

## **Report of the Strategic Director, Place to the meeting of ShIPLEY Area Committee to be held on 15<sup>th</sup> January 2020**

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### **Subject:**

Youth Service Update – Shipley.

### **Summary statement:**

This report gives an update on work undertaken by the Youth Service in the Shipley constituency in the past 12 months and outlines the direction of travel for the next 12 months.

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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 in the Shipley constituency in 2019-20.

1.2 The Report outlines the following information:

- Youth Worker staffing structures in Shipley
- An update on Youth Service Activity in the Shipley Constituency
- Outline of future plans and direction of the Youth Service in the Shipley constituency and District wide

## 2. BACKGROUND

2.1 Bradford Council's 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 The Youth Service Vision Statement is to work 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.

2.3 Youth Service priorities reflect the priorities of the Youth Service and are aligned to the five Key Elements of the Bradford District Youth Offer. They are KPIs

<i>Youth Offer Element 1 – Information, Advice and Guidance (IAG)</i> Increase the numbers of young people accessing IAG.
<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.

2.4 In terms of staffing, the Youth Service is managed as one service. Staff are contracted to the Youth Service and are allocated to Areas. Appendix C outlines the current allocation of Youth Service staff across the District.

### **3. OTHER CONSIDERATIONS**

#### **Open Access Youth Provisions**

- 3.1 Open access youth provision is delivered within all Wards in the Shipley constituency. These sessions create a safe space for young people to engage in positive informal educative activities. Young people have the opportunity to engage in the planning, delivery and evaluation of the twelve week programmes building their skills and aspirations whilst working towards achieving accreditations. Appendix A – Shipley Youth Service’s ‘What’s On Guide’ details the current provisions being delivered within the Wards in the Shipley Constituency.
- 3.2 Bradford Youth Service, Shipley Wards Update (Appendix B) gives an overview of some of the youth work being delivered in Shipley.

#### **Voice and Influence**

- 3.3 Seven young people from the Shipley constituency have completed training to become young inspectors. The Inspectors programme involves young people going into educational establishments including schools and completing audits on the delivery of grant based projects. This gives young people an insight into grant processes, delivery of programmes, the opportunity to meet other young people whilst working within educational establishments to develop skills, gain experience, being empowered to make decisions and offer information, advice and guidance. In addition to the Inspectors programme young people who attend all of our provisions are supported to engage in voice and influence programmes including planning of provisions, attending partnership meetings and council committees and becoming Young Ambassadors, all of which develop their pathways into future educational and employment opportunities.
- 3.4 Twelve young people have participated in the Young Ambassadors programme in Shipley. This programme was originally run centrally from Bradford and has now moved into the constituencies. The Shipley Young Ambassadors programme originally started in Bingley, however, there were ‘territorial’ issues with the young people in terms of young people who did not attend Bingley Youth Project accessing the programme. The programme has since moved to Shipley College which was seen as a more neutral space.
- 3.5 Young people have also been involved in allocating some £14,000 of funding from the Area Opportunity Essential Life Skills fund. In order to carry out this work effectively, the young people had to understand the criteria for the grants, including the meaning of social mobility and explore whether or not the bids met the criteria. The young people took their responsibilities seriously and enjoyed the experience of allocating the grants.
- 3.6 The Shipley Young Ambassadors have identified the need for an LGBT+ group to be set up within the college and will be establishing the group in January 2020. The Young Ambassadors have also begun work on establishing a radio show with BCB. The young people will receive training on how to establish and run a radio show, have a platform to express their viewpoints, interview decision makers in the district,

and obviously, play the music they prefer, some of which will be music composed and recorded by young people in Shipley.

- 3.7 In January, the Shipley Youth Service team will be exploring how we can establish Young Ambassadors in each youth provision with an annual or bi-annual conference of Young Ambassadors to share ideas and identify Shipley-wide issues for young people.

### **Shipley Constituency Provisions**

- 3.8 The Shipley Youth Service team currently leads on the delivery of 7 area wide sessions weekly. These sessions are aimed at young people from across the Shipley Constituency. The area wide sessions are themed to suit young people's needs, interests and increase our Youth Offer. The Shipley team leads on the central inclusion provision for the area with a current membership of 38 young people. This provision supports young people with additional needs to engage in positive activities with their siblings and peers whilst being supported to engage in universal open access provisions. Information regarding the Shipley wide provisions can be found in both Appendix A and Appendix B.

