

Appendix Four
Youth Grants Reports
October 2017 to March 2018

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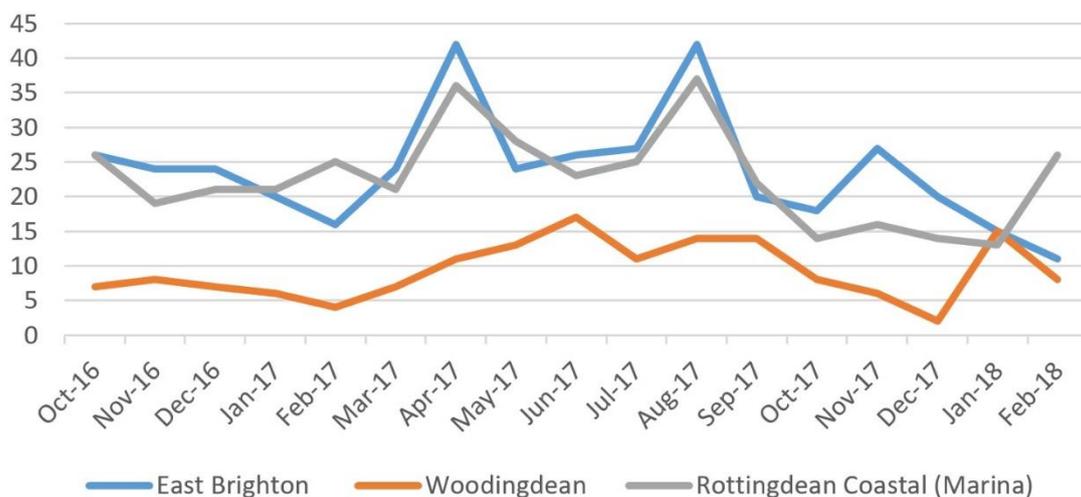
Appendix Four - Youth Grants Reports – October 2017 to March 2018

Name of area/project(s)	BH East – Whitehawk and the Deans
Reporting period	October 2017 – April 2018

1. How have the services in your area, over this period, supported the reduction in anti-social behaviour, particularly in communities with council house tenancies?

With the BH East area being a new one to our brief at the TDC we ourselves are seeking to be informed by what has come before our arrival to develop a baseline of understanding regarding issues such as ASB. The following data takes a long term view of the ASB across areas in BH East so that we can compare with last year's data.

ASB across BH East areas since Oct 16 -
UKcrimestatistics.com



This graph shows spikes around school holiday times in Spring and Summer which implies need for activity to be focussed with young people at these times.

So far, we know that work is ongoing in Woodingdean and aside from a peak in January we actually saw a downward trend in ASB in Woodingdean. ASB in Rottingdean Coastal (where the Deans Youth Project run a weekly youth club in Saltdean) and East Brighton (where we are steadily developing new work) follow a downward trajectory in both cases.

It is always challenging to demonstrate a causal link between increased work in an area and reduction in ASB but we have been pleased to be using street-based detached work to target areas of concern that have been raised in the East area cluster meetings, hosted by Rachelle Metcalfe, such as Amberley Lodge, Whitehawk. Young people have been using Amberley Lodge as a refuge where they can congregate and smoke cannabis. Our workers have used this new link between

our services to target our work in order to affect more positive change in young people's social behaviour.

The TDC will ensure that we focus a lot of attention in East Brighton and Rottingdean Coastal (and Marina area) during school holiday times in particular with additional street-based work and local intelligence gathering.

2. How have the services in your area, over this period, improved the social inclusion of young people, particularly for young people in communities with council house tenancies?

The Deans Youth Project has been offering multiple regular sessions from the Woodingdean Youth Centre since 1965. For many young people this has been a lifeline in an area that is otherwise very isolated from Brighton and all of the Brighton-based services. Low contact numbers for young people in the East at most other youth services in our current monitoring except for the Deans Youth Project attests to this.

Extratime also work in partnership with the Deans Youth Project and the use of their facilities in order to run their youth club and summer holiday programmes for those with moderate to severe disabilities across the area (and further afield). Extratime have been subsidised by the Youth Grants Programme in East to provide these services for including some of the city's most vulnerable children and young people in positive, social activities.

The TDC have been developing a 'What's On' guide for activities in Whitehawk that is intended both as a way for us to scope what exists in order to avoid duplication and to provide information to local young people on activities that they can be involved in.

3. How have the services in your area, over this period, supported young people to improve their readiness for employment, particular for young people in communities with council house tenancies?

In Whitehawk our detached work and community networking has been building towards the establishment of a Youth Café in the Whitehawk Inn. This will be a weekly drop-in space for young people to engage with youth workers and each other in a safe, supported environment. Our discussions to date with Brighton Housing Trust (who Manage the Whitehawk Inn) are that they are keen to see how a broader youth offer might be built into the Whitehawk Inn. We are keen to support this work and should it come to fruition, our youth café will provide an access point for an extended curriculum.

We have recently assumed responsibility for the administration of Youth Achievement Awards and have begun to sign up young people to achieve these accredited outcomes.

4. How have the services in your area, over this period, supported young people to further achieve in their education, particularly for young people in communities with council house tenancies?

Through our partnership with Public Health we have been funded to support weekly youth work drop-ins alongside school nurses in Longhill School. These have been a hugely supportive space for young people whom we may already know as well as those we don't to come and receive pastoral support during their school day. We have established a referral pathway from the School Nurse team to our youth workers who have then been able to offer 1:2:1 support around issues related to not only health but also educational progress, attention in class, emotional literacy and anxiety management in order to better cope with the school environment.

The Deans Youth Project have been reforming links with Longhill School in order to offer afterschool work for those that would most benefit. These discussions are still at an early stage but I look forward to reporting on developments in the next quarter.

5. How have the services in your area, over this period, supported young people to live a healthier lifestyle, particularly for young people in communities with council house tenancies?

The results below are in spite of the Deans Youth Project not having inputted any recorded outcomes for their young people in the last quarter. Their staff are attending Aspire training in the current round of training offered by Lynne Begley and this work will be backdated to give a more accurate impression of the progress young people are making.

11 young people received recorded outcomes in the last quarter for progress regarding alcohol, smoking, cannabis. This is often a focus of our street-based detached work in neighbourhoods but will also feature in youth club sessions.

18 young people received recorded outcomes in the last quarter for progress regarding healthy sex and relationships. Again, a lot of this work happens in street-based detached youth work sessions, in particular when engaged with our c-card condom distribution work.

43 demonstrated progress with recorded outcomes for improved physical wellbeing – This is in part supported through the use of the indoor sports court at Woodingdean Youth Centre.

15 young people gained recorded outcomes for healthier lifestyles – these recorded outcomes signify engagement with discussions around everything from eating to exercise to reductions in risk-taking social activities.

6. How have the services in your area, over this period, included young people in the development and delivery of these services, particularly for young people in communities with council house tenancies?

26 young people have been consulted with by the TDC on local needs for new provision in the Whitehawk area including work at the Manor Gym Showcase event on the 15th February 2018.

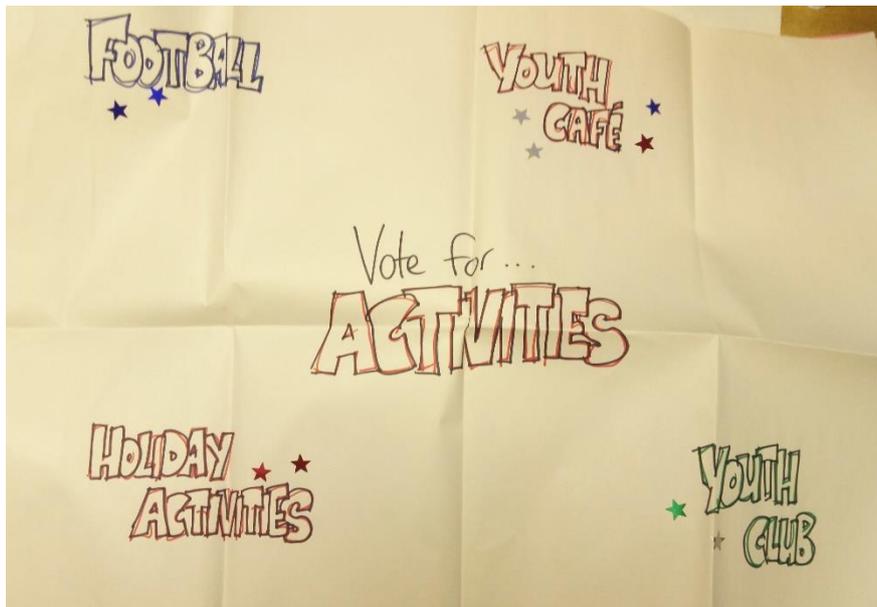


Figure 1 Picture of consultation activity part-way through the Manor Gym Showcase event

Sharon Terry, BHCC Resident Involvement Officer, worked with the TDC to involved young tenants in focus groups that would help to steer the future plans for our services locally. Sharon worked extremely hard, calling various families in Council tenure but unfortunately they were scheduled during the period of snow we had and they could not go ahead.

7. How have the services in your area, over this period, enabled young people with Protected Characteristics or with multiple disadvantages to feel safer and supported, particularly for young people in communities with council house tenancies?

Disabled young people are receiving a good offer in Woodingdean through support from Extratime through their regular youth clubs and holiday clubs.

TDC will co-ordinate Youth Welfare at Pride Festival in 2018 having been asked to return following hugely successful input at last year's festival. We know that many young people attend from East area of the city and in many cases, existing relationships support improved outcomes for these young people who may be putting themselves in danger through risk-taking behaviours. It is also an opportunity to improve support for LGBT young people in particular with their safe attendance to

the festival. Last year's report on Pride Youth Welfare work attached for information.

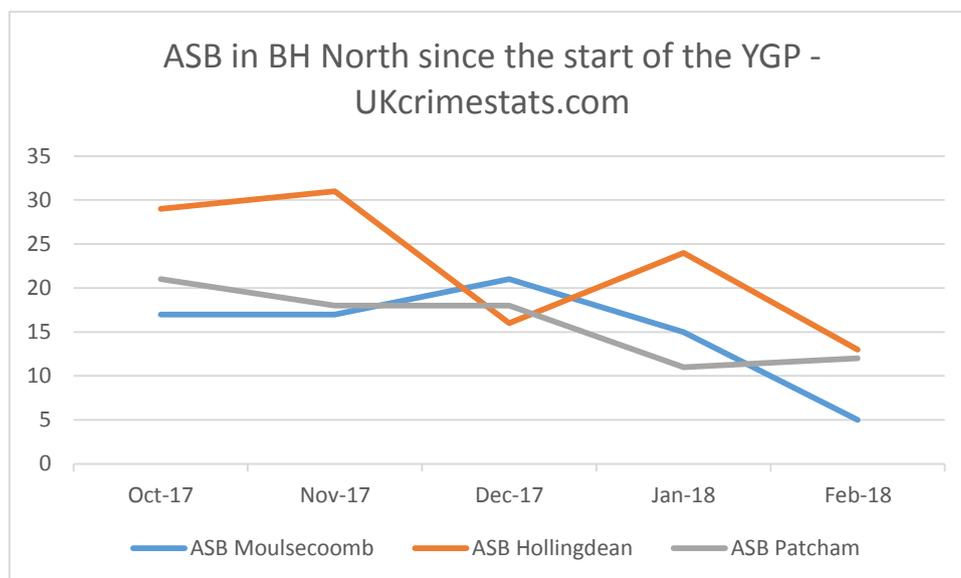
8. Is there anything else you would like to highlight regarding your area's performance?

