

Report of the Strategic Director, Place to the meeting of Shipley Area Committee to be held on 28 November 2018

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Subject:

Youth Service – Shipley Area

Summary statement:

This report gives an update on work undertaken by the Youth Service – Shipley Area during 2017-18.

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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 – Shipley Area during 2017-18.

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:

2.3 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 Shipley Area to contribute to achieving these KPIs during 2017-18.

2.4 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 31st March 2018:

Area	Allocation
Bradford East	108
Bradford South	126
Bradford West	80
Keighley	118
Shipley	85

2.5 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.

2.6 Early Help

The Youth Service 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.

2.7 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. All constituency areas 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 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 Childline, 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

- 5.1 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

- 6.1 No issues.

7. OTHER IMPLICATIONS

7.1 EQUALITY & DIVERSITY

- 7.1.1 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

- 7.2.1 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

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

7.4 COMMUNITY SAFETY IMPLICATIONS

7.4.1 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 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

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

7.6 TRADE UNION

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

7.7 WARD IMPLICATIONS

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

8. NOT FOR PUBLICATION DOCUMENTS

8.1 None.

9. OPTIONS

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

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

9.3 That the Shipley 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 Shipley Area as detailed in this report be welcomed.

11. APPENDICES

11.1 Appendix A: Work undertaken by the Youth Service in the Shipley Area 2017-18

12. BACKGROUND DOCUMENTS

12.1 'Youth Service – Service Changes and Budget 2017-18', Report to Shipley Area Committee, 26 July 2017.

Appendix A

Work undertaken by the Youth Service in the Shipley 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 Shipley 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 such as one to one individual support sessions, smaller group work sessions, specific visits and projects.

All youth projects in the Shipley area offer advice and information to young people on weekly basis on a range of issues including sexual health and healthy relationships, CSE (child sexual exploitation), education and careers, drugs and alcohol and racism. 257 young people attending awareness raising sessions on a range of issues and 416 young people responded to direct information, advice and guidance.

- The Youth Service worked in partnership with the HALE Project in Denholme to offer young people access to the HALE sexual health bus and chlamydia testing.
- The Youth Service in Shipley worked in partnership with 16 – 25 Advice, Advocacy, Action to deliver 2 six week training courses for young people aged 16 – 21 years in basic advice skills. The young people learned about housing, homelessness, benefits, debt, safe guarding and interview techniques. Following the course, the young people were able to use their new knowledge in their youth and community settings to support other young people with the support of Advice, Advocacy, Action and had the opportunity to move on to further training.
- Baildon Youth Project undertook an exploration of Black History during Black History Month in October learning about famous Black people in history and exploring how racism impacted on their lives. As part of the project, they also undertook a World Food Taste Test which encouraged the young people to try different foods and try to recognise which country the food originated from.
- Youth workers at Denholme Youth Café recruited a volunteer who is an ex heroin addict. The volunteer regularly attends Denholme Youth Café and other Youth Service provisions in Shipley and speaks honestly to the young people about her experiences with heroin

including how she ended up using heroin and some of the long term effects of being a user. This has increased young people's understanding of drug use and led some young people to give up their cannabis habit.

- All youth provisions across the constituency offer young people information, advice and guidance on healthy relationships and distribute condoms in order to reduce teenage pregnancy and ensure that young people are aware of the risks posed by CSE (child sexual exploitation).
- Youth Workers attended Shipley College's Freshers Fair and ran a stall offering advice and information to over 100 young people on areas such as volunteering opportunities and opportunities and activities available for young people in the area.
- Youth workers at Shipley Youth Café worked in partnership with Advice, Advocacy, Action to deliver advice sessions twice a week at Shipley Youth Café. The advice sessions have been attended by 130 young people aged 16 to 25 years; of these, 73 were young women and 57 were young men. Of these young people,

23 were new arrivals to the UK
5 were fleeing domestic violence
10 were in abusive relationships
70 were teenage parents
69 had disabilities, had additional needs or had mental health issues.

The following outcomes were achieved for these young people:

68 young people who were homeless were re-homed
75 young people supported and advised regarding problems with landlords
95 young people were supported to claim the correct benefit for them
35 young people supported into further education
21 young people supported to find work, but still needed help with benefits
55 young people created a CV
46 young people supported have been supported with debt problems.