### **LGBT+**

- 3.9 The Shipley team ensures LGBT+ based work is delivered within all of our provisions and as Shipley does not currently deliver any provision directly for young people who are LGBT+, we ensure young people are supported to access provisions such as Sound and Phoenix in Bradford town centre.
- 3.10 As the Shipley team does not have on going sessions for LGBT+ young people, sessions are offered during the school holidays for young people to come together for peer support. The young people have enjoyed days out to places such as Hebden Bridge and Blackpool and also visited the cinema.
- 3.11 As detailed above, the Young Ambassadors will be looking at setting up an LGBT support group in Shipley College in 2020.

### **Buddy support as part of Youth In Mind**

- 3.12 Building on the continued success of the Buddies Work and our partnership within the Youth In Mind (YIM) initiative, the Youth Service has been re-commissioned to deliver 'Buddy Support' to young people across the district.
- 3.13 Youth Workers receive referrals from the Child and Adolescent Mental Health Service (CAMHS), School Nurses and other professionals. The Youth Workers then act as Buddies to the young people. The role of the Youth Worker is to befriend the young people, support them using the Signs of Safety approach and navigate them to the various support opportunities available to them.
- 3.14 All full time youth workers hold an additional caseload in schools, delivering 1:1 work on a weekly basis, developing young people's confidence, self belief and

resilience. This supports working towards reducing the demand on specialist services.

- 3.15 The Shipley Team have received over 150 referrals for young people through Youth in Mind since April 2019.

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

- 3.16 The Youth Service continues to provide direct support to young people at risk of Child Sexual Exploitation. Youth Workers support the young people referred on a 1:1 basis and engage them in support opportunities available. Through engagement with the Youth Service and following the support young people have reported on feeling safer, they have an increased support network and due to engaging in local provisions young people are feeling more connected within their local communities. The Shipley team currently runs a female only provision in Shipley and Youth in Mind (YiM) groups, all of which offer young people a safe space to engage in positive informal educational activities. A boys group has also been set up in Shipley to address some of the anti social behaviour and to try to deter young people from getting involved in more criminal behaviour.

### **Early Help**

- 3.17 Bradford Youth Service continues to work with the Early Help Team and supports the area based panels. Through these panels young people are referred to the Youth Service and are supported by the area Ward Youth Workers to engage in localised youth provisions, Youth in Mind groups and for those who require it, an offer of 1:1 support. The young people referred have been supported around a number of issues including non engagement in education, anger management, family breakdowns, Anti Social Behaviour (ASB) and domestic abuse, all of which helps to prevent young people from entering the social care system and supports them into a positive destination.

### **Community Integration and Cohesion**

- 3.18 The Youth Service plays a pivotal role in supporting cohesion of young people across the district.
- 3.19 In the Autumn, a group of young women from Bingley Youth Café participated in an integration project with a group of young women from Heaton. They designed a box which included items that they made which reflected elements of their lives, their hopes and fears, ambitions and things they liked and liked doing. A similar box was produced by the Heaton girls and each group exchanged boxes before meeting each other to learn more about each other's lives. The aim was to show that the similarities are greater than the differences. The Heaton girls invited the Bingley girls to a meal at their youth centre where they planned to get to know each other better.
- 3.20 2020 will see a further integration project where we hope to bring young people together from Burley and Windhill & Wrose to undertake a piece of social action of their choosing.

- 3.21 In early 2020, the Shipley team are also hoping to work in partnership with the Yorkshire Academy of Creative Arts & Dance to produce a fashion show. Young people from across the Constituency will be involved in designing fashion from the different cultures that are represented in Bradford and putting on a show with music and dance to show off their creations.

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

##### **Staffing base budget £264,000**

- 1 x Advanced Practitioner 26-29
- 2.5 x Youth Worker 16-19
- 1.5 x Youth Worker 12-5
- 2 x Apprentice Youth Workers
- + Up to 90 part time hours (combination of Youth Support Worker and Leader in Charge contracted and casual) from base budget

**Total FTE in substantive posts = 7**

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

- 5.1 The implementation of the planned budget savings for the Youth Service is subject to the internal risk management plan of the Council and progress is reported to the Place Departmental Management Team.

