

YOUTH WORK WORKS 3: THE VOLUNTARY SECTOR CONTRIBUTION

YWW3



This booklet is the 3rd in an occasional series produced by the Regional Youth Work Unit at Learning South West, to show how youth work helps young people to develop skills, knowledge and confidence through experiencing fun and challenging activities and projects.

Youth Work Works 3 is produced in collaboration with the South West Network of Voluntary Youth Organisations, as part of our 'Change-Up' project to improve the support for voluntary youth organisations and increase capacity in the region. It aims to showcase some of the many exciting projects undertaken by voluntary organisations working with young people in the 13-19 age group.

The booklet is divided into themes which show the diversity of opportunities and outcomes that voluntary sector youth work can support. The themes relate to the 5 key outcomes for young people highlighted in the Government's 'Change for Children' agenda:

- **Being healthy, pages 3-5**
- **Staying safe, pages 7-8**
- **Enjoying and achieving, pages 9-11**
- **Making a positive contribution, pages 12-14**
- **Achieving economic wellbeing, pages 15-17**

We have added two more themes:

- **Partnership working, pages 18-20**
- **Work with disadvantaged young people, pages 21-23**

As we want to show how the voluntary sector plays an important part in the development of more integrated approaches to work with young people, and can be a partner in developing work with the most disadvantaged young people, as advocated by the Government.

It is clear from the case studies in this booklet, which are only the tip of a very large iceberg of work undertaken in the voluntary sector, that there are many benefits arising from the work of voluntary youth organisations. We hope that this work will continue to be recognised and valued by those who commission services to young people, and by young people themselves. Voluntary youth organisations are keen to expand their contribution to young people's personal and social development, and this booklet identifies some of the ways in which this can be developed.

Contact details for each of the projects are included, along with a general contact for details of umbrella organisations supporting voluntary youth work at local level.



Gill Millar

Regional Youth Work Adviser

Norry Goymer

Chair, South West Network of
Voluntary Youth Organisations

BEING HEALTHY:

Wild

Young Parents Project

Wild is a learning and development charity for young parents under 25 and their children. It aims to provide young parents and their children with the opportunity to develop their skills, improve their self esteem and make positive, informed choices regarding their health and their future.

Wild groupwork focuses on health issues including:

- Self esteem for parents and children
- Mental health
- Coping with stress
- Sexual health

It uses sport and activity sessions, healthy eating projects, including cooking sessions, healthy picnics, quizzes and the Wild allotment as tools to address health issues, as well as one to one work and regular group discussion sessions.

Wild works with young parents in single gender groups and offers peer support, developing new skills, volunteering opportunities, peer education, accreditation and free childcare, while also working with the children of young parents on self esteem, personal and social education and health issues.

WILD Young Parents Project
57 Lemon Street Truro Cornwall TR1 2PE
Telephone: 01872 260655



Youth 4 Sport

Project workers Paul and Bob identified a group of 6 young people who attended evening youth club sessions and were obviously interested in sporting activities. At the time, no specific activities were provided. Over the next few weeks they encouraged the young people to devise their own training session for football, and contacted other organisations with the idea of arranging friendly matches. Taunton Youth 4 Sport made a successful bid for funding for equipment, kit, payment for professional coaching, and activities took off.

A real increase in the fitness and general all round health of the young people, along with their improved abilities both on the pitch and as regards their social skills meant that the project could run a mini soccer league in conjunction with its partner organisations. One of the basic principles was that it should be open access to all people who wanted to participate, regardless of ability, gender etc.

On the final night of the mini league we had a celebration evening and presented over 60 medals to all those who had participated. The project also held a pool and snooker tournament during the summer and had some help from a basketball coach. Recently the project helped a group take part in a 6 a side league, at the end of which all the participants were invited to train and eventually become players for a Sunday league team. Several young people have also expressed a desire to go on a coaching course to obtain a Level 1 Football Coach qualification.



Taunton Youth 4 Sport c/o Bob Darlington Weir Lodge

YWW3 P4

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BEING HEALTHY:

YES!

Plymouth Youth Enquiry Service

Youth Enquiry Service, Plymouth is a local voluntary organisation. For 15 years YES has offered information, support and counselling to young people aged primarily 13-25. YES has evolved to include more socially excluded groups e.g. refugees.

A potential young person's journey through YES:

- At 10 an advocate from YES supported T in her child protection case conference and personal safety drama group.
- At 13 a YES worker ran a sexual health lesson in T's PHSE class.
- At 14 she came in with mates for condoms and found YES friendly.
- At 16 her mate had a positive pregnancy test at YES and a YES outreach worker supported her.
- At 16 T talked to a YES worker about her future. They referred T to the Personal Development Programme where she gained friends, skills, motivation and accreditation.
- At 17 she supported her boyfriend, who was hearing voices, to talk to YES. He now has a care coordinator from the YES Insight team. At the YES football team he learned why a refugee team-mate had to leave Africa.
- At 18 YES helped T find accommodation.
- At 19 T is helping to decorate YES with the Redesign Project.



Youth Enquiry Service

14-16 Union Street Plymouth PL1 2SR

Telephone: 01752 206626

Website: www.plymouthdevon.fsnet.co.uk

Peer Education

Girl guiding UK have developed a peer education initiative. The sessions are delivered by trained guides who work with guide units to explore these issues:

Eating Disorders

Among women and girls under thirty it is estimated that up to 1% have anorexia 2% have bulimia and 15% suffer from some sort of binge eating. The number of boys and men affected is smaller, but growing. It is a subject that many young people will come across in the media, though their friends or by first hand experience. Explore the dangers and benefits of dieting and healthy eating. Look into the facts and myths on eating disorders.

