

## **Report of the Strategic Director, Place to the meeting of Bradford East Area Committee to be held on 6 September 2018**

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### **Subject:**

Youth Service – Bradford East Area

### **Summary statement:**

This report gives an update on work undertaken by the Youth Service – Bradford East Area during April 2017 and March 2018.

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**Portfolio:**  
**Neighbourhoods and Community Safety**

**Overview & Scrutiny Area:**  
**Children's Services**

## 1. SUMMARY

- 1.1 This report gives an update on work undertaken by the Youth Service – Bradford East Area during April 2017 and March 2018.

## 2. BACKGROUND

- 2.1 The Bradford Council Youth Service is part of the wider Bradford District Youth Offer that aims to ensure the provision of a range of activities and services that take place in safe spaces, where young people can develop a sense of belonging, socialise with their peers and develop relationships with adults they can trust. It recognises that with the right supportive relationships, strong ambitions and good opportunities all young people can realise their potential and be positive and active members of society.
- 2.2 From April 2017 the Youth Service has been working to a new Vision Statement and set of Key Performance Indicators (KPIs) reflect the current work and priorities of the Youth Service and are aligned to the five Key Elements of the Bradford District Youth Offer. They are:

### Vision Statement

The Youth Service works with partners to ensure that young people grow up healthy, happy, informed and aspiring; proud of who they are, where they come from, and actively involved in their community.

### KPIs

<i>Youth Offer Element 1 – Information, Advice and Guidance</i> Increase the numbers of young people accessing IAG through digital media.
<i>Youth Offer Element 2 – Voice and influence</i> Increase the numbers of young people participating in Youth Voice opportunities at all levels.
<i>Youth Offer Element 3 – Open access</i> Deliver a diverse youth offer through working in partnership with the Voluntary & Community Sector (VCS) and local communities.
<i>Youth Offer Element 4 - Targeted provision</i> Increase the number of specific interventions to address the needs of vulnerable young people.
<i>Youth Offer Element 5 - Active citizens and young people's contribution to community life</i> Increase the number of young people having a positive impact on their community.

Appendix A gives details of work that the Youth Service has undertaken in the Bradford East Area to contribute to achieving these KPIs during 2017 and 2018.

### 2.3 Buddy support as part of Youth In Mind pilot

As part of a wider health service initiative called Youth In Mind, the CCGs are now commissioning the Youth Service (via Creative Support) to deliver 'Buddy support' to support young people who have been assessed by the Child and Adolescent Mental Health Service (CAMHS) to have mental health issues. Since the start of April 2017, Youth Workers have received on average 5 referrals, at any one point in time. Youth in Mind is part of the CCGs strategy to broaden support for young

people with mental health issues within non medical/ specialist services. MYMUP online system is part of this offer, as well as WRAP (Wellness Recovery Action Plan) lead by Barnardos and a volunteering programme lead by Yorkshire Mentoring Service.

Youth Workers act as Buddies to the young people, their role is to befriend them, support them using the Signs of Safety approach and navigate them to the various support opportunities available to them.

A joint Youth Service, CAMHS and Youth in Mind away day was held in March 2018 with staff and young people which reviewed the impact of the support offered by Youth Workers. In many cases young people reported that the support had made them feel less isolated, more connected with their community and safer. In addition, our work with CAMHS has helped to reduce some of the demand for specialist support whilst increasing access to local social support. Youth Workers have continued to access training through the CCG and partners and this has led to an increase in Youth Worker's knowledge and skills on issues such as; self harm and self care.

The following table is the allocation of young people referred to the Youth Service up to 31<sup>st</sup> March 2018:

<b>Area</b>	<b>Allocation</b>
Bradford East	108
Bradford South	126
Bradford West	80
Keighley	118
Shipley	85

#### 2.4 Other work targeted at young people with specific needs including CSE

The Youth Service continues to provide direct support to young people at risk of Child Sexual Exploitation. Over one hundred and twenty young people identified as at risk by the CSE hub have been referred for one to one support. This support is provided by youth workers who support the young person to understand more about what makes them vulnerable.