The Whitehawk area is very much an emerging piece of work for us. Having spent 6 months scoping and developing reconnaissance we are very excited to be launching more substantial pieces of work this Spring. There is a lot more to come!

Name of area/project(s)	BH North – Patcham and Moulsecoomb
Reporting period	October 2017 – April 2018

1. How have the services in your area, over this period, supported the reduction in anti-social behaviour, particularly in communities with council house tenancies?

Together with our partners we have provided 10 regular weekly youth sessions across this area. Many of these sessions meet young people with the most challenging anti-social behaviour and our relationship building, leading to behaviour challenge and boundary assertion has been helping to tackle this. We have been particularly meeting with those YP with needs around improving social behaviour using our street-based and open access youth club programmes. Whilst it is difficult to accurately demonstrate a causal link between our youth work and related ASB we are happy to report that since the start of the YGP, ASB is on a downward trajectory in the main areas of concern for BH North, in particular Council Tenants:



As part of our response the TDC have been regularly attending and updating Housing Cluster meetings and have attended Tenants and Residents Associations/Local Action Teams in Moulsecoomb, Hollingdean, Bevendean and Patcham.

On the 13th February the TDC hosted a 3 hour 'Working with Challenging Behaviour' training session at the 67 Centre for youth work staff. The TDC youth team were joined by teams from the Deans Youth Project, Young People's Centre and the University of Brighton. We delivered this training for free and will run it again in the Autumn.

We have met with the Moulsecoomb Leisure Centre who have reported extremely challenging behaviour from large groups of young people who have been rude and threatening to the staff. Whilst resource is spread thinly there is little support we can

offer to them directly outside of ensuring the centre is on our detached route and 'popping over' when we can.

2. How have the services in your area, over this period, improved the social inclusion of young people, particularly for young people in communities with council house tenancies?

The TDC are working with some of the most marginalised young people in society. Since the start of the YGP we have supported:

- 35 young traveller women at a regular 'Girls Group' at the St Michael's way Traveller site each Wednesday afternoon from 3-5pm although some are under 11
- 23 young Traveller men through regular football sessions from 3.30 – 5pm also on Wednesdays.
- 17 young Traveller men through an 8 week partnership project with Audio Active making music and rapping to produce a track. These sessions occurred over winter when football was not viable due to adverse weather.

We are supporting the fundraising of a new playground area at the Travellers site to assist with local socialisation and have also run a trip out with the young women's group bowling in the Easter holidays, supporting wider socialisation.

- 8 young people with a range of physical and mental disabilities at our 'Look Sussex' youth club, also each Wednesday from 5-8pm.
- We are financially supporting Extratime with their citywide provision for some of the neediest disabled young people in Brighton & Hove too.

The TDC have planned a large community event in Moulsecoomb as an evolution of the Wild Park Youth Festival. This year on June 16th we will support hundreds of local young people and their families to come together and make the most of local facilities and activities in a positive celebration of the social benefits of sport. All are welcome to attend.

3. How have the services in your area, over this period, supported young people to improve their readiness for employment, particular for young people in communities with council house tenancies?

160 young people gained recorded outcomes against skills that support employment between the start of January and the end of March 2018.

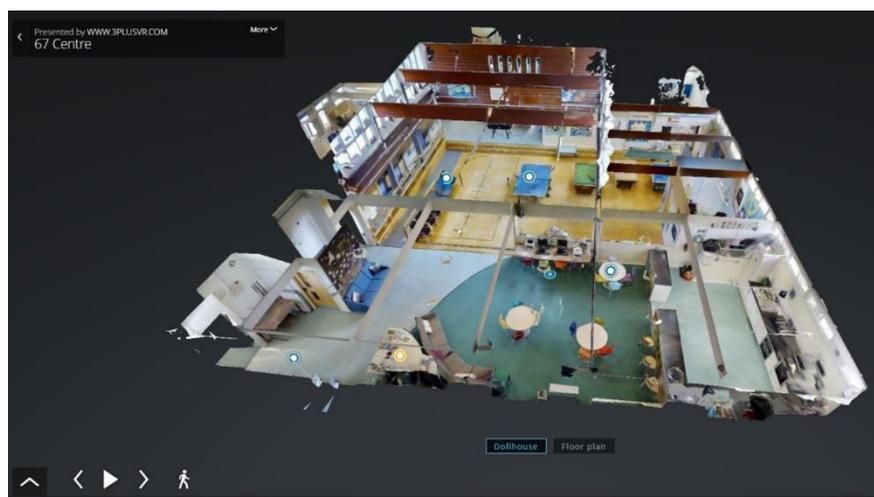
61 young people gained recorded outcomes for raised and positive aspirations during the same period.

These recorded outcomes have largely been gained through delivery within youth club settings, for example, when our team have produced activities such as a personal skills audit for young people to highlight things they are good at and reflect on where they might choose to focus energy related to their future employment.

Directly linked to this work is support for aspirational thinking. Through the above exercises, many young people had a very narrow focus for future employment, in the beauty or social care sectors for example. The TDC have been working over the past year with Brighton & Hove's Tech businesses to offer exciting placements and shadowing opportunities through the TDC Tech Trail with the aim of broadening horizons and reducing class inequalities in access to the tech industry. Info can be found [here](#) and a write up of some of the work can be found [here](#) with quotes from young people such as:

“It was really fun, it gave us a review of what working in that organisation is like. It also showed us how you can start with nothing and with a little bit of team work and a lot of hard work you can build this well-developed business and within the business have people with all different skills and ways of doing things.” (Madi, aged 15)

Young people also created [this 3D scan of the 67 Centre](#) and populated it with a [video](#) they made about it.



We are currently working to secure funding once more to put on another Tech Trail this year and are already working with organisers of the Brighton Science Festival to bring their work into youth clubs at the 67 Centre.

We have recently assumed responsibility for the administration of Youth Achievement Awards and have begun to sign up young people to achieve these accredited outcomes.

4. How have the services in your area, over this period, supported young people to further achieve in their education, particularly for young people in communities with council house tenancies?

Through our partnership with Public Health we have been funded to support weekly youth work drop ins alongside school nurses in Brighton Aldridge Community Academy. These have been a hugely supportive space for young people whom we may already know as well as those we don't to come and receive pastoral support during their school day. We have established a referral pathway from the School Nurse team to our youth workers who have then been able to offer 1:2:1 support around issues related to not only health but also educational progress, attention in class, emotional literacy and anxiety management in order to better cope with the school environment.

In April 2018 the TDC invested £1000 in new technology for Polly Labanya in this role so that she could have a laptop and tablet on which apps and games could be used in schools with young people. We have placed apps such as the one below that has helped those who are struggling with the stress of school to focus on their studies and be more productive.

SELF-HELP FOR ANXIETY MANAGEMENT

Self-Help for Anxiety Management



iPhone rating: ★★★★★

Android rating: ★★★★★☆

Price: Free

This app provides self-help techniques to help manage overall anxiety. Track anxiety levels, triggers, and build a personal tool kit in the app. It also provides interactive guidance for practicing self-help and a closed social community to engage with others. If you're looking for

holistic snapshot of your anxiety and how to cope with it, this may be the app for you.

5. How have the services in your area, over this period, supported young people to live a healthier lifestyle, particularly for young people in communities with council house tenancies?

24 young people received recorded outcomes in the last quarter for progress regarding alcohol, smoking, cannabis. This is often a focus of our street-based detached work in neighbourhoods but will also feature in youth club sessions.

63 young people received recorded outcomes in the last quarter for progress regarding healthy sex and relationships. Again, a lot of this work happens in street-based detached youth work sessions, in particular when engaged with our c-card condom distribution work.

157 demonstrated progress with recorded outcomes for improved physical wellbeing

– a large proportion of these will have sustained attendance at our Friday night football sessions where they gain regular exercise in a safe, social environment supported by trained coaches from Albion in the Community with regular youth work support in addition.

58 young people gained recorded outcomes for healthier lifestyles – these recorded outcomes signify engagement with discussions around everything from eating to exercise to reductions in risk-taking social activities.

6. How have the services in your area, over this period, included young people in the development and delivery of these services, particularly for young people in communities with council house tenancies?

12 young people have been supported by the TDC to be involved in Neighbourhood Action Planning (NAP) for Moulsecoomb and Bevendean ward.

8 young people have been involved (with more active on [Facebook](#)) in the plans to build a skate park in Moulsecoomb and the wider plans for a new 'Hub' in the area that may incorporate a youth space.

7 young people from this area have been involved in the planning process for developing the summer programme for Moulsecoomb, Bevendean and Coldean. The vehicle for this work is the long-running Bevendean Activities Group – a youth group with its own constitution, bank account, elected Chair, Treasurer, Secretary and Caterer(!). They have AGMs, write their own cheques and have even started a multi award-winning social enterprise (The Fruitcycle Smoothie Bike) to raise additional income for summer activities. This group currently raise funds externally to subsidise activities for those who can afford activities the least and work in partnership with the TDC to deliver in summer.

We have supported 4 young people to be part of the 'Cross-Party Working Group on Youth Services' process for distributing additional funding for youth work activities. We will continue supporting involvement in this group with the aim of providing meaningful insight from those living in our area of delivery to the emerging policies and strategies for youth work in the City.

7. How have the services in your area, over this period, enabled young people with Protected Characteristics or with multiple disadvantages to feel safer and supported, particularly for young people in communities with council house tenancies?

Disabled Young People – are supported through our regular delivery of a dedicated youth club for disabled young people on a Wednesday evening at the 67 Centre. The delivery of this provision has enabled training and skills regarding accessible practice to be shared across the whole team. The TDC also financially support the work of Extratime for work with more severely disabled children and young people.

