

Case Study Aik Saath



Type: Aik Saath's mission is to work with people from all communities, faiths and backgrounds to promote and encourage peace, racial harmony and community cohesion through the teachings of conflict resolution and anti-racism skills. Aik Saath support and train a core team of young volunteers and deliver a range of peer training programmes, some of which are around conflict resolution, peer mediation and mentoring, anger management, anti-racism skills, preventing violent extremism and territorialism workshops. Aik Saath have also led 'Say no to knives' campaigns and creative art workshops to explore peer pressure.

Location: Slough, Oxfordshire, Windsor and Maidenhead, Bracknell Forest and Hillingdon

Project Peer Team Training

Key Findings: -

Target group: - Aik Saath work with children and young people of all ages and backgrounds. Their training programmes are primarily designed and delivered by the peer training team. This group of young people is made up of 50 to 60 highly-skilled volunteers aged between twelve and twenty five years. Young people attend volunteer training for two and a half hours each week. Their volunteering is accredited by V-Inspired and their learning is accredited through Open College Network.

The young volunteers and the core staff provide a plethora of training programmes to primary and secondary schools, youth clubs & centres, colleges and universities. At times Aik Saath may be asked to resolve conflicts between young people due to racism or territorialism.

The story behind the baseline: Aik Saath was established in the mid 1990's when there was gang violence between young people from Hindu, Muslim and Sikh communities of Slough and Southall. At the height of the tensions there were some serious incidents of racially-motivated violence. A mediation process successful prevented the conflict from escalating, after which time it was advocated that the creation of a conflict resolution group should be led by young people for young people. This resulted in the formation of Aik Saath peer training team. Over the last ten years the project has evolved to work with all young people regardless of their background.

Slough has a rich and diverse community and according to research by the Commission for Racial Equality, if you were to pick any two people at random from Slough there would be a 62% chance that they would be from different ethnic backgrounds.

Service Delivery: Aik Saath delivers training to pupils in primary and secondary schools, from year 2 to year 11. Their work ranges from stand alone workshops with selected groups of pupils to programmes lasting eight weeks, involving every pupil in the school. Aik Saath's training in schools fulfils many aspects of the national curriculum such as Biology, Drama, English, Geography, History and Mathematics' for key stages one to four. Citizenship and Personal, Social and Health Education (PSHE) are the two areas of study that are most closely associated with Aik Saath's work.

Aik Saath also works in colleges and universities that involve training students in the core areas of conflict resolution and anti-racism skills. In Buckinghamshire's New College, Aik Saath work in partnership with the university in developing practical sessions for students on their Community Development Foundation Degree.

Aik Saath work with young people's centres, with youth groups in both the statutory and non statutory sector and with other agencies to provide support to young people who are not in education, employment or training. The training provided covers arrange of different topics based on the core themes of improving conflict management and challenging racism. The training programmes are young people centred and can be delivered in weekly sessions or more intensively during school holidays, positive activities are also delivered as part of the training. Aik Saath has a proven track record

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of providing engaging programmes that succeed in stimulating groups of young people of varied ages and abilities.

The core programme of training is based around Conflict resolution, Anti-Racism and Community Cohesion. The conflict resolution training explores both prevention and response to conflict.

Positive Outcomes Achieved: - Teachers have attested that Aik Saath's has supported young people by boosting their academic achievement, improving their attitudes towards school, improving their communication skills, developing their abilities to co-operate with other young people and enhancing their assertiveness, self control and self esteem. Teachers have also suggested that their training eases the disruption of young people's transition from primary to secondary schools.

"Aik Saath instantly and determinedly engaged our disparate groups. Their enthusiasm, tireless work and example developed our unity of purpose, coherence and a deep sense of the joy and magic that we can see in all our many cultures and creeds. They took us through a garden

– a world - of variety and delights, building the pupils and staff, understanding, empathy and self-esteem along the way.

In all our diversity, we celebrated – Together As One!"

Christopher Egerton Chesney

Headteacher

Foxborough Primary School

In the last year Aik Saath trained 1,087 young people and the evaluative feedback they received was overwhelmingly positive: 74% of the young participants on their programmes rated their experience as 'excellent,' highlighting how Aik Saath are making the promotion of community cohesion an enjoyable endeavour.

"Colleagues, Elected Members from the Council and Metropolitan Police Service were struck by the clear impact that your training programme had on the young people who had participated in it, and the enthusiasm it had imparted onto them in the pursuit of a fairer and socially just society."

Chris Scott

Deputy Head of Service

Youth and Connexions Service, London Borough of Hillingdon

Aik Saath's work also assists to promote community cohesion and to reduce conflict, discrimination and violence through racism.

As stated in Slough's CYPP's, Aik Saath is key partners to supporting Slough's Children's Trust ensure children are safe (and feel safe) from bullying, harassment and discrimination.

Case Study

East Surrey Domestic Abuse Service (ESDAS)



Type: East Surrey Domestic Abuse Service is a charitable organisation that delivers multifaceted services in support of adults, families and children who are victims of domestic abuse.

Location: East Surrey - Reigate and Banstead, Tandridge and Mole Valley.