- Youth workers and Advice, Advocacy, Action work in partnership with a range of other agencies to support the young people including:

Leaving care team
NHS mental Health Service
Supported Housing organisations
Nightstop
Housing Options
Incommunities
Sexual health services
Drug and Alcohol Team.

Youth Offer Element 2 – Voice and influence

Increase the numbers of young people participating in Youth Voice opportunities at Ward, Area, District or National level.

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

Commentary

Voice and influence is an integral part of the work of the Youth Service in Shipley with 321 individual young people being involved in youth voice activities over the 2017/2018 financial year. Youth Voice activity can involve everything from being involved in the planning and delivery of youth work sessions to delivering and planning events for the whole community.

- Baildon Youth Council undertook an extensive consultation with young people of Baildon regarding the issues that they felt were important to them. Members of Baildon Youth Council wrote the questionnaire and collated the results which highlighted 5 areas of concern in Baildon. Bullying was, by far, the biggest concern with exams, careers and mental health being other issues young people had concerns about. Baildon Youth Council meets on a weekly basis and works on issues that have been identified by young people so increasing their own understanding and knowledge of key issues.
- The Youth Service Team in Shipley is working with young people to develop a youth audit panel for the constituency. The youth audit panel will be made up of young people who will audit our youth provision and offer ideas and thoughts for improvement. 12 young people, including 3 from the Bingley Inclusion Project, attended a residential where they learned about what makes a quality youth provision and began to develop an assessment plan for each of the youth provisions.
- A group of 4 – 6 young people from Wilsden Youth Project's Youth Committee meet regularly with Wilsden Parish Council to inform the Parish Council on their activities, to plan for the future and explore any issues that need to be addressed. With the support of Wilsden Parish Council and the Youth Committee, Wilsden Youth project continues to be successful and to provide young people with a platform to voice their views and opinions and stay connected with community life.
- Young people from Wharfedale have been involved in designing and delivering a consultation for other young people in the area regarding what they would like to see in terms of youth provision in the area. The young people designed a questionnaire which was distributed on Survey Monkey and are in the process of analysing the 300+ responses.
- Young people attending Bingley Inclusion Project have a regular discussion time where they not only develop their speaking, listening and interpersonal skills, but also plan service delivery.

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 in Shipley runs some 54 hours of open access provision across the Constituency. Other regular sessions include:

- 3 hours per week detached youth work in Baildon
- 3 hours per week Duke of Edinburgh session in Burley
- 3 hours per week meeting of Baildon Youth Council
- Youth worker support at a weekly play session in Windhill
- A weekly drop in session at Shipley College.
- Bingley Inclusion delivers 2 sessions per week aimed at young people with disabilities. This session is regularly supported by 3 Young Leaders, one of whom has autism.

The Youth Service in Shipley also delivers detached and outreach sessions in response to local need or when issues around anti social behaviour occur.

The Youth Service has worked with a range of partners to deliver our work with young people across the Constituency. Some examples include:

- The invaluable support of Wilsden parish Council who fund a youth worker and offer financial support for the rent at Wilsden Village Hall.
- Support from the HALE project with the delivery of a weekly open access session in Baildon.
- West Yorkshire Police have worked in partnership with Youth Workers in Wrose, Shipley, Bingley, Denholme and Wilsden to deliver sessions around anti social behaviour and drugs and alcohol with young people.
- The Youth Service in Shipley benefits from the invaluable support of local volunteers who offer their time and skills to enhance our youth provision.
- Local businesses have contributed to a number of our youth centres and youth cafes and also contribute regularly to our Christmas Camp for vulnerable young people that takes place at Blackhills each year.
- Many of our youth provisions attract young people from a much wider geographical area than their immediate community. For example, Wilsden Youth Project attracts young people from Cullingworth, Harden, Haworth, Long Lee and Allerton.