Refugees

This is a topic that has been prominent in the headlines and consequently plenty of myths and media hype. Around 50% of the world's refugees are children. Being on your own away from home is not easy particularly if you are young, in a foreign country with no relative or friends. Around 4,000 young people came to the UK last year (Red Cross figure) forced to leave their home by events, violent or threatening. Exploring this topic will look at some of the reasons why, difficulties experienced, and a chance to look at the different views and opinions held. A topic that is very much relevant to the youth of today.

Mental Health

This is a topic that many find difficult to discuss or understand. In association with Mind Girlguiding UK have produced an activity pack 'Change Your Mindset' designed to raise awareness and discuss some of the mental health issues that affect young people today. With 1 in 4 people experiencing some kind of mental health problem in the course of a year, it is an important topic to discuss. Using activities from the pack and other sources we will raise awareness of these issues with you group.

AIDS Awareness

"It is sometimes thought that HIV/AIDS has nothing to do with children, but children hear and see the same things about HIV/AIDS that adults do. Some of this can be contradictory, inaccurate and sometimes highly prejudiced" (Speak Out About AIDS Methodist Church education)

"There is a way to halt the spread of HIV/AIDS: we must focus on young people. Yet the world's 1 billion young people are routinely disregarded when strategies are drafted. This is especially tragic, as young people are more likely than adults to adopt and maintain safe behaviours" (Young People and HIV/AIDS: Opportunity in Crisis publication UNICEF)

Using a wide selection of resources including one published by Girl Guiding UK 'Action on AIDS' we'll cover this topic using a variety of activities and facts.

Rights

Everyone has human rights. But people under 18 also have their own set of rights set out in the UNCRC (United Nations Convention on the Rights of a Child) regardless of background, rich or poor. Find out what all young people are entitled to, what they mean to us and whether any of them are denied these rights. Find out the reasons why. Explore which rights are most important to us and what it might be like without them.

Fair Trade Issues

Apart from producing some excellent chocolate, the Fair Trade Foundation aims to help out trade in the poorer countries of this world. Take a look at who they are and what they do and why they are doing it. It is a sad fact that the rules of trade seem to be biased towards the richer countries, a chance to investigate them and see what is being done about it in campaigns run by such charities as Christian Aid and Cafod.



a peer education initiative

Girlguiding South West England
St Ann's Manor 6-8 St Ann's Street
Salisbury Wiltshire SP1 2DN
Telephone: 01722 329306

SPACE

What is the project about?

The Space Project developed from a youth-led, multi-agency supported group of young lesbian, gay, bisexual, trans and unsure young people (LGBTU). It provides opportunities for LGBTU young people to meet socially through club nights and action nights. Space also offers advice and support on a one-to-one and small group basis as well as via telephone and email. The project also provides advice and information for other agencies working with young people and raises awareness of the issues facing LGBTU young people and campaigns to actively discourage homophobia.

What has the project achieved?

The Space project provides two sessions each week in Bournemouth. One evening the focus is on social activities and a programme is planned in advance. On the other evening youth led action takes place. To date the young people have worked on an anti-homophobia play and secured funding from Yspeak to develop peer research and consult in schools about homophobia. A website is now up and running. Space links in with and provides support for the development of other LGBTU groups across Dorset. Space also provides support to the H2O group that meet twice a month in Weymouth.

The day to day issues facing young lesbian, gay, bisexual, trans and unsure young people are varied and often intensified by the young people's cautiousness to be honest with members of the family, carers, peers, teachers etc. The most prevalent issues that the project deals with are dealing with being gay, coming out, housing problems including homelessness, mental health issues, self-esteem and self-development, sexual health, dealing with homophobic bullying, suicide attempts and incidents of self-harm.



SPACE

c/o Helen Walsh Over the Rainbow
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Bournemouth BH2 5DP
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Email: helen@spaceyouthproject.co.uk

STAYING SAFE:



Barge Project

Bridgwater YMCA Foyer is a Christian based charity and works with young people aged 8–25 by providing housing, training and youth work programme and activities.

We received a grant from Safer Sedgemoor to develop and deliver an outreach project aimed at engaging disaffected young people in a proactive approach to their environment along the Bridgwater and Taunton Canal, using our canal boat.

We ran a total of 8 trips on the boat and worked with 59 locally disaffected young people aged 8–19, who were involved or at risk of being involved in anti-social behaviour.

All of the trips focused on raising the awareness of the types of behaviour, which is deemed to be anti-social and the effects on the environment and the community.

Young people learnt about the canals history and the diversity of wildlife that uses the canal as well as making them aware of their own safety when using the canal.

They were able to use our digital video camera to record their experience.

