

Community Youth Work Quarterly Report Form

Youth Worker(s)	Emma Edwards, Maria Colenso, Bilge Kinas-Clarke
Area	Steyning, Upper Beeding, Bramber and Ashurst
Date	April 2017 – July 2017

<p>HUB FUN 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.</p> 	<p>Hub Fun offers a weekly plan of activities from themed nights and workshops to games, craft, sports, trips and a tuck shop. A couple of highlights from this quarter have been:</p> <ul style="list-style-type: none"> - visit from a group of older teens following a gap year to Kosovo, the Kosovo action team lead games with the young people and shared their experiences living and working within a different culture - visit from a community chef who taught the young people how to make ravioli with various fillings. <p>This club is run by Maria with a team of volunteers from the community. Attendance remains good, in the early to mid-20's, and consistent from young people in the local villages. We have been really blessed to have had a good number of volunteers over the year however some of these commitments will be coming to an end as term finishes. This puts us in need for new volunteers for September in order for this group to continue.</p>
<p>Cuthman Centre Youth Clubs Tuesdays 5.00pm – 6.45pm for school years 7&8, 7.00pm-9.00pm for school years 9-13</p>  <p>Thursdays 7.00pm – 9.00pm for school years 7-13</p> 	<p>Tuesday youth club continues to offer a menu of activities each week for the young people to take part in. This terms highlights have included: Nerf wars, ceramic painting and decorating, some impressive tie-dye t-shirts and a chocolate fountain. The young people have also taken part in planting some flowers in the courtyard and enjoyed using up their energy on the bouncy castle. Attendance has dropped a little with the change of the season as we come towards the end term and of the start of the next academic year. We hope to see a fresh intake of year 7's as we focus our efforts on advertising towards the end of the summer holidays. Our current group of year 8's will also be ready to access the older youth club as we encourage successful transition for them into the later session. There is always a good atmosphere in the club even through the exam period that has now passed. The young people enjoy having a space to meet, socialise, talk to the team, relax and have fun. We have good trusting relationships with the young people which have proven beneficial for those now leaving school and thinking about their next options.</p> <p>Thursday youth club has been running well and sees a mostly different group of young people attending to those on a Tuesday night. The group is well attended by those predominantly in year 9 at SGS with a few older ones who also come along. This group has had activities such as: bingo, band hero night, bouncy castle and henna tattoos. A particular highlight for the group has been a visit from Guiles reptiles who visited Hub Fun last quarter. The young people sat and enjoyed the presentation for the whole 2 hour session, handling the snakes and lizards learning about their diet. Many young people were able to overcome fears. The group have also had opportunity to take part in discussions and had meaningful conversations with the team. The session is full of energy and the group members get on well with each other as well as with the staff team and volunteers.</p>

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	<p>In both clubs, young people who need it have been offered one to one or small group support as well as signposting to specialist services. The young people relate well to the team and are comfortable coming to them for advice and guidance when needed.</p> 
<p>Stand Together – lunchtime club</p> 	<p>Stand Together - This is a new lunchtime club that runs from The Towers convent school on Monday lunchtimes. The club aims to support the girls and provide a positive space to encourage emotional wellbeing, building confidence and a place to make new friends. Each week there is a different topic covered as well as games and activities. We have had 4 sessions so far and covered areas such as group guidelines, being unique, our influences and being an influence to others and stress. The club had been well received and numbers have consistently been between 18-22. Now the term has come to an end we hope to continue this group in the next academic year.</p>
<p>Youth Voice and SDS</p> 	<p>At the beginning of the year we launched the Youth Voice South group to get young people involved in their community and to work alongside and give youth input to The Steyning Download Scheme at a strategic level.</p> <p>The group has worked with the Steyning Patient Participation Group and been involved in giving feedback to an anti cannabis campaign from HDC Safer Communities Department. Over the last few months the group has struggled to meet due to exams, work commitments from young people and lack of numbers to form a substantial group. We hope to revisit this again in September approaching the school council for interested parties and working with Steyning 6th form to see if we can recruit new members to the group.</p> <p>Emma continues to sit on the steering group for The Steyning Downlands Scheme looking for opportunities for young people to get involved, alongside their youth representative. At the beginning of March Emma joined young people taking part in the SDS woodland days to interview young people about their experiences of being part of the scheme and show some of the activities they were taking part in. Please follow this link to see a video of the day; https://www.youtube.com/watch?v=-54r-jDr9Xc</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 sectors, Think Family Network, Team around the Family Forum meetings, Horsham Early Help Hub Development meetings, Young Horsham District, Anti Social Behaviour Action Group, Voluntary Safeguarding Forum to name a few. These meetings are</p>