Over the year, our open access youth provisions have delivered sessions and workshops for young people on a range of issues including:

Drugs and alcohol

Mental health and emotional well-being
 Brexit and immigration
 Community Cohesion
 CSE and risk factors
 Culture and religion
 Body image
 Advice, careers and guidance
 Finance and budgeting
 LGBT issues
 Healthy relationships
 Criminal activity and anti social behaviour
 Pornography and indecent images
 Healthy cook and eat

- Youth Workers from the Shipley Team delivered basic youth work training to volunteers for the Police Camps so helping to improve the quality of provision at the Police Camps.
- Youth Workers worked in partnership with HALE, Barnardos and the Police to ensure the safety of young people during Bingley Music Live. The focus was on ensuring that young people had information and guidance on how to stay safe, alcohol and drugs, sexual health, relationships and CSE. The team also worked with the Police to ensure that young people were able to get home safely. The Youth Service worked with some 500 young people over the course of the weekend.
- Youth Workers at Highcroft Youth Centre worked alongside the Police to explore fire safety and the consequences of anti social behaviour on the run up to Bonfire Night.
- The Youth Service developed a stronger working partnership with Bingley Pool who offered the use of the pool free to around 30 young people for a Caribbean Pool Party at the end of the summer holidays.
- Shipley Youth Café worked in partnership with the NHS mental health services to raise awareness of mental health issues and where young people could get help. As a result of this work, young people completed a project around mental health to raise awareness amongst other young people.

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 = 414
West	*26 + **80 = 106 x 3 = 318
South	*32 + **126 = 158 x 3 = 474
Keighley	*21 + *118 = 139 x 3 = 417
Shipley	*15 + **85 = 100 x 3 = 300

*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 a small selection of case studies.

Youth Work Provider	Partners Involved
Youth Service - Shipley	Shipley College
<p>Brief Description of Project</p> <p>Youth Worker one to one support for young person under CAMHS for autism assessment, anxiety and behavioural issues.</p> <p>Young person struggles to attend school due to issues interacting with peers and triggers for autistic crisis, high anxiety around exams and change to any structure in day. Will not leave the home at all without parents. Has no peer support system or interaction outside of school setting. Isolation, low confidence and low self-esteem.</p>	
Summary of Outcomes and Outputs	Themes Addressed
<p>Walked independently to BYC for a one to one.</p> <p>Took first independent journey on public transport.</p> <p>Learned new resilience tools to reduce anxiety during exams.</p> <p>Understand benefits of college.</p> <p>Successful application to college.</p> <p>Completed all his GCSE exams.</p> <p>Demonstrated independent living skills.</p> <p>Attained understanding of trigger points around autism.</p> <p>Attained understanding of trigger points for anxiety.</p> <p>Visited somewhere new.</p> <p>Knows of other informal learning opportunities and community activities.</p>	<p>Confidence and resilience</p> <p>Lack of social interactions with peers</p> <p>Anxiety</p> <p>Struggles with independent travel</p> <p>Barriers to independence</p> <p>Behavioural issues in school</p> <p>Anxiety around exams</p> <p>Anxiety about attending college</p> <p>Community engagement</p> <p>Emotional wellbeing</p> <p>College life</p> <p>Interpersonal skills</p> <p>Life skills</p>
<p>Difference made to young people - stories and images</p>	
<p>Young person struggled with anxiety and situations that have social interactions with non family members, particularly peers. Parents were concerned about his lack of a friendships and independent living skills – he would not even leave the home to go to the corner shop without his parents and his only socialising was film night with his grandfather. He found his autism made it challenging for him to make friends and felt most other young people don't like him and he gets things wrong when he tries to make friend.</p> <p>Encouraged the young person to attend one to one sessions in youth provisions to enable him to develop the confidence to be comfortable with the space and in later sessions to enable him to see other young people on the autistic spectrum socialising with each other. Meeting in a youth club setting also enabled the young person to see</p>	

what a youth club is like and the opportunities available.

He began to open up really well, sharing many of his interests which enabled the youth worker to sign post him to opportunities to interact with peers whilst doing something he enjoys such as walking. Due to a love of films, he was also given information about Shipley College's film club.

The young person was struggling with anxiety during his exams. During one to one sessions, resilience strategies for his exams were discussed and extra support and encouragement was provided by the Youth Worker via text messages – this enabled the Youth Worker and his parents to help him to cope with the change of structure at school due to the exams and minimise his anxiety of failing.

