

### Youth Service Locality – South / South East Quarterly Report

#### Report Title: July - September 2017

#### **Introduction**

This report will focus on the work of the South / South East Youth Service Localities Team during the July to September 2017 period. The report initially lists all the issues encountered and then breaks the matters into the respective Wards.

#### **Overall Issues in SSE:**

- Minimise the use of drugs and alcohol
- Improve social, emotional and mental health and well-being
- Anti-Social Behaviour
- Ensure the most vulnerable are protected

#### **Local Issues:**

##### **Ardsley & Robin Hood Ward**

East Ardsley Rec - Young people from the Outer South area engaged with local Councillors to plan and repaint the Teen Shelter at East Ardsley Rec. Group members spent Tuesday 22<sup>nd</sup> August cleaning and painting the shelter, working with members of the community, Councillors and Youth Workers the facility was repainted and the effort was noticed by members of the community who thanked the young people for their efforts.

##### **Anti- Social Behaviour**

##### Tingley Youth Club – Action Taken:

Youth Service has been working with Police, Councillors, Area Support Team & CPM following an incident at Tingley Youth Centre, a group of young people are moving around the Inner / Outer South area engaging in Anti-Social Behaviour. This group attacked staff at a youth work session as youth workers were safeguarding other young people in the building. The same group were involved in a further incident and attacked members of the Tingley Brass Band being attacked. The individuals have been identified and Police action is currently being undertaken.

The Youth work team is continuing to engage with young people that attend the Tingley Youth Club on regular basis, to carry out support & positive work. Local ward members supported the youth work team and young people to continue this provision.

##### Summer 2017 Holiday

With funding secured through Youth Activity Fund & Well-Being an enhanced programme was created and delivered in SSE which has enabled Youth Workers to engage young people in a creative and diversionary work throughout the summer across the SSE. The Lead members for Children Services & Community Committees with local wards Councillors have supported these by visiting and meeting with young people & community members.

### **Outer East - Kippax & Methley Ward (priority – minimise the use of drugs and alcohol)**

#### **Action Taken: Substance Misuse Session**

Sessions delivered on illegal drug taking and the dangers.

Safer Schools Police Officer meeting held. A Question & answer session set up for the officer to visit the youth club in October.

Warning posters on the building walls (all buildings).

Drug awareness training set up for youth workers.

### **Outer South - Rothwell Ward – (priority: Improve social, emotional and mental health and well-being)**

#### **Action Taken: Positive interaction with Peers**

Completed issue based work around mental health (stress, anxiety, self-harm, addiction and depression.)

Taken on new volunteers who are struggling with social skills and anger issues (see case study).

The established volunteers are buddying certain vulnerable young people in sessions.

New posters up in the centre with help lines and Market Place information.

Accepting Rothwell Cluster referrals into the specific well-being group we deliver after school.

Offering trips out and Activity Days / Breeze events for young people to enjoy at a low cost with their friends and other young people from across the nearby wards.

### **Inner South - Middleton Ward (priority: Reduce Crime and Anti-social Behaviour)**

#### **Action Taken: Mobile Sessions**

ASB is an issue across the whole of Inner South; Mobile units have been used to engage with young people in some of these areas. The mobile provision enables Youth Workers to be at the heart of the local communities. Parks have been visited over the last quarter and relationships with young people has been built. Work around what local communities view as 'anti-social' is always an issue for young people. Young people have been challenged to look at their behaviour and see how it impacted on other members of the community. Quizzes and questionnaires encourage young people to think about this issue and to debate the differing opinions.

Issues around Hunslet were highlighted at a Tasking meeting, a mobile provision has moved into that area and ASB has reduced. Staff on this session have been able to build relationships with young people and engage them in more positive activities.

The Middleton area had been identified as having a small group of young people who were creating a lot of ASB. A new group has recently been set up in the Middleton Community Centre to encourage these young people to engage with youth workers in the building. This has been a difficult transition and young people have struggled to have the positive behaviour needed to continue to access this provision. Staff feel that the behaviour contracts and behaviour traffic lights have begun to build the relationships with these young people.

### **Inner South - Middleton Ward (priority: Improve social, emotional and mental health and well-being)**

#### **Action Taken: Anti-Stigma Project**

Young people have worked really hard on this mental health project. The aim of the project was to raise young people's awareness of mental health and reduce the stigma that is attached to mental health issues.