Over a number of sessions young people are able to build trust and learn different ways to stay safe and how they can build respectful and appropriate relationships with their peers. Young people have reported that as a result of the support they have received they feel safer, have a support network and feel more connected to their local community.

The Youth Service has also worked in partnership to support the development of a number of local groups for young women. The Build a Girl project is an example of a local project that offers peer support and encourages youth voice on key issues such as safety.

## Early Help

The Youth Services has worked with the Early Help Teams throughout Bradford to support vulnerable young people. Through the local cluster panels Youth Workers have been able to offer support to young people for a wide range of issues including family breakdown, domestic violence, anger management, isolation, drug and alcohol and non attendance at school. As a result young people are supported at an early stage to address some of the root causes of issues affecting them. This has helped to prevent young people from becoming a child in need or a child at risk of harm and entering social care.

The Youth Service has supported the Early Help teams to develop community based support for Families to help sustain change and support parents to overcome issues that affect the whole family.

### 2.5 Changing Places

Bradford Council has received funding from the central government Controlling Migration Fund to work with people from hard to reach and isolated communities with a focus on new migrant groups. Four constituency areas (Bradford West, Bradford East, Bradford South and Keighley) have allocated a lead worker to work on the Changing Places programme. Each area participated in a residential experience for their young people who were targeted from new migrant communities. Additionally all areas are working on a social action project that would benefit the wider community that is planned, developed and delivered by the young people.

Bringing the different components of the district wide programme together, we have been responsible for participating in a number of high profile projects.

- 100 surveys completed with young EU women regarding teenage pregnancy, sexual health and barriers.
- Feeding the homeless over the winter period by volunteers from the Changing Places programme.
- A district wide celebration night where participants received accredited certificates for their participation in the Changing Places programme.
- Young EU people involved in the district wide early help consultation.
- New Migrant young people have planted hanging baskets and distributed these to old people's homes across the area to bridge relationships between older and younger generations.

Over the past 12 months there has been 68 specific Changing Places sessions delivered across the district with 226 individuals participating. Young people have achieved accreditations and recognised learning outcomes including the Lord Mayors Award, ASDAN & the Local Youth Award.

## **3. OTHER CONSIDERATIONS**

- 3.1 A proportion of the Youth Service budget is held centrally to fund the Commissioner (Youth Provision) post and to co-ordinate the Youth Offer across the District. The Commissioner has significant involvement and a clear relationship with the delivery of Youth Work within the Area structures and, provides a key strategic link between

Neighbourhoods and Children's Services. She also has a role in supporting and assisting Area-based delivery in neighbourhoods.

- 3.2 The Commissioner has also led on a number of District-wide initiatives and activities including the transfer of Youth Service buildings to community groups, the Youth Offer Working Group and some key 'Youth Voice' events, e.g. consultation on the Council's Budget, consultation for the Children's Trust Board, participation of young people in Overview & Scrutiny Committees, work on mental health services for young people and the development of the new online Information and Advice Service. She also organises young people's participation in 'Takeover Day' and other initiatives supported by the office of the Children's Commissioner for England. The Commissioner is currently leading the development of a national pilot project which sees Bradford as one of two UK pilot programmes which will provide online support and access to trained counsellors 24 hours a day 7 days a week for young people vulnerable to, or who are being exploited / CSE victims. This work is supported by the national missing persons helpline and child line and will go live in February 2019.

#### **4. FINANCIAL & RESOURCE APPRAISAL**

- 4.1 As part of the Budget decisions taken by the Council for the financial years 2016-18 the Youth Service budget needed to find savings of £750,000 over the two years. These savings were delivered on schedule.