During one to one sessions with the Youth Worker, long term outcomes of his “dream job” were discussed to help him focus on rewards for going through something he finds challenging right now ie school and exams. College life was also discussed and, in particular, how the structure is different to school and how he will find it a more positive experience than his school experience due to this. Provided IAG on colleges and supported him in making his choice of college – advised parents of his choice to ensure support in making applications.

Opportunities were provided to attend biking sessions, cook and eat sessions and a drop in as well as providing a membership form for the Bingley Inclusion youth club to ensure he had opportunities to meet peers and develop interpersonal skills.

He was very proud to attain a place at his chosen college but getting distressed and anxious about the taster day the college runs for new students in July. The Youth Worker therefore arranged to take him on a college visit when it was quiet to enable him to get familiar with the space and view where his course lessons will run . The Youth Worker also arranged for him to meet some staff and introduced him to student support staff so he knows there is extra assistance if he needs it to increase his confidence about attending.

The Youth Worker showed him both food halls as this can be a trigger for his autism crisis and also ensured that he knew where quiet areas around the College are. The Youth Worker also showed him where the Youth Service runs youth sessions at the College so he was aware of where there is additional support and opportunities to make friends. During the College tour, the Youth Worker introduced him to five youth club members, three of whom do the same subject area as him.

With the parent's support, the College visit was used as an opportunity to encourage the young person to attempt the train journey home from College independently to enable him to feel more confident about traveling to College in September and build independent living skills. He was supported to buy his train ticket and to read the time table and he felt brave enough to board the train alone. He achieved completing the full journey without crisis and was very proud when he got home.

The young person attends his taster session at College this week, will be attending three activities over the summer and an arrangement was made to meet the Youth Worker at the College's Freshers Fair in September. The young person advised the Youth Worker that he would attend the Shipley College youth sessions on Wednesdays from September.

Future Development/Aspirations

Attending three activities over summer to enhance confidence on public transport and allow him the opportunity to interact with peers.

Attending college in September

Attending Shipley Collage Youth group on Wednesday's lunch times in September which will provide him with the opportunity to make new friends and socialise with peers by participating in the activities we plan and deliver.

Is joining Bradford Youth Service Shipley team on the Three Peaks Challenge next year.

Is joining D of E run by Shipley College with Bradford Youth Service support in September.

Youth Work Provider

Youth Service
Shipley Team

Partners Involved

CHAMS
Youth in Mind
MYMUP

Brief Description

Providing one to one youth work support over a 12 week period to support a young person referred by CAMHS. Providing social and emotional support for young person as they wait for assessment for mental health support needs by CAMHS. .

Signposted young person to other agencies after 12 week buddy process.

Summary of Outcomes and Outputs

Outputs

Providing one to one intervention to a young person ensuring that they have the opportunity to grow in confidence, attain resilience and provide a safe space for them to talk about their emotional well-being.

Showing the young person MYMUP support technology so they are able to access online self-care interventions.

Providing positive feedback to the young person on their achievements and activities

Themes Addressed

- **Emotional support** and the opportunity to develop higher self-esteem to support life changes that have occurred in the young person's family life.
- **Developing self – esteem/confidence** via youth work methods such one-to-one support, dance workshop, art activities, participation in meeting times, playing team games with other young people.
- **Making positive relationship with other young people** via attending youth club sessions and participating in a variety of activities the young person has been able to establish a strong rapport and build friendships as of Bingley inclusion youth club member.

via text message and the MYMUP My Journey page.

Providing information about other opportunities available to the young person in the area.