Bridgwater YMCA Foyer c/o Dave Carmichael George Williams House
Friarn Avenue Bridgwater Somerset TA6 3RF
Telephone: 01278 422511 Email: contact@bridgwaterymca.org.uk

Good Attendance Project

Delivered by Lawrence Weston Youth Project and Lawrence Weston YIP (Bristol)

Youth Services have long been trying to establish effective ways of working in partnership with schools. The Lawrence Weston Good Attendance Project is an example of good practice that works. A group of eight year 10s are referred to us by Portway Community School. We set a structured program that lasts for a school term that weekly includes breakfast, two hours working around a half an hour break. We set clear ground rules with the young people but make their attendance voluntary. We cover a range of issues that have been developed through consultation with young people including, dealing with difficult teachers, dealing with personal relationships, developing self profiles, looking at career plans, bullying and sexual health. Each group produces an educational film for other young people, with the theme being of their own choice. Examples include taxis and personal safety, peer pressure, drug use and joy riding. Each young person also embarks on a Youth Achievement Award through portfolio building. The young people seem to identify with the youth centre and respond to the informal approach. Attendance on the project is high and the school are very positive about the subsequent relationship the young people have with them.

Lawrence Weston Good Attendance Project
c/o Peter de Boer Lawrence Weston Youth Project
Long Cross Lawrence Weston BS11 0RX
Telephone: 0117 9077767
Email peter_de_boer@bristol-city.gov.uk



STAYING SAFE: Khaas Young Carers Group

A recent survey by NSPCC found that 25% of young people had experienced violence from a partner. Personal safety was cited as the top concern of young people in Bristol who responded to a quality of life survey in 2004.

Building confidence, assertiveness and self respect is part of an overall strategy for personal safety. A sense of identity, self awareness and independence are key factors affecting young people's ability to look after themselves in a range of situations. At its simplest, if you feel good about yourself you are much more likely to look after yourself.

Bristol City Council offers programmes on personal safety and self defence in schools and youth centres. However, few young Asian women accessed these programmes, so this project was funded to try to engage with young women in their communities.

Venues, timing, content and transport were discussed with the young women and the voluntary organisations that worked with them. The project had a women only staff team as requested by the community.

The course ran over 4 months and consisted of ice breakers, self defence techniques, confidence building exercises, discussion and relaxation. Young women who participated found that their physical confidence and self esteem improved dramatically, they got physical health benefits, they were less afraid of crime and were able to get accreditation for their learning through the Duke of Edinburgh's Award and Youth Achievement Awards.



Khaas Young Carers Group
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Bristol City Council Young People's Service
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'I have always wanted to do self defence and found it very difficult to access: this made my dream come true'

'I have really enjoyed these sessions and they have really built my confidence'

'My favourite part of these sessions was the physical, and I really enjoyed doing the role plays'

'I would recommend self defence to anyone!'



Icelandic Jamboree

ENJOYING & ACHIEVING:



This summer, Girlguiding UK in the South West organised a group of 8 girls and 2 leaders to attend an international jamboree in Iceland. This account was written by Lexie Sachs, a guide from Dorset.

'On 19th July 2005 we departed from Stansted airport and arrived in Keflavik. We were 8 girls from across the South West, aged between 14 and 18. What did we have in common? We were all members of Girlguiding UK and had been selected to attend the Icelandic Jamboree.

I come from Dorset and I had been helping out at my local guide unit for 2 years when I was asked if I wanted to go up for selection for international opportunities. I jumped at the chance and a year later I was really excited to find that I would be off to Iceland in July!

The jamboree was incredible! We met people from 22 different countries and took part in a range of adventurous activities, including caving and an intensive 24 hour hike up 5 mountains!!! We made a whole host of friends and had a truly fantastic time. When I signed up to be a volunteer with Guides, I had no idea that it could lead to such an incredible adventure, but it is certainly a trip I will never forget!'



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Girlguiding

Young Somerset

ENJOYING & ACHIEVING:

Stogumber is a village in West Somerset, there has been a voluntary youth club operating for around 20 years. Approximately 20 young people from the village regularly attend the youth club each week. There are a range of activities from cooking, sports and games to arts and crafts. Many of the children have grown up attending the youth club. In particular there were 5 young people aged 14/15 years, who had been taking responsibility for specific tasks in the youth club – helping to sign in children, serving at the tuck shop, supervising sport etc.

St Mary's Youth Club is affiliated to Young Somerset, a voluntary youth organisation and on a particular support visit to the club by our Field Worker the significant contribution of the young people was noted.

Young Somerset is an accredited training provider offering a range of qualifications, and began working with this group of young people to gain their ASDAN Volunteering in the Community qualification at Level 2.

The young people continued to volunteer at the Youth Club keeping a diary of their activities and attending workshops around Preparing to Volunteer, Skills for Self Management, Meetings, Policies and Procedures, Health and Safety and their Community. They compiled a portfolio of evidence of their role. They were encouraged to be involved in and evidence their part in the decision making process for the youth club. They also represented the young people of the club at the Management Meetings.

Within 10 months, all 5 candidates presented their portfolios for assessment and we are pleased to say they all achieved the full ASDAN Volunteering in the Community Qualification.



Young Somerset
The Old School
Westonzoyland
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Telephone: 01278 691999

The Farside Project

'The celebrations show that church doesn't need to be stuffy and boring... We have lots of fun with all the loud music, dancing and singing.'

My name is Simon Harwood and I am the co-ordinator of Poole Youth Projects, which is a project, set up by Poole Youth Service to support and develop the work of the voluntary youth sector in Poole. I also co-ordinate the work of The Farside – a voluntary youth sector project that I would like to tell you about.

Introduction:

The Farside organisation involves up to 66 church youth groups from around Poole, Wimborne and Ferndown. It initially started in 1998 when a group of youth workers and young people felt they would like to organise joint events for their groups.