#### **5. RISK MANAGEMENT AND GOVERNANCE ISSUES**

The implementation of the budget savings for the Youth Service was subject to the internal risk management plan of the Council and progress is reported to the Place Departmental Management Team on a monthly basis.

#### **6. LEGAL APPRAISAL**

No issues.

#### **7. OTHER IMPLICATIONS**

##### **7.1 EQUALITY & DIVERSITY**

The Youth Service as part of the Council's commitment to the District has a responsibility to ensure that the service is accessible to all young people and that participation in the service reflects this approach.

##### **7.2 SUSTAINABILITY IMPLICATIONS**

The Youth Service delivery enables local initiatives to be supported, encouraging groups and individuals to undertake activities that improve the social, economic and environmental well being of their communities.

##### **7.3 GREENHOUSE GAS EMISSIONS IMPACTS**

Greenhouse gas emissions and wider environmental impacts was a consideration of the Buildings Review.

##### **7.4 COMMUNITY SAFETY IMPLICATIONS**

A number of youth projects are either directly or indirectly concerned with improving community safety within local communities. The increased involvement of young people in local decision making has the potential to improve community safety. The

Youth Service plays a key role in ensuring that young people's voices are heard. The strengthened approach to the devolution of the Youth Service as will allow for:

- an increased sense of local democracy for both young people and communities
- young people to be more active in democratic, decision-making processes alongside their political representatives
- the voice and influence of young people to remain central, meaningful and paramount in identifying and addressing needs and issues in their communities
- the requirements of the localism/devolution agenda to be met effectively and efficiently

## **7.5 HUMAN RIGHTS ACT**

There are no direct Human Rights implications arising from the recommendations below.

## **7.6 TRADE UNION**

The specific budget proposals for 2017-18 included staff reductions which were subject to consultation with the Trade Unions.

## **7.7 WARD IMPLICATIONS**

Youth Service projects and activities support young people and communities within all the Wards in the Area.

## **8. NOT FOR PUBLICATION DOCUMENTS**

None.

## **9. OPTIONS**

9.1 That Bradford East Area Committee adopts the recommendations outlined in this report.

9.2 That Bradford East Area Committee adopts the recommendations outlined in this report, with amendments.

9.3 That Bradford East Area Committee decides not to accept the recommendations outlined in this report.

## **10. RECOMMENDATIONS**

10.1 That the work undertaken by the Youth Service in the Bradford East Area as detailed in this report be welcomed.

## **11. APPENDICES**

11.1 Appendix A: Work undertaken by the Youth Service in the Bradford East Area during April 2017 and March 2018.

## **12. BACKGROUND DOCUMENTS**

12.1 Youth Service – Service Changes and Budget 2017-18, Document “F”, Bradford East Area Committee, 11 July 2017

## Appendix A

### Work undertaken by the Youth Service in the Bradford East Area 2017-18

#### ***Youth Offer Element 1 – Information, Advice and Guidance***

*Increase the numbers of young people accessing IAG through digital media.*

Constituency	Number of young people
East	108
West	80
South	126
Keighley	123
Shipley	85

*Data taken from YiM spread sheet for young people with access to MYMUP digital tool.*

#### **Commentary**

In Bradford East Area young people have been supported to access information, advice and guidance digitally through a self-care tool called *Make Your Mind Up*. This digital tool enables young people to explore a range of issues such as employability, housing, diet and exercise whilst promoting better mental health and wellbeing.

This digital tool works alongside a range of other activities which increases the numbers of young people accessing IAG. For instance Job clubs, which run in the Little Horton, Bowling Barkerend & Bradford Moor wards. Here young people are able to explore career choices, search for employment, training & education opportunities as well as develop CV's and practise interview techniques.

Workshops have taken place to increase young people's awareness around internet safety and CSE. Young people from the Springfield centre participated on residential which focused on personal safety on the net when using social media. With the area having a high rate of risk to CSE particular attention was focussed on sharing personal images and how to deal with unwanted attention.

