

## Community Youth Work Quarterly Report Form

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

### HUB FUN



Hub Fun is a Youth Group for School years 6 7 & 8 at The Hub in Upper Beeding on Monday evenings between 6.00pm and 8.30pm. This club is run by Maria Colenso and a team of volunteers from the community. Hub Fun offers a weekly plan of activities from themed nights and workshops to games, craft, sports, trips and a tuck shop.

A couple of highlights from this half term have been a visit from Guile's Reptiles - a local animal presentation company providing education and giving children and young people a chance to handle snakes, lizards and other reptiles. The young people really enjoyed the experience and many overcame their fears. At the end of the session, some slightly less confident parents also took the opportunity to see and hold the animals. The club also enjoyed a visit from a company called Upside comics who encourage young people to expand literacy and creative skills through the creation of comic books. Attendance is good in the mid 20's and consistent from young people in the local villages, there is currently a good team of volunteers supporting the project.



### Cuthman Centre Youth Clubs



**Tuesday youth club** 5.00pm – 6.45pm for school years 7&8, 7.00pm-9.00pm for school years 9-13 Over the last term we have been doing a variety of different activities such as making pancakes on pancake day, a trip to Sky High trampoline park, ready steady cook, bingo night, challenge and record breaking nights alongside the usual craft, table and computer games.

Numbers continue to be consistent with a large number of young people attending the first session and a smaller group of older young people for the later session.

We have very good relationships with the young people and continue to provide a safe and welcoming space for them. With many of the older members working towards their GCSE exams, they have enjoyed a space to relax, revise and have fun. We have included some activities such as mindfulness and guided breathing exercises to aid with the stress some are experiencing. We have had one of our young leaders now complete their DofE volunteering section with us, and another who is choosing to stay on to continue for a little while longer.

One of the highlights this half term was a DJ workshop provided by Tons of Sound, teaching the young people some new skills, a video is also being produced of the young people taking part – once this is finished we look forward to sharing it.

There is always a good atmosphere in the club and the young people enjoy having a space to meet, socialise, talk to the team, relax and have fun.

**Thursday youth club** 7.00pm – 9.00pm for school years 7-13

Thursday nights have been running well and see a mostly different group of young people attending to those on a Tuesday night.

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This group have had activities this term such as, mother's day card making, fairy cake decorating, toasties making and quiz nights; along with a visit from Upside Comics again creating stories and comic book strips. Following the session all young people got the opportunity to take home a free comic or graphic novel to encourage them to carry on reading more at home. The group has also had the opportunity to focus on discussion topics such as puberty, with their "what's in the pants?" night, discussing relationships, body changes and coping with emotions. The session is full of energy and the group members get on well with each other.

From both clubs, young people who need it have been offered one to one or small group support as well as signposting to specialist services. The young people relate well to the team and are comfortable coming to them for advice and guidance when needed.



### Mobile Youth Provision



### Snack Waggon

From January to February "The Snack Waggon" has been coming down to Upper Beeding bandstand from 7pm – 9pm on Wednesday nights. The van serves free toasties and hot drinks for young people aged 11-25 and is a mobile information unit full of games and activities around relevant issues for young people such as sexual health, substance misuse, keeping safe, employment and education.

Towards the end of the sessions we saw a high of 9 young people attend; our main aim was to engage with those who were already congregating in that area and provide services, information and positive activities. A lot of the work we had been doing was around sexual health, self esteem, safe communities and crime perception.

This session is a partnership project and is run by Emma and Toby from West Sussex County Council's Young Peoples Service. By working with WSCC we are able to offer the young people more services such as C Cards and signposting into YPS courses and intervention work. Sadly due to Toby being ill this session has not been running since the half term. We are hopeful that provision will continue once WSCC are able to provide a worker to bring the vehicle down and look forward to seeing an improvement in the weather as it comes into summer.

### Youth Voice and SDS




At the beginning of the year we launched the Youth Voice South group to get young people involved in their community and to work alongside and give youth input to The Steyning Downlands Scheme at a strategic level.

The group have worked with the Steyning Patient Participation Group and following a couple of visits to the group the young people have given input to a planned information evening. Following this link-up one of the members of the Youth Voice group was given the opportunity to write an article for the PPG's recent newsletter on his experience of coming out as gay and how parents can support their children on this topic.