This has now grown in to two distinct areas of work:

1. Farside Celebrations: Bi-monthly celebrations attended by 300 young people who assist in the planning. They are also involved in the presentation at the events in the drama, dance and music.
2. Farside Projects: The Farside has a planning group that is made up of youth workers from across the area with young people assisting in the planning and staffing of projects. At present the projects being run are:
 - The Farside café: A café that can be transported on to different sites to help groups make contact with local young people. This is set up for an agreed period of time and operates as a facility for local young people for refreshments and a place to chill. If successful then the local group is encouraged to develop their own resources in consultation with the young people in the area.
 - The Farside Detached and outreach project: Started this year this project was set up to make contact and develop services for young people across Poole. The team is composed of deanery youth workers and volunteers. Working initially in the north east of Poole it is hoped that this will develop to cover the whole area drawing in volunteers from across the churches.
 - Soul by the sea: A camp with a difference as the young people participating in this summer camp will be bussed out from the camp site to assist in community projects in three areas of Poole.

The comments printed here are a selection from those passed on to via our web site and on feedback forms filled in by the young people.



The Farside Project
c/o Simon Harwood
Poole Youth Projects
St James Church Centre
5-7 Church Street Poole BH15 1JU
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I enjoy getting involved in the community. It gives me an understanding of what its like for other people.

Having the chance to get involved in the music has been great. I wouldn't have got the opportunity unless Farside encouraged me to get involved in the band.

ENJOYING & ACHIEVING:

Youth Leadership Training

'I found the activities really good, really enjoyed them.'

'It was good fun and I learnt some new things.'

Youth Action Wiltshire is a countywide voluntary organisation and a registered charity working with over 60 affiliated youth clubs across Wiltshire and Swindon in addition to running several projects with children and young people, including Young Carer's and the Prince's Trust

In 2004, we made a successful application for funding to Awards for All, to run our first ever County-level Youth Leadership Training Programme. This programme met outcomes under both Enjoying and Achieving and Making a Positive Contribution of the Key Outcome in Every Child Matters.

The Youth Leadership Training Programme ran between March and August 2005. Aimed at encouraging young people between 16 and 24 to move from being youth club members to taking on leadership roles, the programme consisted of four stages. In March, fourteen young people from across the county set off in a minibus to Symonds Yat in Gloucestershire for a three day residential. Whilst there, they participated in sessions on team work, communication, trust and confidence, problem solving, action planning and leadership skills. They also completed a ropes course and went canoeing. Stage Two saw them qualifying as Appointed Persons for First Aid and Stage Three was another day of training, covering Risk Assessment, Child Protection, Managing Challenging Behaviour and Principles of Youth Work. The young people then worked in groups to plan, organise and run an activity to demonstrate their leadership skills. Two particularly successful activities were an Open Day at the Wiltshire Canoe Club, running taster sessions for children and young people, and a Barbecue and Games evening for members of Kingston St. Michael Youth Club. The young people participating in the programme have all acquired new skills; most are now taking on leadership roles in their youth clubs and are making positive contributions to their local communities.



'Overall had fun and would do it again!'

**Youth Action Wiltshire
Unit 3 Bath Road Business Centre
Bath Road Devizes SN10 1XA
Telephone: 01380 736671**

'Enjoyed the activities, learnt a lot of new skills.'

Millennium Volunteers Project

The Connexions Somerset MV project covers South Somerset. The MV project is aimed at young people aged 16–24 years of age. The aim of the project is to support young people through 200 hours of sustained commitment within a voluntary organisation. In return for their commitment, the young people will receive two national awards, one after 100 hours and the second after 200 hours. MV is open to both young people who would like to volunteer and to young people who are already volunteering. Besides this national award, young people also have the opportunity to work towards the four levels described in the Youth Achievement Award.

Young people volunteer for a variety of reasons, but the main themes that run through this project are meeting new people to gain a series of personal skills, such as increased confidence, new friends etc., and to gain some experience that can be taken on to university or into a job.

There are a variety of opportunities for young people to get involved with, such as, conservation, sports, youth work, health and social care and lots more.

'I wanted to gain experience in archaeology and determine whether it was the right career for me.'

'MV are very helpful in finding a good and suitable placement that matches your interests.'

'To do something practical and to build on my love of performing with the aim to increase my confidence.'

'I find it rewarding to know other people are happy with the help I offer.'



**Millennium Volunteers
(Connexions Somerset)
40/42 Hendford Yeovil
Telephone: 01935 381800
Email: yeovil@connexions-
somerset.org.uk**

MAKING A POSITIVE CONTRUBUTION:

Young Citizens



What is the project about?

Young Citizens is a Bournemouth based project that recruit, engage and support groups of young people to set up and run their own peer support project to benefit their community. They use a youth led approach. This maximises young people's opportunities to develop new skills and at the same time they receive accreditation for 50 hours of volunteering. This model develops young people's sense of citizenship by empowering them to take positive action to resolve issues which are important to them.

Young Citizens focuses on developing a range of enterprise skills that includes working effectively in a team, making decisions, solving problems, resolving conflict, developing negotiating skills, time management and evaluating your own performance. These help their personal development and employability.

What has the project achieved?

Young Citizens has proven a very successful project and highlighted the willingness of under 16 year olds to be involved in volunteering and community action. Since Young Citizens started in September 2002 a part-time Co-ordinator has supported a total of 161 young people who have completed 5021 hours of volunteering between them. Young Citizens has worked with groups in schools and community venues to develop a wide range of projects. These have included an anti bullying project, anti racism play, gardening projects, transition work supporting younger students to move on to senior school, young parents play and support for homeless people.