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	<p>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>Working with Coastal West Sussex MIND</p>	<p>This work has come from following up the difficulties young people expressed in accessing mental health services in the Steyning area. Over the last two years CYW has been working with Coastal West Sussex MIND to develop better mental health services for young people in the south and west areas of the Horsham District. Through small group consultation in Steyning and case studies provided by youth workers, we have encouraged local young people to make their voice heard and share their needs and difficulties in accessing mental health services. Listening to the needs of young people has enabled us to highlight the need for a new service and be part of the solution for better provision for local young people. MIND have now appointed a Rural Outreach Worker for 16-25 year old who will cover the area. Emma was invited to be on the interview panel for this new post.</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 and family breakdown, communication skills, stress, low mood and healthy coping mechanisms. Since the start of the project we have supported 35 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 and online counselling through www.Kooth.com</p> <p>Young people being mentored have been both identified via the youth clubs and referred from the schools and this work is provided by both Maria and Emma. This support has also lead to practical support for young people and their families, including links to food bank, parent support groups and courses and even access to funds for clothes and other essentials for families experiencing financial hardship.</p>
<p>SGS boarders wellbeing sessions</p>	<p>Following the success of the first drop in evening at the beginning of February, Emma has been asked to return to run a session on sexting and consequences over the next few weeks for boarders.</p>
<p>Trips and summer holiday plans Thorpe Park (28th April)</p>  <p>10- pin Bowling (23rd May)</p> <p>Horsham High Places and pavilions (31st May)</p>	<p>Trips and outings continue to be popular with local young people and can also be a good way to bring others into our youth clubs.</p> <p>On the 28th of April, which was an inset day for SGS a group of 15 young people, went to Thorpe park – this is always a very popular trip and the young people who attended really enjoyed themselves.</p>  <p>To celebrate the end of the half term the team took the older Tuesday group on a trip 10-pin bowling in Horsham instead of the usual youth club session.</p> <p>During the half term Emma and Maria took a group of young people on a swimming and climbing trip to Horsham Pavilions and High Places. The young people had a wonderful time cooling off in the pool before tackling the high ropes. All the young people were very brave and all completed the course including zip wires, obstacle courses and the fan descender. See the video of our trip here. https://www.youtube.com/watch?v=BaURVrReElg</p>

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<p>Future Trips Thorpe Park (24th July)</p> <p>Summer Camp (1st & 2nd August)</p> <p>Chessington World of Adventures (21st August)</p> <p>Sprucing up the Courtyard space</p>	<p>For an end of term treat we are planning a trip to Thorpe park for those who are currently in school years 9+ during the SGS inset day on the 24th of July. The cost of this trip including transport is £30, financial assistance can be provided.</p> <p>This year we are holding our annual summer camp at Blacklands Farm in East Grinstead. The camp will be run across the district with other CYW youth workers and activities include abseiling, kayaking, orienteering and forest skills. The cost for this camp is £50 and includes food and transport, financial assistance can be provided.</p> <p>We are offering a trip to Chessington World of Adventures park on the 21st of August for those who are currently in school years 6,7&8 during the summer holidays. The cost of this trip including transport is £30, financial assistance can be provided.</p> <p>Homebase have kindly donated some paint for our courtyard area at the Cushman Centre. We would like to make this place a great area for young people to hang out together and plan to decorate over the summer holidays. The young people have given us some great ideas on how they would like the space to look and feel and we welcome them to help with these efforts.</p>
<p>Volunteers</p>	<p>This has been a brilliant year for us in the Steyning area with the work growing and developing and lots of young people accessing the service. We can not do this without our wonderful team of volunteers whom we'd like to thank for all their hard work over the year.</p> <p>We are currently in need of volunteers both for Hub Fun on Monday nights and Thursday nights at Cuthmans, both are brilliant clubs with a good atmosphere and good numbers. If a number of people come forward we can arrange a rota system – volunteering does not have to be every week. If you know anyone who may be interested please ask them to email emma.edwards@horsham-matters.org for an informal chat about the opportunities available.</p>
<p>Future developments The team continue to develop the service to meet the needs of the young people we are working with currently these include;</p>	<p>An anger management course: in partnership with the anti-social behaviour team we are looking at ways to combine tools to manage angry feelings and physical exercise in SGS. We have been successful in gaining some funding from the Think Family initiative in order to finance this course which will hopefully start with a trial in September, working with a group of 8-10 boys. If successful we will look to follow this with a female group later in the year.</p> <p>Through the course we also hope to initiate locally an understanding teenager behaviour course run by HDC, the closest course is currently running in Bilingshurst. With one of these being held in the south of the district parents of those attending the anger management course, or those who would value this support from the Steyning area would be encouraged to attend.</p> <p>New IT system: Horsham Matters have been successful in a funding bid to help develop an IT system which will enable parents to book onto trips more easily, and for the team to register young people into groups and increase our email communication with parents about upcoming trips and activities.</p>
<p>Training First Aid Training</p>	<p>On the 29th of June Maria updated and completed her first aid qualification. This training course lasts of three years.</p>

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Level 3 award in Education, Teaching and Training	Emma has now completed her level 3 award in education provided by the Brighton MET college. It is hoped this qualification will help to develop skills for training volunteers and staff.
Social Media	We continue to work hard to keep our social media up to date with regular posts going out each week, building awareness of the project. You can follow our regular updates on the following platforms. Facebook – www.facebook.com/cywsouth Instagram: @CYW_South Twitter: @communityYW

Work to focus on next quarter

Summer planning for the new term
 Advertising youth clubs and getting new posters etc. printed and around the town
 Redevelopment of kitchen space and courtyard at The Cuthman Centre
 Recruitment of volunteers

Feedback from young people/ Community

Email from parent following youth club session;

"Good morning Emma,

I just wanted to drop you a note to thank you and your team for the positive influence you have had on J.

The Horsham Matters Youth Club is a fantastic group and you offer some really interesting and educational evenings and events. These are things she probably otherwise wouldn't engage in.

The tie-dye t-shirts last night were a great success and the provision of "exam equipment" shoe boxes was a really nice thing to do.

J and some of her peers can be challenging at times, and it's really nice they have somewhere safe and engaging to go to in the evenings.

We really appreciate all that you guys do and it occurred to me that I ought to tell you that.

Feel free to share with your colleagues.

Thanks again!"

"Working with Horsham Matters and their youth team really helped us to engage with local young people to understand what mental health support is needed where and to think about how we could meet the needs by working together. We're really delighted that this joint work has helped us to get funding for a new youth mental health post for the local area and we are looking forward to working in partnership with the HM youth team next year to deliver this service" – Katie Glover Chief Executive Coastal MIND

"Well done Emma. This is an excellent submission, very detailed, thorough with evidence of independent research and creative thinking." Tutor at Brighton & Hove City College