

Community Youth Work Quarterly Report Form

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| Youth Worker(s) | Emma Edwards, Maria Colenso, Paul Conroy |
| Area | Steyning, Upper Beeding, Bramber and Ashurst |
| Date | October 2016 – Feb 2017 |

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| <p>HUB FUN</p>   | <p>Hub Fun is a Youth Group for School years 6 7 & 8 at The Hub in Upper Beeding on Monday evenings between 6.00pm and 8.30pm. This club is run by Maria Colenso and a team of volunteers from the community. Hub Fun offers a weekly plan of activities from Nerf Wars, Ready Steady Cook & Fruit Bingo to pool tournaments and craft activities. Recently on the club's ready steady cook evening The Co-op in Steyning kindly donated food for the activity and the young people showed off their culinary expertise making drinks, deserts and pizzas from the ingredients provided. Another highlight from this term was a visit from Rikkyo Japanese school in Horsham who brought over their students to teach the young people origami, some phrases and took part in a tea ceremony. Both groups of young people gained a lot from the cultural exchange learning and playing together. Members of Hub Fun have also held a Halloween disco, took part in some Zumba and worked towards designing their own logo for the club. Attendance from the club is good from across the local villages with a strong core group of members. Maria is building good relationships with parents and working towards building the volunteer base.</p>    |
| <p>Cuthman Centre Youth Clubs</p>    | <p>Tuesday youth club 5.00pm – 6.45pm for school years 7&8, 7.00pm-9.00pm for school years 9-13. Over the last term we had been doing a variety of different activities for example, sushi making, hot topic evenings such as alcohol, internet safety and puberty, making smoothies, learning how to sign the alphabet and movie nights. Numbers have been consistent and have grown over the weeks with a high of 41 young people one night. We have good relationships with the young people and have welcomed a number of new members over the quarter as well as welcomed two new young leaders completing their DofE award. The young people remain a lively bunch of engaged young people who get on well with each other and on the whole are happy to try new things and join in with activities as well as seek guidance and support for difficult issues.</p> <p>Thursday youth club 7.00pm – 9.00pm for school years 7-13</p> <p>Thursday nights have been running well with a consistent group of young people attending. The evening has seen an influx of new faces and in response the team of youth workers cater activities and trips for their needs and abilities. The young people have enjoyed the new addition of a PS4 console thanks to a successful funding bid to Hall and Woodhouse, and some of the activities this term have included Hungry Hippos, a bonfire and glow stick hunt on The Downs and Pizza making. At Christmas the group enjoyed a Christmas dinner together with food kindly donated by Higgidy Pies. On the 2nd of Feb 15 young people from the club enjoyed a trip to Air Hop trampoline park in Guildford. This club has also shown there is a need for a few of the young people to be mentored and one to one work with these few has now begun.</p> |