Young people have learnt the difference between mental health and mental illness and have created their own mental health campaign using photography, with the view of creating flyers that explore when is the wrong and right time to speak to people about mental health issues. The group have also learnt

facts about mental health in young people and have learnt some short games that they are going to use to run a session in the youth club setting next month. The group have been focussed and regularly attended the session. They have enjoyed attending the project and are able to recognise how mental health has impacted on either themselves or family and friends. The project has enabled them to understand that it is ok to speak about mental health and where to get help and support if needed.

As part of the Anti-stigma Project, young people planned and delivered a presentation to other members of the youth club around mental health and the stigma surrounding mental health. The presentation was fantastic, they spoke very well and had good knowledge of the subject matter. The session was interactive with games for everyone to join in that highlighted facts surrounding mental health. Young people have grown in confidence and put a lot of effort into the presentation. Some overcame their fears of public speaking. The project has allowed young people to reflect on themselves and other people who are close to them and evaluate their mental health. The group are now aware that mental health should be talked about and have the ability and confidence to speak to a member of staff if they require support around mental health issues. The project was a great piece of partnership work with Space 2.

### **Outer South – Morley Wards – (priority: Ensure the most vulnerable are protected)**

#### **Action Taken: One to One Support Sessions**

Youth Workers in the Morley North / South Wards have been engaging in one to one sessions offering support and guidance to young people around issues causing concern to themselves, their parents and at school. After receiving referrals for the young people, the youth workers engaged with young people, completing a Yo-WAT assessment to identify the issues affecting the young people. After the assessment, youth workers assisted young people to focus on the issues and explore options and solutions. Young people engaging in the one to one sessions have managed to address the issues and make changes to their lives.

#### **Youth Work Challenges:**

Young people smoke cannabis like a normal cigarette and don't see it as illegal.

The group are very open about smoking cannabis and sometimes disclose too much information to youth workers.

Damage to the building when young people are under the influence and have been refused entry into the club.

Difficult subject matters that often needs follow up work such as one to one support or us referring to other agencies.

Youth workers not having the time to support these vulnerable young people as much as they would like to.

Lack of buildings in Beeston and Holbeck and City and Hunslet to run youth work sessions

Lettings requiring payment

Staffing challenges due to sickness

MIS Inputting system has become an issue for staff over the past few months due to changes in the system.

#### **Case Study One:**

A male young person YP1 is very open about smoking cannabis on a regular basis. He is living in temporary accommodation and is on tag for several minor offences. YP1 visits his family in the village on a regular basis and accesses the youth club around twice per month.

After speaking to the youth workers regarding his cannabis smoking, we decided to deliver drug awareness session to the whole group. This was to focus on cannabis use and to avoid singling any particular young person out.

This session was reasonably well received, with young people completing quizzes, true/false worksheets, looking at printed images of drugs and listing the dangers of each drug. The group also covered work around the classification of each drug and the law.

YP1 attended this session and participated well. He passed on his knowledge of being too reliant on cannabis to the group and some of the younger members were shocked at the usage. Group members even went as far as saying they wouldn't try any drugs in the future.

YP1 has various issues in his life due to being on tag and being in temporary accommodation. Youth workers sought help from the Pathways team to engage the young person in looking for work / apprenticeships.

YP1 went to meet the Pathways worker and he was able to discuss various issues. These issues were complex and needed to be addressed by several different agencies including housing, youth offending and trained counsellors.

The Youth Service continues to liaise with the Pathways worker and support this young person when he attends the club.

### **Case Study Two:**

YP2 made a self-referral to the senior youth club held at the Windmill Youth Centre identified that he had anger management issues and his social skills were limited for his age.

Youth workers and the older volunteers welcomed him and started the process of training him to become a volunteer for the Intermediate club.

The youth workers over this quarter completed sessions on issue based work around anger and how to channel how he was feeling into positive energy. Through small group work YP2 began to realise that his feelings and behaviour are normal however, not always appropriate in certain settings.

YP2 has made friends at the senior youth club which has improved his social skills. He now attends regularly and volunteers at the Intermediate youth club where he runs the sports sessions upstairs. This has given YP2 new skills in leadership, confidence to run the session and to channel his energy through sports.