Lesbian, Gay and Bisexual Young People – are continually supported through the provision of LGB accessible spaces where staff are trained to be supportive of the additional needs that can be present for people with these identities. Trans Young People - are continually supported through the provision of Trans accessible spaces where staff are trained to be supportive of the additional needs that can be present for people with these identities.

The TDC will once more co-ordinate a youth work response to youth welfare at Pride festival having been approached and delivered hugely successfully at 2017's festival.

Black and Minority Ethnic Young People – The TDC and partners (Friends, Families and Travellers – FFT) continue to support Traveller young people who live (or spend time at) St Michael's Way, Patcham. We offer weekly, gendered sessions that are working towards broader goals of integration and education in partnership with Council services. The TDC also supports other BME work in the city including Black History events in Moulsecoomb and city-wide wellbeing events (as per the 'A Way a Day' event on the 18th April 2018).

8. Is there anything else you would like to highlight regarding your area's performance?

Currently unmeasurable using existing tools, the TDC's work supporting the Moulsecoomb Amateur Boxing Club in their building extension works is coming to fruition. The club expect to have their £60k extension (fundraised by TDC) open in the summer to meet hundreds more young people each year. They have offered to put on several free sessions for the TDC as part of summer programming etc.

The Youth Sports Festival (formerly Wild Park Youth Festival) will be happening on the 16th June at both Moulsecoomb Leisure Centre and the 67 Centre. Local MP Lloyd Russell-Moyle will be attending, as will local Councillors; anyone else who may wish to join on the day will be extremely welcome.

New weekly yoga sessions started in late April 2018 funded by the Brighton Yoga Foundation. Session attendance across the first 3 sessions has been 3, 12 and 9 young people, respectively.

Case Study



Brighton & Hove North - Case Study

9th May 2018

Daisy

We first met Daisy when she was 11 years old through our street-based youth work where we convinced her to get involved in summer activities that we were hosting in her neighbourhood. She initially found group activities fun although managing her anger was quite a challenge. Our youth workers helped her to keep coming to sessions and building friendships in spite of this.

Through getting to know Daisy better we discovered that life at home was a struggle, there was very little money to support several siblings and the frustration with this came out in her sometimes. Daisy became involved in the young women's group run by the TDC and seemed to be getting loads out of it. By the time she was 15 we encouraged her to help run the sessions and manage the group. Some of the old behaviours, such as shouting and swearing at people were gradually worn away and by the time Daisy went to study Health and Social Care at College she was using the young women's group as her official work-based placement.

At this time Daisy was struggling financially, as none of her family had employment she was having to walk several miles each day just to get to college as she couldn't afford the bus fare. The TDC supported her with 1:2:1 sessions to update her CV with all of the skills she had gained through her volunteering and gave her a reference which helped her to gain part time employment at the weekends at an indoor soft play park in town. She was finally able to afford her bus fare to college and felt she could continue with her studies. Daisy is now 18 and continues to volunteer with the TDC. She believes the volunteering has helped her achieve her potential so would like to give other young women those same opportunities.

Case Study



Brighton & Hove North – Case Study

9th May 2018

Grooming in Moulsecoomb

The TDC have been running a weekly young women's group in Moulsecoomb since September 2017 (previous to this it alternated between Bevendean and Moulsecoomb). We provide this regular session to young women as a way to support their personal, social and economic development and provide contact with trained youth work professionals to provide child protection functions, as we know that many group members are vulnerable.

3 members of the young women's group have been flagged as vulnerable, 2 siblings have been in and out of foster care with violence in the house, the other has very low school attendance (an indicator for other issues going on in their lives). When the three were not present at a young women's session having been expected, TDC workers went out on the street after the sessions closed at 8pm in order to try to find them. They met the 2 siblings who had been into town with the third young woman and said that she was now with 'Frank' (not his real name). They quickly discovered her in an older man's car with her top on inside out and back to front and him fumbling to hide a second mobile phone. Confronting the man, he couldn't provide an adequate excuse for the relationship with the young woman. Not only did TDC workers get his registration plate but also got his phone number and reported him to the Police and the young women to Social Services. He was arrested and charged with trial pending following previous concerns about his character but a lack of proof.

The follow up work highlighted how all three were being groomed by this man. He was giving them lifts to school and back, buying them all dinner of their choice and even offering to buy new smartphones for one of them. All now have regular support from a range of services (including TDC) and the two siblings have continued to attend the young women's group. All have been made aware of the risks of grooming and have since informed us when they have seen 'Frank' in the area which has helped with the Police investigation into this alleged serial sexual offender.

Name of area/project(s)	Central
Reporting period	October 1 st – April 30th

1. How have the services in your area, over this period, supported the reduction in anti-social behaviour, particularly in communities with council house tenancies?

BYC

BYC provides opportunities and space for young people, coming from different areas across the city, to make positive choices about where and how to spend their free time. Over the past six months, 469 young people have attended 1964 sessions in total. We have highest attendance from young people living in council house tenancies coming from the north and east of the city. We work with many of the young people identified as at risk within the 'County Lines' agenda, many who are excluded from mainstream education as well as those who are or have been supported by services such the Youth Offending Team. Our approach is more to look at improving pro- rather than reducing anti-social behaviour.

Tarner Community Project

The Thursday Youth Club in Tarner Park Base was set up in direct response to community concerns of anti-social behaviour in the park. It has engaged 28 young people, with an additional 11 who participate in the football partnership project with Albion in the Community that takes place prior to the session. Of these young people, 36% are from council tenancies (the majority of young people living in Tarner are Hyde housing residents). All have identified outcomes around reduced anti-social behaviour/increased pro-social behaviour and the amount of crime and complaints has continued to be reduced in the park. Tarner also does detached work at the level in Brighton. Workers are well versed in the issues surrounding 'County Lines' and have built relationships with young people who are considered 'at risk' of offending or being criminally exploited.

YPC

Global Social Club has provided a safe space for young people to come together and make friends with people different to themselves. We have engaged 40 young people at our weekly drop in, representing over 16 countries, 27 of whom are refugees and asylum seekers, 13 are from other migrant backgrounds or from the UK. We organised a joint event before the Burning the Clocks lantern parade where other youth groups from YPC/TDC sessions in Moulsecoomb and Whitehawk joined Global Social Club members for a meal and went to the parade together. We have explored how to create a safe space and young people have had the opportunity to set their own ground rules in a community agreement for the club. They emphasised the values of respect and support and curiosity about learning and sharing different cultures. We feel this work has supported reduction in anti-social behaviour in the wider community.

2. How have the services in your area, over this period, improved the social inclusion of young people, particularly for young people in communities with council house tenancies?

BYC

Over the past six months, 163 young people have had improved social wellbeing through coming to BYC; building relationships with other young people and within BYC as a community. This is particularly the focus of our Tuesday and Wednesday youth clubs (where 26% of young people are BHCC council tenants). We have a weekly meeting as part of our Wednesday club where we focus on how the club is working, as a group and for the young people within it. Where the nights used to attract quite different peer groups of young people, this is now much more mixed, as one young person commented “it used to be this group on Tuesdays, this group Wednesdays. Now we both hang out together”.

We develop specific projects in line with young people’s interests. So for example, B.Game was set up as a monthly group to bring young people together over different forms of gaming. The young people on the steering group of B.Game described this as “it’s so people can get to do the things that they do at home, together, and also get to try different forms of gaming”. One young person’s mum told us “he doesn’t really mix very much, but he likes to game, so the B.Game group is perfect for him”.

On Tuesday nights, we run a football session in partnership with Albion in the Community. Due to issues within the centre, we have been running this session in Tarner Park, and it has been attended by young people just from this area. From January, we decided to move it back to BYC. This had a number of outcomes (engaged new young people in physical activity, doubled the numbers attending, meant girls have been playing football) but specifically has meant that young people who have previously only engaged in activities in their estate in Tarner have been coming to other activities at BYC. A youth worker from the Tarner project said that, when he knew they were coming over, that he was surprised they were engaging in another space, and that it is a really good thing that they’re coming off the estate. Within recent work in the cross-party working group, around developing a framework for additional funding, one of the key priorities identified by young people from organisations situated more directly within communities with council house tenancies, was to have increased opportunities to get off their estates and to meet with other young people and groups from across the city. We are working on this basis further with Tarner, we have already worked in partnership on two joint activity days – one focusing on young women’s work and one on healthy activities – and are now planning a joint summer programme.

Tarner Community Project

Our clubs, in particular our activities, have been opened up to the wider community beyond Tarner and we have seen an increased number of young people attending from further afield (e.g. East Brighton) with our regulars also being more willing to travel to events across Brighton improving their social mobility. We set up the ‘Brighton Youth Opportunities’ group on Facebook to share activities of interest to young people across Brighton offered by the Youth Collective and beyond. We regularly run sessions based on healthy relationships and encourage young people from our projects to volunteer at organisations within the community.

YPC

The Global Social Club has helped build an inclusive community of diverse young people in Brighton and Hove.

100% of young people surveyed in December 2017 said Global Social Club helped them to make friends with people of different backgrounds to themselves and feel part of a community. 83% of young people said coming to Global Social Club increased their understanding of different cultures. Homework Club also helped young people with English as a Second Language to raise their attainment in Maths and English to help them progress in education and increase social inclusion of young refugees and asylum seekers in education and employment.

The sessions for young carers have helped young carers connect with other young people who have similar responsibilities and provided socially inclusive opportunities for them to come together and expand their friendship networks.

YAC

YAC Family Mediation project has worked alongside local families to improve communication and relations- with the idea of preventing homelessness, preventing mental health issues, improving behaviour and school attendance.

The project has seen an influx of referrals over the last quarter.

3. How have the services in your area, over this period, supported young people to improve their readiness for employment, particular for young people in communities with council house tenancies?

BYC

207 young people have improved their skills over the past six months: in arts/culture; employment; life skills and sports. This has included things from planning and running a gig; learning to skateboard; communicating better with other young people; helping run a session for the younger ones; learning to cook; budgeting an activity programme; planning a city-wide funding framework.

Our B.fest board provides an opportunity for young people to get involved in developing and running their own week long youth arts festival, which will take place at the end of May. To date they have fundraised; planned the content; organised specific events; worked with a graphic designer to create the B.fest logo, listings and T-shirt design. They have had training sessions in marketing and promotion; last week they took part in training around how to use social media effectively. To give an example of what young people gain through being involved in B.fest, one young person described: "I've got into the Events Management course at BIMM because I had a lot of fun putting it on and like contacting everyone and setting up the actual stage...it was fun and kept me on my toes...so I know what's in store in my future career as an events manager through B.fest...I think being part of this has just given me loads of opportunities that I just never would have had if I hadn't of joined."

We have also provided specific support in terms of young people seeking employment. We have helped four young people write their CVs, have provided four work experience

placements for college, have signposted three people to YAC and referred one to the Youth Employability Service, and two to Princes Trust. We have an updated copy of the YES Vacancies on the Street available in our office for young people looking for employment.