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| <p>Mobile Youth Provision</p>   | <p>The Purple Bus and Snack Waggon</p> <p>From October half term until the Christmas holidays the Purple bus (a mobile youth club housed in a lorry vehicle) came to Upper Beeding at the earlier time of 4.00pm – 6.00pm. Initially engagement increased with local young people, however, these young people were all school year 6 and 7 and sadly not those we were aiming to target. Towards the end of the sessions take up was low and we decided to concentrate on an alternative provision in a better location in the new year at a later time slot.</p> <p>In January another mobile unit “The Snack Waggon” has been coming down to Upper Beeding bandstand at the later time of 7pm – 9pm on Wednesday nights. The van serves free toasties and hot drinks for young people aged 11-25 and is a mobile information unit full of games and activities around relevant issues for young people such as sexual health, substance misuse, keeping safe, employment and education. So far we have been engaging with small groups of young people (between 3&5) and discussions have included sexual health and pregnancy, school and education. This session is a partnership project and is run by Emma and Toby from West Sussex County Council’s Young Peoples Service. By working with WSCC we are able to offer the young people more services such as C Cards and signposting into YPS courses and intervention work. We hope to continue to run the project until the Easter holidays.</p> |
| <p>Youth Voice and SDS</p>  | <p>Last year saw the launch of the Youth Voice group, a monthly group for young people to get involved in their local community, work alongside The Steyning Download Scheme and link up with local youth politics.</p> <p>In October the group received a visit from the Steyning Patient Participation Group, the PPG spoke to the group about their planned information evening on stress and spoke to the young people about the things that made them feel stressed and ways in which they could cope better. One of the members of the group is currently writing a paper for the next PPG newsletter about his experience coming out as a gay young person and how parents can support LGBT young people.</p> <p>The group are still working towards a cannabis concern campaign with HDC, the ASB team and community policing teams.</p> <p>Emma continues to sit on the steering group for The Steyning Downlands Scheme looking for opportunities for young people to get involved. A new young steering group member has also been recruited as a youth rep for the group and will be a link between the adult steering group and the youth voice.</p> <p>It would be great to have a few more members to the group and invite any young people aged 12 – 19 who would like to get involved and gain valuable experience to add to their CV and gain new skills to get in touch.</p> |
| <p>Antibullying / ASBAG/ Networking</p> | <p>Networking with other agencies and partners continues in order to provide a better service and access to information for local young people.</p> <p>These networks include, other local youth workers from both voluntary and statutory sector, Think Family Network, Team Around the Family, multi-agency forum meetings, Horsham Earliest Help Hub development meetings, Action Against Bullying – West Sussex, Young Horsham District, Anti Social Behaviour Action Group, Voluntary Safeguarding Forum to name a few. These meetings are attended by various members of the team and relevant information is disseminated out for assisting young people to access the right support and help.</p> |
| <p>Mentoring</p> | <p>Mentoring continues in both Steyning Grammar School and The Towers Convent School with a caseload of young people. Current issues being supported are self esteem building, family issues, communication skills, gender identity, stress, exam</p> |

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| | <p>worry and healthy coping mechanisms. Since the start of the project we have supported 29 young people on a one to one basis. Alongside this due to increased need young people have also been signposted to YES (Youth Emotional Support) services, Primary Mental Health Worker and online counselling through Kooth.com. Young people being mentored have been both identified via the youth clubs and referred from the school and is provided by both Maria and Emma.</p> <p>This one to one work has also led to new small group initiatives including a small girls group that was held in half term to offer peer support around issues such as relationships, puberty, stress and good sleeping habits. Youth workers also lead the girls in meditation and relaxation exercises and gave the group time and space to talk about the things that were worrying them. Good feedback from attendees was received.</p> |
| <p>SGS boarding wellbeing sessions.</p> | <p>On the 2nd of Feb, Emma spent an evening with SGS boarding holding a drop in “clinic” style session for young people to come and talk about relationships and sexual health. 26 young people came to the drop-in in small groups and spoke about issues such as consent, healthy relationships, pregnancy, contraception and were signposted to relevant services. It was a constructive session and one which the young people found extremely beneficial, many good issues were raised and discussed and support and space to talk about these issues with a trusted adult who wasn’t a teacher or parent was greatly received by the young people. The session ended up running an hour more than planned due to popularity and as a result a similar session will be set for a future date.</p> |
| <p>Trips and Events</p>     | <p>October Half Term</p> <p>October half term was one of the most successful in terms of trips. With 50 individual young people attending trips over the break, many going on two. We took 30 young people to Air Hop in Guildford, 22 young people in school years 6,7&8 to Chessington and 15 young people in school years 9+ to Thorpe Park Fright Night over the course of the week hiring minibuses from Steyning Grammar School – all young people had a great time and many parents were grateful for the holiday provision.</p> <p>On the 2nd of Feb 15 young people from the Thursday night youth club went on a trip to Air Hop.</p> <p>Crafternoon Event</p> <p>Early December the youth clubs hosted a crafternoon in aid of MIND the mental health charity. During the Saturday there were various craft activities for people to try out as well as tea and cakes. Everyone who attended from the community enjoyed their time, with around 40 people coming along over the course of the day from all ages. £100 was raised for the cause and activities ranged from Christmas stocking making, gift tags and cards to natural wreath making.</p> <p>Upcoming trips</p> <p>On the 14th of Feb we are planning a trip to Sky High trampoline park in Peacehaven and are hiring a coach to take young people to and from the venue. We currently have 35 young people booked on to this trip.</p> |
| <p>Future developments</p> | <p>The team continue to develop the service to meet the needs of the young people we are working with currently these include;</p> |