#### **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 Young people from across Shipley engaging in weekly open access and specialist provisions are directly and indirectly involved with supporting and developing community safety within their local area. Voice and influence is central to youth work delivery ensuring young peoples ideas, suggestions and thoughts are heard.

7.4.2 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 All budget proposals are subject to consultation with the Trade Unions.

## **7.7 WARD IMPLICATIONS**

7.7.1 The information in this report is related to all wards in the constituency and Appendix A outlines the Youth Service projects and activities delivered across Shipley.

## **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 Constituency as detailed in this report be welcomed.

## **11. APPENDICES**

- 11.1 Appendix A: Shipley Youth Service – What's On Guide
- 11.2 Appendix B: Shipley Constituency – Ward Updates

## **12. BACKGROUND DOCUMENTS**

- 12.1 Report of the Strategic Director (Place) to the meeting of Shipley Area Committee on 28 November 2018, Document K, Youth Service – Shipley Area.

**Shipley Youth Service – What's On Guide**  
**Baseline Youth Provision - 2019**

<b>Shipley Ward</b>			
For more information contact Carole Bywater on 07582109824 or <a href="mailto:carole.bywater@bradford.gov.uk">carole.bywater@bradford.gov.uk</a>			
Day/Time	Activity	Location	Frequency
Tuesday/Thursday 2pm – 4pm	Information, advice and guidance provided by Advice, Advocay, Action	Shipley Youth Café 2a Windsor Road	Weekly
Thursday 6.30pm – 8.30pm	Open Access Youth Club	Shipley Youth Café	Weekly
Saturday 3.30pm – 8.30pm	Open Access Youth Club	Shipley Youth Café	Weekly
Wednesday 12pm – 1pm	Youth drop in	Shipley College	Weekly

<b>Windhill &amp; Wrose Ward</b>			
For more information contact Carys Bose on 07582104446 or <a href="mailto:carys.bose@bradford.gov.uk">carys.bose@bradford.gov.uk</a>			
Day/Time	Activity	Location	Frequency
Monday 6.30pm – 8.30pm	Open Access Youth Club	Highcroft Youth & Community Centre	Weekly
Friday 6.30pm – 8.30pm	Open Access Youth Club	Highcroft Youth & Community Centre	Weekly

<b>Baildon Ward</b>			
For more information contact Carole Bywater on 07582109824 or <a href="mailto:carole.bywater@bradford.gov.uk">carole.bywater@bradford.gov.uk</a>			
Day/Time	Activity	Location	Frequency
Monday 6.30PM – 8.30PM	Open Access Youth Club	Ian Clough Hall	Weekly
Wednesday 6pm – 8pm	Baildon Youth Council	St Hughs, Higher Coach Road, Baildon	Weekly

<b>Bingley Ward</b>			
For more information contact Gemma Booth on 07582103570 or <a href="mailto:gemma.booth@bradford.gov.uk">gemma.booth@bradford.gov.uk</a>			
Day/Time	Activity	Location	Frequency
Wednesday 3.30pm – 8.30pm	Open Access Youth Club	Bingley Youth Café	Weekly
Friday 3.30pm – 8.30pm	Open Access Youth Club	Bingley Youth Café	Weekly
Saturday 3.30pm – 8.30pm	Open Access Youth Club	Bingley Youth Café	Weekly

**Bingley Rural Ward**

For more information contact Debra Peters on 07582101849 or [debra.peters@bradford.gov.uk](mailto:debra.peters@bradford.gov.uk)

Day/Time	Activity	Location	Frequency
Monday/Thursday 6.30pm – 8.30pm	Open Access Youth Club	Wilsden Village Hall	Weekly
Monday/Thursday 6.30pm – 8.30pm	Open Access Youth Club	Denholme Youth Café, Foster Park, Denholme	Weekly

**Wharfedale Ward**

For more information contact Heather Coulton on 07813992027 or [heather.coulton@bradford.gov.uk](mailto:heather.coulton@bradford.gov.uk)

Day/Time	Activity	Location	Frequency
Wednesday 4pm – 6pm	Open Access Youth Club	Queens Hall, Burley	Weekly

**Shipley Wide Provision**

For more information contact Carys Bose on 07582104446 or [carys.bose@bradford.gov.uk](mailto:carys.bose@bradford.gov.uk)

