TRELYA

GALLOS

Trelya's Youth Service for children and young people aged 5 to 25.

Impact Report

April 2025 - March 2026

Gallos at the beach.

Introduction

Gallos is Trelya's youth service, supporting children and young people aged 5–25 across West Cornwall.

We work alongside children and young people experiencing poverty, trauma, family instability, exclusion, poor mental health, educational disadvantage and multiple Adverse Childhood Experiences (ACEs). Many face significant barriers to accessing opportunities, developing positive relationships and achieving their potential.

Our work is rooted in the belief that positive futures are shaped by trusted relationships. Through youth work, mentoring, advocacy, practical support, creative activities and family-centred interventions, we provide long-term relationship-based support that helps children and young people feel safe, connected and able to thrive.

This report summarises who we support, the challenges they face and the difference made between 1 April 2025 and 31 March 2026.

Young peoples and Tate St.Ives take over at Trelya

Who We Support

Between 1 April 2025 and 31 March 2026, Trelya supported 143 children and young people aged 5–25.
The children and young people we support experience some of the highest levels of disadvantage in England.

Analysis of postcode data shows:

• 89% live in neighbourhoods that fall within the 20% most deprived nationally.
• 80% have experienced two or more Adverse Childhood Experiences (ACEs).
• 70% have experienced four or more ACEs.
• More than half (54%) live in Penzance Treneere, the most deprived neighbourhood in Cornwall.

According to the 2025 Index of Multiple Deprivation, Penzance Treneere ranks within the most deprived 3% of neighbourhoods nationally.

Many of the children and young people we support experience multiple and interconnected challenges including trauma, poverty, social isolation, poor emotional wellbeing, SEND, school exclusion, school refusal and involvement with statutory services.

This demonstrates that Gallos is reaching children and young people facing the highest levels of poverty, adversity and social disadvantage in Cornwall.



Young people visit the Minack Theatre with Trelya

Neighbourhood	National Deprivation Ranking (IOMD 2025)	Number of young people accessing Gallos and living in this neighbourhood April 25 to March 26
Cornwall 067E (Penzance Treneere)	Most deprived 3% nationally	77 (54%)
Cornwall 068B	Most deprived 19% nationally	19 (13%)
Cornwall 068A	Most deprived 8% nationally	17 (12%)
Cornwall 068C	Most deprived 13% nationally	10 (7%)
Cornwall 070D	Most deprived 13% nationally	3 (2%)
Cornwall 057G	Most deprived 17% nationally	1 (1%)

The Challenges Young People Face

Trelya works in communities where many young people experience overlapping challenges linked to poverty, trauma, poor mental health, housing insecurity, exclusion from education and unstable family circumstances.
Many of the young people we support have had difficult experiences of education, health, social care and other systems throughout childhood. These experiences can affect confidence, trust, wellbeing and future aspirations.
At the same time, statutory services continue to face increasing pressures and higher thresholds for support. As a result, many children and young people require additional help to navigate services, access opportunities and build positive relationships. Our experience tells us that young people are not hard to reach. Systems are often hard to engage with.

Our Approach

Positive futures are shaped by trusted relationships.
Gallos is built on the understanding that meaningful change rarely happens through short-term interventions or one-off activities. Instead, it develops through trust, consistency, belonging and opportunities to succeed.

Our approach is:

- Relationship-led
- Trauma-informed
- Strengths-based
- Flexible and responsive
- Youth-centred
- Reflective
- Creative
- Anti-oppressive

We work alongside young people over time, adapting support around their needs, interests and aspirations.

Support includes:

- Detached and outreach youth work
- One-to-one mentoring and support
- Advocacy and practical support
- Creative arts and music activities
- Community participation opportunities
- Emotional wellbeing support
- Family support
- Support to access education, training and employment opportunities

Through years of practice we have learned that some of the most meaningful conversations happen while cooking, making art, listening to music, travelling together, helping younger children or simply spending time alongside one another.
Rather than expecting young people to adapt to services, we seek to create environments where young people feel safe enough to participate, contribute and grow.

