

## Youth Work Annual Review 2014-2015



This year we have been inspired by all those who have come alongside, supported and given time generously and willingly to enable us to deliver activities and support to young people. Thank you to everyone - youth workers, volunteers, parents, professionals, schools, community groups and, last but by no means least – the young people themselves – who have made this year another memorable and successful one.

### Highlights from this year are:

- REGISTERED YOUNG PEOPLE – over **450** young people registered for regular clubs and groups
- CLUBS & GROUPS – **10** open access youth clubs across the District, **2** issue based groups, **2** youth councils
- MUSIC EVENTS – **33** young people auditioned, **21** performed with over **100** guests attending
- CAMPING TRIP IN OCTOBER – **30** young people learnt survival and leadership skills
- SUBSTANCE MISUSE INTERVENTIONS - **14** young people have received specialist 1:1 help & support
- MENTORING – **18** young people have been supported through mentoring scheme
- FUNDING – successful funding of **£30,000** raised towards purchase of mobile skate ramps & trailer

### What is Community Youth Work?

Community Youth Work is all about developing and delivering activities, opportunities and support for young people so as to enable and empower them to make informed, positive lifestyle choices. We aim to promote active, healthy, safe and social lives.



Our core work is to provide open access activities for young people such as weekly youth clubs, outings and special events that are easily accessible and affordable. In addition to this the team respond to needs locally and offer young people additional early intervention help through mentoring and issue based support.

Young people with more significant issues are referred onto specialist help, although this is not always a quick or easy process in the current climate of support service cuts and raised thresholds.



## Regular Activities – 2014-2015

Monday	Tuesday	Wednesday	Thursday	Friday
Upper Beeding Youth Café - Weekly	Billingshurst Youth Club - Weekly	Pulborough Junior Youth Club - Weekly	Cuthman Centre Youth Club - Weekly	Broadbridge Heath Youth Club - Weekly
Storrington Youth Club Weekly	Cuthman Centre Junior Youth Club - Weekly		Riverside Partnership Project, Horsham - Weekly	Horsham Costa Sept – May
Roffey, Romance Academy 14 week programme	Cuthman Centre Senior Youth Club - Weekly			Horsham Youth Support Team Partnership Project June - August
Roffey, P.A.S.S. Drop In Twice Monthly				Horsham HYPER Youth Council Twice Monthly
				Slinfold Youth Club Twice Monthly
				Slinfold & Billingshurst Youth Council Monthly

All clubs/activities are open access providing a safe space to relax in, games, craft and tuck. Outings and special events/visitors or themed nights are often included in the programme. We encourage volunteers and young leaders to help with the clubs each week

## Over 450 young people registered for regular activities



### Other Youth Activities

**Mentoring** - 1:1 sessions with young people who need some extra support or encouragement

**Mobile Skate Ramps** – whenever the team hire/borrow mobile skate ramps for use in villages where there are no young people's facilities the sessions are always popular. We have been fundraising for a new lighter weight set of ramps with storage trailer which we hope will be in use from September 2015. Funds raised are approx. £28,500. We now begin fundraising for a suitable vehicle to tow the trailer.



**Issue Based Group Work** – small group sessions exploring different issues such as sexuality, relationships, substance misuse & self-harm. Romance Academy has proved very successful.

ROMANCE ACADEMY



**Mocktail Apprentice Project** – empowering young people to explore safe and responsible alternatives to alcohol, whilst developing key employability skills



Working with other **Youth Partners** – YST (Youth Support Team) - detached youth work; E:liv8 – a school early intervention programme aimed at raising aspirations; Riverside Project - a Think Family activity & '4theyouth' helping out at youth clubs.



**Outings & Residential Trips** – as part of Sussex Clubs we regularly take groups of young people to different activities such as Go Karting, Bowling, Driving, DJ workshops, Theme Parks & Sports Competitions



**Music Events** – encouraging young people to perform in public and providing the venues to showcase their talents

## Training

The team (including volunteers) have attended 36 courses this year. Some of the subjects include: Anger & Behaviour Management, First Aid, Safeguarding, Eating Disorder, Trailer Towing, Mental Health, Team Management, Self-Harm, Signs of Safety and Early Help Plans. These allow the team to be more effective when supporting young people.