Project

Key Findings: -

Target group: - ESDAS support all adults, families and children who have been victims of domestic abuse. The Children's service within ESDAS works holistically to deliver services to the non abusive parent and their child or children.

Story behind the baseline: Children who are exposed to domestic abuse may develop serious emotional, behavioural, developmental and academic problems. As children, they may display acts of violence themselves or become withdrawn. Children who have or are living in homes where there is domestic abuse may become depressed and have low self-esteem, resulting in varying degrees of loneliness, isolation and anxiety. All children are unique and will cope with their experiences in different ways.

In order for the recovery programme to work, the service is carried out holistically with the non abusive parent their child/or children. ESDAS work with all agencies involved in the family and young person's life to ensure effective and consistent co-ordination of service delivery. This may involve engaging with the child/young person at school to identify a key person in the school who the young person or child trusts and feels confident confiding in. The service is careful not to encroach on the young person's schooling time.

Service Delivery: Once the referral from the adult outreach team is received an initial assessment of the family is undertaken. This determines the range of support to be provided which is tailored to meet the needs of each child. A support plan is devised in participation with the child encompassing one or a combination of services available as part of their recovery process. These are listed below: -

1:1 Sessions: - Individual sessions are offered to listen and talk through any worries or problems the child or young person may have. These sessions offer quality time for children to work through difficult feelings through free expression, in a confidential environment, in order to make sense of their experiences. In most instances 6 sessions are delivered to enable a full assessment to be undertaken and to support building up the trust and alliance between the child/young person and the ESDAS worker.

Group Sessions: - Children age 5 -10 years can participate in a small group which helps them to build their self-esteem, boost confidence and develop their social skills. These sessions offer the opportunity for children to build trusting relationships, develop their self-awareness and empathy towards others in a non-judgemental way. The group sessions are held monthly. Children can become involved in a Saturday Club which is held at a central venue one day a month. These are closed group activities. Children are engaged in play & creative art, cooking, swimming, football and other activities. The clubs provide a great opportunity for children to meet up with friends and express themselves in a fun and safe way. Staff help children learn to contain their emotions and build social skills and develop positive behaviours and relationships.

Youth Clubs: - Youth clubs are arranged for secondary school aged pupils. The young people are able to socialise with other peers and feel less isolated. These are also closed groups. Young people are supported through their grieving

Case Study

East Surrey Domestic Abuse Service (ESDAS)



process which may be in relation to the loss of parent in their family home. A variety of games and activities are arranged such as pool sports, music, cooking different foods and learning how to budget. ESDAS work with other partners to deliver a range of activity programmes. Young people learn protection behaviours, safety strategies and explore issues related to self harming, eating disorders and safe sex. Surrey Police attended one of the Youth Groups and helped the young children with positive boundary setting.

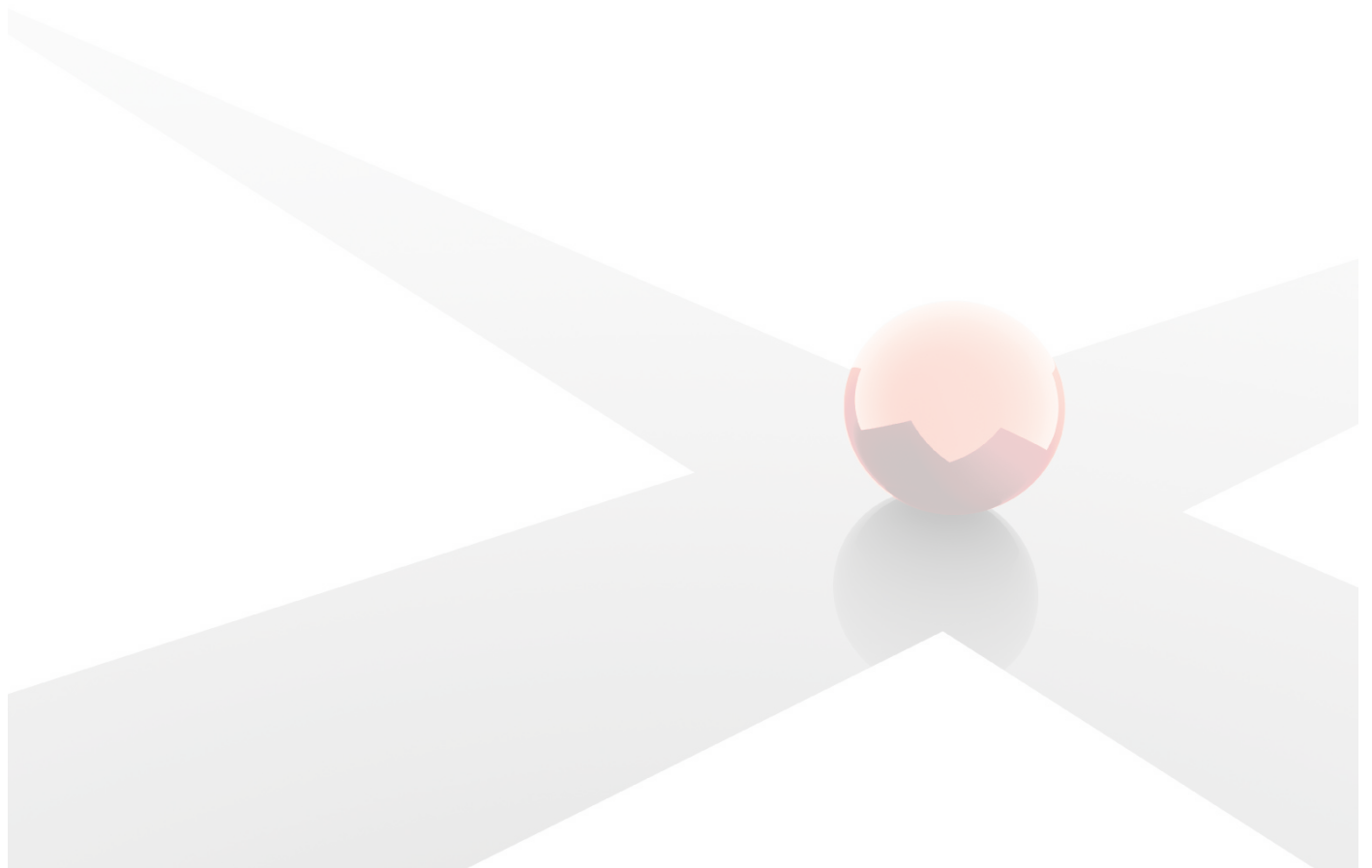
Individual projects and special interest projects are established for the young people and these projects help young people develop their resilience.