Tarner Community Project

We work alongside the Youth Employability Service who have attended sessions to support young people Not in Employment, Education or Training. We share information about jobs on the high street as well as resources, workshops and training we've researched. Within sessions we have supported young people with CV writing and interview techniques.

We offer CV writing and job search support at our youth work sessions and refer in to local services such as YAC who support young people in looking for work.

We have inspiring speakers in who talk to young people about their lives and work.

Q&A sessions afterwards allow young people an opportunity to ask about how to get the skills/knowledge to get roles like the speakers.

Through delivering courses on managing mental health and promoting mental wellbeing we provide young people with soft skills such as communication, teamwork, thinking creatively and writing skills which are necessary and transferable to the employment world. By promoting and giving our young people tools to maintain positive mental health we also aim to reduce the impact of ill-mental being an obstacle for y.p to seek meaningful employment.

Some young people asked in consultation for a careers advice session, so we will plan to do a session on this in the future.

A-L attended Hyde Youth Bank - a panel that met a few times a year to make decisions giving awards to specific projects and was involved in interviewing panels for new staff at Tarner Community Project. A-L also participated in some customer service training. She's been a board member for TCP and an advocate for the youth collective, speaking at events about the benefits of youth services. She now attends steering groups for the youth services and cross-party working groups. Amy volunteered with our project and went on to study child-care. She's the first in her family to go to university and has cited that youth workers helped her with applications. In her words: "The opportunities I have had have been useful to go on my cv and have been something I can talk about in interviews. These courses and activities were also helpful in my application for university and will continue to be of use in the future"

YPC

In each GSC session we hold a creative and life skills workshop where young people work on improving their soft skills such as communication, presentation, team work, planning, problem solving and develop personal qualities like confidence and empathy which improve their readiness for employment. 83% of young people surveyed in December 2017 said that coming to GSC increased their self-esteem, confidence, resilience and creative skills.

The Homework Club also helped young people with English as a Second Language to raise their attainment in Maths and English to help them progress in their readiness for employment. The Homework Club that runs alongside GSC helping young people with English as a Second Language to raise their attainment in Maths and English plays a massive part in helping these young people achieve in education – we are working with a volunteer from the University of Sussex to provide the expertise that they need. The GSC Young Leaders (supported by the Hummingbird Project) have requested more Homework Club sessions and we are currently exploring the possibilities to scale this up to 3 sessions

per week to allow for greater access and an increased level of support time.

YAC

The YAC holds a Youth Employability Service (YES) drop in on a Tuesday and a Thursday from 1-3, which has been used regularly by young people from all areas of Brighton. YES works alongside the housing services, where young people who are moving from vulnerably housed to sustainably housed are linked in to the YES service in order to help them seek employment.

Over the 6 month period, YAC provided 45 interventions to support those not in Education, Employment and Training, including 5 CVs, 4 career advice sessions and 3 job searches. They also provided 51 benefit advice sessions (this has been far higher than in previous periods, relating to Universal Credit. One person who attended the drop-in commented: "Gave lots of ideas for how to improve anxiety and meet more people. Helped with benefits claim, understanding and helpful"

4. How have the services in your area, over this period, supported young people to further achieve in their education, particularly for young people in communities with council house tenancies?

BYC

We support two targeted sessions for young people who are excluded from or struggling within mainstream education. We run a weekly activity session for KS3 young people attending the Dyke Road PRU. This session gives young people an opportunity to experience a more informal setting to school; to try and experience a range of different activities that build skills and broaden horizons; and to link into the wider youth club offer. Since attending The deputy head described the partnership as followed:

"KS3 PRU currently have their Friday sessions with BYC. The students love the variety of activities that they complete. The sessions offer structured opportunities to develop skills, the staff work hard to make sure that even the less adventurous students are occupied. BYC is a resource that the students and staff here at the PRU recognise as a very important part of their weekly programme. As we move forward we hope to move forward with BYC and get more of our students attending out of school programmes. BYC is a vital part of our curriculum, developing trust and resilience with organisations in our community."

We also provide support to Miss Represented, the Brighton Dome arts collective project that works with vulnerable and isolated young women. At the end of 2017 Miss Rep toured *Can You See Me Now?*, a cross-art show created and performed by the young women, featuring verbatim theatre and live original songs, exploring experiences and reflections of systems and institutions; school, the care system and Social Services. The group toured to schools, PRUs and the University of Sussex as well as arts venue in Brighton, London, Liverpool and Manchester. A teaser for the upcoming documentary can be found here:

https://brightondome.org/join_in/creative_learning/miss_represented/

PRU and Miss Rep sessions include the highest percentages of young people who are BHCC council tenants; with 38% and 60% respectively.

Within our youth club settings, we also work with young people around their engagement in education and often the issues that they are having with it. At the start of this reporting

period, we were working with a group of about 6-7 young women, aged between 13 and 15 who were not attending school at all. They were all experiencing mental health issues, many were (and still are) using self-harm as a coping mechanism, they were all using drugs excessively and one was in the process of being taken into care. During club we would explore with them steps that might help them both go back and stay in school. We spoke to support workers and to school staff, we helped implement options such as meeting a friend to walk into school, we bought an alarm clock to help one young woman wake up on time because she identified that she became too anxious if she was late and then didn't go. We referred people to mental health services and facilitated meetings with social workers. We checked in weekly to see how they were doing. Six months later, although the issues have not totally gone away, all are still generally maintaining positive attendance.

As well as helping young people navigate within the system, we also want to support young people to reflect on and critically address the issues they face within school and with education in general. So, as part of B.fest, we are running an event, in partnership with TEDx called 'Your Perfect School. The idea of this event is that young people, teachers, policy makers, parents and community organisations share their thoughts about what school is, could and should be like.

Tarner Community Project

We offer open support during session time and have often helped with homework. There have been discussions about education paths, course options, additional support opportunities, coping with stress and issues relating to school. Our activities are often creative and have introduced YP's to new artistic/musical techniques as well as computer based work such as Photoshop/digital artwork and music production

YPC

The Homework Club that runs alongside GSC helping young people with English as a Second Language to raise their attainment in Maths and English plays a massive part in helping these young people achieve in education – we are working with a volunteer from the University of Sussex to provide the expertise that they need. The GSC Young Leaders (supported by the Hummingbird Project) have requested more Homework Club sessions and we are currently exploring the possibilities to scale this up to 3 sessions per week to allow for greater access and an increased level of support time.

YAC

YAC works alongside local agencies providing educational services, short courses, work experience and traineeships. This includes The Met college, Brighton Film School, Sussex and Brighton University, The Albion in the community and our YMCA work and learning team offers.

5. How have the services in your area, over this period, supported young people to live a healthier lifestyle, particularly for young people in communities with council house tenancies?

BYC

We offer daily sessions for young people to take part in exercise, with a 7 day a week skateboard offer and additional sessions in football, dance, capoeira as well as one off activities that have included boxing, clubbercise, parkour, yoga. We have targeted sessions for groups who might be less likely to engage in sport – so for example She Shredders is a women only skateboarding group, open to all women aged 13+ that aims to support more women to get into skateboarding and to create and develop a supportive community around this. This is a link to a video that was made last quarter and that won the Transition Skate Park crews competition

<https://www.facebook.com/brightonsheshredders/videos/873627979473470/>.

We have also worked in partnership with the Brighton and Hove City Councils Healthy Lifestyles Team on the Go Skate project. This is a programme designed for young people aged 11 – 16 year teaching skateboarding as a pathway to better mental health and wellbeing. The course features six one hour coached sessions where participants are taught how to ride a skateboard, basic moves and how to ride ramps, developing skills and confidence. Participants are referred through the city's mental health services, youth services, schools and charities.

Over the two courses we had the maximum of 20 young people referred with a core of 16 attending regularly who all benefitted from the course in terms of personal confidence and skills riding a skateboard.

264 young people over this period had improved emotional wellbeing through the group space, through participating in activities and through building and maintaining positive relationships with other young people.

Tarner Community Project

We promote healthy eating and have a professional chef delivering sessions for us. We encourage young people to cook and eat healthily and regularly discuss diet, nutrition and growing fruit and vegetables. Many of our sessions are forms of physical exercise i.e. boxing, dance sessions, Zumba and skate sessions. We work alongside Albion in the Community on a weekly basis offering football coaching and have put on special day events to promote wellbeing.

Along with this we promote young people to understand looking after their mental health and how they can do this through engaging with youth programmes from across the city. One example of this is a young person we have recently been working with. This young person BS has engaged with programmes and clubs across the central area, they have accessed these to help boost their own social abilities but also for the support they need emotionally and mentally. BS uses these sessions as a safe space to talk about their issues as well as seeking ways to help manage ongoing issues they are experiencing.

YPC

GSC and Young Carers sessions provide opportunities to cook and eat together each week, to learn about healthy eating, about new recipes and ideas for cooking and for life skills in general.

GSC have provided life skills sessions on wellbeing and sleep hygiene, including mindfulness techniques in most sessions to help young people deal with stress and trauma. We have also run sessions on capoeira and dance to get young people active.

The young carer sessions have supported young people into counselling sessions to receive support around emotional well-being.

YAC

YAC Support and Advice drop in works with young people using an outcome star to look at all aspects of their life in terms of making healthy changes. We link in with the Stop smoking service and are now linking in with BHCC Health Trainers, working with young people to access one to one support around specific behaviour change goals.

Over the 6 month period, the Support and Advice Team completed the following interventions;

- * 224 sexual health interventions including 29 C-Cards, 5 pregnancy tests and 31 chlamydia tests
 - * 271 emotional wellbeing, including 48 around self-harm and 76 around suicidal ideation, 5 ASIST interventions were needed over this period
 - * 148 sessions supporting young people with difficult relationships with their parents
 - * 101 sessions around peers and friendships
 - * 60 interventions around drug and alcohol support
- A case study is attached

6. How have the services in your area, over this period, included young people in the development and delivery of these services, particularly for young people in communities with council house tenancies?

BYC

Young people are at the heart of all our development delivery. We have a weekly meeting for all youth club members, to discuss and decide on upcoming events, activities and groups, and to discuss issues that are of relevance to the whole club. We have meetings with young people to plan specific areas of work, such as B.Game, planning holiday programmes, our monthly gigs and events. B.fest, our biggest annual event, is managed by a steering group of approx. 10-12 young people. We invite young people to take part in central area meetings to discuss delivery across our area and we have been instrumental in supporting the set-up of the Cross Party Working Group, alongside the Youth Participation Team, including developing and facilitating the recent work around the development of the framework of additional youth club funding. We have just submitted an application for funding for a members training, which aims to equip young people with the skills and knowledge to be even more embedded within the delivery and expansion of our programme offer.

