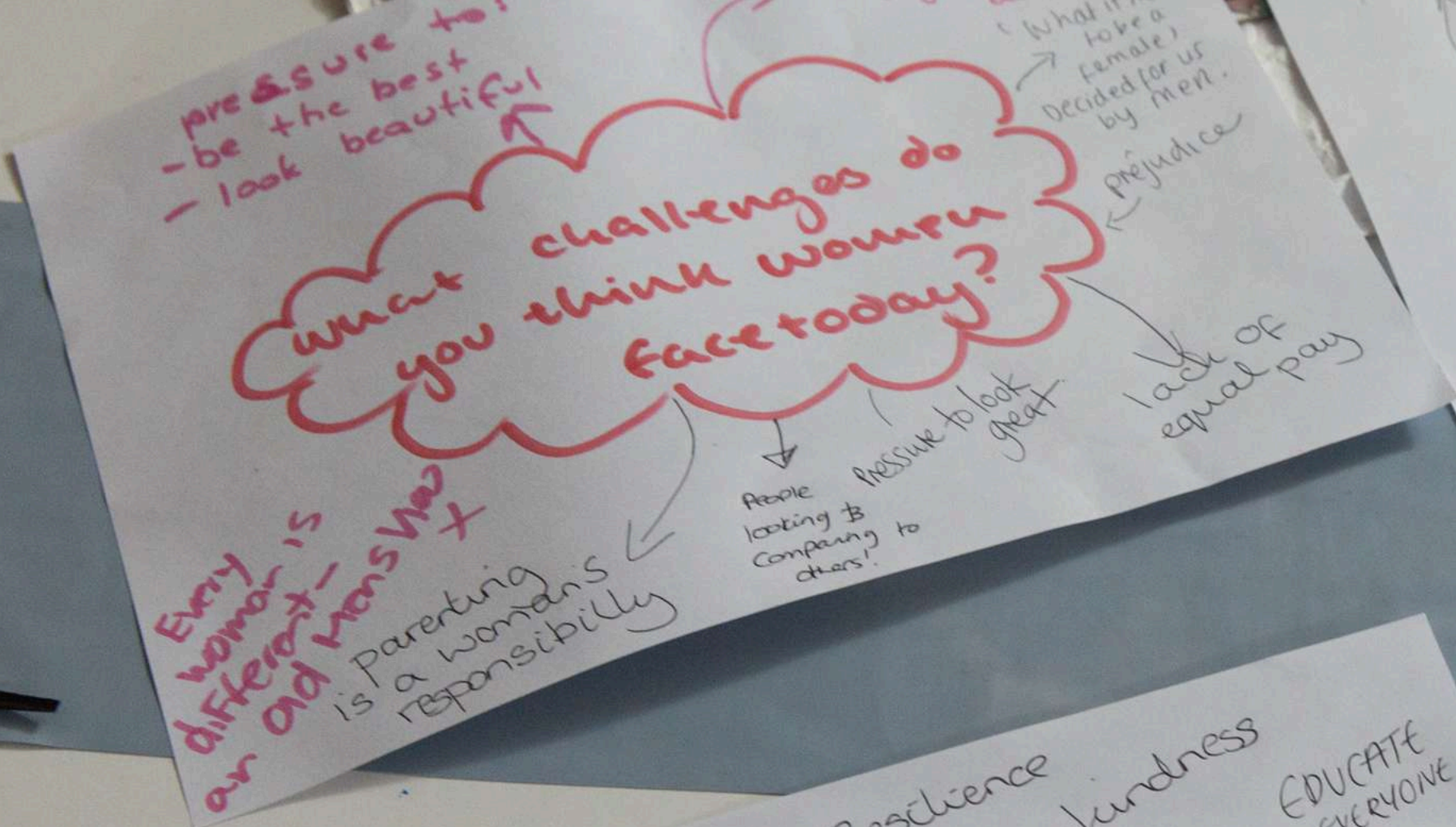
**sessions**

**Average**

**83%**

**attendance**





**Young people have a greater awareness of community needs and opportunities**



**Young people have greater  
confidence in their own  
ideas and potential**

My Desire is to help  
women gain confidence  
in public and to make  
society a safe and welcome  
place for young girls.

My Form is . . . .

My Territory is . . . .

My Idea is . . . .

Who  
are you

ASON'S

CUTTING  
SHADE





# Young people have improved engagement, employment and entrepreneurial opportunities

Since taking part in The Agency two Agents have secured work opportunities. Chris is going to do an apprenticeship with Active Me 360, and Ali is starting work as a coach for the juniors at the Saints Foundation. Kirsty is also in contact with Saints Foundation, hoping to join them when she finishes college.



# **Young people and organisations have increased awareness of the power of creativity to make social change**



At the annual National Gathering in October 2023 our Agents had the opportunity to meet many Agency alumni from across the UK. One example is Osmond, a former London Agent, who has created an award-winning interactive board game aimed at helping young people to make better life choices through understanding the consequences of different actions and decisions.