Outings: - Occasional day trips are organised during school holidays that cater to the interests and hobbies identified by the children. Excursions and fun activities can provide opportunities for children to experience a range of pursuits promoting positive socialisation.

Family Work: - Family work supports both children and their parents to overcome difficult home circumstances. This can be through consultation with parents, facilitated family sessions and engagement in self-esteem and parenting group work. Family work explores the communication issues, reducing constricting boundaries and gives parents and children a chance to express and understand each other's feelings and needs in relation to the domestic abuse.

General Advice and Information: - ESDAS also offer an advice and information service to children and parents. This can be offered by meeting up informally or a chat over the phone.

Positive Outcomes Achieved: - ESDAS have achieved many positive outcomes for families and their children which have included preventing family breakdowns, supporting children and young people work through complex and challenging issues, preventing anti-social and offending behaviour and breaking the cycle of domestic abuse



Case Study Hampton Trust



Founded: The Hampton Trust has operated in Hampshire and the Isle of Wight since 1996.

Type: Hampton Trust deliver a wide range of programmes which include domestic abuse services, youth empowerment, family group conferencing, parenting courses and training to name a few.

Location: Hampshire, Isle of Wight, Devon and Gloucestershire

Project: LINX PROGRAMME

Key Findings: -

Target group: LINX is aimed at young people aged between 12 to 18 years of age, who are showing signs of escalating violent behaviour.

The basic principles of LINX, is looking with the young person at their life experiences to understand why they are resorting to violent or risk taking behaviour. Young people may have experienced bullying, bereavement or more commonly domestic abuse. Research carried out by Wessex Youth Offending Team (2004) suggested that 80 to 90% of young people who exhibit violent behaviour will have witnessed some form of domestic abuse.

LINX aims to break cycles of violence and abuse by involving young people in a programme that educates and explores the issues. Sessions focus on topics such as domestic violence, the impact this has on young people, their relationships, anger management, peer pressure, respect and responsibility. Participants are invited to reflect on their personal experiences, how this has made them feel and the impact of this on their offending behaviour. They are empowered to develop strategies for coping with violence in the home alongside personal safety strategies for outside of the home.

The story behind the baseline: 'On average, victims of domestic violence experience 35 incidents of violence before seeking help. And, in 90% of incidents, children are present or in the next room. It comes as no surprise, then, that several studies have shown a correlation between experiencing domestic violence as a child and later violent behaviour, including further domestic violence as an adult. Research by West Sussex Council between 2003 and 2004 revealed that offenders who had witnessed domestic violence had committed more offences than those who had not' *Community Care, August 2009.*

In 2006 Hampshire County Council identified 'Safer, Stronger Communities' as one of its priority areas. Wessex YOT, working in this field aimed to reduce violent crime in Hampshire and set a stretching target to reduce violent crime. Wessex Youth Offending Team put a small amount of funding together to support Hampton Trust deliver the programme. The aim was to develop innovative ways of working with young people who have committed violent crime in order to address the impact of domestic violence on their behaviour. It was proposed to measure any attitudinal or behavioural change and to monitor the cohort against incidence of recidivism. Insightful lessons were learnt and as a result this programme has developed into the LINX project.

Hampton Trust have recently been successful in their bid for Lottery funding to deliver the LINX project at a county wide level and this is developing very fast. It has now also been rolled out in Devon, Gloucestershire and the Isle of Wight.