The youth workers continue to support YP2 as there is a lot of learning to change his behaviour; however, he is dedicated and reliable and we hope he will continue to volunteer at the intermediate session and attending the senior youth club as a member.

### **Case Study Three:**

YP3 is a 14 year old girl who joined a Youth Service youth group with a large group of friends 12 months ago, she was always quiet, polite and generally got on with everyone. After a few months the group started to break up and YP3 stopped attending.

YP3 has recently started attending again with a smaller group but her attitude had completely changed. YP3 has been arguing with friend, getting upset and leaving the group to go home early. Some of her friends had shown concern and spoke to youth workers about these concerns. A Youth Worker approached YP3 to talk about the concerns but was assured nothing was wrong. At the youth group a few weeks later YP3 got into a big argument and left the building, a Youth Worker followed and attempted to discuss the ongoing issues. YP3 became very upset and agreed to speak privately to the Youth Worker.

YP3 disclosed that she is feeling that everyone hates her and her friends just argue with her. The Youth Worker reassured YP3 that her friends are concerned about her and do care. YP3 was offered one to one support from the Youth Worker to focus on the issues and talk about her feelings. YP3 at first said no and walked away however, she then returned and agreed to access the support.

A one to one session was arranged and YP3 was able to talk openly about her issues and feelings. It became clear that YP3 had issues at home that she felt were not being addressed.

Feelings of low self-worth, and issues with her older brother. YP3 said that her parents think she's mentally ill and needs some therapy. Over the next few weeks the Youth Worker provided her with some leaflets and worksheets to help assess her issues. YP3 had lost a grandparent the year before and this is an issue she struggles with as she has no one to talk to, YP3 doesn't talk about the bereavement because 'Mum gets upset'

Youth workers have noticed that since the sessions have started YP3 has been calmer and more able to deal with issues. YP3 has said that she feels so much better and it has been great just to talk. The sessions are not regular anymore but she is aware that the youth workers are available if she needs more support. YP3 was part of the Anti-stigma Project

#### **Case Study Four:**

Youth workers have worked with YP4 for over 6 years, during this time YP4 was a very quiet introverted young woman with low self-esteem and issues of poor relationships with her peers. YP4 was borderline **Cause For Concern** due to family breakdown and parents' misuse of alcohol. Youth workers have worked collectively to build her sense of self-esteem, sense of belonging within a group, using team work, communication skills and developed core soft skills. Youth workers have supported YP4 to develop her integrity and personal persona as a group member and smile in the face of adversity. YP4 has continued to attend Youth Service provisions and is now in further education and has a part time job. YP4 is still a member of Youth Matters, FNP, and Lewisham. YP4 now supports other young people in sessions, YP4 has shared her experiences with other young people and provides information support and guides them into mainstream provision. YP4's achievement has brought smiles to the faces of others Young People, Youth Workers and the Team Leader, YP4 continues to be a pleasure to work with and have engaged in Youth Work sessions offering peer support to other young people.

#### **Case Study Five:**

YP5 who has been attending the youth provision for several years requested that she meet for a one-to-one meeting with a Youth Worker to discuss her future plans. YP5 explained during the one to one session that she was no longer enrolled in Education and that she was now NEET.

YP5 explained the process of how she came to be NEET and the challenges that she had faced regarding trying to complete her English Level 1. She confided with youth workers as to how she had tried to achieve English Level 1 over the last year but failed to achieve it. This was impacting on her future as she was no longer able to continue with her Level 3 Health and Social Care without achieving the English qualification. YP5 explained that she was keen to continue the Health & Social Care Course next year and would perhaps have a year out whilst completing her English Level 1 qualification.

During the one to one sessions, the Youth Worker enabled her to explore the options that were available.

YP5 was supported to identify what was best for her and we discussed a number of challenges that would be presented in the future should she not continue with her education (in some form) over the next year.

After some discussion, it was clear that YP5 did not want to work in a job which she didn't find challenging on a daily basis. The Youth Worker offered a range of ideas how she could achieve this. Through discussion we identified 2-3 different options which really interested her. We agreed that she would go to her local college and look further into these options. YP5 is now enrolled on English Level 1 and started a plumbing course at the Leeds College of Building in October 2017

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