Emma continues to sit on the steering group for The Steyning Downlands Scheme looking for opportunities for young people to get involved, and has recruited a youth



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	<p>representative from the group to attend the adult meeting once a month. At the beginning of March Emma joined young people taking part in the SDS woodland days to interview young people about their experiences of being part of the scheme and show some of the activities they were taking part in. A video will be produced following these visits to show the community the kind of skills the young people have been learning and to raise awareness of the opportunities the SDS provide for local young people.</p> <p>The group are currently not meeting as they are looking to set an alternative day of the week to hold meetings, the group are also concentrating on getting additional members along. The group are hoping to advertise to SGS sixth form over the next few weeks in order to drum up volunteers, we invite any young people aged 12 – 19 who would like to get involved and gain valuable experience to add to their CV and gain new skills to get in touch.</p>
<b>Antibullying / ASBAG/ Networking</b>	<p>Networking with other agencies and partners continues in order to provide a better service and access to information for local young people.</p> <p>These networks include, other local youth workers from both voluntary and statutory sector, Think Family Network, Team Around the Family, Family Support Network forum meetings, Horsham Early Help Hub Development meetings, Action Against Bullying – West Sussex, Young Horsham District Forum, Anti-Social Behaviour Action Group, West Sussex Voluntary Safeguarding Forum - to name a few. These meetings are attended by various members of the team and relevant information is disseminated out for assisting young people to access the right support and help.</p>
<b>Mentoring</b>	<p>Mentoring continues in both Steyning Grammar School and The Towers Convent School with a caseload of young people. Current issues being supported are self esteem building, family issues and dealing with parental mental health, communication skills, stress, exam worry and healthy coping mechanisms. Since the start of the project we have supported 32 young people on a one to one basis. Alongside this due to increased need young people have also been signposted to YES (Youth Emotional Support) services, Primary Mental Health Worker and online counselling through 'Kooth.com'</p> <p>Young people being mentored have been both identified via the youth clubs and referred from the schools and this service is provided by both Maria and Emma. This support has also lead to practical support for young people and their families, including links to food bank, parent support groups &amp; courses, and, even access to funds for clothes and other essentials for families experiencing financial hardship.</p>
<b>SGS boarding wellbeing sessions.</b>	<p>Following the success of the first drop in evening at the beginning of February, Emma will be returning in the next term to provide information on health and wellbeing focusing on topics such as alcohol awareness, sexual health and emotional wellbeing for boarders.</p>
<b>Trips</b> 	<p>On the 14<sup>th</sup> of Feb 36 young people from the Steyning area went on a trip to Sky High trampoline park in Peacehaven. All the young people enjoyed using up a lot of energy bouncing around and having fun together. The young people travelled to and from the venue via coach due to the high numbers attending. A few parents thanked us for allowing them to have a childfree valentine day meal together during the evening.</p> <p>Our next trip is planned to take place on the next SGS inset day Friday the 28<sup>th</sup> of April and will be to Thorpe Park.</p>
<b>After School Session</b>	<p>In the lead up to exams, Maria approached the SENCO at SGS to support an after school group in order to provide a space for revision and study as well as space to look after the young people pastorally. This group is currently invitation only and has provided a more intensive small group support (as well as pizza). The group has</p>