Organisations such as Hale, Equity Partnership, Banardoes, and Activate have been partnered to deliver sessions in all open access sessions thus giving young people IAG around issues such as healthy life styles, positive relationships, sexual health, internet safety and consequences of ASB.

#### ***Youth Offer Element 2 – Voice and influence***

*Increase the numbers of young people participating in Youth Voice opportunities at all levels.*

Constituency	Number of young people
East	227
West	254
South	234
Keighley	320
Shipley	321

## **Commentary**

Young people have engaged in a breadth of youth voice activities these have included:

Two hundred and twenty young people completing the Early Help online survey in August 2017.

As a part of the 'Conversations of Bradford District's Young People on Early help 2017-18' report thirty four young people engage in five focus groups, three run in Bradford East and two in the City Centre. See appendix C.

Eight young people engaged in a Health Watch focus group looking at how to better provide health care services for young people

Twenty young people from New Migrant Communities completed the teenage pregnancy survey whose aim was to better understand the needs of New Migrant Communities

An audit in Eccleshill of concern and presented to local councillors.

Young people sharing their experiences about the YIM buddying project to Children and Young Peoples Scrutiny Committee

Young people meeting with external researchers about the how the YIM Buddy project has bettered their mental health and how services can be improved

Young people have engaged in Mark your mark workshops run by youth workers where they have learnt about how local and central politics affect their lives, and their right and responsibility to vote. One hundred and twenty five young people registered to vote from the East district.

Young people have participated in the district wide Changing Places residential where they had the opportunity to find solutions to some challenges around diversity in the district.

Young people engaged in the national take over Day Initiative. They worked alongside Youth Workers, Ward Officers, Council Wardens and parking services contributing to every day decisions which officers make in delivering services.

### ***Youth Offer Element 3 – Open access***

*Deliver a diverse youth offer through working in partnership with the Voluntary & Community Sector (VCS) and local communities.*

Constituency	Average weekly attendance
East	344
West	403
South	377
Keighley	415
Shipley	206

## **Commentary**

The Youth Service has been specifically tasked with maintaining levels of existing open access provision in each ward by working in partnership with the VCS and local communities. In Bradford

East Area we have worked in partnerships with the following organisations to help grow youth provision and strengthen the quality of the youth offer to all communities. Examples of these partnerships include: Inspired Neighbourhoods, Thackley in partnership with Springwood, All Teed up, Eccleshill Mechanics Institute, Freedom Studios, Equity partnership, Act (All Canterbury Together), Core Coaching Skills, Women's Zone, Friends of Horton Park, Better Start, Cecil Green Arts, One in A million, Incommunities,, Rockwell Centre, Big Swing, Sorted Church, Thornbury Centre, 4 Life, West Yorkshire Police's Stronger Community team, Gateway centre, Void Arts, Hale, Barnardoes, Gendered Intelligence, Greenwood Centre, Karmand centre and Springfield Centre

These Partnerships have enriched the youth offer for young people. Through these partnerships young people have participated in a range of activities which have included, outdoor play, drama, film making, script writing, Community fun days, residential, single gender sessions, emotional health and well being sessions, physical well being sessions, issue based sessions, understand consequences of behaviours and opportunities to explore their aspirations.

Partnerships have enabled the running of weekly sessions such as junior youth clubs at, Laisterdyke, Greenwood, Ravenscliffe and Springwood. Sorted Church, Goals, Wickets, Phoenix, Colours and Sound are also examples of weekly session dependant partnerships.

Below are further examples of partnerships which display the diversity of services offered to young people:

**Summer camp** – Run in partnership with Springwood, Inspired Neighbourhoods and led by local Councillors. The camps target young people who may struggle with the transition from primary to secondary school. The program develops skills in managing expectations of school, timetables, travel and behaviour. The program includes a residential and a week in school before they officially start in order for students to familiarise them selves with the school environment. Participants are encouraged to further engage in open access sessions once camp is over and school has started.