Day/Time	Activity	Location	Frequency
Monday/Thursday 5.30pm – 7.30pm	Inclusion Group	Bingley Youth Café	Weekly
Monday/Thursday 12pm – 1pm	Youth in Mind Drop in	Shipley College	Weekly
Tuesday/Thursday 2pm – 4pm	Information, advice and guidance in partnership with Advice, Advocacy, Action	Shipley Youth Café	Weekly
Tuesday 6.30pm – 8.30pm	Boys Group	Shipley Youth Café	Weekly
Wednesday 4pm – 6pm	Girls Group	Shipley Youth Café	Weekly
Wednesday 3.30pm – 5.30pm	Youth in Mind Peer Support Group	Bingley Youth Café	Weekly

## SCHOOLS WORK

For more information contact Carys Bose on 07582104446 or [carys.bose@bradford.gov.uk](mailto:carys.bose@bradford.gov.uk)

Day	Activity	Location	Frequency	Target group
Monday/Thursday	1:1 Support	ShIPLEY College	Weekly	Youth in Mind
Thursday	1:1 Support	Beckfoot	Weekly	Youth in Mind
Thursday	1:1 Support	Bingley Grammar	Weekly	Youth in Mind
Thursday	1:1 Support	Parkside	Weekly	Youth in Mind
Friday	1:1 Support	Salts	Weekly	Youth in Mind

The above table provides an overview of the work that is delivered in secondary schools and Shipley College. Each youth worker will hold an average case load of 6 young people who they provide one to one support to over a 12 week period. The impact of these early interventions helps reduce exclusions and maintain attendance whilst also reducing the demand on specialist services. The support received is unique to each individual but often focuses on emotional well being, anxiety and low self esteem.

The impact of this '*school based support*' has been the growth of '*community based*' peer support groups across the constituency. These groups offer young people the opportunity to share the 'self care skills' that they have learnt with others. We commonly refer to these groups as Youth in Mind – Peer Support groups. These groups are detailed above in 'Shipley Wide Provision'.

## ShIPLEY Constituency - Ward Updates

### ShIPLEY Ward Youth Provision

Between April 2019 and August 2019, some 165 hours of open access youth provision has been delivered from ShIPLEY Youth Café on a Thursday and Saturday. 275 young people have attended the Thursday sessions and 245 have attended the Saturday sessions. ShIPLEY Youth café has been attended by young people from ShIPLEY, but also from Baildon, Denholme, Keighley and Windhill & Wrose.

The Youth Café is a safe environment in a central position where young people can receive information and guidance on issues affecting them including drugs/alcohol, relationships, education/careers and teenage pregnancy.

Some of the work that has been delivered in ShIPLEY Youth Café includes,

- Workshop with the Police around drugs which was developed due to drug use by young people in the area. The Police Officer gave young people up to date advice and information on drugs and alcohol including the law around drugs and the health effects of taking drugs.
- Themed cook and eat sessions where the young people cooked food from different cultures. The young people planned the meals, shopped for ingredients while staying within a budget, cooked the meals, cleaned up after and shared the food with other young people. Through this project, the young people learned life skills, safety in the kitchen and food hygiene and also developed a greater understanding of where their food comes from and food eaten by different cultures.
- The young people enjoyed a visit from Toller Youth Café's Safer Spaces project which provides a safe space and support for young people in crisis. Around 15 young people engaged in the visit where they learned more about mental health and services that could support young people. This was particularly relevant to the young people as they had recently lost a friend to suicide and so valued the opportunity to discuss the issues in a safe environment. The young people showed empathy and sensitivity and fully engaged in the session asking questions and giving their own viewpoints. They were also given leaflets about Toller Safer Space.
- The young people enjoyed a session to explore identity. The young people decorated t-shirts while exploring their personalities, hopes and dreams. The t-shirt printing session was followed by a pamper session which was particularly enjoyed by one of the young men.

ShIPLEY Youth Café on Market Street was closed in August to make way for the Education Music Service who will be based there temporarily. Having looked for an alternative venue for the Youth Café for the last few years, we finally identified a Council owned building that is attached to the Town Hall and that used to be a hairdressers. The move will save the Council money while still providing a much needed service for young people in the town centre of ShIPLEY.