Service Delivery: -

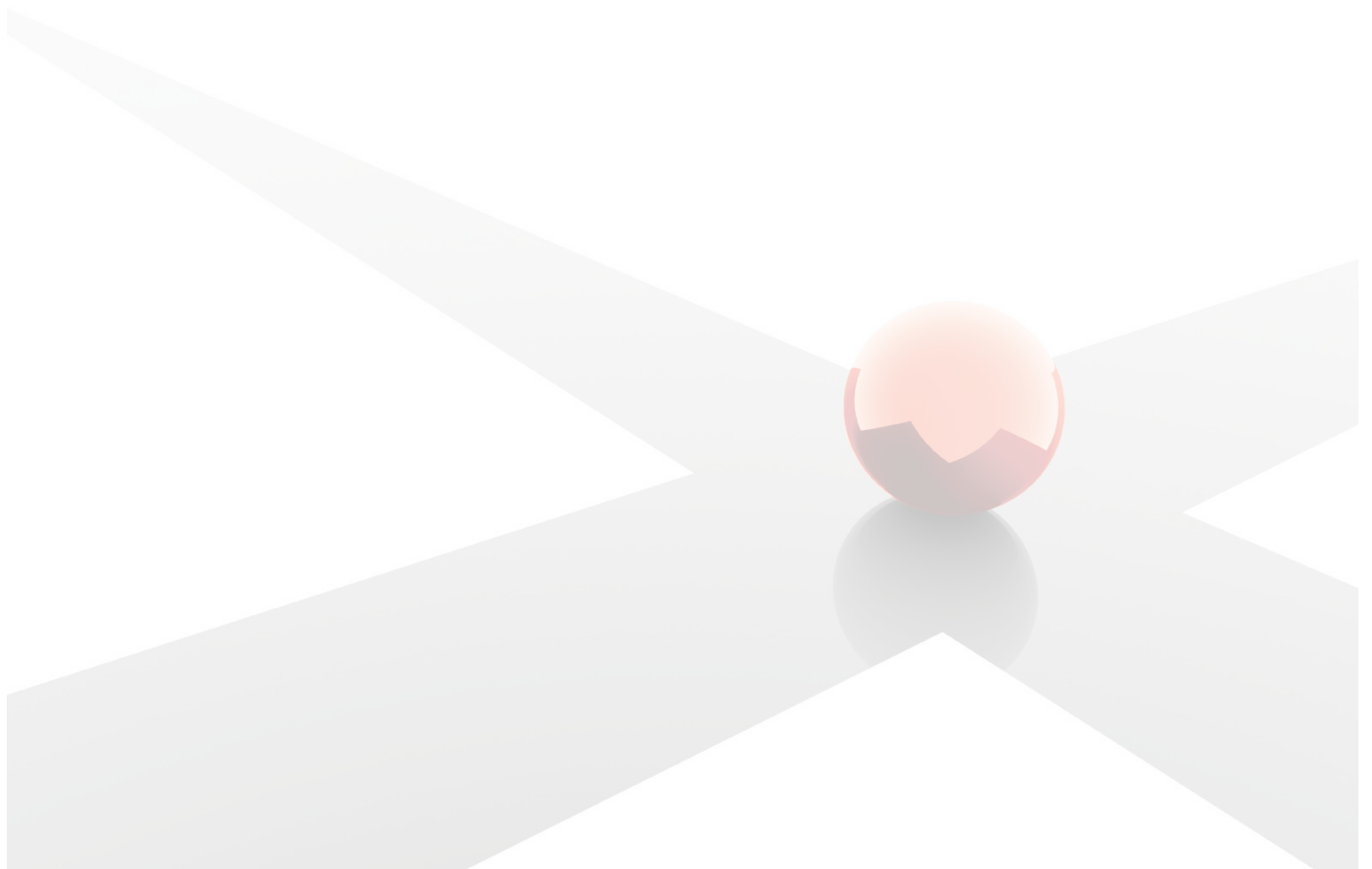
The LINX project takes referrals from youth offending teams, schools and social workers. The project works with young people who have committed offences or are at risk of doing so. The service supports young offenders through helping them come to terms with the domestic violence they have experienced.

Case Study Hampton Trust



Each course lasts for 12-weeks, and aims to help young offenders understand the links between their violent behaviour and their background of domestic violence. They are encouraged to develop empathy and emotional awareness.

Positive Outcomes and Targets achieved: - LINX has been instrumental to Children's Trusts and Youth Offending Teams in reducing reoffending and supporting agencies to meet their NI 111 and NI 32 targets. LINX works to achieve all the ECM outcomes but its focus is on young people learning to stay safe, reducing risk taking behaviour, reduce teenage pregnancy, increasing their perception of safety.



Case Study

Hyde Plus, Hyde Marlet Housing Association and Adventure Unlimited



Type: Hyde Plus is a social and economic regeneration arm of Hyde Group Housing Association. It delivers and co-ordinates regeneration activities in neighbourhoods where the association provides housing services. These diversionary and educational activities are designed to raise the aspirations of young people, reduce anti-social behaviour, and increase the quality of life for all people. Adventure Unlimited has been providing opportunities for disadvantaged children and young people to access outdoor education and adventure for over 30 years. The emphasis is on the development of life skills such as communication, tolerance and self-confidence, through participation in exciting and challenging activities.

Location: Sussex and Surrey

Project: New Heights

Target group: - Children and Young people who are living on the Phoenix Estate Brighton & Hove, Harebell/Hamilton in Portslade, Hillside in Bexhill, Bolnore Village in Haywards Heath, and Timperely Gardens in Redhill.