Tarner Community Project

We constantly consult our young people and have regular focus groups to inform the delivery of our work and the sessions we offer. We have encouraged our young people to attend meetings relating to the cross party working group. We also have a young person on our board of trustees.

We regularly evaluate the progress of the groups and provide young people the chance to have a voice about the programmes and activities.

YPC

All activity is jointly planned with the young people who are attending the sessions, specifically we have had:

2 participatory planning sessions to design and agree the programme
Group agreement for ground rules of behaviour set by young people
Youth-led culture swap party planned by young people
2 youth volunteers have supported the sessions that we deliver as part of their DofE programme – they have helped run the evening and supported the cooking activity.

YAC

This year we have developed a group of YAC Champions, the youth section of which contribute to all of our marketing, recruitment, sit in on team meetings, sit on broader YMCA forums, contribute to the participation work of Right Here and also contribute to the youth participation aspect of the youth collective.

7. How have the services in your area, over this period, enabled young people with Protected Characteristics or with multiple disadvantages to feel safer and supported, particularly for young people in communities with council house tenancies?

BYC

The gender balance within our project is roughly equal and as stated, we hold specific targeted sessions for young women who might not otherwise engage with the activities in question or where there is a particular need for a young women's only space, for example in She Shredders or Miss Represented.

We have a high level of LGBTQ+ young people who attend our clubs. So for example at a given Wednesday session (21.03.2018) 13 out of the 43 young people attending (to our knowledge) identified as LGBTQ+. Preferred pronouns and name changes are respected and the use of these by other young people is supported/challenged by workers where necessary. We are just arranging for speakers around transgender experience and issues to attend some of our weekly meetings as this was raised as something that our young people would like within the whole club setting.

To give an idea of the range of issues and needs facing the young people who attend BYC youth clubs, this is a snapshot of 50 young people who regularly attend our youth centre: 29 (more than 1 in 2) come from the areas of highest deprivation in Brighton
7 are in the care system and 4 are adopted
4 are homeless or at immediate risk of homelessness
14 are on a Child Protection order, have an EHCP or are receiving targeted support from other services.
5 identify as transgender

12 (1 in 4) are non-school attenders or out of/excluded from mainstream education

18 (1 in 3) are currently struggling with their mental health, manifested in panic attacks, self-harm and eating disorders

9 (the majority of whom are 13-14) are exhibiting visibly problematic drug use

We have also supported the establishment of a teen club for young people with an Autistic Spectrum Condition, run by the organization mASCot. This has been really popular with 19 young people aged 11+ attending, with each attending an average of 6.1 sessions. The group identify their priorities as follows:

“Activities that promote social interaction in a structured and supported way are beneficial. They can range from music, drama, games, art or a simple quiz as long as the young people are supported by staff that can gently encourage them and give them plenty of praise 😊

Another priority is around providing opportunities out in the community, trips to the cinema, trampoline park etc. as well as short residential trips to let the young people experience a bit of freedom and independence. Many of these experiences are very much the norm for most young people, but our cohort find them challenging and don't feel they can take part”

These are some quotes from young people and parents about the club:

“The first place X has said she feels she can be herself and is just accepted for who she is. Thank you for making this possible”.

“Thank you for organising such an amazing club which provides a safe haven in a world of madness and feels like a lifeline for me and X at the moment. We love coming and I too love the amazing group of people who feel like an extended family! It's a rare thing to find people who understand and don't judge”.

“On behalf of my two nutters, we love you all. Coming to teen club has quickly become our favourite thing to do. Thank you so much for creating a fantastic place, where we can just be ourselves”.

“It was amazing, good to talk and be accepted”

“Thank you for this group, it's the first group X is really giving a try”.

Tarner Community Project

We held an event targeting the local BAME community from the Milner and Kingswood Flats in partnership with BMEYPP where we offered activities such as cooking, drama, lyric writing and street dance amongst other things. The session was attended by 15 BAME YP's all from local council housing, some of whom went on to engage with our open access sessions.

YPC

100% of young people surveyed in December 2017 said Global Social Club helped them to make friends with people of different backgrounds to themselves and feel part of a community. The young carer sessions enable young carers to foster better relationships with support staff from the Young Carers Project – this leads to them feeling more supported with their caring responsibilities.

YAC

YAC works alongside our YMCA Equalities and Diversities forum to improve our reach into the community for all. We work with the YAC Champions, evaluating the E and D information of young people who access the project and looking at how to reach out to any communities who are less present. The majority of the work YAC offers is around drop-ins, where we are in the middle of a refurbishment of the space and advice rooms- as well as a media relaunch.

8. Is there anything else you would like to highlight regarding your area's performance?

It is important to acknowledge the way that we work, which might be different to other areas/organisations which are more definitely situated within neighbourhoods. The partnership of the 4 central area organisations, with the exception of Turner Community Project which is neighbourhood focused, all attract and welcome young people from across Brighton & Hove. So, for example, 833 young people were seen by central area organisations over the past 6 months, of whom 337 were from the central area. Of our total numbers, 171 young people are BHCC council tenants and, as stated, higher percentages come from East, North and West than within the central area itself. Rather than working specifically within communities, our aim could better be stated as providing young people from across communities to have a space and place to come together, to participate in activities, to try things, to get involved and have a citywide voice and then, where relevant, to take that back to their own communities. So, for example, a young man who originally started attending the Hangleton & Knoll Project, began attending BYC in 2017 as part of the #ProtectYouthServices campaign. He started to rap, on his own initiative and with AudioActive and became involved in gigs and performances at BYC and in the central area. He is now using this experience (and resources from the area) to run gigs out of community facilities on the Knoll estate.

At the same time we acknowledge where there are areas we could improve. We are planning a central area leaflet of the youth opportunities that are available, that we plan to work with the central area housing team to distribute to council tenancies across the area, which we will do next quarter. Our skateboarding project is one where the numbers of young people attending from council tenancies are low. A young person coming from a large family living in a council house commented recently that when she attended Junior Club, the £2 cost was waived because her mum was on benefits. Even the relatively low cost of the She Shredders sessions, she said was preventing her from attending. We plan to develop a project that will enable us to increase access and use of the skate park to young people such as this, to ensure that all our offers are accessible to as many young people as possible.

Central Case Studies

So, for example, take G. He is a young man, aged 15, who is excluded from school and has stopped attending PRU. He is a council house tenant. He has previously had support from Early Help, YOT and RuOK. There have been past allegations of involvement in dealing and of attacks on other young people and on adults. His marijuana use is seen to be problematic and he acknowledges that it can be detrimental to his mental health (while also saying that it helps him deal with situations). He finds it very difficult to control his anger, and references traumatic events that have taken place in his past. This is not exclusive to our youth centre. We have had to provide 1-to-1 intervention around negative actions that he has been involved in, within our centre and with other young people. However he has reflected on these, and made changes to his behaviour. This has been and will continue to be a long-term, ongoing process. He has built strong relationships with other young people who provide different and positive influences on him. The Youth clubs and AudioActive rap sessions that he currently attends were said by his mum to be the best thing happening for him at the moment.

Case Study: KC lives on Phoenix Rise in the Phoenix Estate. She is 14. She says her education is her biggest challenge as she struggles with her reading and writing. She also suffers from bullying, both at school and in the neighbourhood. Her initial motivation to attend the club was to get out of the house and off the streets as she often doesn't have anything to do and is concerned she gets into trouble when bored. KC says she has got the most out of the girls group where she gets advice and information about other services. KC says her confidence and ability to socialise has improved. She has made more friends in the community and has built confidence to attend another project called 'Miss Rep', a project which helps young women develop their self-worth, build resilience and discover purpose and passions. KC also mentions she has learnt how to bake and cook as the sessions. In her words: "I feel like I've made more friends and know more people in my community"

Youth Worker comments: "KC is showing increasing maturity and appears to have improved relationships with the young people she interacts with"

Name of area/project(s)	West - The Hangleton and Knoll Project
Reporting period	October 2017 to March 2018

1. How have the services in your area, over this period, supported the reduction in anti-social behaviour, particularly in communities with council house tenancies?

Our Services have reduced ASB in the community we work in. Mile Oak had a number of ASB incidences before the Christmas period and with targeted youth work intervention, this has now reduced significantly. Youth Workers have met with a group every Wednesday evening and explored issues around community responsibility and substances. Youth Workers have made linked some young people into the PACA pastoral team and have met with a local Police Youth Prevention Officer to discuss potential joint working between HKP and the police in offering diversionary activities. The Portslade and Mile Oak Forum residents have regularly posted on their page about the positives of having youth work intervention within this neighbourhood e.g.

'I had to go to the football ground today (the dreaded ground inspection!) as we've had no games through January I was concerned that there may damage to our stands and lots of litter and broken glass, much to my delight there were no signs of any anti-social activity. I hope that some of the work being done by the various agencies is bearing fruit. Well done to you all. (Volunteer at Mile Oak Wanderers)

'This is great news Nina. I have sent you an email about some volunteering opportunities for local teenagers with our upcoming events so can you let me know if you have received it & I will be happy to chat about it xx

[Cllr Peter Atkinson](#) Great work, Many Thanks.

HKP continues to offer weekly drop in and groups for young people to attend. This provides young people with a positive space and prevents young people from 'hanging on the streets' and becoming involved in behaviour that is more negative. Community Action, a local resident/ services group identifies youth work as key factor in preventing ASB. YP themselves identify that how attending Projects ' keeps me out of trouble' YM14 Yrs and 'Gives me some time to talk about what's going on and meet some new people' YW 16yrs.

2. How have the services in your area, over this period, improved the social inclusion of young people, particularly for young people in communities with council house tenancies?

We have supported 14 individual young women to attend a weekly young women's session. These young women have many issues, ranging from being bullied, issues related to being in foster care, experiences of sexual assault and domestic abuse within the household coupled with the lack of opportunity from living in poverty. Youth Workers have carried out intense work around health relationships and nurturing positive wellbeing/ mental health. They have made 2 referrals to Princes

Trust and 1 to Rise.

We have also delivered weekly-detached sessions in H&K, Mile Oak and Vale Park. These sessions target young people at risk. Youth Workers have worked with a core group of 12 young people at Mile Oak who were involved in ASB before the Christmas Period. They have built trusting relationships with them and supported them to reflect on their behaviour and community responsibility. The Mile Oak FB forum have really noticed the effect of this work in their community.

We have also launched our Youth Volunteering/ Young leaders Programme that aims to engage with young people who would not normally volunteer. We currently have 12 youth volunteers with this being a new experience to all. These young people are now involved in local community events and working alongside youth workers at sessions helping them integrate as part of their community. This number will grow over the coming year.