Following the closure of ShIPLEY Youth Café, there was a spike in anti social behaviour in the Town Centre and so, the Youth Service have since been undertaking a programme of detached work in and around ShIPLEY Town Centre. Youth workers have worked with

around 30 young people on the streets and in the local parks since the closure of the Youth Café. This has taken the form of diversionary activities such as sports in the park and also planning for the opening of the new Youth Café where the young people have discussed potential programmes of work and resources they would like.

Unfortunately, there have been a number of issues in terms of the development of the old hair dressers into a new youth café and we are still not open to the public or young people. We are hoping that we will be able to open in January and will be offering open days for young people and also local stakeholders to come and look at the building and hear about some of our plans for the future.

### **Baildon Ward Provision**

The Youth Service currently works in partnership with HALE to deliver a weekly open access youth session at the Ian Clough Hall and also Baildon Youth Council which meets at St Hugh's Church and Community Centre on Higher Coach Road. Baildon Youth Council is supported by Baildon Town Council. We have also made use of Baildon Recreation Centre offering young people the opportunity to engage in sports and a number of outreach sessions have been undertaken to encourage young people to engage in more positive activities rather than hanging about on the streets. The sessions in Baildon are well attended with some 80 young people attending the youth club sessions and 40 attending the Baildon Youth Council sessions.

During the warmer weather, youth workers have undertaken detached work on the streets and in the parks involving young people in a range of outdoor activities including rounders, football and water fights.

The young people have regularly undertaken litter picks around the Ian Clough Hall which seems to be a magnet for rubbish when the wind blows and also in Roberts Park. The young people have also been involved in developing a piece of theatre around CSE and bullying which aims to educate others about the issues.

Other issues the young people have explored over the past 12 months include:

- Anti social behaviour which included a community walk to help identify any areas of anti social behaviour or community issues.
- Bullying – it's effects and how to stay safe from bullies
- A fund raising bag pack at Asda to raise money for the Baildon community where the young people raised an impressive £108.80
- Healthy relationships and sexual health
- Healthy eating including cook and eat
- Mental health and emotional well being
- Arts and crafts including tie dye, stencilling, painting techniques, spray paint, sewing, drawing and making dream catchers.
- First Aid

The young people at Baildon decided that they did not want to merely support the youth work staff with planning for sessions, but wanted to plan and deliver their own sessions. Youth Takeover Week was therefore developed where young people plan a whole youth session with timings, activities, resources, budget, risk assessments and the management

of behaviour. Through this work, the young people have developed their organisational skills as well as teamwork and communication skills.

Baildon Youth Council members are working towards completing an Asdan award in volunteering. The young people have been completing their volunteering log and some of them have completed 50 hours of volunteering!

Over the next 12 months, the young people will continue to develop their volunteering and further involvement in the local community, undertake an arts project, litter picks and food hygiene training.

### **Windhill & Wrose Provision**

The Youth Service continues to deliver 2 open access sessions per week at Highcroft Youth Centre. Following a reduction of the number of young people attending the centre over the summer, we have now increased numbers to around 40 young people attending each session.

Windhill & Wrose has suffered high levels of anti social behaviour over recent months and so youth workers have undertaken a number of outreach sessions to try to encourage young people to engage in more positive activities. More recently, we have been in discussions with 1 in a Million and Eccleshill Adventure Playground to develop a closer working relationship to tackle some of the anti social behaviour in the area. The main aim of our joint working will be to try to divert young people from getting involved in more serious organised crime as there are a significant number of young people in the area who are already on the fringes of organised crime undertaking burglaries, drug dealing and car crime. While some of these young people have or will inevitably become involved in the criminal justice system, the Youth Service will work with partners to try to prevent other young people becoming involved. Youth work staff have been involved in detached work in the area for a number of months to try to divert the young people into more positive activities. The Advanced Practitioner continues to attend strategy meetings with the police, Youth Offending Team and other stake holders to address the issues of anti social behaviour in the area.

Young people attending Highcroft Youth Centre have been involved in a wide variety of activities including sports, arts and crafts and cook and eat programmes. All activities are delivered in order to encourage young people to develop life skills, confidence and the ability to work in groups.

A new partnership has been developed with the Yorkshire Academy of Creative Arts and Dance (YACAD) who delivered a 12 week programme at Highcroft using a variety of performing arts forms to explore mental health with young people. YACAD will be delivering weekly sessions at Highcroft from January 2020.