Outcomes

- Increased self-esteem and confidence.
- Increased social and personal development opportunity- such as giving better eye contact, speaking in a group setting, and developing new friendships.
- Improved social skills - being aware of social cues such as waiting until somebody has spoken before asking them a question.
- An opportunity to meet other young people that they would not usually meet and take part in new activities such as drumming workshop, cook and eat, nail art and various art projects.
- Opportunities for informal education and attaining outcomes – young person has learned about the impact of disabilities on people’s lives, black history month, and had voice and influence in the design and delivery of youth work sessions by

- **One-to-one emotional well-being support** (four sessions) so a safe space is provided for the young person to discuss emotional well-being issues confidentially. Providing the resources to enable the young person to participate in activities that the young person enjoyed to ensure positive social interaction (Pokémon and top trumps board games and building robots).
- **Signposting** for additional support after the buddies process had concluded which has resulted in the young person taking an active interest within the Bingley youth café inclusion sessions and is now a Bradford youth service youth club member.
- **Social development** and enhancing young person’s awareness of social cues – the young person is taking an interest in other young people’s lives, sharing his skills in gymnastics and dance teaching other young people how to do moves and establishing strong rapport with his peer group and is enhanced his conversational skills fire participation in meeting times.
- **Personal development** – the young person is taking part in social and recreational activities twice a week with the Youth Service, Shipley. There is been a marked increase in confidence, their understanding of social cues and how to build rapport with others and an escalation in self-esteem levels such as been able to speak during meeting time to an entire group of people.
- **Developing peer support.** The young person used feel quite isolated and struggled to develop friendships, he is now spending time with new friends that he has made at the youth café and has the opportunity to socialise with others is taking part in an array of various activities.

contributing ideas around what they would like to do over the coming months.

Difference made to young person

At the initial visit young person gave no eye contact and barely spoke. Inclusion techniques, such as giving minimal eye contact and sitting side to side with the young person instead of face to face were implemented by the Youth Worker which resulted in the young person beginning to speak with the Youth Worker and so enabled an initial assessment to be carried out.

The young person's mother advised that the young person was finding it difficult to cope with changing family circumstance due to the separation of his parents. One to one sessions with the young person enabled the Youth Worker to explore changes to his family routine following the separation of his parents and the young person's feelings about the separation.

On subsequent meetings with the Youth Worker, the young person began to open up and shared his love of Pokemon, gymnastics and trampolining. These interests were used as a focus for the Youth Worker to develop a stronger relationship with the young person. One session with the Youth Worker involved a game of Pokemon where the young person explained the game and the rules to the Youth Worker. They also built a robot together which they then raced.

The young person was introduced to the online MYMUP support web site and details of other youth provision in the area was shared with the parent and the young person. Parent and young person decided that they would like to try out the bingley Inclusion session and an initial visit to Bingley Youth Café was undertaken in order to show the young person the provision.

The Youth Worker set out the Bingley Youth Cafe in a similar way to the way it would be set out during a youth session so that the young person could become familiar with the setting of an Inclusion youth club session and see if there was any equipment activities or games that he would be interested in. The young person like the musical instruments, the hand puppets, the top trumps games and was interested by the art activity set out. The young person decided they would like to attend the youth club session that evening! Mum was pleased with this development and brought the young person to the session.

First youth club session attended was very successful - the young person engaged with staff showing them his trampolining and gymnastic videos. After being initially shy and reserved with other young people, he began drumming with two young people and drew Marvel comic figures with another young person. He seemed to really enjoy the session.

Since this first youth club session, young person has attended every single session twice a week and has developed a group of friends, participates in meeting time, joins in a variety of activities and has increased in confidence whilst enhancing his interpersonal skills. He participates exceptionally well during youth club sessions and has already attained numerous outcomes towards accreditation.

Future Development/Aspirations

- CAMHS to continue to support until diagnostic assessment completed.
- The Youth Service in Shipley to continue to provide the young person with social and personal development opportunities for as long as he wishes to be involved or up to the age of 25.

Youth Work Provider

Youth Service – Shipley Team

Partners Involved

**Phoenix Group
Sound Group (Youth Service)**

Brief Description

The young person was referred to the Youth Service by CAMHS and had been diagnosed as having an autistic spectrum condition and gender dysphoria. The young person lacked confidence and the ability to new people. The young person also struggled with her ability to plan and organise, making the most basic of activities of daily living very challenging and hindering her ability to progress in terms of independence and socially.