Hyde Plus and Hyde Martlet residents teamed up with Brighton based charity Adventure Unlimited (AU) to deliver a series of activities for children and young people living on the estates mentioned above. The project consisted of four parts.

- 1.) AU training a group of 14-18 year old volunteers recruited from the 5 neighbourhoods to become activity leaders.
- 2.) Experienced activity leaders from AU and the volunteers providing weekly activity days in the neighbourhoods, engaging local children primarily age 7 – 13 years.
- 3.) An overnight trip to an adventure activity site in the last week of the summer holidays was offered to all active participants and volunteers.
- 4.) At the end of the programme Hyde Plus assigned the volunteers to the local New Directions worker to help the volunteers use their experience to enhance their education and career prospects.

Story behind the baseline: The aim of the project was to engage a minimum of two young people from each estate as volunteers to teach them new skills and give them new experiences, increase their confidence and prepare them as role-models for young children on the estate. The aim was to encourage them to take responsibility for the well-being of their neighbourhood. It was the intention that local volunteers would use their initiative to encourage activities and play outside of the structured supervised sessions.

The project also aimed to engage a minimum of 10 young people on each estate in weekly activities and an overnight trip. The aim was to provide diversionary activities and reduce anti-social behaviour, encourage safe play and introduce alternatives to ball-games, increase confidence and creativity, teach them new 'soft skills' like team working and independence and give them a chance to get away from their normal environment.

The 5 estates were nominated by Hyde staff as being in need of provision for young people. Hyde Plus had carried out a comprehensive neighbourhood survey on 3 of the 5 estates. The surveys identified a lack of activities for young people as being the main reason for concern.

Case Study

Hyde Plus, Hyde Marlet Housing Association and Adventure Unlimited



Residents linked this lack of provision to anti-social behaviour of young people, and it was frequently commented that boredom led to unacceptable behaviour. This is backed up by Hyde Plus's own records showing the reports of anti-social behaviour from young people increased dramatically during holidays. The project aimed not only to provide diversionary activities throughout the holiday but also make positive use of the local environment with available resources, encouraging positive activities beyond the life of the project.

Three of the five estates are in areas of high deprivation. The remaining two are areas of mixed development where social housing is located within, or surrounded by, relatively affluent households. Many of the households on the estates are in receipt of housing benefits and can be classified as low-income households. In addition many households had limited access to own transport, limiting access to other holiday programmes. Access to the activities was not charged for so that it enabled access to all members of the community including groups of siblings and young carers.

When designing the project Hyde Plus wanted to ensure that everyone involved in the project had continuous input into the planning and delivery of the projects and as such Phoenix Community Association, HydeMarlet Gatwick Residents Panel and Hyde Martlet South Sussex Residents panels were brought on board as project partners and contributed to both the planning and fundraising processes.

Service Delivery: - Volunteers were actively recruited. Thirteen volunteers were recruited of which twelve attended the training day. Flyers were sent to all households advertising the activities and visits were made to the different neighbourhoods which included door knocking on people's homes.

A launch event was held in conjunction with the local community fetes, where people were encouraged to sign up to take part. Volunteers attended a training day with AU instructors where they learnt games and activities. These lessons were also captured in a booklet given to all volunteers. The training included team building tasks, an obstacle course and climbing wall. The volunteers learnt how to use the safety equipment and were able to support and teach each other through the obstacle courses.

A range of different activity sessions were offered for all the estates and each varied. Some of the activities delivered included climbing towers, team building exercises, archery, woodland games, shelter building, cooking and camp craft. The residential camp held in the final week of the project gave all participants the opportunity to stay overnight at an adventure activity site, Brook Farm in East Sussex. It is classified by English Nature as 'Ancient Woodland' within an area of outstanding natural beauty. On site there was an outdoor climbing wall and a 40 foot tree abseil. The children took part in a range of activities which included bivouacking, team challenges, archery and games. Thirty four young people attended the overnight trip which were organised in four separate trips.

Outcomes achieved: - The project overall was a great success. The children and young people who participated gained a sense of achievement participating in the activities which increased their self esteem and raised their aspirations. Children were given things to do that they would never think of doing previously and were able to make new friends with other children living on their estates. The following quotes have been provided from children who completed the participation feedback questionnaire: -

'I got to know people and got to like them because we had to work as a team'

'I never knew how hard it could be but I still did it'

'It was the first time I've done it and I didn't think I'd get near the gold but I did'.

Case Study

Rainbow Trust Children's Charity



Type: Rainbow Trust Children's Charity, established in 1986, provides emotional and practical support to families who have a child with a life threatening or terminal illness. Rainbow Trust's Family Support Workers support families in their own homes and local communities. They can be contacted 24 hours a day for families in crisis from diagnosis, through treatment and even after bereavement.

Location: Rainbow Trust operates nationally and is well established in the South East and has its registered head office in Leatherhead, Surrey.

Target group: - Rainbow Trust provides a range of support to families who have a child with life threatening or terminal illness and continues this support to families who are bereaved following the loss of their child. Many families experience a wide range of emotions following their child's diagnosis, and can find the disruption to family life difficult to cope with – support from Rainbow Trust enables families to be empowered to retain as much control and normality as possible for the whole family.