**Film making** – Run in partnership with Void Arts. Young people from the Ravenscliffe area participated in a 12 week programme of educational activities around the theme of bullying. Over the 12 weeks they produced a film showcasing the effects of bullying. Many of the young people had experienced bullying. They were involved in the whole process, from coming up with the initial idea, writing the script, being actively involved in front and behind the camera. The premier of the film took place in the centre with Councillors, parents and members of the public attending

**Construction Taster Course** – Run in partnership with Incommunities. Young people were able to try their hand in plastering, joinery, bricklaying and plumbing. They were given the opportunity to learn about apprenticeships in the construction trade.

**Girl Power** – In partnership with Women's Zone. Young Women met weekly with a focus on self esteem and assertiveness. They have to date organised family fun days, fundraisers and attended a residential

**Work with LGBT+ young people** – In partnership with Equity Centre. Three youth sessions run from the centre; Sound LGBT+ youth group, Phoenix Trans Youth group and Colours youth groups for young People who are BAME and LGBTQ+. This partnership has enabled weekly session for 3 under represented groups and given LBTQ+ young people a voice in shaping service delivery. They have participated in delivering training to young people, school staff and volunteers. They have also had the opportunity to attend local, regional and national events and residential.

**Youth Offer Element 4 - Targeted provision**

*Increase the number of specific interventions to address the needs of vulnerable young people.*

Constituency	Number of Interventions
East	*30 + **108 = 138 x 3 = <b>414</b>
West	*26 + **80 = 106 x 3 = <b>318</b>
South	*32 + **126 = 158 x 3 = <b>474</b>
Keighley	*21 + *118 = 139 x 3 = <b>417</b>
Shipley	*15 + **85 = 100 x 3 = <b>300</b>

\*CSE \*\*YiM The CSE and YiM cases have been added together and then multiplied by a minimum of 3 interventions.

**Commentary**

In addition to maintaining the level of open access youth provision we have seen significant growth in the number of specific one to one interventions that have helped address the needs of vulnerable young people. To follow are three case studies from the YiM program that highlight the impact of these interventions on the lives of young people in Bradford East ward.

Case Study One: D

DH is a young man aged 16. D suffers from anxiety, depression, has low self esteem and self worth and had recently tried to take his own life. He is currently taking medication for his anxiety and seeing a therapist at CAHMS. He lives with his parents, both of whom are currently receiving benefits for disability due to the mother having MS and the father suffering from mobility issues. D has responsibility for caring for his parents. D is currently not in education or training and was excluded from school before his GCSEs, due to an incident within school where he lashed out and attacked a teacher. When discussing this with D, it was clear that this was due to the lack of support he was receiving for his anxiety and bullying. It was soon after this that he tried to take his own life. He did not complete his GCSEs. Due to D not being in education for some time the young person had developed unhealthy habits such as staying up till late, staying in bed till late and not socialising with his small friendship circle.

A home visit was arranged where we discussed the role of the buddies programme and the support D would like from his involvement. The referral stated that access to social activities and one to one support would help develop self confidence and self esteem. It was clear that both parents, who were present for the first session, were very protective and I had to explain the service clearly. They felt let down from services such as school and local housing so I had to build up trust with both parents and D. They also disclosed that the family are targeted by local gangs, and explained one incident where someone had walked into their home and taken personal belongings belonging to D and the family, whilst they were in the house. This incident has had a clear affect on D and has impacted on his anxiety and his isolation, as he doesn't feel comfortable leaving the house alone and was clear he would not like to access any local provision. We talked about the opportunities available and agreed a way forward.

The agreed areas were involvement in social activities out of his local area, the opportunity to explore his own emotional wellbeing by involvement in a WRAP group and looking at future aspirations, with a view to D engaging in education and training.