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	been positively received and the team are now looking at ways to develop this provision further in order to give opportunity to other students.
<b>Staff team and volunteers</b> 	<p>Due to personal reasons we sadly said good-bye to Paul Conroy as sessional worker for Tuesday night youth club at the beginning of Feb. Paul had been part of the youth work team over the last 3.5 years and continues to be an important part of the community supporting local residents as the neighbourhood warden. It has been great to have him on the team and we thank him for all his hard work and dedication over his time in post. In March we recruited a new sessional youth worker, Bilge Kinas-Clarke. Bil had already been helping the service volunteering on a Monday night at the Hub and joins the team as a support worker each week on a Tuesday night. We welcome Bil to the team and look forward to working together to provide some fantastic opportunities for young people.</p>
<b>Future developments</b>	<p>The team continue to develop the service to meet the needs of the young people we are working with, currently these include;</p> <p><b>A girl's school lunch time club:</b> looking to build resilience, and provide support, looking at communication skills, raising aspirations and building confidence to be held on a Thursday lunchtime in The Towers School.</p> <p><b>An anger management course:</b> in partnership with the anti social behaviour team and Sportiv8 looking at ways to combine tools to manage angry feelings and physical exercise in SGS. Planning meeting to take place early May.</p> <p><b>New IT system:</b> Horsham Matters have been successful in a funding bid to help develop an IT system which will enable parents to book onto trips easier, and for the team to register young people into groups.</p> <p><b>Summer Camp at Brinsbury:</b> The team have also started to plan two return summer camps in August for younger and older teens following the success of last year. Just like last year the camps will involve an over night camp, a day trip out, as well as, activities on campus. Last year's video can be viewed (on PC) here.  <a href="https://www.youtube.com/watch?v=nHCgk0hN8JQ&amp;t=1s">https://www.youtube.com/watch?v=nHCgk0hN8JQ&amp;t=1s</a></p>
<b>Training</b>	<p>Emma updated her first aid course on the 9<sup>th</sup> of February with WSCC and delivered safeguarding training to all young leaders completing their Duke of Edinburgh Award.</p> <p>Emma continues to work towards her Level 3 qualification in education and training at Brighton and Hove City College – this course will be beneficial for leading training sessions and workshops with young people, parents and other professionals as well as training up volunteers to a high standard.</p> <p>During the Easter holidays on the 22<sup>nd</sup> of April the team and volunteers both adult and young leaders will be attending a training conference held by Sussex Clubs for Young People called “who washes the tea towels?” The day will provide a number of workshops on relevant topics as well as an opportunity for the team to spend time away from the young clubs learning and getting know each other better.</p>
<b>Social Media</b>	<p>Over the past few months we have been working really hard on building awareness and building the profile of the service through social media. You can follow our regular updates on the following platforms:</p> <p>Facebook – <a href="http://www.facebook.com/cywsouth">www.facebook.com/cywsouth</a></p> <p>Intagram: @CYW_South</p> <p>Twitter: @communityYW</p>

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### Work to focus on next quarter

Maintaining existing programme  
 Developing mobile youth provision  
 Redevelopment of kitchen space and courtyard at The Cuthman Centre  
 Recruitment of volunteers  
 Upcoming trips and summer planning  
 New groups and initiatives

### Feedback from young people/ Community

*Re: Reptile night at HUB FUN:*

*"Ahh (x) was with them last night at youth club. Was fab x" – parent Facebook comment*

*"What a fantastic time you must have had (X). Can't wait to hear all about it." – parent Facebook comment*

*"Wow, that looks like an awesome evening." – Facebook comment from Cuthman's youth club volunteer*

Taken from volunteer feedback survey:

*"Horsham Matters is a very good Community Project and certainly makes a big difference to the people of the District."*

### What do you enjoy most about volunteering with Community Youth Work?

- *"Interacting with young people. Banter with youth workers. Seeing young people grow."*
- *"Meaningful relationship building and interaction with young people."*
- *"Spending time with young people and being a support."*
- *"The brilliant team who I worked alongside"*

### Case Study

The team have been supporting a young person attending the youth club who was struggling with her anger. Through conversation and building relationship the young person began to open up about how she was feeling and that she was struggling to cope with her emotions and express them in a positive way. Youth worker flagged up concern with school who explained that the young person was currently on waiting list for support from school councillor but had been waiting for some time due to high demand. Through talking with parent, youth worker suggested a referral to the YES service (youth emotional support) as a way to gain one to one support. Youth worker took young person to Lancing Find It Out centre to make self-referral and supported family through the process. Young person was seen within two weeks and offered 6-8 sessions with the team. Young person found these sessions very helpful and said that she is learning new ways to cope and express herself in positive ways. Youth worker continues to liaise with school, services, parent and young person all of whom are happy with progress and have noticed a difference in behaviour.

Through volunteering experience and signposting support, transitioning from adolescent to adult services, young person has now gained full time employment after being NEET (Not in Education, Employment or Training) for 8 months.