The story behind the baseline: Bernadette Cleary set up Rainbow Trust in 1986. The charity was established after she had helped two close friends through the terminal illnesses of their children and recognised that there was a significant need to support other families who were in similar circumstances and provide them with emotional and practical support.

Service Delivery: Each family has an individual plan of care and support, tailored to their family's individual needs. For some families this plan assists with co-ordination needed to ensure that hospital visits and treatments take place, whilst ensuring the normal patterns of the day for other family members continue. It may be support in caring for the sick child, someone that each family member can talk with and share worries and anxieties. Family Support workers provide support to siblings in their schooling and education and prevent them from becoming isolated. They support them to lead full and active lives as they come to terms with their sibling's illness and the resulting changes in family life, supporting them as they cope with conflicting emotions. They help families to address complex personal issues as a result of their child's illness which could also be around financial insecurity and family support may be able to signpost families to relevant financial support agencies.

Positive Outcomes Achieved: - Rainbow Trust continue to develop and improve their quality assurance systems which include piloting approaches to monitoring their achievement of the ECM outcomes. Because support is wide reaching it is clear that it incorporates many aspects of the ECM outcomes.

The following individual case study supports Rainbow's achievement of the stay safe outcome.

A family whose child who had been diagnosed with Acute Lymphoblastic leukaemia and other health issues was referred to Rainbow Trust. The family was particularly vulnerable as the mother was suffering from mental health issues and found it difficult to take her child out of the house. The father, who was attending job training in the evenings and working during the days, had no alternative but to give up work and take care of their child. These circumstances made the family incredibly vulnerable, not just financially. Through the support of the Rainbow Trust Family support worker, the father has been able to return to his training and job, feeling that his family were safe. Knowing that his wife had support during the day, with someone to talk to and share her worries with and who could help his wife deal with any issues that may occur whilst he was not at home. He also wanted his son to be able to have fun time outside of the family home. Rainbow Trust's recording of enjoy and achieve outcomes demonstrated that the child had a large increase in participating in enjoyable activities outside of his home. It was also noted that the mum stated that she now felt confident with the worker, and felt able to join her and the child on a trip to feed the ducks at the local park.