## What People Say?

### Youth club

"The thing I like about youth club is that you get to do lots of new things and you get to be involved in more stuff. It's a nice place to come if you've had bad days" - **13 year girl**

"I enjoy going outside and playing football, manhunt with my friends – that's fun. I like the food" – the sweets are nice - **14 year boy**

"I love the fact we can just come in, see friends, play basketball, enjoy a wide range of activities – it's really enjoyable and cheap! I get to go and clear my mind of stuff at home – it's a kind of freedom I guess" - **16 year boy**

"S said Youth Club was the best session yet in the 4 months she has been going along. They had to guess the amount of sugar in various drinks and she really enjoyed that and came home with a "Change For Life bag". We had a good chat about it on the walk home." **Mum**

"...the Community Leader team have all spoken incredibly positively both about the project and the session this morning. This also goes for the pupils that have had the opportunity to participate in the programme. The number and quality of people giving up their time by coming into school to speak with our students is phenomenal. Many, many thanks".  
**School Teacher** following E:liv8 Session



"Wow - Thank-you for a brilliant day. We really enjoyed hosting Horsham Matters and the activities were excellent. I knew the students really enjoyed it - it was an agenda item on school council. They want more! Best wishes"  
**Head of Year 10**

"A great way to learn about the effects of alcohol & very helpful, as I know now how to be safe around alcohol" - **Yr 9 MAP Student**

"Thank you for a great event. I thought that everyone was really engaged and enthusiastic, whilst delivering a strong safety message throughout." - **Police Crime Commission Officer** at MAP

## Other Comments ...

**Parent** - "I'm delighted with how that went ... she really just needed to hook up with the right person to help her out and I feel she has, on a mentor type basis. More importantly, so does she and I think that feeling of being totally understood has really buoyed her up. Thank you so much"

**13 year old girl** after mentoring session - "I can see how angry I'm getting and see how it is affecting other people and myself"

**16 year old girl** about youth worker "It's having that person you can go to and talk to about stuff. Now I realise there is support there for me and a person I can talk to"

**Volunteer** at training session delivered by Youth Worker - "I learnt a lot about self-harm; the session was really very good."

**Parish Councillor** - "You are doing brilliantly - keep it up!"



## Substance Misuse Data

The team have engaged with just under **3,000 young people** through **Mocktail Apprentice** School event and lessons on alcohol awareness. They also spoke to **997 10 to 11 year olds** at **Junior Citizens Week** about alcohol safety.



Dann has given support to **27 young people in 1:2:1 sessions during 2014** and so far in **2015 he has supported 14 young people**. This includes supporting parents where possible and often involves working with the young person over a number of weeks.

## Observations and Future Ambitions

As the youth workers have now been in their posts for over 2 years they are well established within the parishes they work. Not only are the activities established but more young people are choosing to talk to them about the things that are worrying them or ask for advice on specific problems they are facing.

The changes within statutory and support services have been significant. The impact of this has meant that our youth workers have not always found the specialist support or information they need quickly or easily.

We are currently looking at ways in which we can improve the pathways for young people into specialist support as well as increase the expertise of our team so that we can respond quickly, professionally and appropriately.

## General Information

The Community Youth Work programme 2014-2015 was funded by 14 Parish and Neighbourhood Councils across the Horsham District.

Horsham Matters is a social enterprise set up by Horsham Churches Together whose aim is to deliver projects that provide practical support to those who are in need in the local area. We are committed to helping those who are unable for whatever reason to help themselves. We do not make any judgement on why someone is in the situation they are but aim first to meet their practical needs and then working with partner organisations to help them with the wider issues.

The money raised from our Charity Centre and Shop is used to provide other services for local residents. Some of these include: Foodbank, Work Experience, Winter Night Shelter, Apprenticeships and Local Assistance Network.

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## Case Study 1

Whilst attending youth club a 16 year old with an eating disorder and low self-esteem built up a good relationship with the Community Youth Worker and team.



After a few weeks she talked to the Youth Worker about her eating problems as well as other issues she was facing.

As she was at school a referral was made by the Youth Worker to the school nurse regarding eating and anxiety. The nurse saw the young person for 4 weeks giving support.

Sometime later she asked for some one-to-one sessions to talk through things in a bit more detail. During their sessions the Youth Worker realised the

young person was able to write down her feelings and using this medium was able to express how she felt. Following the meeting the young person was bought a book in which to write down further thoughts and feelings as a coping mechanism.

The Youth Worker took her to the Free Your Mind Convention in Horsham (raising awareness of mental health) and although she found parts of it difficult she really engaged with one of the creative tasks of visually representing what was going on in her mind.

On the way home she was able to talk through her creative task and explained the areas which she found challenging. She felt she had learnt new ways to express herself.

The following week she came to youth club beaming because she had been able to not only explain her sculpture (creative task) to her family but they had listened to her and seemed to understand a little better why she acted in a certain way to certain situations.

Her confidence continues to grow, taking part in activities she would not have been confident enough to take part in previously, and is now happily attending Northbrook College and achieving well.