HKP have supported 6 individual young people to be involved in City-Wide Cross Working Party group. These young people, without a doubt, would not be able to express their voice if it was not for youth worker support. 2 Young people attended the Adur activity Day. This event, hosted by the Council involved young people in the strategic decisions around the 90k that has been invested in Youth Work in the City. Young people attending from HKP, live in social housing and having a voice around determining the themes and priorities for young people was a particular empowering experience for them.

3. How have the services in your area, over this period, supported young people to improve their readiness for employment, particular for young people in communities with council house tenancies?

We have worked intensively with 5 young people in supporting them to access Youth Employability. All presented to us as having dropped out of college, smoking a lot of weed and disengaged with education. Through our work, we have supported 2 YP to attend the Princes' Trust course and 3 young men to attend sessions with YES. This has involved a lot of work and involved the YES worker coming to HKP (on familiar ground) to meet with the YP. A Youth Worker sat in at initial meeting as requested by the youth person. 2 young men are now in employment and as a direct consequence have reduced their weed smoking significantly. In addition, we have also supported 2 young people to develop their CV's and referred many more to YES and their School's worker who support this work. Our Step Out Youth Volunteering programme also supports young people to gain skills relevant to the workplace. Skills such as teamwork, communication skills, confidence skills. A 'Passport' development tool we have developed is tracking all of these skills and young people will gain accreditation for their learning and development.

Quote from YES Service:

'Over the last year The Youth Employability Service and Hangleton & Knoll Youth have developed strong links. This began with both teams visiting each other's bases, so we could give a clear picture to our clients of what to expect and I also attend the West Steering Group meetings, led by Hangleton & Knoll. An action resulting from that group was a need for information (courses, jobs, group info, activities etc) to be centrally stored so all West workers could access them and I've set up an online sharing resource which we can all access. Both services have attended West community meetings after local ASB problems and the community we work with can see us working together to provide outreach and preventative work in Mile Oak and Portslade alongside Hangleton.

Together we have jointly worked with a number of vulnerable clients, who are, in the main council tenants, in the West. These appointments have often begun with me meeting the young people at St Richards where the Youth Office is based, as the young people feel most comfortable there and then once they have met me, will walk to The Village Centre in Portslade. I have supported young people from the Youth Project to gain AQA Unit Awards, increase confidence, access traineeships, work and funding for CSCS cards/tests. We also have plans for a careers workshop for the young men's group in the near future. Our two services are also now linked by our professional social media platforms: we will share each other's posts and it is another way for young people to see the services working together and having a strong relationship. Hangleton & Knoll's Youth referrals have been great and being able to build upon a relationship the young people already have with their youth workers, means engagement will often have longevity'.

Rebeca Butler,
Employability Advisor, Youth Employability Service.

4. How have the services in your area, over this period, supported young people to further achieve in their education, particularly for young people in communities with council house tenancies?

Through our work with young people in a detached setting, we have them a space to work through their stresses and anxieties related to exams at School. This comes up as an issue on every session and young people comment on how they benefit from being able to air/work through their thoughts/ feelings related to the pressure they are experiencing.

We have worked with 6 young people at risk of exclusion. These 1:1's have given time for behaviour to be unpacked and for YP to come up with their own decisions about what change is needed to prevent exclusion. One young man identified that he would benefit from counselling, due to a recent bereavement. Youth Workers helped him fill in the form and he is now accessing counselling. One young woman felt that if she had something positive going on (as she find school a difficult place to be) then this may help her deal with school in a better way. She identified that singing really helped her. A youth worker is now supporting her to write and perform at the My Place festival in May to help give her something positive to focus on and achieve.

Many of our young people struggle with their self-esteem, having a direct impact on their future choices/ type of work. Youth Workers regularly challenge this through conversation, encouraging young people to 'think big' and supporting them to think of the steps needed to be made to achieve this. Youth Workers also regularly talk about University and break down the 'myth' that it is only for 'rich people', encouraging young people to see it as a possible option for themselves.

There is an ongoing arts project with young women's group, in partnership with Brighton Museum and Libraries where the young women's group were taken to ceramics workshops put on by the Museum service. This was a lovely piece of partnership. It has been a theme of this period, developing arts partnerships to expand the horizons of West YP and tap into their creativity to support their ability to express themselves positively. This has supported young people to develop skills in arts work and supported them to have a space to discuss issues in their lives. These conversations have supported young people to explore aspirations, difficult relationships with friends at School and supported one young person to access counselling at School.

On the weekend of May 19th/20th we will have YP volunteering as part of Brighton Festival 'Your Place' offer with some YP doing the tickets, some performing and some coming along to events, performances and workshops, attending professional arts events, often for the first time ever. Volunteering supports young to develop skills, gain confidence and try new things. Many of the young people volunteering at this event, would not normally access opportunities like this, but having youth workers support helps their engagement.

5. How have the services in your area, over this period, supported young people to live a healthier lifestyle, particularly for young people in communities with council house tenancies?

We have delivered sexual health work with young people on a 1:1 basis and in groups- either at our youth office drop in's/ detached/ with focussed group work. This sexual health work has included C-cards, healthy relationships and friendships work. One young woman quoted ' I've never thought about what I find acceptable and unacceptable before in a relationship, it's got me thinking differently' 16yw. We have supported 3 young women to the sexual health drop at SHAC, West Park. This work required consistent encouragement and demystifying some of their beliefs around confidentiality. All 3 of them attended and now 'would go by themselves if they needed to' YW 15yrs.

We have supported young people to write a healthy neighbourhood fund application's and then plan and deliver various activities that promote health and wellbeing,. These include bouldering, swimming and trampolining.

We have supported one young woman (18yrs) to access RISE's weekly Domestic Violence drop at Hove Town Hall, where she has been able to ask questions and

know what the service can offer if she should need it. This young when asked to reflect on how the support we have offered makes a difference said 'Without the Youth Workers I don't think I wouldn't of thought about what I really want in a relationship and what respecting myself actually means. I can now say what is acceptable and unacceptable for me' YW 8yrs.

We have worked with a number of young people around their Cannabis use. Bringing in specialist services where appropriate. Youth Workers regularly raise concerns/ challenges around cannabis use and this is providing space for some excellent discussions and strategies around harm minimisation etc.

6. How have the services in your area, over this period, included young people in the development and delivery of these services, particularly for young people in communities with council house tenancies?

This is central to all our delivery.

All young people involved in the following outcomes live in council owned properties:

2 young women (16-18yrs) meet regularly with youth workers to plan our young women's programme.

2 Young men meet with our Male Worker to plan the trips/ issues to be explored at our current young men's' Project.

1 young woman has planned our monthly park programme.

5 young people have been involved in planning our monthly Kidz Crew Session- safe save for 8-2yrs.

1 young man has planned and delivered a Music Gig on the Knoll estate where over 30 young people attended.

2 Young People are HKP Youth Trustees.

We have supported 6 individual young people to be involved in the City Cross Working Party Group.

We regularly post FB pol's up where young people have a choice over activities for holiday periods.

3 Young people have joined the Hangleton and Knoll Youth Bank group where they fundraise for community activities and can hold other money that young people have raised.

7. How have the services in your area, over this period, enabled young people with Protected Characteristics or with multiple disadvantages to feel safer and supported, particularly for young people in communities with council house tenancies?

20 young people (all from social housing but not all council tenants) recently took part in a 'belonging and neighbourly' activity with a community artist through using various objects to represent where they felt safe/ what space was important them in the community. 100 % of them identified the Youth Team's office as a place where they 'feel safe , 'people care about me' ' want to hear about my day'. The young people that took part in this activity are some of the most vulnerable from the Knoll estate. The Community Artist was 'bowled over' by their connection and relationship with the youth project.

We work with a number of Young Carers and always ensure that they have some additional time with youth workers for support if needed. One young woman, who cares for her mum with mental health issues, regularly meets with a youth worker for a 'coffee and croissant' hour to have space to discuss issues/ concerns. She really values this and often message after saying how she feels better and ' it's good to know that there is someone there'.

Young people we identify as in 'risky relationships' we seek to deliver some additional work with them. For example, we have worked with two couples that were particularly abusive (verbally and physically) to each other. We have undertaken some healthy relationships work with them (including sexual health) to encourage them to explore their behaviours/ where they might come from/ and how to change them to become more positive. This work is crucial to setting good patterns of behaviour for their adult life and without the trusted relationships youth workers have, this work is likely not happen.

8. Is there anything else you would like to highlight regarding your area's performance?

Over the past 6 months we have worked to make contacts in wider West area, promote the service in Schools, and recruit and induct new staff.

Our Aspire stats do not reflect all of work, due to the data input skills being imperfect in the new team. In the forthcoming quarter, revised HKP systems are embedded in new work plans and aspire training has been made available for all our new staff. Ensuring that Aspire reflects all the work delivered is our priority for the next period.

We have made significant progress in forming relationships with young people and various community groups in Mile Oak/ West Hove/ Stoneham area.

We have recently attended the West Hove Forum to talk about the youthwork offer and met with the newly formed Friends of Davis Park group. They are experiencing drug related ASB in the Park and a group of YP may be involved. The group are currently working with the Police to remove a dealer from the park and over the

Summer we will aim to involve YP hanging out there in activity at Stoneham. The West Area Youth Practitioner group has formed to coordinate efforts in the West Area and share good practice

Case Study

Young Woman S 17 years

S is a young carer, she lives with her mum who has mental health issues, and is at home. Also at home are her older sister and older brother. S has experienced loss in her life, when her dad passed away from a substance misuse related issue. S has also experienced domestic violence within her home from her stepdad who has now left the family home. S cares for her mum who has mental health issues and is supported by the crisis team in the city. S has anxiety issues, and struggles to go off the estate. She has had tricky and complex relationships with young people, which has resulted in relationship fallouts between herself and her peers. S identifies herself to be fairly isolated, as she doesn't go out much, and doesn't have many friends. She likes and feels safe coming into the youth office, and likes to come in and chat.

To increase S's participation with our project we met her through detached and supported her to attend a young leaders training residential, where she participated in activities, and undertook some informal leadership and skills training sessions. This enabled S to have an opportunity to get off the estate and expand her peer networks. She has also been accessing our weekly young women's group, where she has explored themes around healthy relationships and mental health. S has made new friends, discussed some shared experiences with other young women in the group around anxiety and stress. Thus reducing her isolation.

Recently S has been accessing 121 youth support. She has been supported in updating her CV and to find part time work. Youth Workers have also made a referral to the HKP ROUTES employment project for 121 support for her mum, although she didn't attend the meeting, the family are aware of the service now. S was also signposted to the local foodbank service, when the family were experiencing particular hardship. We have arranged to have regular check in meetings with SB, so offer support/a safe space.