One of our Agents has recently become involved in a creative dance project in the City based around men's mental health, ZoieLogic's The Big Movement. Not only has he joined them for some filming but he has reached out to them for help and support with his own mental health.





Ophelia (Head of Experience of Care, Solent NHS Trust) delivered a slam poetry workshop based around Agents' lived experience. She was so impressed with what the Agents created she recorded some of them to use in a recruitment drive for the NHS

**Organisations integrate young people and their ideas into programming**



**Young people have increased ability to identify new and existing networks**







All our Agents were supported in building a tangible network relevant to their desire and project idea. Examples included:

- Braids by Blacks (Noku & Lorena) visiting Aja Ndeye's salon to learn more
- Game Changers (Ali), Active Confidence (Chris) & Goals for Girls (Kirsty) making strong connections with Active Me 360, Hampshire Football Association, Saints Foundation & Wicketz.
- Glowrious (Rougui & Abbie) making a connection with and invited to keep in contact with Lipstick Gangster
- Learning Disability Workshop (Tom) being invited to give a talk at Southampton Central Library on his lived experience



- History of Graffiti/Street Art workshop (linked to marketing and branding)
- Theatre visit to watch the dress rehearsal of headfunk, featuring a cast of young people with learning disabilities
- Trip to the annual The Agency National Gathering at Battersea Arts Centre
- Visit to John Hansard Art Gallery, which many Agents had never been in before
- Theatre for Life coming to Northam Community Centre to perform their “Your Brain Explained” show

## Group cultural enrichment activities





What has been  
favourite moment

The Agency

**“I learned in The Agency to be more confident and push myself to do things I wouldn't normally do”**

**Abbie**

**“I learnt many things from The Agency, but the most important one was getting out of my comfort zone”**

**Zofia**

**“I learnt from The Agency to always trust the process and just be patient with yourself and never doubt your abilities”**

**Jennifer**



What has been your  
favourite moment at  
The Agency?

going out to water...  
dance practice at the MASI

The games and having creating new ideas

The treasure hunt

TRIP TO LONDON

creative tasks and just be having fun

*The games*

**“The Agency will give you  
a chance to have a great,  
bright, and help your  
society. I learned how we  
can communicate with  
other people”** Mohammad

*the trip to go  
see other agents*

**“I learnt that patient is  
important, trust the  
process and not rush  
things”** Rougui

**“ I definitely learnt a  
lot of team building  
skills from my time at  
The Agency, through  
the fun games and  
activities”** Gabby



**“I have learned so many things that I will appreciate for the rest of my life, but the two things I always will have in my mind that I’ve learned from The Agency is, to be myself, coming out of my comfort zone and searching who I really am - life is not about finding yourself, it is about creating yourself. The second thing ... is people that care about you will always be on your side. There are friends, then there are family, and then there are friends that become family and that is thanks to you and everyone else in The Agency.” Ali**







Projects

3

funded



Multi-activity project giving boys and girls aged 11-16 years the chance to try different sports, learn skills and gain confidence in their ability. Chris was told by a teacher when he was younger to give up sport, because he wasn't very good, and he knew that many young people weren't getting the support and encouragement they need.

[Click to watch Chris' promo video](#)



Sessions = 7

Attendances = 90



Project  
expenditure  
= £2k





Weekly girls only football coaching for 10–18-year-olds aiming to teach girls techniques, tactics and how to play a good game of football. 90 minute session led by a qualified female coach.

Kirsty's desire was to create a space where girls could play, without being bullied by boys and where they were encouraged to express themselves and become passionate about women's football. Kirsty is crazy about football but doesn't get the opportunity to play at school as there aren't enough girls to make up a team.

[Click to watch Kirsty's promo video](#)

Sessions = 8

Attendances = 27



Project  
expenditure  
= £1,350



*Creating a safe  
space celebrating  
taking risks  
and failure  
by providing  
constructive  
feedback to young  
people*

TRUST THE  
PROCESS

TRUST THE PROCESS



# GREENSPACE

With similar desires and project ideas Jennifer & Bianca decided to join forces and create a “monster project”. As Cycle 2 progressed Greenspace struggled to turn their concept into reality. They found the process of trying to get people to sign up and leading sessions overwhelming. They were encouraged to think about different ways they could achieve their project aims and goals e.g. creating leaflets on local green spaces to visit but were also supported to know that they didn't have to continue. Ultimately, both Agents decided the right choice for them was to stop.

Being awarded funding at Panel was a great achievement and having the chance to grow their networks, develop project management and business skills and be mentored by Agent Alumni, Yulu, were great learning opportunities for them.

Project aiming to offer girls the chance to reconnect with nature and improve their wellbeing through going on nature walks and talks. 2-hour sessions with guest speakers and visits to local green spaces.