## Case Study 2

A young lady agreed to be mentored by a Community Youth Worker due to her self-harming. Following several sessions she went from harming every-day to about once a month.

With the help and support of the Youth Worker she was able to talk to her family about it and worked toward talking to her mum about it. She has made positives steps in school and her personal life especially around knowing when a relationship is unhealthy.

She would like to become either a youth worker or working with horses.

She played a prominent role in planning the Free Your Mind Convention and worked at it in her own time during the day. She is more optimistic about overcoming other issues such as eating which is now mostly stabilised.



### Case Study 3

S is a 16 year old young person. After a youth club session S stole some money from the youth club. The youth worker spoke to the young people about the incident the following week but no one came forward. Two weeks later S came to talk to the youth worker and confessed to taking the money. He was very repentant and explained that he was very sorry, that it was a silly thing to do and he has felt extremely stupid about what he'd done. He explained that he had spent some of the money and given the reminding away out of guilt so could not repay the debt. The youth worker spoke to S about the incident and gave him a chance to talk through what had happen. The youth worker arranged an informal meeting with S and the local police officer at the police station to talk about the theft and the consequences that could have happened. The police officer and youth worker explained to S the consequences of having a criminal record and the ways in which that would impact his chosen career choices. They spoke about the reasons why people steal, the importance of avoiding trouble and of a good choice of friendship group.

S was banned from the youth club for several weeks. He felt ashamed about what he had done and needed time to think about what had happened. He also said he wanted to think about ways in which he could make amends.

S had a meeting with the youth worker to discuss a way forward, He once again apologised for his actions saying "I really am sorry for what I did, it was a stupid thing to do and I don't know why I did it – I have a lot of respect for you and the other guys, and all the young people, I will do anything to make it right." S agreed to start volunteering with the younger youth group to give back to the club. He is happy that he is doing something to be part of the group and to make a difference to others. He has decided to change the path he was going down, choosing a more positive group of friends. He has a very good relationship with the youth work team and often shares with them when he is struggling with things.



### Case Study 4

A is a 15 year old young person who started to volunteer with a junior youth club in order to complete her volunteering section of Bronze Duke of Edinburgh Award. Through being involved with CYW she has been given the opportunity to work with and get to know young people from her community; she has taught games and led activities, been part of planning meetings, completed the set up and pack down of youth clubs, ran the tuck shop and signed young people into the session. She has grown in confidence, interacting with the young people and being a good role model. Through volunteering A has also been able to share her skills with others, through playing music and encouraging other younger members of the club with their singing and playing of guitar. She also helped



organize an evening singing Christmas carols to elderly residents of a sheltered housing community. A says that "being part of youth club has also been like a gateway to other things" Through A's involvement with the youth club she has heard about opportunities to play music and has taken part on a gig on the Downs as well as a night of stargazing and songs at a local pub. Through conversations with the youth worker, A is now working on making an EP of her solo original songs in a studio. CYW have helped her to develop her skills, support her to create new goals and learn about more opportunities.

## Case Study 5

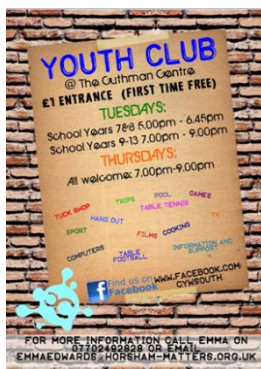
P is a 17 year old young person who has been involved in a youth café project in the south of the district. He was part of a core team of young people who set up the project last year. Each of the young people involved gained learning skills in management, group work and organization. They applied for funding and were successful, came up with decorations, colour schemes and playlists. P was also in charge of designing the logo and flyers for the youth café. The young people made up a staff team to run the café for other young people. P was trained on the coffee machine and became a trained barista; he also learnt skills in customer service and was till trained. P has just been successful in gaining a part time job at a coffee shop on the high street working on a Saturday. Jobs are hard to come by in rural areas but because of Ps work experience through involvement with the project and due to already being trained to use a professional coffee machine this young person was able to put something on his CV that made him stand out.



## Case Study 6

A young person attended the Drop In run by Substance Misuse Manager. She wanted help to quite her Cannabis habit and had been smoking heavily for around 4 years. She talked about her usage and how she was affected by those around her who smoked every day. The Substance Misuse Manager talked to her about how to break down her habitual lifestyle and how to put counter 'triggers' into action. The worker met with her for several sessions and gradually helped her to decrease her usage.

She has now moved to another accommodation and is working full time. She has not smoked cannabis for many months now and is keen to let us know how well she is doing.



Examples of some of our Youth Work activity posters