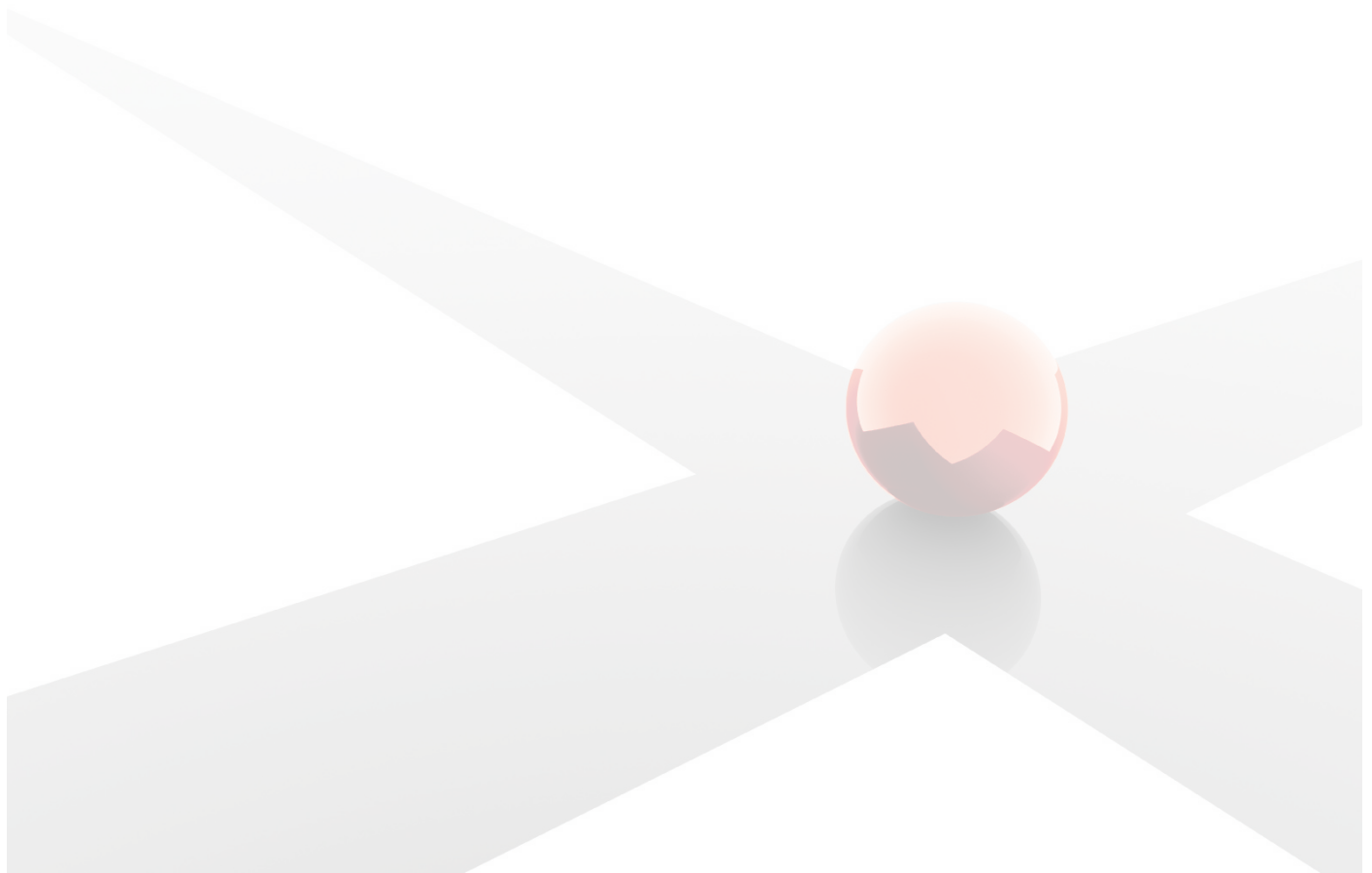
Case Study

Rainbow Trust Children's Charity



The mother after this outing reported a positive lift in her mood and increased confidence to be able to take her son out to play at the park. The support that has been provided to the family has been instrumental in maintaining the continued care for the child and supporting family stability.

Rainbow Trust have been instrumental in supporting families in the South East maintain the safe care of their children, when they are most vulnerable and help them to keep their children safe and prevent family breakdowns.



Case Study Brighton Oasis Project



Type: Brighton Oasis Project aims to improve the lives and maximise the potential of the diverse range of women, children and young people affected by substance misuse. It seeks to prevent and reduce drug and alcohol related harm to women and their families by providing services which offer a continuum of support from harm minimization through to total abstinence, which are complemented by specialist services for children, young people and women working in the sex industry.

Location: Brighton

Project Young Oasis

Target group: - Oasis's young people's service, known as 'Young Oasis' has been running for over 8 years, with the aim of supporting children and young people aged 5-18 years, who have a family member who is using, or has used drugs or alcohol problematically.

Service Delivery: - Parents or family members often try to keep their substance misuse hidden behind closed doors and conceal it from those around them. However, children and young people can be aware of what's going on at some level and this can lead to them feeling isolated and worried, having someone to talk to about how they feel can really help. Young Oasis provides individual art, drama and play therapy sessions. Working in this way can help children and young people identify and communicate their feelings and build on ways to cope with difficult circumstances. At times it can be difficult for children and young people to find words for feelings. Working in a non-verbal way by using image and materials such as clay, paint, a sand tray, music and puppets can be another way of accessing feelings when words are difficult to find. Building a therapeutic relationship and allowing a child or young person to tell their story can help them feel heard and build resilience.

Support is given in a safe and non-judgemental environment. Young Oasis also offers information and signposting to other agencies working with young people.

Outcomes achieved: - In order to reflect the positive outcomes achieved an individual case study has been submitted. The details of this case study have been changed to protect the anonymity of the young person and their family.

A young person (Sophie) was referred to the Young Oasis programme through another support agency that was already working with the Sophie's parents who were receiving treatment for mental health problems and substance misuse. Sophie was offered 12 weeks of therapy. On first attending therapy Sophie had been increasingly withdrawn and isolated over a period of several years. Through creative therapeutic techniques employed she was able to express their intense emotional feelings in a safe way. Sophie had mixed feelings of anger, sadness, loss and fear and blamed herself; she was also taking on parenting responsibilities for her younger sister way beyond her years. As a result of the therapeutic intervention Sophie is able to clarify, identify and organise her feelings. She is reported to be enjoying school more and is mixing with her peers and has been supported to have a sense of belonging outside of the home and building health relationships that would be ongoing. Sophie was able to express her feelings of anger and able to reflect on the dangers of doing this in certain circumstances and was supported to think of ways to keep safe.

Young Oasis have supported Sophie in very difficult circumstances, which has allowed her the space for expression and reflection in a safe way and to understand that the trauma at home wasn't her fault.

Case Study

Sussex Central YMCA



Type: Sussex Central YMCA is a big supporter of the local community offering support to many local people where and when it matters. YMCA seek to see their communities grow and develop and be able to meet the changing needs and demands of people living in Brighton, Hove and beyond.

Location: Brighton and Hove

Project Safe & Sorted

Key Findings

Target group: - Sussex Central YMCA delivers a Safe & Sorted Youth Advice Centre. The Centre offers information, advice, support and guidance to young people age 10-25 years, which is free and confidential. Workers are on hand to offer a safe and private space to talk, about all issues affecting the lives of young people and their families.

Service Delivery: The Centre offers support and advice on a number of key issues affecting young people such as:

- **Housing advice:** This involves preventing homelessness, looking at housing options, help talking to the council, finding a flat & deposit, help in claiming housing benefit and making referrals for housing and specialist support.
- **Physical and mental health -** Support around any health issue (e.g. illnesses or pregnancy), help coping with depression, advice around physical health issues, referrals to all health professionals.
- **Sexual Health:** Support is given to young people about puberty, sex and relationships, access to free condoms, free pregnancy tests and Chlamydia tests, information about STI's and access to other sexual health services
- **Substance misuse:** Discussions are held around drug or alcohol use, information about the risks and looking at why people use substances, making referrals to specialist drugs workers and help giving up smoking.
- **Training and employment:** - Support is provided to young people seeking a Job and accessing training courses, completing their CV's and applications, learning new skills and help in preparing for job interviews and applying for benefits etc.