Young Women's Centre

"I liked working together and having a laugh. I am now able to talk out loud, be positive, make decisions and work in a group. I feel a lot more confident than I did when I started the course"



YWCA Bristol Young Women's Centre works at a local supported housing project for Young Mums aged 15-25 years. The group runs weekly and gives the Young Mums a safe space to explore issues relevant to themselves, meet with others and take part in art and craft activities. Young Mums at the project have also had the opportunity to take part in informal education leading to qualification through the Open College Network. They have studied; Coping with Feelings – looking at anger management and relationships with others, Communication Skills and Young Women and The Media. These range from Entry Level to Level 2. All have learned new skills and gained in confidence and self esteem.

Young Mums also took part in a recent YWCA National Campaign; "RESPECT Young Mums", calling for Young Mums to be treated equally and to highlight the disadvantages and discrimination they face. Several took part in media interviews, one spoke at the Labour Party Conference Fringe Meeting alongside Margaret Hodge MP. They also made a 'wish handbag' supported by a Community Artist. Filled with their wishes for the future they presented this to Councillor Claire Cooke. This campaigning was used as evidence in their media portfolios.

Young Citizens
Anneliese Parker Project Co-ordinator
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Bristol YWCA

c/o Jacqui Wilcox Bristol Young Women's Centre
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WSM Youth Council

Weston-super-Mare Youth Council (Somerset) is recognised as a voluntary group between the ages of 11–18 years who actively promote involvement of young people in the community and allow them to have a voice.

Over the past three and a half years, the Youth Council has developed a powerful voice for the young people and has organised many successful events, managed to get a skate park installed and hosted a national conference. Most recently was the successful 'go ahead' for a youth café.

The idea was to create a safe provision for young people to access as a 'chill out' base and to take 'ownership' of the premises. The youth council have campaigned for a youth café and carried out research locally to obtain data for the project.

The youth council will be providing the programme of ideas and events to take place in the venue. Provided within the youth café will be disco equipment, touch screen non-gambling games, CCTV, screens and televisions.

Hannah Gibney (Youth Councillor and Press Officer) says:

"Joining the Youth Council has been one of the most important decisions I have made in my life. It has given me the opportunity to travel, meet new people, and develop my own skills. Meeting the Prime Minister was definitely a highlight. The Youth Council is connected to other national organisations such as the British Youth Council and the Youth Action Network allowing the opportunity for national and international networking. When we have big projects like the youth café, we carry responsibility for not only a lot of money but also a reputation of the town and youth council's organisations becomes the key."

Rebecca Bird (Youth Worker)

Weston-super-Mare Youth Council

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Peer 2 Peer

What is the project about?

Relate Dorset's Peer 2 Peer Mentoring Programme matches older young people with younger students to provide one-to-one advice and support and serve as role models. Each school identifies 12 young mentors; they go through a 12-hour training programme which was designed with and for young people.

Relate provides a support structure in liaison with the school to supervise all the mentors and to develop the projects. A link teacher provides day-to-day help for the mentors. Building on the success of this project Relate has also developed 'Changing Gear'. This is an activity-based course to help pupils who are moving from primary to secondary school.

What has the project achieved?

Peer 2 Peer is successfully running in 9 schools across Dorset with 2 more signed up for training in the autumn term. To date 358 young people have been involved in the projects. The mentees received help on subjects such as bullying, coping with homework, low self-esteem, time management, organisation problems and anger management.

Feedback from students about the training course has been positive. For example, 91% of students who have attended the training rated it as either excellent or good. And each mentor receives a folder of resources and support materials. All reported gaining many benefits from the training including valuable listening and communication skill, making new friends and greater self-esteem and confidence.

Case study

C was truanting from school more and more frequently. Her tutor referred her to the mentoring scheme. K, a year 12 student, became her mentor.

Their first few meetings were rather strained, as C didn't know whether K was trustworthy and found it difficult to express herself. It was also difficult to make sure C attended their meetings due to her truanting. They were given free passes for the canteen so they could meet there once a week for lunch.

It didn't take long for K to gain C's trust and their meetings became a regular weekly event. C now looks forward to their weekly meetings and as a result truants from school a lot less. She never truants on the day she meets with her mentor and has said that going to school is a lot less daunting knowing that K is always about if she has a problem.

Peer 2 Peer, Relate Dorset
2 Poundbury Business Centre
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ACHIEVE ECONOMIC WELLBEING:

The Ivy Project



'I am Dan and I came to the volunteer centre looking to do some voluntary work, essentially looking for experience in an office and to learn new skills that would put me in good stead in the work place.'

After my initial interview I was introduced to the Ivy Project and, wow, its like a hot bed of well trained imagination and organised intelligence all geared towards supporting young people who want to do something positive in their community and that will help themselves. What we have here is a dynamic approach to volunteering that is creative and flexible enough to really engage young people in whatever makes them tick.

Myself, I have been working in the office being kept well busy attending meetings and presentations. These give me a view of the bigger picture, some of the politics and all the acronyms and that I get a real buzz like I'm really part of something here.

So I'm not just collecting transferable skills here I feel my confidence has grown and the knock on effect of that is that I can look up and stand tall when I get something sticking in my eye you get me.'

'What Ivy has offered me is a close knit community that breeds fresh ideas and diversity. I feel safe and content knowing that the Ivy office is there whenever I need it. I go there for advice, for support, to be cheered up, for new opportunities, even for acceptance and equality. It's like my own personal support system, but better because it's every other young person's support system as well.'

