

Project Name	Motiv-8
Amount applied for	£8,198 (split £4,099 Bramley & £4,099 Armley)
Lead Organisation	Barca Leeds
Ward/Neighbourhood	Bramley and Armley

Business Plan Objective	Young People
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Project Summary

Barca Leeds are seeking funding to expand their specialist 1:1 service which last year was funded for one year through a Foundation and was only available for young people who are NEET. Below is their description of the project:

The project would provide support for young people aged 11 plus on a one to one basis who are experiencing or at risk of self-harm, harm to others, child sexual exploitation, domestic violence or emotional/social well-being. Our existing children and young people’s services have over 300 service users per week who access intensive support. These young people are living in poor housing conditions and are at risk of anti-social behaviour and crime with poor school attendance. Many of the young people we work with do not meet the TAMHS or CAMHS threshold for counselling but still need significant support around their emotional well-being in order to help them stay in school, make positive lifestyle choices and fully achieve their potential.

We would like this work to build on our existing experience to focus on supporting young people who are impacted by issues causing them to self-harm & young people who are affected by domestic violence and sexual exploitation. Through our existing services - in particular Targeted Family Support, Youth Work and Connexions we engage with high numbers of young people who present with multiple and complex issues. Self-harm, Domestic violence and CSE are all prevalent amongst this core client group and these issues impact on young people’s mental health, social skills and ability to make positive lifestyle choices. We would like to expand our current counselling offer that currently is restricted to our NEET client group, this funding would enable us to respond to demand for service from our current young people including partner agencies e.g. GPs, Social Care and Youth Offending service.

Over the past 12 months we have supported **39** young people from Bramley and Armley aged between 13 and 17 years identified as being at risk of self-harm, CSE or domestic violence. These young people have been referred by Children’s Social Work Service and Cluster partners.

To date the young people we have worked with have been referred due to:

- Self-Harm
- Anxiety
- Risk of CSE
- Victim of low level CSE
- Victim of Domestic Abuse
- Witness of domestic violence
- Anger management
- Unhealthy relationships/Sexual Health
- Parental substance misuse
- Family relationship breakdown

Evidence suggests there is a need for this work as follows:

- Due to the nature of our temporary funds for our Specialist Youth Work service we cannot meet the current demand and presenting issues of young people in particular those impacted by self -harm, domestic violence and CSE.
- In Bramley alone 29% of children are classed as living in poverty which will impact on their aspirations, education, physical and emotional well- being.

- Young people may not meet the current CAMHS threshold
- For those who do there is a 3 month waiting list to access CAMHS
- It has been identified at Bramley and Armley Clusters also by the Community Safety Team (Sept 2013) that domestic violence and CSE are becoming significant issues and that agencies need to invest to support young people and families.

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Currently 95% of young people maintain engagement in the service and 70% access additional support from wider our Children and Young People's Service e.g. housing, youth activities or employment advice.

Targets for the project and how success will be measured

We will use the following measures to evidence the success of the service:

- Number of referrals to the service (self-referred or from other agencies) Evidencing need.
- Attendance and engagement figures (evidence success of relationship with young person)
- Pre service and post service assessment score – this is done by the young person based on their feelings
- Risk and Resilience scores (this is an assessment tool completed by the Specialist Youth Worker it focuses on well-being but also issues affecting a young person including housing and finances)
- Feedback from young people
- Feedback from referring agencies on the impact of the service
- Individual case studies

The changes that will be evident from a young person accessing the service will be as follows:

- Improved emotional resilience
- Greater self –awareness and ability to control emotions
- Improved problem-solving skills and awareness of options
- Improved ability to develop positive relationships with self and others.
- Increased ability to cope with challenging circumstances
- Reduce social isolation
- Increased awareness of other services that can be access in the community

We anticipate that a minimum of 90% of young people accessing the service will have improved emotional well-being as a result of accessing the service. Young people's lives will be improved as we personalise support to their individual needs, our sessions can even include arts and music.

We have a significant number of services in the local community that young people and their families can access to continue support beyond the counselling. Young people have accessed training and employment opportunities and mentored others in similar circumstances. The lives of the young people accessing the service will be improved as we support them to identify the most significant areas that are impacting on them e.g. negative relationships/peer pressure. We will help to build young people's resilience and coping mechanisms in order to reduce the significant levels of risk they are experiencing. By delivering this in partnership with the young person at their own pace highlighting that we can also offer them a range of other support if they wish helps to embed long term sustained change.

How the project will be promoted and/or participation encouraged

The majority of young people come through referrals from Children's social work, clusters and youth workers, however the project will be advertised through the following means:

- Barca Facebook
- Twitter
- Breeze Website
- Barca Website

- Promotional materials in community buildings and schools

Exit strategy/How the project will continue after the funding

We are continuously seeking funds to meet the demand to support vulnerable young people. We would not see this as a one off project. We would like to use this funding to helping us build a further evidence base which would enable us to apply for further funds to continue the work. Once we have this evidence base we would potentially seek to apply for funds from Comic Relief, Clusters partnerships or alternative trust funders.

Other organisations involved

Children's Social work, Bramley cluster, youth services

Financial Information

Revenue funding requested	£8198
Total cost of project	£18,198
Match funding/Other funding sources	£10,000 Childrens Services

Full Breakdown of Costs

Item	Wellbeing	Other (with funding body)	Date of Decision
Salary	£7093	£10,000 (CS)	
Rent	£185		
Materials	£200		
Clinical Supervision	£720		

Details of volunteers	None
Volunteer Hours	

Details of funding from previous years

Barca received funding in 2013/14 for a specialist programme aimed at NEET young men.