Some of the issues that young people have explored at Highcroft Youth Centre include:

- Anti social behaviour
- Bullying
- Fire safety
- Healthy eating

- Drugs and alcohol

Highcroft Youth Centre now houses a range of provision including:

- Nursery and after school club delivered by Superstars
- Wrose Adventurers
- Indoor bowlers
- Dog training Club
- Training venue for Team Teach training
- And, of course, the youth sessions

Challenges for the New Year will be to divert young people from anti social behaviour. This will include information sessions around the consequences of anti social behaviour as well as a range of activities from sports, arts and adrenaline fuelled outdoor activities. The Youth Service will also be looking to allocate a youth worker to support the youth sessions delivered at Windhill Community Centre by 1 in a Million.

### **Wharfedale Provision**

The Youth Service has worked with local volunteers, Burley Parish Council and Burley Community Trust to establish a new youth session which opened at Queens Hall in August. The session started as a 'chill out' space for young people, but has now developed into a more educational session in line with youth work aims and objectives. There are currently around 16 young people who attend regularly. The fabulous thing about this session is that young people have been involved in developing the work, calling the project YouthQuake and having the aim of involving young people more in the local community.

Each session starts with a 'check-in' whereby the young people give their name, age and answer a question of the week, ie, 'if you could have dinner with anyone in the World, dead or alive, who would it be?' The 'check-in' also includes the weekly use of an 'advice box' where young people are encouraged to write anything they would like help with such as bullying, how to make new friends etc. This is done anonymously and then discussed amongst the group. The session now includes set themes each week, such as the environment, hate crime, personal identity and peer support and an activity or workshop is used to explore the issue. The session then runs with various stations available for arts and crafts, board games, x box area and dance mat area. In the last few months, the young people have undertaken a first aid qualification and begun to get more involved in the local community by baking and delivering cakes to a local care home. The young people and the residents of the care home really enjoyed the experience and the young people hope to work more with the residents in the home in the future.

### **Bingley Provision**

Bingley Youth Café continues to be used on 6 days per week housing open access youth sessions 3 times per week, the Inclusion Project twice a week and a language session is delivered weekly by an outside organisation, Laugh, Love, Learn Languages. The building is also used periodically by the swimming pool and to house meetings.

The open access sessions run on the following days:

Wednesday, 6pm – 9pm

Friday, 3pm – 9pm

Saturday, 3pm – 8pm.

Over 100 young people attend Bingley Youth Café on a weekly basis and have engaged in projects and workshops around a number of issues including mental health, diversity, equality and cohesion, sexual health and relationships, knife crime, CSE and grooming, drugs and alcohol, fire safety and Brexit. Through these workshops and projects, the following has been achieved:

- Young people are better informed, through work with the police, on how to stay safe and of the dangers of carrying knives.
- Through the regular 'Time to Talk' sessions, young people are better informed to make decisions about their own lives from issues such as their physical, mental and sexual health. Young people regularly request advice and information and also benefit from the condom distribution scheme which aims to decrease teenage pregnancy and STI's.
- Work around mental health and emotional well being has enabled young people to develop more resilience and a greater ability to deal with life's challenges. Many young people have learned techniques to deal with anxiety and low mood.
- Several young people have been supported to access further educational opportunities including college and sixth form. One young person who left school this year without many qualifications was supported with accessing further opportunities and now attends Shipley College. Young people have been supported to write their CV's and, as a result, two young people are now working as builders and one has a part time job at a local business.
- The young people have developed a youth committee which now works alongside the youth work staff to develop youth work programmes and behaviour expectations.

Bingley Town Centre suffered a rise in anti social behaviour earlier in the year. The Youth Service responded by increasing the opening hours of the Youth Café and there was a marked reduction in anti social behaviour in the town centre. The Leader in Charge of the open access sessions at Bingley Youth Café has built strong relationships with local businesses, the library and Bingley Arts Centre in order that youth workers can be deployed to support with any anti social behaviour that may be occurring in the town centre or around particular establishments.

### **Bingley Inclusion Project**

The Inclusion Project boasts some 38 members from across the Shipley Constituency and averages 30 hours per month provision in term time and 44 hours in school holiday periods. The session is also supported by 2 young leaders who are working towards a Lord Mayor's accreditation for their volunteering. The Inclusion project is a lively provision involving young people in a range of activities. The young people also have a 'meeting time' that takes place every session where they have the opportunity to contribute to the development of the Inclusion Project by offering suggestions and ideas.