'So far in my ivy project career I have written two articles on George Bush and Foxhunting and I'm currently writing a script to make aware the issue of suicide and depression. I hope also in the future to do a project working with young children and developing writing skills as I think the imagination is something no one should waste.'

The Ivy Project is a Youth Action Agency that supports 12–25 year olds to get involved in their community by way of volunteering. We provide opportunities for young people to get involved in life, their community and their peer group. Volunteering provides opportunities to be heard, to be listened to, valued and supported in whatever they want to do.

We start by offering young people a number of different ways of getting involved, such as traditional volunteering placements, taskforce – one off low commitment volunteering events and Youth Action – young people running their own projects. As well as becoming involved in all aspects of the running of the Ivy Project. We can offer one – one support to any young person to enable them to do their volunteering.

Regardless of how unmotivated a young person is there is always something - no matter how small – that you can find to build on. Volunteering can be the first step to new opportunities such as; Training, College, employment, integration, gaining life skills, socialisation – often just being part of something constructive, positive, fun and supportive provides the necessary impetus for young people to take steps (big or small) in their personal development.

'I feel the ivy project has boosted my confidence and made me feel happier; it has given me the opportunity to meet new people and develop some of my ideas (no matter how silly they might sound!).'



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Exeter EX4 6PD
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ACHIEVE ECONOMIC WELLBEING:

Moped Loan Scheme



The Somerset Rural Youth Project's Moped Loan Scheme was established in 1997 offering an economical form of transport to enable young people, living in rural areas, the opportunity to overcome their transport barriers to access education, training and employment and to prevent social isolation.

The Scheme is run throughout the County of Somerset and is underpinned by good youth work practice, offering a comprehensive support package for all participants via detached youth workers. The scheme currently has 44 mopeds and is able to offer in excess of 80 'loans' per year, to young people aged 16 to 25 years. Each loan period is for up to 6 months and the young people benefit by completing their Compulsory Basic Training, a subsidised helmet, fully comprehensive insurance and 24 hour breakdown cover. A recent grant from Somerset County Council via the European Social Fund (Global Grants) has enabled the scheme to offer an alternative programme for 19 to 25 year olds who are able to access a selection of 100cc machines specifically for getting to work. Both schemes work with partner organisations to offer a reactive, needs based service.

'They have stopped the local bus service in my village. Now I have a bike I can still get to college.'

'I would have had to move to the town to find work, without the Scheme.'

'It gives me my own independence.'

'I don't have to rely on Mum or Dad for lifts anymore.'



**Somerset Rural Youth Project
Unit 2 Suprema Estate Edington
Bridgwater Somerset TA7 9LF
Telephone: 01278 722300**

Network for Teaching Entrepreneurship

The Network for Teaching Entrepreneurship (NFTE) is an international charity which instructs young people in the practicalities of business start-up by getting them to start up and run their own small business based on their own interests and allowing them to keep any profits made, thereby linking learning to making money.

The NFTE programme is aimed at young people from disadvantaged communities and is delivered by teachers and youth work professionals themselves who attend a NFTE teacher training course which licenses them to deliver the BTEC accredited, internationally validated course. Start-up loans for student businesses are available through NFTE and therefore the programme is fully sustainable.

NFTE can be run throughout an academic year or more flexibly for those in youth services or can be delivered as a more theoretical 'bizcamp', but the outcomes remain the same: Self esteem, Responsibility, Teamwork, Business Understanding, Motivation, Financial Literacy and Communication to name a few.



*'It really teaches you how to be brave and confident in yourself.
Most of the time you feel you can't do it but when you get there you just do it!'*

'It's just fun selling to customers and getting to know different people'

*'At first you're quite nervous but you can do it,
just be true to yourself!'*



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c/o Jessie Wainwright
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www.nfte.co.uk

DISADVANTAGED YOUNG PEOPLE:

Wiltshire Young Carers

Youth Action Wiltshire
Unit 3 Bath Road Business Centre
Bath Road Devizes SN10 1XA
Telephone: 01380 736671



We have completed a number of community arts projects aimed at Young Carers in Wiltshire. Young Carers look after someone at home due to a family member being seriously ill or disabled. Three of the projects this year have involved making carnival costumes with the local young carers groups to participate in their local town carnivals. This is important because young carers are often socially excluded and feel isolated as a result of their caring responsibilities at home. Many of them find it very difficult to tell people that they look after someone at home. The carnival workshops are great fun and result in the young carers being proud of their great art skills and parading publicly to raise awareness of their roles at home, this also serves to make them feel more included in their own communities. We have won a first prize at Wilton carnival and a second prize at Pewsey Carnival!!

'I was so proud to hold the banner saying I am a young carer – I was always ashamed before but everyone in the crowd cheered and loads of people at school saw me too!' Young Carer

'I have agoraphobia and hadn't been out for five months, but I knew it was really important to watch my son after all his hard work making the costume – I was so proud that I just stood there on the pavement and cried.' Parent

JUST SAY
Young people speaking up

Just Say c/o Dawn McCadden
Dorset People First 2 Herringston Barn
Winterborne Herringston Dorchester DT2
9PU, Telephone: 01305 251702
Email: justsay@dorsetpeoplefirst.co.uk

What is the project about?