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| | <p>An after school session: in the lead up to exams, providing a space for revision and study as well as space to look after the young people pastorally, give space for young people to talk through issues and bring in services such as the school councillor to provide workshops for the students.</p> <p>A girls school lunch time club: looking to build resilience, and provide support looking at communication skills, raising aspirations and building confidence.</p> <p>An anger management course: in partnership with the Anti-Social Behaviour Team and Sportiv8, looking at ways to combine tools to manage angry feelings and physical exercise.</p> <p>New IT system: several funding bids have been submitted to help develop an IT system which will enable parents to book onto trips easier, and for the team to register young people into groups.</p> |
| <p>Training</p> | <p>The whole team attended mental health awareness and mental health first aid training on Thursday the 27th of October.</p> <p>In November Maria completed some training from Ambition Youth, which will enable her to lead young people to complete their Level 1 Leadership Award.</p> <p>At the end of November Emma will be completing a professional part-time Level 3 qualification in education and training course at Brighton and Hove City College – this course will be beneficial for leading training sessions and workshops with young people, parents and other professionals as well as training up volunteers to a high standard.</p> |
| <p>Social Media</p> | <p>Over the past few months we have been working really hard on building awareness and building the profile of the service through social media. You can follow our regular updates on the following platforms.</p> <p>Facebook – www.facebook.com/cywsouth</p> <p>Instagram: @CYW_South</p> <p>Twitter: @communityYW</p> |

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| <p>Work to focus on next quarter</p> <p>Maintaining existing programme</p> <p>Developing mobile youth provision</p> <p>Continuing to build service profile with community</p> <p>Recruitment of volunteers</p> <p>Upcoming trips and summer planning</p> <p>New groups and initiatives</p> |
| <p>Feedback from young people/ Community</p> <p><i>“Thanks for taking (X) She had another fantastic day out with you all We are very lucky to have such a wonderful service available locally for the young people. Thanks for all you hard work”</i> – Facebook comment from a parent re: October half term trips</p> <p><i>“Great trips to Chessington and Airhop. (X) Is looking forward to more trips in the future Thanks again”</i> – Facebook comment from a parent re: October half term trips</p> <p><i>“(X) Has a lovely time. Thanks for taking her”</i> – Facebook comment from a parent re: October half term trips</p> <p><i>“Loved it. Thank you so much for a great afternoon xx”</i> – Facebook comment re: Crafternoon event</p> <p><i>“Dear Emma, Thank you for all your time and support for SDS and the youth. Best wishes Rick”</i> - Christmas card greeting</p> |

"To Emma, Maria and everyone else! Thank you for being such lovely youth workers and making me feel so welcome" – Christmas card from young person

"Dear Emma, Thanks so much for looking after (X) at the youth club. He always looks forward to Tuesday nights and always comes back in a positive mood. Appreciate all the time and effort put in! Best wishes" – Christmas card from parent of young person attending youth club

"It's really good to have someone to talk to about this kind of stuff, I don't feel like it's something I can talk to my parents about and it doesn't feel right talking to the teachers. It's good to be able to ask a question and not be worried about what your friends might think or worried about someone laughing at you" - Boarding school student
re: relationship drop-in

Case Studies

Young male aged 16 came to talk to youth worker regarding consent and expectations on guys to act a certain way towards females. Gender stereotypes were discussed and challenged. The young person also talked about relationships and youth worker discussed what made a positive relationship. Youth worker signposted to several appropriate service for more support for the young person. The young person was grateful for the opportunity to talk through these various issues and thanked the youth worker – he said it had been difficult to talk about as felt judged by his peers.

A young person came to talk to youth worker following struggles with sexuality and parents reaction to being in a same sex relationship, Youth worker gave support to young person and offered mediation for parents to talk through issues. Youth worker supported young person to explore their feelings and the wider issues that were also worrying them to enabled better communication within the family. Youth worker also signposted to Allsorts project in Brighton for further LGBT support and groups which the young person might like to attend as well as their parent support group. At the end of the sessions the young person felt more empowered to talk with their parents. They had thought about the things they felt were important to communicate and confident to have a conversation about the things that were worrying them at home.