S says she finds the 121 meetings really helpful. She said: "the Youth Workers are easy to talk to, and you don't get judged". She said, 'if you are different its ok, and it feels ok to talk. I feel like I am beginning to see things differently now'. We are continuing to offer S 121 sessions, and also promote opportunities within the project and its wider network.

Case Study

M case study

We met M when out on detached, slowly building a relationship with her. She was supported to engage with our young women's group but has chosen not to engage with the project as she finds disclosing personal information difficult, and found the group to be "too personal". However, M has become a Young leader through our Step Out Project and over time M's participation has increased, and she now takes on some decision making and leadership in group work projects. She said "it's fun to be involved", "being involved in the Hangleton and Knoll project "gives her something to do", and she reflected that she has "made more friendships since being involved". M said she has also become more social since engaging in the youth work. She said she feels she can talk more with people now. She reflected that she used to be scared to talk to people, and she felt that she didn't have confidence. She said that from being involved in the project, she has made more friends, who she can talk to and confide in, and she said those friendships are non-judgemental. This seemed like an important factor to M.

M said that her "Hangleton and Knoll friends were there to help in any way they can". M talked about her relationship with the youth workers, and she said "she can tell the workers anything", and she went on to say that "she doesn't have any other relationship like that". When we explored why the youth workers are important to her, M said that she had never seen any of the youth workers shout, or get angry. She said that that would be her friends and family's usual response to things, and this makes it easier for her to share difficult or sensitive issues with the workers. This seemed quite significant for M.

M also said that the HK project also brings her family together. I asked M what she meant by that, and she said that the project does lots of family and community events, that she attends with her family. It seemed to me that M rarely attends events and activities outside of the HK project, with her family.

M talked about peer relationships, and identified how she has increased and developed her peer networks. She has made a wider circle of friends, who she now hangs out with outside of H&K project spaces.

I asked M to think about herself before she engaged with the project, and how she has changed. She compiled the following list:

Then

Shy

Not outgoing

Wasn't jumpy (not playful)

Like a turtle that hadn't come out of its shell

Now

More talkative

Friendly

Still a bit shy

More trusting

More “thinkative” (thinks more deeply about things)

More of a sense of humour

I asked M how much of these personal attributes could she credit to her own personal growth, development and maturity, and how much she would credit to the H&K project. She said she would say 20% was down to her own development, and 80% was down to being involved in the project. I asked M what and how she wants to get from being involved in the project in the future. M said she wants to be more involved in volunteering though the young leaders project, and want to be more involved in helping at events. M said “she likes being helpful, it gives her something to do, and something to focus on”. M said she aspires to one-day help with the project as an adult volunteer. M said she wants to develop her understanding and “wants to know right from wrong”, and described an example at school; she finds her maths class tricky due to bullying issues. M said she doesn’t think about what she is doing, and often puts in her headphones to block out issues occurring, then gets in trouble for not engaging in the class. M said she felt being involved more in the project could help her in managing difficult situations.

M said she also sometimes agrees to things, and doesn’t know or think about what the outcome will be. She thinks by taking on more leadership, she might develop

more assertiveness, and move her away from her more aggressive habitual responses. M said that her involvement has given her more confidence to create and share her ideas.

Name of area/project(s)	Extratime Youth Club
Reporting period	2017-2018: Q4

1. How have the services in your area, over this period, supported the reduction in anti-social behaviour, particularly in communities with council house tenancies?

The young people who attend Extratime's Youth club have learning disabilities, severe autism and complex medical needs. They are unable to socialise without support. These individuals are unlikely to be perpetrators of anti-social behaviour, but without their youth club, they could be at risk of social isolation and bullying, and possibly targets of ASB.

2. How have the services in your area, over this period, improved the social inclusion of young people, particularly for young people in communities with council house tenancies?

The Extratime youth club is the only opportunity that many of the young people can socialise with other young people away from school and / or their parents. With support from their Youth Workers to promote and support their relationships, the young people attending the club are able to take part in group activities and conversations with their peers.

The Youth Club has a diverse range of young people with varying abilities and needs. Overtime the young people have made friendships which are maintained by the consistent attendance to the youth club. We have seen a group of young women who met at the club, become very close friends. Each week the club gives them an opportunity to meet, socialise and build on strengthen their friendships. The close friendship that has formed over time between **KA*** and **AW*** is now supported by their parent carers who make arrangements for the young women to spend time with each other outside of the club. Without the club this is unlikely to have happened.

3. How have the services in your area, over this period, supported young people to improve their readiness for employment, particular for young people in communities with council house tenancies?

Whilst it is unlikely that some of our young people will enter the workforce due to their severe and complex needs, by supporting them to develop their self-confidence, self-esteem and life skills, the club is a space where many of them can gently challenge themselves to develop their potential. The Youth Workers support the young people to take ownership and have a level of control of their youth club by supporting them to make decisions, input into planning and activities. Young people have been supported to develop their life skills, becoming more confident in cooking, using kitchen appliances and handling money.

4. How have the services in your area, over this period, supported young people to further achieve in their education, particularly for young people in communities with council house tenancies?

We have seen individual progress and successes for young people who carry over into other aspects of their life including school and their education. **PE*** who has additional needs with associated challenging behaviour, has been supported to participate in group activities, At times this can be challenging for her due to her sensory needs and anxiety linked to her autism and learning disabilities. Over time the one to one support she received from her youth worker has helped her to engage in group music and cookery activities and have a positive, successful experience at the youth club. She has become calmer and more settled over recent months.

5. How have the services in your area, over this period, supported young people to live a healthier lifestyle, particularly for young people in communities with council house tenancies?

During our sessions we are able to support and encourage young people to take part in cookery activities which promote healthy eating. We have seen development in skills and knowledge since starting the session, as some of the group have become more proactive and independent in the kitchen and around food. As well as having the practical experience of cooking, young people also receive support and encouragement to explore healthier choices, relating to general wellbeing and fitness. Young people have an opportunity to take part in physical activity at the Youth Club which includes table tennis, dance, and active group games.

6. How have the services in your area, over this period, included young people in the development and delivery of these services, particularly for young people in communities with council house tenancies?

We consult with both young people and parent carers on a regular basis to ensure they have input into our service delivery. For some of our young people communication and input into this type of subject can be challenging but with support and the use of alternative communication methods as such as PECS and Makaton we are able to support the communication of the these young people to give them a voice.

7. How have the services in your area, over this period, enabled young people with Protected Characteristics or with multiple disadvantages to feel safer and supported, particularly for young people in communities with council house tenancies?

Our bespoke service enables young people with additional needs who may be otherwise isolated an opportunity to take part in a number of social opportunities within a fun, safe and stimulating environment. Due to his severe and complex learning disabilities and autism, **SG*** lives alone in a specialist residential setting. Attending the club each week gives **SG*** a unique opportunity to mix with his peers, in a safe and fun environment, supported by two support staff who know to him well.

8. Is there anything else you would like to highlight regarding your area's performance?

Please see the attached data report

I have not included specific information about the number of young people from communities with council house tenancies as we are in the process of collecting this. I can confirm that the data collected by Amaze indicates that of the 1,533 households with a child or young person with SEND, 28% live in council tenancies and 11% in housing association tenancies. This means over a third of households with SEND young people live in social housing. This data is reliable and accurate as it is collected from families who are asked to provide details of their housing situation when completing their Compass Registration form.

Case Study – *Case study brief summary

KA has learning difficulties but has communication skills. She lives with her two parents and her young brother who has a severe learning disability. She attends a special school

Case Study – *Case study brief summary

AW has autism, associated learning difficulties, and as anxiety around social situations. Alice is physically able and enjoys being around others, taking part in activities and helping at the club. She lives with her mother and attends a special school

Case Study – *Case study brief summaries

SG lives at a specialist residential setting full time and attends the youth club each week with two workers. SG has autism, severe learning difficulties and challenging behaviour.

Case Study – *Case study brief summaries

PE has severe learning difficulties and autism which include communication difficulties and challenging behaviour. She lives with her parents and attends a local special college.

Name of area/project(s)	Black and Minority Ethnic Young People's Project
Reporting period	To 31 st March 2018

1. How have the services in your area, over this period, supported the reduction in anti-social behaviour, particularly in communities with council house tenancies?

2. How have the services in your area, over this period, improved the social inclusion of young people, particularly for young people in communities with council house tenancies?

The BMEYPP has been providing safe spaces for BME young people through the drop-in sessions. This has enabled young people to express themselves and to discuss topics and issues that they do not discuss in other fora, or with other adults and without fear of being judged. The main themes relate to how it feels to be a BME young person in Brighton and Hove and difficulties that they have experienced.

Young people were concerned about prejudice and abuse that they experience as Muslim young women and the lack of understanding of Muslim religion and culture. In response during one session we held discussion on the Building a Stronger Britain Themes outcomes – fewer people holding attitudes, beliefs and feelings opposed to shared values, an increased sense of belonging, and more resilient communities. Young people came up with suggestions of activities they would like to do which would provide solutions to some of the outcome and that they think will make a difference particularly to other young people and wider communities in Brighton and Hove.

During this period the Racial Harassment Forum (RHF) has been consulting with BME organisations, and individuals regarding their work and priorities. We invited the current RHF co-ordinator to attend a drop-in session to carry out the survey, with members of the BMEYPP, to ensure that young people's voices can be included. This session prompted young people to again discuss racial and religious hate incidents that they have been victims of, mostly in secondary schools and possible actions that could be taken to deal with perpetrators, support victims and prevent incidents of prejudice and hate happening in the first place.

At one session in March a group of five young women came into the session very agitated. They came in to discuss their concerns about Punish a Muslim Day. The white young people, mostly boys, have been threatening the young women with potential actions that they would be doing as part of this day. The young women felt angry, powerless, intimidated and fearful for what may happen to themselves, friends and families as a result of the publicity of that day. We discussed the possibility of developing a positive Muslim campaign and to reach out to other young people who may feel threatened and seek support.

In March MOSAIC Black and Mixed Parentage Family Group held their Annual General Meeting. A number of BMEYPP members volunteered at the event, supported the catering for the event, helped run activities for younger children, and also produced articles for the communities' newsletter.

We have been working with a young woman who joined the project during the last quarter. She has been attending drop in sessions, trips and engagement events with the project. The young woman has displayed a number of socially 'odd' behaviours, which has been noticed by staff as well as other members. The young woman regularly reports that she has been discriminated against by her teachers, she is regularly bullied by other students at school and that she is not able to make friends wherever she goes. This young woman is socially isolated and at times this causes her distress at the sessions. Through our observations, we have put two and two together and we feel that this young woman may be on the autistic spectrum, or has ADHD or dyspraxia which has not yet been picked up by other organisations. The project is arranging a meeting with her parent in order to discuss our observations, and concerns, we will provide advice and support on getting a diagnosis. Also to look at ways in which the BMEYPP can provide more support to the young woman, through mentoring and/or referral to another support organisation.