Summary of Outcomes and Outputs

Outputs

Regularly texts and telephone conversations between the Youth Worker and the young person

The young person attended:

- 1:1 meetings with the Youth Worker
- Meeting at Sound supported by the Youth Worker
- Attended a day visit to Scarborough with other young people from the Shipley area

Outcomes

- A marked increase in self-confidence and self- esteem when in public and ability to engage with large groups of new people
- The young person has planned and attended several Youth Service events and 1:1 meetings.
- The young person has become a member of both the Sound and Phoenix groups meeting new people and developing new social networks

Themes Addressed

- Confidence levels and self esteem
- Ability to meet new people in social environments
- Access to other LGBT groups of interest to young person (Sound; Phoenix)
- further exploration and understanding of young person’s gender dysphoria
- Dealing with young person’s parent’s lack of understanding and empathy towards her gender dysphoria
- Future aspirations and areas of interest where the Youth Service and other agencies can continue to support young person’s development

- Raising the young person's parent's understanding of gender dysphoria through parent focus groups at Phoenix

Difference made to young person



Young people play team building beach games on a trip to Scarborough

The young person has grown in confidence and self-belief from the moment she engaged with the Youth in Mind programme. She has embraced the online MYMUP application and completed some of the interventions on line.

Where the young person has particularly excelled and shown a real inner strength is the way in which she has faced her fears of meeting new people, planning and organising, and turned these into real positive aspects of her life.

The young person recognises and accepts the challenges that face her in making the transition, but now feels she is far more empowered and in control of her life than she was before, and also rated her community involvement as going from 0 to 100 as a result of this intervention by the Youth Service.

Future Development/Aspirations

The young person has expressed that she would like her parents to become more understanding of her situation and has dealt brilliantly with questions from her younger sister. The Phoenix group will help support the young person to overcome some of the tensions that are being caused at home as a result of her parents not fully understanding her situation and wishes and feelings.

The young person has also expressed an interest in carrying out the volunteering section of her DofE Silver award with the Youth Service. She takes guitar lessons and the young person has been encouraged to volunteer at the Bingley inclusion session to share her musical skills with young people with disabilities. She has agreed and this further demonstrates the progress the young person has made over the past three months.

During the 2017/2018 financial year, the Youth Service in Shipley received 117 referrals for one to one support. Of these referrals, 15 were from the CSE Hub, 17 from Early Help and 85 from CAHMS (Child and Adult Mental Health Service). The issues that young people have presented include school non attendance, anxiety, self harm, social exclusion, identity issues, low mood, anti social behaviour and drug and alcohol use. All of the young people referred will receive a minimum of 3 one to one interventions over a period of 12 weeks and some of the young people will eventually begin to attend one of our youth provisions so giving them a longer period of support.

- Youth Workers from Shipley Youth Café worked in partnership with the local Neighbourhood Policing Team with around 40 young people who have been creating anti-social behaviour in Shipley Town Centre, the surrounding area and, in particular, Shipley Library. The young people were advised about what anti social behaviour is and also gained a greater understanding of the legal aspects of anti social behaviour including Criminal Behaviour Orders and Acceptable Behaviour Contracts. They explored how to avoid getting involved in anti social behaviour and the effects that it can have on the community and also their families.
- A small group of vulnerable young people from Bingley and Bingley Rural have come together to explore their experiences of school, social care and other services with a view to presenting their findings to improve the outcomes and services for young people who have similar issues. The young people have had issues around school non attendance, additional learning needs, drugs and alcohol and risky behaviours and also difficult circumstances at home.
- Young people in Denholme ran a Rainbow Café during LGBT month in support of all LGBT young people and community members. Young people set up and ran the community café making teas, coffees and snacks as well as offering nail art and arts and crafts activities. Young people were empowered to show their support for the LGBT community and also increased their knowledge and understanding of issues faced by the LGBT community.
- A new young women only session has been set up at Shipley Youth Café for vulnerable young women who have mainly been referred by CAMHS (Child and Adult Mental Health Services) or from the CSE (Child Sexual Exploitation) Hub. The session will work in 16 week cycles where the young women are involved in a range of activities to build their confidence and resilience, raise awareness of self care strategies and how to stay safe.
- Just before Christmas 2017, the Shipley Team ran a play camp at Blackhills for 24 vulnerable young people experiencing emotional and mental health issues. The residential was a great success and enabled young people to develop new friendship and support groups, build resilience in terms of their mental health and emotional well-being and develop their own coping mechanisms. The residential was visited by a journalist team who were interested in the innovative approach to mental health and who interviewed the young people the young people about their experiences for a radio broadcast.
- The Shipley Youth Service team works closely with Bingley Grammar School to deliver a weekly term time drop in for more vulnerable young people at school. Some of the issues that have been presented are bullying, school non attendance or under achievement, self harm, drug and alcohol issues and safe guarding issues.
- Bingley Inclusion Project is open twice a week and delivers a range of educational