The young people have been involved in a number of projects including:

- Developing self care and emotional well being scrap books. This has been an on going mental health project where young people have created pages for their books using sensory art. Once they have completed their scrap books, the young people will have a self made resilience book to take home. The project is also used as a method for the youth work staff to discuss emotional well being and coping strategies with young people.
- Identity Quilt making Project: the young people learned to sew while reflecting on the best way to symbolise and express their identity to create their individual square for the quilt. The quilt pieces were sewn together to show the young people that we can all be different, but still belong. The skill of sewing was a huge task to some of the young people, but they were supported by some of the other members.
- Spring pot decoration: this project was delivered to encourage the young people to develop an understanding of the environment and looking after nature. The young people all decorated a plant pot and planted a bulb in the pot. They took their pots home and reported back to the group about the progress of growing their own plant to encourage taking responsibility and caring.
- Eid celebration crafts: the young people developed art as a means of exploring Eid and Islam. Some of the young people shared their knowledge and others raised questions in a thoughtful and respectful manner.
- Development of a Puppet Show: this proved very popular with the young people who wrote their own scripts, created props and hand made puppets to produce a show based on including people, bullying and being kind to others. The activity enhanced the young people's interpersonal skills, literacy skills and raised awareness around healthy relationships.
- Makaton 1000 years singing hands project: the young people came together to learn all the words to '1000 years' in Makaton with a youth worker to help them better communicate with young people who rely on this method of signing to communicate.

## **Bingley Rural**

The Youth Service continues to deliver two sessions a week in Denholme and also 2 sessions per week in Wilsden which are supported by the Parish Council in Wilsden. The rural aspects of these provisions has led to a number of older teenagers attending these provisions as there is very little for them to do in the areas and transport can be difficult for some of the young people to attend other opportunities in the District.

Denholme Youth Café continues to be a popular provision for young people attracting some 35 young people each week. On one session, we had 45 young people accessing the provision which is a challenge in such a small space! Young people that attend are mostly from Denholme, but some young people come from Oxenhope, Cullingworth and Allerton.

The young people have enjoyed a number of activities over the past year from arts and crafts and sports in the park. Over recent months, the young people have made a wreath to be laid at the cenotaph in Denholme for Remembrance Day. The wreath was made up of a number of poppies which were made by every single young person who attended the

session. The wreath making session encouraged young people to look at their own histories to see which of their family members had served in World War II.

Young people were also successful in raising £2,000 through external funding bids. These bids were to purchase a television and 2 lap tops for the centre which will enable young people to use the internet to access information and guidance and also support work around job searches and CV writing. The second bid was to produce hand decorated Tee shirts with inspirational slogans with an aim to inspire themselves and other young people.

Wilsden Youth Club is attended by around 15 young people on a weekly basis. The young people tend to be older teenagers from around 15 years upwards and have been involved in a number of projects and workshops including:

- Mental health & emotional well being focusing on building resilience in coping with life's ups and downs. Some of the young people have experienced periods of anxiety and coping methods have been explored with these young people
- Knife crime where young people explored the consequences of knife crime and the law. Young people also explored ways of staying safe when they are out and about.
- Drugs and alcohol where young people explored the law and the negative health effects of drugs and alcohol
- Life skills including cook and eat with a focus on cleaning up which seems to be less attractive to the young people than the actual cooking!

Youth work staff have also undertaken outreach work in the area after reports of anti social behaviour in the park with the aim of encouraging young people to engage in the youth sessions and more positive activities.

The young people who attend the Wilsden session particularly enjoy having the opportunity to discuss a range of issues with the youth work staff and also receive individual support when requested for personal issues.

## Youth In Mind Case Studies

As detailed above, the Youth Service continues to deliver the Youth in Mind programme and now takes referrals, not only from CAMHS, but from schools, school nurses, GPs, social care and Early Help. Youth workers offer 1 to 1 support for young people in schools and also out in the community, whether this be at home for the young people whose anxiety has become so bad that they are unable to leave the home or in community venues such as youth provisions, coffee shops or the local park.