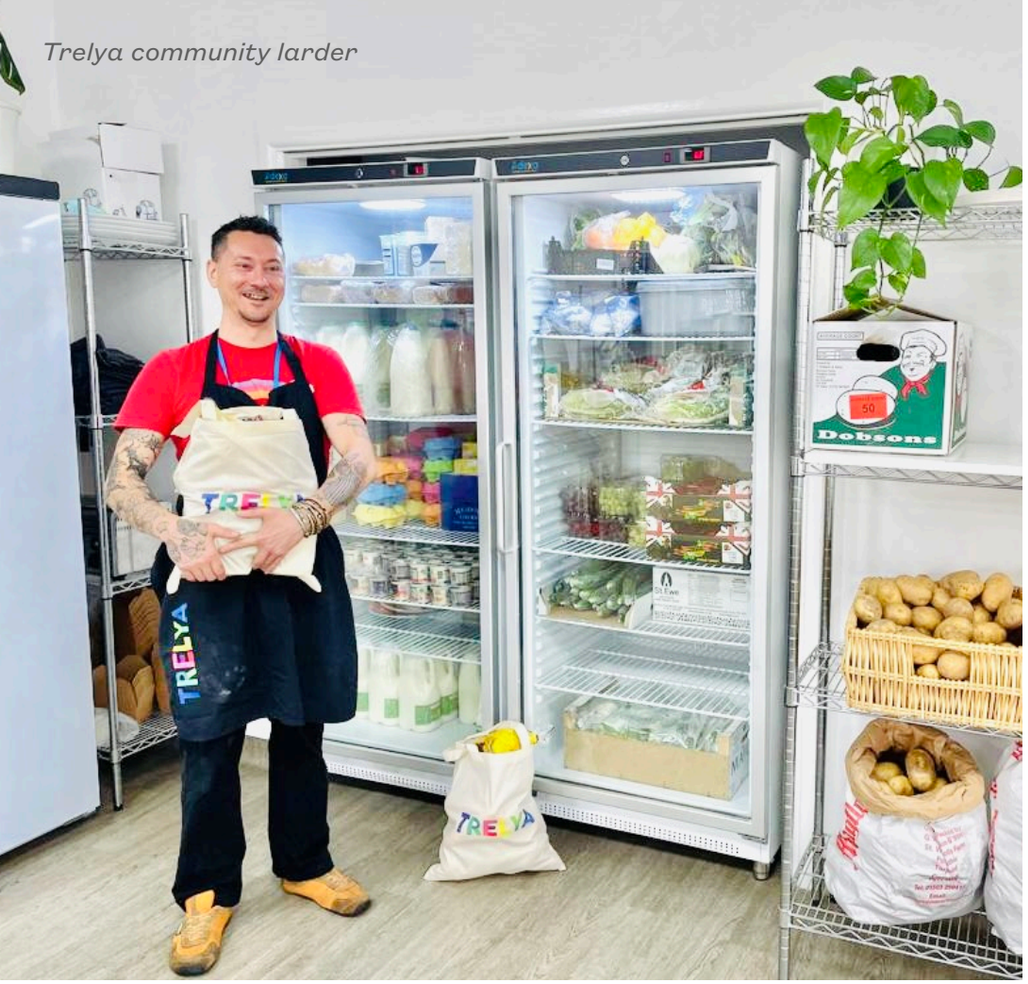
Creativity, Music and Belonging

Creativity plays an important role in Gallos' approach.

Through Ilow, Trelya's youth-led music programme, children and young people can access high-quality music-making opportunities, recording technology, performance experiences and creative mentoring.

Young people are actively involved in shaping the programme. They have helped design and name Trelya's Community Recording Studio, developed original compositions, formed bands, produced soundtracks, explored DJing and music technology, and participated in live performances and creative collaborations.

Music provides a powerful route into confidence-building, self-expression, emotional regulation, relationship-building and skill development. For many participants, creative activity offers a safe and accessible way to engage with support, build aspirations and develop a sense of identity and belonging.
Gallos recognises that creativity is not an add-on to youth work. For many young people, it is one of the most effective ways to build trust, develop confidence and create opportunities for positive futures.



Trelya community larder


Trelya Bike library

Outcomes

Children and young people accessing Gallos often face significant barriers linked to poverty, trauma, adversity and exclusion.

Progress is therefore assessed not only by whether challenges are resolved, but by the positive changes young people make in their relationships, resilience, wellbeing and ability to make positive choices.

During 2025–26 Gallos continued to support children and young people to strengthen relationships, build resilience and make safer choices.

Safer Choices

114 children and young people participated in targeted support programmes. Every participant made positive progress in this outcome area:

- 58 made significant progress in making safer life choices.
- 56 made some progress in making safer life choices.

Resilience and Thriving

Young people reported increased confidence, resilience and ability to cope with challenges.

- 69 made significant progress in resilience and thriving.
- 45 made some progress in resilience and thriving.

Positive Relationships

Developing healthy and supportive relationships remains central to Gallos' work.

- 54 made significant progress in developing positive relationships.
- 60 made some progress in developing positive relationships.

Daily Routines and Wellbeing

- 85% reported feeling more in control of their routine outside school hours.

These outcomes demonstrate the value of relationship-based youth work in supporting young people to navigate challenges, develop resilience and build positive futures.

Music and Creativity

Through Ilow, Trelya's youth-led music programme:

• 76 children and young people participated.

• 270 group sessions were delivered.

• 360 one-to-one sessions were delivered.

• 16 workforce development sessions strengthened staff confidence and skills.

Young people engaged in music production, recording, DJing, performance, songwriting, sound design and creative collaboration. Staff observations and participant feedback indicate increased confidence, creative expression, communication skills, leadership, aspiration and engagement.

What Helps Young People Thrive?

Analysis of outcomes highlights several factors that consistently contribute to positive change.

Trusted Relationships

Young people consistently tell us that having trusted adults who listen without judgement is one of the most valuable aspects of Gallos.

Long-term, consistent relationships help young people:

• Build confidence
• Develop trust
• Seek support earlier
• Strengthen emotional wellbeing
• Feel more connected to their community

Participation and Youth Leadership

Young people are supported to shape activities, influence decisions and contribute to the development of services.
Participation is embedded throughout Gallos and helps ensure support remains relevant, meaningful and responsive.

Creativity and Expression

Creativity, movement and shared activity often provide safer and more accessible routes into conversation than formal interventions.
Music, art, performance and community projects help young people build relationships, develop skills and explore challenges in ways that feel natural and engaging.

Whole-Family Support

Many young people face challenges that cannot be addressed in isolation.
Where appropriate, Gallos works alongside families and other Trelya services to provide coordinated support that strengthens relationships and improves outcomes across the wider family.

Looking Ahead

In 2026–27 Gallos will continue to strengthen its evidence base and deepen opportunities for young people to shape the work.

We will continue to:
• Support children and young people experiencing poverty, trauma and disadvantage.
• Strengthen participation and youth leadership opportunities.
• Deepen our approach to youth participation, ensuring young people have meaningful opportunities to shape services, influence decision-making and contribute to the development of more responsive systems and communities.
• Develop approaches that promote emotional wellbeing and resilience.
• Build trusted relationships with children, young people and families.
• Expand progression opportunities in music, creativity, education and employment.
• Work alongside partners to create more responsive and inclusive systems.

Our ambition is simple: that every child and young person who engages with Gallos feels listened to, valued, connected and able to build a positive future.