Home visits and appointments were agreed in advance and the times agreed were early to encourage a healthier sleeping pattern. Supported travel with the young person was also done with

support in bus fares as one of the barriers to engagement was money. Discussions about future aspirations, challenging negative thinking and thoughts, plus expelling his fear of the local area have also been a big aspect in the one to one support. This has been successful as the young person has travelled independently to youth groups and appointments without the buddy.

The young person is also engaging in the WRAP programme where he is able to look at his own emotional wellbeing, his triggers and set up action plans that will support his emotional wellbeing in the future. He is a valued member in the group and has made some new friendships. The buddy has also support D into education and training; he is currently enrolled in further education courses that will allow him to receive a bursary and a bus pass to allow him more personal independence. The buddy has contacted the Neighbourhood officer who work in partnerships with housing and police within the local area in to explore the incidents of harassment and try and support the family to relocate with the housing association.

From discussions with CAHMS, they have expressed that D has become more positive and has a less negative outlook on life. He now has a focus and is excelling with his confidence and self esteem. He also attends the Youth in Mind R Space group and has been involved in helping shape the youth group and its activities. D has also accessed young careers group run by Barnardos.

#### Case Study Two: J

J is a young man aged 17, who has autism. The referral stated that J was socially isolated and was not involved in any activities outside of school. He suffered from low self esteem and confidence and was also struggling to make positive friendships.

On the initial one to one, the buddy met with both J and his mother to discuss his support needs and explore various youth opportunities. J was very positive about the buddy scheme and was eager to engage in youth activities. Various opportunities were discussed, centred on J's needs and interests. J was showed an interest in the Rspace group as he felt that a smaller group would suit him better.

Though J verbally showed interest with the group he gave reasons for not being able to attend. The buddy continued to meet J on a one to one, the MYMUP online tool was used as a means of engagement and to help identify challenges and find solutions. Once J appeared to be more relaxed with the one to one sessions the buddy popped into Rspace with J. J failed to engage in the group. The buddy introduced the idea of the WRAP course; J was not forth coming but agreed to give it a go. The WRAP group provided JC with a safe space to explore his thought and feelings with other young people. He really enjoyed this group and was awarded the 'Mr Positive' award due to him coming every week with a positive and cheerful attitude. He was very open about his own experiences and shared these openly within the group. After the WRAP J agreed to try the Rspace group again. It was a long slow process of several visits. Over time J began to stay longer at sessions. J now attends sessions of his own accord. His confidence within the group has developed and he regularly inputs his ideas in group sessions. He has developed a peer mentoring role within the group, helping support new members who attend the group, showing them the space and activities that are available and befriending new members.

His involvement in these projects has also open up new opportunities for J, who is now part of the Barnardos Participation group, where he has to date been involved in helping judge a short breaks competition and attended an award ceremony. He has also represented the R Space group and the buddying scheme at a number of consultations. One of his main highlights was attending a council meeting at City Hall where he presented to a panel his own thoughts and feelings about how positive the scheme has been for him. Once J ended his buddying support he continued to access

R Space. J has made lots of new friends and continues to grow and develop.

### Case Study Three: K

K is a 15 year old young. He was seeing a CAHMS worker and allocated an Early Intervention worker. He was not in school and was awaiting home study, as he refused to go to school. He was in a routine of not doing anything, sleeping in late, playing on his computer till the early hours and low levels of personal hygiene. He lives alone with his mum, who is a single working mother. He has no friends and is not involved in any social activities.

It was agreed with the early invention worker that they would focus on supporting mum with parent classes and getting K back into school and the Buddy would look at engaging K in more social activities and addressing his internet use and personal hygiene.

On the first visit in the late afternoon K was upstairs in bed and mum had to call him downstairs. He was in his pyjamas and looked annoyed to be disturbed. I did introductions, confidentiality and explained the buddying service and the MYMUP applications; both Mum and K were present. Mum was very grateful and felt that it would be good for K, as he has struggled engaging with his intervention worker. It was clear that his irregular sleeping pattern was having an effect on his behaviour and motivation.