At times the centre provides intensive case work, working with schools, health and the wider community to support young people. The services on offer are planned every year in consultation with a number of different agencies including the young people and the community.

Positive outcomes achieved: - Safe & Sorted works to support keeping young people safe and healthy, including those who are Looked After and have disabilities. The service aims to help young people be aware of what the risks are to their safety and equipping them in knowing how to deal with those risks and to stay safe and protected. YMCA work's toward achieving all ECM outcomes including participation work, offering young people volunteering opportunities, supporting parents, as well support in managing families difficulties and addressing community safety issues such as offending behaviour and reporting crimes.

Case Study Young Suffolk



Type: Young Suffolk is a county wide infrastructure organisation for the voluntary and children and young people's sector. Young Suffolk was established in 1974 to promote and meet the needs and aspirations of children and young people under the age of 25 years by strengthening and supporting the work of Young Suffolk's diverse and talented member organisations.

Location: Suffolk County

Project Training and Support

Key Findings: -

Target group: - Young Suffolk deliver a number of training programmes that are targeted at supporting a diverse and wide range of voluntary and community sector organisations, county wide. One of the training programmes is the accredited OCN level 2 training which is an introduction into Youth Work. This course is for anyone new or relatively new to youth work, including part time staff and volunteers.

Young Suffolk also supports member VCS organisations to develop anti-bullying policies.

The story behind the baseline: Young Suffolk identified a gap in smaller, community and totally voluntary led organisations understanding their responsibilities in relation to safeguarding the welfare of children and young people and having awareness of the larger context of children and young people's services such as Children's Trust, the Local Safeguarding Children's Board and the Children and Young People's plan.

Young Suffolk are a key partner to Suffolk Children's Trust and sit on the Local Safeguarding Children's Board (LSCB), the LSCB training sub-group, the professional advisory group and the E-Safety Group. The E-Safety group focuses on keeping children safe in the digital world and addresses the outcomes of the Byron Review.

Young Suffolk lead on safeguarding training to the VCS on behalf of Suffolk's LSCB and support the LSCB to deliver their multi agency training. Safeguarding is also a key component to Young Suffolk's Quality Standards Mark.

In addition to this, Young Suffolk deliver the OCN level 2 training which helps to bridge some of the gaps in safeguarding awareness and supports groups to understand their responsibilities in terms of delivering safe services to children.

Service Delivery: The OCN level 2 training has 5 modules and is delivered in the evenings. The training addresses the role of the Youth Worker, recognising the importance of equality and diversity and understanding the responsibilities of safeguarding the welfare of children and young people. It also focuses on the concept of behaviours and youth work practise.

Young Suffolk puts their Safeguarding training in context to real life situations such as domestic violence and detail what procedures are to be taken in addressing potential concerns.

Young Suffolk supports its member VCS organisations to learn effective techniques to manage bullying behaviour of children and young who are accessing their services and to prevent bully taking place in their clubs, centres and communities.

Positive Outcomes Achieved: - Young Suffolk supports Suffolk's Children's Trust and their LSCB by promoting effective safeguarding practises to all their VCS member organisations.

Case Study Young Suffolk



The following case study evidences the support that Young Suffolk has given to one Youth Centre in embedding effective safeguarding practises.

Two parents sought to set up a youth centre for the young people in their village however neither of them had the knowledge or experience to do so and contacted Young Suffolk for support. Young Suffolk supported them at every step in opening up the Youth Centre. The Youth Centre's leader expressed that she found Young Suffolk's support invaluable in achieving in the following: -

- Multi agency approach to interviewing volunteers including having young people involved.
- Signposting to SAFEchild and other organisations where affiliation would be appropriate
- Signposting and partnership working with Youth & Connexions to support the setting up a group for young people (13+)
- Support in understanding safeguarding requirements such as the use of photography, information sharing and ensuring compliance with legislation and good practice. This supported the committee in making decisions regarding the running of certain aspects of the club and procedures.
- Information and leaflets provided on cyber safety and use of IT
- Completing approx 26 CRB's for volunteers and workers with a flexible approach so they can be done in the evenings.
- Support in accessing First Aid training for 8 volunteers from the club
- Supporting the Centre's leader take up a place on the OCN Level 2 youth work course.
- Nominating the Youth Centre's Leader for the Babergh Community Achievement Award
- Constant discussions with the Young Suffolk's Area co-ordinator on ways to improve and encourage youth participation to ensure sustainability of the club and ensure that young people are given the chance to get the most out of their experience and discussing the possibility of setting up a youth forum within the club.

Young Suffolk also supported the club in setting up professional accounts, setting and managing behavioural boundaries, developing an anti bullying policy and establishing links with other support organisations including the LSCB. The Youth centre was opened in the village in October 2008 and has gone from strength to strength. They currently support 60 children aged between 8 – 13 years and offer a variety of activities and games. The Centre's leader advised Young Suffolk that without this training and support they would not have been able to open and run the youth centre as effectively as they have been doing so and deliver safe services to children and young people.