3. How have the services in your area, over this period, supported young people to improve their readiness for employment, particular for young people in communities with council house tenancies?

The BMEYPP has held discussions with young people regarding future ambitions and aspirations in relation to work jobs, careers
During one session we held a group discussion with approximately 8 young people with others joining and leaving the discussion. Young people talked about the pressures from parents who want young people to take on particular careers while the young people had different ambitions. There are also issues relating to parents insisting that a young person go on to university, while the young person has developed their own plans for their futures. The BMEYPP has given advice about how to talk to parents about these situations, but also recognise the difficulties young people have based on their own experiences. The BMEYPP is considering interventions that involve engaging with parents about different options for young people, at school leaving age and the positives and negatives of these.

Young people have also stated that they lack information on the different career options that are open to them, and also the subjects to study to achieve their goals. They have suggested that role models from different occupations attend the BMEYPP sessions and talk about their experiences and how they have got to where they are. (This is something that we have done at the BME Young People's Centre)

During conversations one young woman stated that she was interested in dermatology as a career but would like more information about this. Another young woman has stated that she would like to do something in health or medicine but is confused about different options and would need further information and advice. The BMEYPP has contacted the NHS Head of Equalities, Diversity and Inclusion to look

at how they can support the BMEYPP in sourcing potential role models who we can invite to the drop in sessions to speak to young people.

The BMEYPP has also made contact with the NHS Trust Education Department, and shall be organising ways in which the BMEYPP can promote NHS Apprenticeship opportunities within the organisation to members and their families.

One young man decided to leave college and to seek employment. We have provided him with support in completing applications, and discussed interview preparation, appropriate interview clothing, and practiced potential questions. The young man is still applying for jobs, but says he feels more prepared than before having conversations with us.

4. How have the services in your area, over this period, supported young people to further achieve in their education, particularly for young people in communities with council house tenancies?

The BMEYPP has a number of volunteers, many of whom are students from Brighton and Sussex Universities. We find this approach useful in promoting and raising education outcomes, as the volunteers are able to speak to members about their experiences of education in the broadly, and also more specific to their own individual cases. At the BMEYPP drop-in sessions, issues relating to school are regularly discussed issues relating to school and college. The main issues for young people relate to pressures of workload and exams. We have provided advice and support in time management, revision planning, and how to avoid stress.

We are working with one young man who has been excluded from school and involved in the criminal justice system. He is in Year 11, has been told that no school in Brighton and Hove will accept him and offered one hour a day education support which he is attending. Despite his current situation, he is keen to take his GCSE's and to later attend college but was concerned about the lack of input. He is attending the Youth Offending Service, who have also provided him with mentoring. His mother contacted the BMEYPP because although the young man wants to take his exams, she felt that he was getting negative feedback about his potential achievements which were affecting him, and also that he was not talking to anyone about his feelings and in particular his peer relationships and court case. In response the BMEYPP has provided him with mentor. The mentor meets with him for 2 hours per week and is focussing on his science GCSE curriculum. The mentor is himself a young Black male and studying chemistry at Sussex University, and is from a deprived area of London. The mother has reported that that the young man is enjoying his sessions with his mentor, has not missed any sessions, and is keen to attend each week which she sees as positive. The mentor has reported that as well as the focus on his school work, the young man is also opening up to him regarding some of the issues that he is facing in relation to his court case, and how he feels about the situation that he is in. We are not sure that he will be able to take his science exam this year due to lack of accessibility to lab time, but we feel this positive experience and feedback he has received will raise his aspirations in his other exam subjects.

We have been contacted by a parent of an adopted young man who is having issues at their school and is seeking in school mentoring for this young man. We are currently undertaking the recruitment of another young Black male mentor and hope to have this mentoring in place by the end of May.

5. How have the services in your area, over this period, supported young people to live a healthier lifestyle, particularly for young people in communities with council house tenancies?

At BEMYPP drop-in sessions cooking and sharing is one of the regular activities that takes place at each session. We use this as a way of celebrating the different cultures that are represented in the project, as well as helping young people to learn about different cultures. This also provides opportunities to discuss health, healthy cooking and eating and in particular ways of preparing food. Examples of issues discussed in the past quarter are, fatty foods healthy fats and unhealthy saturated fats, meat eating, vegetarian and vegan diets,

During one session we held a group discussion on issues of identity and specifically related to images of what is considered beautiful in our society which led to discussing colourism, the history of colourism and how it was related to slavery. We discussed how images affected self-esteem and confidence of Black people. A number of young people (mostly young women) shared that they were or had in the past used skin bleaching creams or knew other young people who had bleached their skin to make it lighter. As a result of this discussion the BMEYPP are showing a series of documentary films about these issues at the drop-in sessions and are planning a young women's engagement session in the form of a pampering session with information, films and discussion forum.

6. How have the services in your area, over this period, included young people in the development and delivery of these services, particularly for young people in communities with council house tenancies?

The BMEYPP Management Committee is made up of young people and has held one meeting during this quarter. Young people are currently planning to undertake some training on the roles and responsibilities of being a committee member, and have decided due to school and college work exams and deadlines that this will take place in June after exams have finished.

The BMEYPP have recruited BME Youth Champions who are young people that volunteer with us. This quarter their roles have focussed on supporting the drop-in sessions and have taken on befriending with members, leading activities at sessions, and supporting young people to have a voice in the planning of activities in the sessions.

The BMEYPP members have been consulted on activities that they want to take place at the BMEYPP, and in particular in relation to the Building a stronger Britain outcomes. These include: writing a book and making a film, about their experiences

of BME young people living in Brighton and Hove, developing anti racist workshops that can be delivered in schools, a multi cultural fashion and talent show to showcase the talents of young people in the BME communities, developing posters and postcards to show positive representations of BME and in particular Muslim young people. These ideas have been formulated into a project, and we are working with a core group of members who are tasked with making these activities happen. Staff are supporting members to develop a funding application which will bring in resources for these activities to take place.

7. How have the services in your area, over this period, enabled young people with Protected Characteristics or with multiple disadvantages to feel safer and supported, particularly for young people in communities with council house tenancies?

8. Is there anything else you would like to highlight regarding your area's performance?

Total number of young people worked with – 53 including 6 BME Youth Champions (volunteers and mentors) who are aged 20 to 25

Gender Breakdown:

Male - 13

Female - 42

Ages:

10-13 years	12
14-16 years	19
17 – 19 years	16
20-25 years	6
unknown	1

Name of area/project(s)	Allsorts Youth Project
Reporting period	October 2017 – March 2018

1. How have the services in your area, over this period, improved the social inclusion of young people?
<p>In the last six months we have seen 92 individual young people under 19 access Allsorts groups (Transformers, Drop-In and TAG). 46 of these young people identify as trans.</p> <p>Young people have been involved in and attended wider community events such as International Women’s Day and Trans Day of Visibility.</p> <p>Our delivery of LGBTU awareness workshops in schools forges a great link for creating awareness of Allsorts for young people who may feel they need to engage in our services.</p>
2. How have the services in your area, over this period, supported young people to improve their readiness for employment?
<p>10 LGBTU children and young people have engaged in volunteering opportunities across the project, some engage in more than one type of volunteering. We currently have 5 Peer Role Models who support in our under 16s LGBTU group, 2 Peer Educators who assist staff in delivering LGBTU workshops in schools and 4 volunteers who help to prepare and cook food for the LGBTU Drop-In. Through the volunteering opportunities, young people have had space to find their voice, become more self-assured and be able to negotiate additional options for themselves, including volunteering and career progression.</p>
3. How have the services in your area, over this period, supported young people to live a healthier lifestyle?
<p>Many of our themes and workshops run in groups centre around increasing health and wellbeing. THT visit Drop-In once a month to carry out STI testing, community nurses attend to offer a space to discuss general health, we have had a smoking cessation session and a healthy food cooking workshop. These sessions are delivered in collaboration with other professionals working in these areas in the wider community.</p>

4. How have the services in your area, over this period, included young people in the development and delivery of these services?

We deliver a six monthly survey to all young people who attend groups in this period. This is an opportunity to for young people to share ideas and thoughts about Allsorts if they have feedback about Allsorts services.

In addition, we have ongoing consultation in all groups to ask what young people would like to focus on and activities or workshops they would like to be delivered. This helps to inform planning as well as giving children and young people a voice in the decision making process when we deliver groups. At the beginning of each quarter we consult with young people about ideas they may have for groups sessions or topics that feel important to them.

5. How have the services in your area, over this period, enabled young people with Protected Characteristics, or with multiple disadvantages to feel safer and supported?

38 individual young people accessed Talk It Out one-to-one emotional support. 24 of these young people identify as trans.

The main themes discussed in Talk It Out sessions were mental health, trans care pathway, gender, self-harm, relationships and education. In our most recent survey, 100% of LGBTU children and young people who had engaged in one-to-one support reported that it had been of particular help to them

In our most recent survey (March 2018) we have seen a significant reduction in suicidal ideation and self-harm. 57% of children and young people said they experienced suicidal ideation compared to 72% in September 2017. 51% of children and young people said they had self-harmed compared to 63% in September 2017. This shows that accessing groups and making connections with others is having a hugely positive impact on young people's mental health and wellbeing.

Case Study

Andy is a 12 year old trans young person. He had recently finished Year 7 in school with very low attendance and struggling with anxiety in relation to school. He is supported well by family however due to low school attendance in his first year at Secondary School, he has struggled to make connections with his peers and maintain friendships.

He has experienced homophobia and transphobia in his school, both direct and indirect which has increased his anxiety about attending. He has since made the decision not to return to his secondary school and is currently home schooled but has the intention to enter mainstream education within the next few months.

During this time, we have been working together in both one-to-one and group settings to find ways of managing anxiety and increasing confidence in relation to thoughts about school and creating friendships. He is accessing the under 16s group which is ensuring that he maintains friendships he already has, whilst creating new connections with peers.

We are also working on ways to manage anxiety and catastrophising thought processes by using practical ideas and challenging mindset. Andy has asked for support about how to negotiate new friendships and social situations in terms of being trans in a school setting. We have been able to put in place practical solutions to his concerns, which have been led by Andy making suggestions and discussing ideas, giving him some autonomy and control over decision making.

Andy has thrived in the group spaces making connections with other trans young people and has formed friendships which continue outside of group spaces. We have seen his confidence increase through volunteering to speak at Trans Awareness training with the support of staff and his continuing engagement with peers and staff in groups.

Appendix Four ends.