Before exploring the issues with K was asked if he was ok speaking to me with mum around and we completed the MYMUP wheel, which gave me a clearer understanding of K's support needs and his interests. I talked about local youth provision in the area; all of which mum and K were uncomfortable with, even when I explained I would be present and would support.

Six home visits were used to gain trust and build a relationship with K. Following the home visits K initially engaged with taking his dog out for a walk. Further outings took place with to the Science museum and shopping centre. Mum shared K's demanding aggressive attitude towards her when she tried to monitor his internet use. The buddy focussed with K his internet use and how he felt when mum challenged him. K agreed to drawing up a plan with mum to monitor internet use and agreed for the plan to be shared with his CAHMs worker. The plan included personal care and sticking to limited internet use to earn his spending money of £25 per week. The CAHMS worker reported that though K found it challenging to stick to the plan he felt better in himself. There was a visible see a change in K in terms of his complexion and general attitude. He has since broken this routine of all night gaming.

The buddy arranged for K and a friend who had recently moved back in to the area to attend a local Football club and K has shown interest in local youth provision. K also volunteered at a local Fun with his buddy. His CAHMS worker has given positive feedback about the change in K's behaviour and K attends open access youth sessions from time to time.

Over and above the YIM support for vulnerable young people the East team deliver ten hours of Time to Talk in Hanson school weekly. Students are identified by school staff as needing emotional support to deal with issues such as, bereavement, anger management, family relationships, stress, drugs use, CSE, body image etc. These young people are offered weekly one to one support. Between September 2017 to June 2018 the youth work team worked with 87 young people. The school are pleased with the outcomes of students and have doubled the number of hours per week to 20

Projects and sessions have been delivered to support vulnerable young people these have included:

Boys/ Girls Night In – These are single gender session run monthly on a Sunday afternoon at Ravenscliffe and Springfield targeting young people vulnerable to CSE. Young people have the opportunity to explore various aspects of health, personal hygiene, and body image. They begin to look at behaviour, expectations, gender roles and self esteem. They also learn mindfulness techniques which help to address stresses they face.

Young parent and Baby Group - The young parent and baby group runs from the Springfield Centre .The group provides parental support to each other in their early years of parenthood.

WRAP – (well being, resilience action planning). The WRAP is a 10 week programme for young people in Bradford East which runs as part of Youth in Mind initiative. The WRAP programme is aimed at young people 11- 18 years who are having problems with mental health and emotional wellbeing. The course explores issues and works with young people to develop their own personal tools to help them understand themselves and cope with difficulties and challenging feelings they have.

Rspace – Alongside the WRAP the east team have set up a weekly group for vulnerable young people. The group runs early on a Friday evening. Participants are either that referred from the YIM program or by other professionals. The session run workshops tailored to the needs of young people as well as a range of open access activities. Dealing with bereavement, suicide, self harm, anger management, body image, loneliness are examples of workshops which have run for young people

Love actually – Love actually workshops ran over valentine’s week. Its aim was to support vulnerable LGBT+ young people. Creative arts were employed to run a series of workshops to explore love and relationships. The workshops raised LGBT awareness with young people across youth centres in Bradford East. The workshops culminated in a movie night where a series of shorts around LGBT relationships, friendships, bullying, support and survival were screened

Body Positivity - Phoenix Youth Group ran quarterly Body Positivity days over the year. Going shopping for clothes is often stressful and upsetting for Trans young people as they are often challenged by store staff as to their gender identity when entering changing rooms. Young people spent a couple of hours shopping before returning to the Equity Centre to participate in a series of workshops around safety on tucking , binding and tips on makeup

ASB – six week courses have run at, Laisterdyke, Canterbury and Ravenscliffe. The courses were aimed at young men 11 – 16 years old who were involved (or at risk of) committing anti-social behaviour. The project gave young people the opportunity to gain a better understanding of what is anti -social behaviour, explore their own attitudes and behaviours and look at the consequences of crime, to themselves and others.