opportunities and activities for young people with disabilities. The young people thoroughly enjoy these sessions and we have parents tell us that the young people have developed more as a result of coming to the Inclusion Project than they have going to school!

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
Shipley	104

Commentary

The Youth Service has supported young people's participation in a wide range of community action projects. The People Can website provides some examples of the ways in which young people have a positive impact on their community.

Some examples of the ways in which young people have supported their communities and other young people are highlighted below.

- Young people have been involved in People Can initiatives where over 60 young people have been involved in litter picks in Shipley, Windhill, Wrose, Denholme, Bingley and Baildon.
- Young people helped to deliver a community café at Denholme Youth Café on Saturday mornings. They welcomed members of the community of all ages to the Youth Café and served tea, coffee and snacks in order to build community links and bridge intergenerational gaps. Older and younger members of the community participated in arts and crafts together and also explored healthy eating and food hygiene.
- Young people in Baildon explored the effects of bullying during Anti Bullying Week and launched a small campaign in school to raise awareness of bullying and what young people suffering from bullying can do about it. The young people approached their Head Teacher to ask that teachers in the school wore anti – bullying bands all year round to keep the issue of bullying at the forefront of teacher's and young people's minds throughout the academic year.
- Young people attended and facilitated activities for other young people and the wider community at Baildon Carnival so becoming more involved in community life and developing their confidence.
- Members of Baildon Youth Club helped to set up and support the Baildon Christmas event where they made a range of gifts to sell to raise funds for the youth provision. They helped to set up the event and showed members of the community around the event. The young people enjoyed volunteering their time, gained confidence, enjoyed being part of a community event, learned more about their local area and developed new relationships with members of the wider community.
- 48 young people attended a District Wide Stronger Communities residential. The residential

aimed to breakdown different cultural boundaries and to encourage young people to gain an awareness around community cohesion.

- Members of the Bingley Inclusion project participated in the annual Youth Service Celebration event at the Dubrovnik Hotel. 18 young people were involved in preparing a presentation about the achievements of the Inclusion Project and 4 young people delivered the presentation to a large audience of young people, Councillors and other professionals. One Police Officer stated that it was the best and most positive event he had attended in a long time. Through developing the presentation, young people developed confidence, team work, planning and time keeping skills as well as presentation skills.
- Young people in Denholme were involved in making Christmas cards and gifts including hot chocolate and marshmallow packages for an event at the Co-op in Denholme. The Co-op has been a long supporter of Denholme Youth Café and presented a cheque to the Management Committee for £1,483.90 for our continuing work with young people. The young people also sold the Love Denholme calendar which was produced as part of the Love Denholme Project. The young people and the Management Committee members raised £195.40 for the sales of the Christmas gifts and the Love Denholme calendar which was used to support the work with young people at Denholme Youth Café.
- 51 young people offered 12 hours each volunteering as part of the Duke of Edinburgh Award in Wharfedale. The young people volunteered for local charities, sports organisations and Burley Parish Council and completed a total of 612 hours of volunteering between them.
- Young people planned and delivered a Halloween Party at Highcroft Youth Centre. As a result of their involvement, the young people developed an awareness of Halloween and the reasons it is celebrated and developed their confidence, self esteem and ability to work as part of a team.
- Young people and youth workers from across the Shipley Constituency spent 3 hours walking around Roberts Park in a bid to raise funding for Carers Resource, a Shipley based charity and also to raise awareness of the work of local carers which often goes unrecognised. Some of the young people that participated themselves were either carers or cared for and they managed to raise £198.62 for Carers Resource.