[Click to the Greenspace promo video](#)



Sessions = 3

Attendances = 1



Project  
expenditure  
= £222



“It was great to see everyone on Saturday and so heartening to see so many great ideas and some really amazing young people. The support and encouragement that you are giving them is really having an impact and it will be lovely to see the outcome of all the work that you are doing.”  
Jamie, Skate Southampton

“What a wonderfully inspirational group of young people. The pleasure was seriously all mine.”  
Vernona Rose, Actor

“I had such fun with them too and I am so pleased that they found it helpful.”  
Shelia, Silverdale Training

“It was so lovely speaking to your girls for such a great cause. I would be happy to join the 'fake' panel.”  
Aja Ndeye, Beauty By Aja Ndeye

“I hope that those chosen to receive the funding were happy but I also hope that the others recognized how amazing their pitches were and how there will still be an avenue for them to explore albeit a different way.”  
Ophelia Watson, Solent NHS Trust

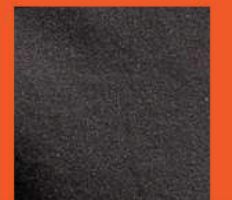
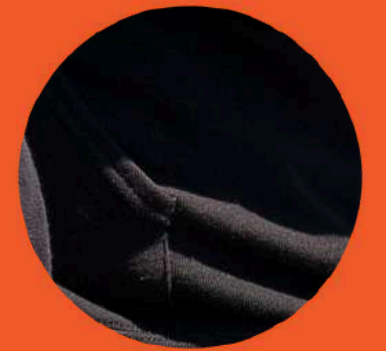
“Absolutely a pleasure to pop down and speak to the groups. Enjoyed it myself and I hope they got something out of my visit. Kirsty would be a great asset to us in the future. Hopefully we see her again soon.”  
David Warnes, Saints Foundation

“Thank you for allowing me to be part of the panel Saturday, I really enjoyed it and it is always great to see so many inspirational young people trying to make a difference. I look forward to being a part of the remainder of the project as and when you need my support.”  
Will Atterbury, Active Me 360



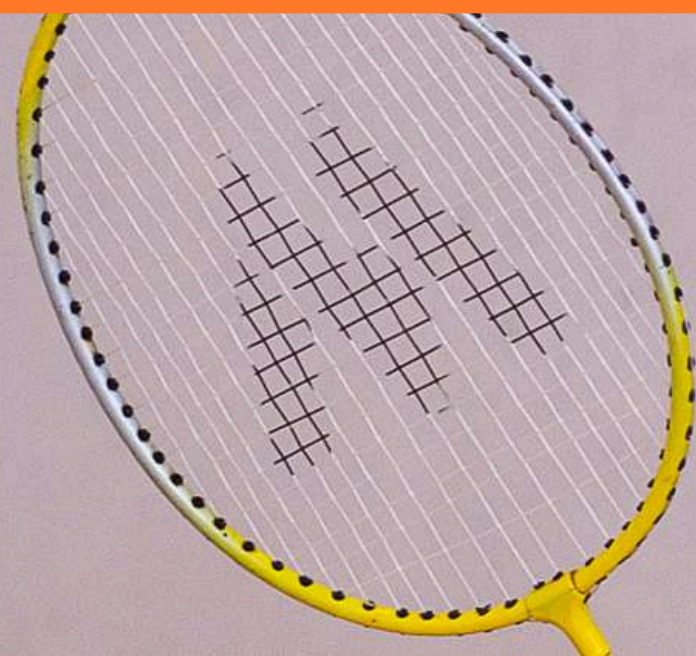


# Alumni





In 2022, Zarka & Sharnay delivered the highly successful 'Sports with Support' project - providing a safe environment for girls to improve their mental health and body image through sport and fitness without religious, cultural or financial barriers. They secured £2k funding from Active Me 360 to continue delivery, This was deferred while Zarka spent time in Pakistan. Now back Zarka is planning to restart sessions in October 2024. She also supported Chris with delivery of his project in March/April.







**Since taking part as one of our first cohort in 2021 Yulu has:**

- **delivered her Eco Kids project**
- **sat on the National Agency Steering Group, helping to design and organise annual National Gathering events**
- **supported street engagement to recruit new Agents**
- **helped interview for our new Project Manager**
- **attended the Marketplace of Ideas presentations by this year's Agents in Week 5**
- **sat on this year's Fake Panel, providing feedback to Agents**
- **mentored Greenspace**

**Yulu is going to the National Gathering in July as a paid member of the Southampton team. We are hoping she will be joining us in Sep 2024 in a Junior Facilitator/Peer Mentor role.**



**Abdourahman (Abs) was one also one of the 2021 cohort. Since taking part he has:**

- delivered his Northam & St Mary's Art Collective project**
- presented at school assemblies to help inspire the next generation of Agents to sign up**
- supported street engagement to recruit new Agents**
- been a Guest Speaker, coming in talk to Agents about his experience with The Agency, and what he has gone on to do since taking part.**

**We are also hoping Abs will be joining us in Sep 2024 in a Junior Facilitator/Peer Mentor role.**