***Youth Offer Element 5 - Active citizens and young people’s contribution to community life***  
*Increase the number of young people having a positive impact on their community.*

Constituency	Number of Volunteers recruited
East	80
West	108
South	100
Keighley	85

## **Commentary**

Youth workers work with a framework to encourage active citizenship. Informal sessions giving young people the space to learn about self, develop self confidence, self worth and self respect through fun activities take place within open access sessions. Through a gentle process of engagement young people are able to explore their rights responsibilities and their contribution to both the community they live in and wider society. This journey leads young people into active participation and community life through volunteering at differing levels.

Below are case studies which describe the journeys of three young people

This young person is a white male aged 20 living on the Ravenscliffe estate. They were not confident at school and did not enjoy their time in school. The youth club however was a different matter. At the age of 14 they began attending Ravenscliffe Youth Club. They attended workshops, activities and residential over 4 years. They were coached into taking responsibility for organising the tuck shop. Despite their peers challenging their active role in the youth club, they went on to mentoring young people and taking a lead role in planning activities and fundraising. At the age of 18, he became a weekly volunteer at the junior club. As he got older he began to volunteer at the senior club. He has had a lead role in organising community events and fundraising within the estate. He went on to the volunteer training run by youth workers to give him a comprehensive understanding of his role and expectations as a youth work volunteer.

This person is a young Muslim Trans person from the BD2 area. They sought out support from the Sound youth group at the age of 15 when things were getting tricky at home. They were isolated; unsupported and had only one ally, a friend from primary school. They struggled with the challenges thrown at a young Muslim Trans people. Through the activities and opportunities Sound gave they grew to be confident and comfortable with their identity. They have been key to consultations with LGBT young people, helping them to voice their opinions in forums, focus groups and meetings. They have grown into positive role models for Trans young people and played a pivotal role in the setting up of Phoenix, a youth group for Trans young people. Over the years they have moved from being a mentor to being a volunteer.

This person is now 23 years of age and living in the BD3 area. As a gay Muslim young man at the age of 14, they contacted Sound for support and guidance. He travelled the journey of self-worth through the support offered at Sound. He became interested in volunteering at the age of 17, undertook the volunteering course and began to volunteer with Sound. At 19 he gained a place at Liverpool to study Sociology and psychology. He was committed to volunteering and appreciated the opportunities given to him, so much so that over his years at university he comes back in the summer to volunteer with young people across Bradford East. He has run workshops, attended residential and supported youth sessions. Due to his commitment he was offered a place on the Local Youth Work Award course.

Young people have engaged in a range of volunteering and citizenship activities these have included fundraising, community events, clean ups and supporting local libraries and junior youth

clubs.

Fundraising - young people have organised bag packs at Sainsbury's, made gifts to sell at Christmas fairs, hosted community cafes where they have cooked and sold food, organised sponsored gaming and collected food for food banks.

Community events – young people have planned and engaged in community events such as Eccleshill fun day, Little Horton community day, women's Zone Eid celebrations, Karmand wickets, Springfield Christmas fare and Bradford Pride.

Community Clean ups – Young people from across the ward signed up to the Great British Spring Clean campaign run by the Keep Britain Tidy group. Young people engaged in environmental workshops in their youth clubs where they explored the impact of littering & recycling. Each group devised a mini project to carry out in a bid to help clean up their neighbourhood. Projects included The design of anti littering posters for their communities, the clean up of graffiti in Multi – Use Games Area, the cutting back of over green areas and entering the Bradford 5 Beautiful Gardens completion

Local Library's – young people at Ravenscliffe and Springfield have set up and run a library for their peers within their centres. Youth workers have teamed up with Carlton Bolling college and library services where young people help run the local library based in St. Augustine's Church.

Junior Youth Club – young people volunteer at junior youth club in the Laisterdyke, Springfield and Ravenscliffe Centres.