Just Say was set up to enable young people with learning disabilities and physical disabilities to have a voice. With the help of a project worker and trained volunteers, young people can set up and run their own independent self-advocacy groups. It has been proved that self-advocacy (speaking up for yourself) helps young people who have learning disabilities to gain confidence and self esteem. Having the confidence to speak up about their future is vital for young people. Through the project, young people learn listening and communication skills, and rights and responsibilities; these in turn lead to more social inclusion.

What has the project achieved?

The Just Say project has so far set up and supported 8 Speak Up forums for young people with learning difficulties or disabilities across Dorset and Poole. They have also developed an overarching Just Say Youth Forum that all the groups and other young people feed in to which lobbies local policy makers. A big conference "Independence Day" was held for 50 young people where they had the opportunity to put their questions to a panel of "big bosses". "Independence Day – The Return" will be held early in 2006. The project employs two young adults with additional needs who have been trained and supported to help run the project and attend meetings, work in the office and give their views on how the project should progress.

Priority Youth Housing



Priority Youth Housing have been delivering a Connexions Personal Advisor service for homeless young people in South Gloucestershire since 2001. Priority also provide a Leaving Care Personal Advisor Service and Housing Support service, in partnership with South Gloucestershire Social Services and the Supporting People team, and a Princes Trust Community Awards project that is led by a group of service users.

A recent inspection highlighted Priority's support services, and its joint working with Connexions, as two of the key strengths in service delivery and management in the area. As Geri Palfreeman, Connexions Development Manager, explains:

"We have always worked closely with Priority Youth Housing and have found this an invaluable partnership in our work with young homeless people. I would say the key ingredients to this successful partnership have been clarity on the areas where we share a common purpose, agreed information sharing protocols, sharing of expertise between the 2 agencies and a mutual respect and support for each others' work. This has undoubtedly been to the benefit of young people. In PYH, we have a voluntary sector agency that has found a balance between close partnership working with agencies such as Connexions, Social Services and others whilst retaining the unique qualities of a voluntary sector organisation working alongside rather than within the statutory services to the benefit of many young people."

YWW3 P19

By having a targeted Personal Adviser service at Priority Youth Housing young people benefit from the services of a specialist PA, as well as the expertise and support of the Housing Support team and Leaving Care PA. This allows Priority to offer an integrated service working closely with young people to meet a range of needs , from accessing accommodation, setting up home and developing independent living skills, to exploring training and education options, linking young people into local colleges, liaising with tutors, and help accessing childcare, Care to Learn, learner support funds and the Educational Maintenance Allowance.

Last year's Department for Education and Skills Report "Understanding the impact of Connexions on young people at risk" drew on the positive work of the Priority Youth Housing and Connexions partnership, and in particular highlighted the central importance of creating trusting relationships. "In lives where such relationships have been almost wholly absent, such small increments of stability are magnified to take on a considerable importance".

"The only stable feature of his life was his relationship with his PA, whom he had been seeing on a regular basis for two years. It is important not to underestimate (the) significance for a young man who by his own admission, trusted nobody. According to Sean, he told him pretty much everything "If I don't tell (my PA), then I don't tell anyone." Without his PA, he said, "I would have been down in the dumps and in the gutter somewhere".



Priority Youth Housing
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REF!



Rural Exmoor Football

Somerset Rural Youth Project (SRYP) works with young people in more remote rural areas of Somerset. Nowhere is more remote than Wheddon Cross, the highest village in Exmoor, where SRYP engaged with a group of young men who were causing damage and distress to the community as a whole.

They were keen on football and could use a local all weather court, so the project workers engaged with them through informal games and kickabouts. Gradually the young men wanted to take the project further, but small numbers and poor transport made it difficult for them to form their own teams or play away fixtures.

Thus REF was born, to bring together small groups of young people from several villages so that they can play football and be able to socialise with a wider group. REF encourages young people of all abilities to participate, and targets those young people who do not generally play in sports teams.

Transport is a key issue for young people living on Exmoor as once they return from school (sometimes over 20 miles away) there is little or no opportunity to socialise with their classmates due to distance and availability of transport. The project was able to collect young people from outlying areas and bring them to the central venue of Wheddon Cross.

Weekly sessions are run by qualified coaches and youth work staff, who encourage the less confident to participate and do what youth workers do best: building up relationships and discussing relevant issues with young people, including family breakdown, careers and much more.

The project's popularity has grown so now 25-30 young people attend each session, in all weather conditions – including snow! Young people's behaviour has changed and there is a better relationship between young people and the community. The young men have recently formed their own cricket team with the support of SRYP, and are currently unbeaten in the Exmoor Ashes series.

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Bridgwater Somerset TA7 9LF
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NESA Youth Arts Development



NESA Youth Arts works in partnership with young people, and Bath and North East Somerset Youth and Community Service to provide cutting edge participatory arts practice. This year, 60 youth arts sessions were delivered in 10 different projects across the authority area. Over 750 young people took part in art forms including:

- Visual arts
- Digital photography and video
- Spatial design
- Dance and break-dance
- Stone carving
- Graphic design

An example of one project is the Radstock Youth Centre 40th Anniversary celebrations, where a series of break-dance workshops were delivered at the request of young people to learn the art of break-dance. This culminated in a public exhibition and performance during the celebrations.

Another example is work with 14+ excluded young people, in which young people excluded from school and college were enabled to re-engage with informal learning in a programme of arts activities. These included DJ sessions, Rhythmic African Poetry and carving workshops, which helped to rebuild self esteem, engender a sense of achievement and build good relationships with peers, tutors and perceived authority figures. The programme helps to re-integrate young people into more formal learning or career development, and is supported by the LEA, Youth and Community Service and Community Safety Partnership.