Please see below for examples of case studies with young people:

### Case Study 1

#### Brief Description of Intervention

K was referred to me in January 2018. She had had a tough time of things suffering from a recent miscarriage, her parents splitting up, her partner becoming estranged from their family & moving in, and problems with her college course. She had low self-confidence & suffered a lot from low mood. She was struggling to maintain her relationship with her father after he moved in with his new partner & her sons & wanted some support, and someone to talk to about everything that had been going on for her.

K and I met regularly to give her an opportunity to explore her feelings, talk about what had been going on & look at some potential solutions and/or coping strategies. K gained trust in me through these meetings and opened up about all sorts of things going on in her life. She was given a 'journal scrapbook' so that she could start looking at what was going well in her life & what she enjoyed. We also looked at positive steps she could take to move some of her relationships more to how she wanted them to be & the value of friendship & not becoming too insular in her relationship.

K's confidence grew & her attitude increased in positivity. She started to rationalize things more, worry less and focus on what was important to her. She completed her year at college & achieved good grades & has now gone on to a Higher Education course to train to become a teacher. She has started volunteering at her local community centre again, getting involved in youth work activities & widening her friendship group & has joined the Young Inspectors programme. K is now much happier in herself, has increased her confidence & is finding it easier to do the things she needs to do.

### Case Study 2

#### CONTEXT

The young person was referred to the Youth in Mind programme by her GP. Initial information on the referral indicated that she had symptoms of anxiety, felt lonely and isolated, had been living in a domestic abuse situation, did not trust anybody and had physical symptoms as a result of her anxiety. There was a concern that the young person was also vulnerable to abuse from others. The referral indicated that the young person needed support to find coping strategies, to develop interests and friendships and to

improve her personal safety.

### **THE ISSUES**

The young person said that she had anxieties about exams and school. She was also worried that her mum may have cancer and that her and her siblings may get taken into care. The young person has also stated that she sometimes hears voices in her head and she found this upsetting. She also stated that she has no friends she feels able to talk to about her worries and anxieties.

### **THE APPROACH**

The Youth Service have been able to offer a wrap around package of support for the young person both in and out of school. The young person has access to one to one support in school and one to one sessions have been offered within the youth club setting as the young person has started to attend her local youth club regularly. Youth workers have therefore been able to respond quickly to the needs of the young person and she feels that she now has a selection of youth workers can she talk to as and when she needs to.

### **THE OUTCOME**

Although the issues are not resolved, the young person now feels that she has youth workers that she can talk to who she can trust. Youth workers have helped her to focus on the positive aspects of her life and understands that her current feelings of anxiety are a normal reaction to difficult situations she is now facing. The young person understands that she should attend the GP if she has physical symptoms of pain. Youth workers have been able to encourage the young person to talk to her Mum about her anxieties. The young person had anxieties that she was leaving school and would not have the support of a teacher she had grown to trust. Understanding that she now has the support of youth workers has meant that she no longer feels as isolated. She continues to attend the youth club and participates actively in the programme. During youth club sessions, she has access to youth worker support 3 times a week and also has a Youth in Mind 'buddy' who will see her on a one to one basis and who she can call if she feels the need to.

Please see quote from a teacher in one of the schools we work at regarding our Youth in Mind work in the school.

*'Thank you for your second session today. The sessions are incredibly useful-particularly for our most vulnerable students with Autism. These young people find relationships very difficult and therefore it is imperative to keep continuity. Your knowledge around these issues is obvious and we have been impressed by your strategies and skills. Our young people need routine, any changes could through them into crisis.*

*Many thanks for your help and understanding.'*

## **Future Work**

During 2020, the Youth Service in Shipley will maintain the provisions outlined in this document. Some of our planned ideas for the year include:

- The opening of the new Shipley Youth café with open days for young people and stake holders.
- The introduction of apprenticeships for Looked After Young People. There will be 2 apprentice opportunities in each area and these apprenticeships will offer this group of vulnerable young people an opportunity to gain experience of work and the workplace.
- Development of volunteering in the area. Although we do have some volunteers, we would like to increase this opportunity in the area, particularly for young people who are able to gain employability skills through volunteering.
- The Youth Service Celebration event on 26<sup>th</sup> March 2020
- The development of arts therapy sessions for young people suffering from mental health issues
- A cohesion project bringing together young people from our Inclusion Project with the Star Project in Bradford West.
- Developing our partnership working with 1 in a Million and the Eccleshill Adventure Playground to address anti social behaviour in the Windhill & Wrose area.