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Email: andrew.henon@nesa.uk.com

Youth Work Partnership

Cornwall Youth Work Partnership is a network of organisations in the county whose work includes the 13-19 age range and are at risk of exclusion. The Partnership's Vision is 'that every young person in Cornwall has the opportunity to lead a healthy and fulfilling life', and its mission is to 'work together as voluntary sector partners with key agencies to promote and enhance the delivery of excellent services to young people in Cornwall'.

Case study:

YMCA Cornwall: The Penzance Youth Football Project aims to reduce youth crime and negative behaviour using the universal appeal of football to engage with disaffected young people. The project brings young people together from across Penzance and its outlying areas and villages and provides opportunities for vulnerable young people who are marginalised by poverty, low aspiration, poor self image and discrimination. The project is delivered by YMCA Cornwall in partnership with other voluntary sector organisations and Devon & Cornwall Police. The pilot is proving successful in uniting young people across Penzance in a positive and constructive manner.

Members include:

- The Bishop's Forum
- Caradon Housing Youth Project (CHYP)
- Cornwall Young Farmers
- Diocesan Youth Office
- The Dreadnought Centre
- Edusk8 – Mount Hawke Youth Project
- Methodist Association of Youth Clubs
- Millennium Volunteers
- The Princes Trust
- The Social Inclusion Project
- WILD Young Parents Project
- YMCA Cornwall
- YWCA
- Young People Cornwall



PARTNERSHIP WORKING: GOYA: Community Action



The GOYA Project (Get Off Your Arse) is one of several exciting projects based at Community Action North Devon, an independent charity with 25 years of history of working across the North Devon area with disaffected young people and their families.

Some of the most innovative partnership working is done in the background, often unrecognised by anyone not directly involved. As an example, remember Challenge Aneka on the BBC? A library building was moved 2 miles and turned into a community centre. Community Action started it all off, and the project took 18 months of planning with over 50 partners, voluntary, statutory and commercial. All behind the scenes and off camera!

Our success in engaging with disaffected young people is in realising that we at Community Action are part of a wider team that links to other agencies to provide a package of resources to support young people. These can include after school clubs, sport and outdoor pursuits, community policing, YOT referral work and Positive Activities for Young People. Sometimes we are the main elements and at other times a support element within the package. It depends on a number of factors, most importantly listening to young people and developing a programme to meet their needs.

The GOYA project, funded by Children's Fund, PAYP and Positive Futures aims to reduce crime, anti-social behaviour and drug misuse through increased participation in sports and recreation, from surfing and abseiling to football and badminton. Through these sessions young people are encouraged to develop self confidence, self esteem, communications and team working.

Cornwall Youth Work Partnership
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GOYA Project c/o Rowan Marriot, Community Action
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Email: communityaction@hotmail.co.uk

Princes Trust Team



'The team has changed my attitude and kept me out of trouble.'

Young Gloucestershire
Unit 14 127 Pearce Way
Gloucester GL2 5YD
Telephone: 01452 501008
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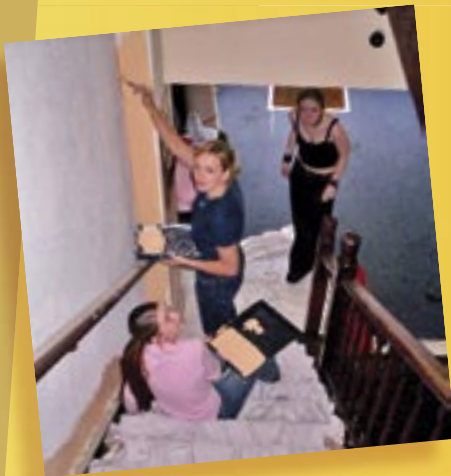
Young Gloucestershire, a leading youth work organisation, continues its successful partnership with The Prince's Trust to run The Prince's Trust Team programme. Last year saw the completion of 100 teams with Team 100 presenting its achievements in front of HRH The Prince of Wales. This 12 week self-development course caters for young people aged 16-25 from all backgrounds, including the NEET group, ex offenders, E2E participants, students and such is the success of the course that we have employed young people seconded from their work places. The diverse mix of young people enhances the team experience. The team faces many challenges during the twelve weeks including a team building residential, where many personal fears are met and overcome, a community project, conservation work, and skills to enhance their chances of getting work or education including job search and interview skills.

The recent community project of the current Gloucester team 113 is a prime example of how a group of young people can work together to benefit others and dispel the myth that young people do not care about their community. Team 113 undertook a community project to redecorate and refurbish the Raven Centre, a local day centre for the elderly. The centre's funding had been cut and was under threat of closure. The team of 17 young people raised funds and redecorated a major part of the centre, and also supplied new carpets and curtains. What was especially successful about this project was that the centre stayed open throughout the project and the young people mixed with the elderly patrons. Barriers were broken down and surprising friendships formed.

Every team has a project and recently the Cheltenham team 114 and Stroud team 115 have benefited a local youth club and a scout hut. Young Gloucestershire Prince's Trust Team programme is a unique and wonderful opportunity that benefits both young people who are sometimes hard to reach and the community in which it runs.

'I liked making the elderly people happy, it made me feel good.'

'The Prince's Trust team has built my confidence and helped me with my shyness.'



For information on voluntary youth work organisations
in the South West, contact:

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