

A photograph of three young people, two women and one man, looking intently at a poster. The poster in the background has the words 'ART FESTIVAL' and some geometric shapes. A large, light blue, torn-edge style banner is overlaid on the top right of the image.

Children and Family **Wellbeing** Service



FOR PROFESSIONALS

TARGETED YOUTH SUPPORT WHAT IS YOUTH WORK?

www.lancashire.gov.uk



TARGETED YOUTH SUPPORT

What is youth work?

Youth work helps young people learn about themselves, others and society. It is a developmental process that starts when young people are ready to get involved, learn and make use of it. Youth work is based on the belief that young people should choose voluntarily to take part. It accepts how young people view the world and treats young people with respect. The relationship between a youth worker and young person is central to this process. The four cornerstones of youth work are Education, Empowerment, Equality and Participation.

Youth work offers young people safe spaces to:

- Explore their identity
- Experience decision-making
- Increase their confidence
- Develop inter-personal skills
- Think through the consequences of their actions leading to better informed choices and changes in attitude/behaviour.

Group targeted youth support

- Targeted 'evidence based' group work provides young people with an opportunity to come together as a group for a defined purpose over a period of time.

The purpose of the group will be for young people to participate in informal, educational activities and discussions which focus on particular curriculum themes. Therefore, addressing identified needs, developing new skills/strategies and preventing escalation.

Targeted group work programmes will be delivered in schools/colleges as part of the 'Team Around the School' offer where there are identified groups of young people who share some common experiences or support needs e.g. a group of young women at risk of exploitation and in Neighbourhood Spaces for young people not in education, employment or training.



In relation to the programme aims and objectives, this will primarily be young people whose support needs fall into one or more of the groups below:

- Young people experiencing low mood, anxiety and/or self-harm which is impacting on their daily life and relationships.
- Young people who are at risk of or are presenting with signs of potential exploitation.
- Young people in relationships which are unhealthy and potentially abusive.
- Young people missing from education, repeated fixed term or permanent exclusions.
- Young people engaging in anti-social behaviour/ criminal activity within the community.
- Young people engaging in risk taking behaviour and there are significant concerns regarding the potential impact of this on the young person's safety.

1:1 Targeted Support

The purpose of 1:1 intervention is to:

- Build a relationship with the young person that enables them to engage with support
- Listen to, understand and assess a young person's support needs
- Provide information and advice
- Offer techniques and strategies, including safety planning to reduce risk
- Complete youth work activities on support needs to increase understanding
- Provide support to access services, signposting and specialist referrals

The support may be offered up to a maximum of 12 weeks, if longer term support is required due to the nature of the young person's needs, this will be offered through the wider Targeted Youth Support offer.



Curriculum menu

A number of programmes have been developed which include:

- Impact - Exploring risk taking behaviour
- Escape the trap - Teenage abusive relationships
- Youth for health - 5 ways to wellbeing
- Fearless - Coping strategies around anxiety and worry
- Children and sexual exploitation
- Children and criminal exploitation
- Bullying
- Online safety
- NEET programmes
- Body image
- Drugs and alcohol

Each district across Lancashire will offer a service, five nights a week for young people aged from 12-19 or up to 25 for people with special educational needs and disabilities (SEND).

This offer is currently being delivered by Zoom and face to face

This will include:

SEND Groups

We are providing a safe and welcoming environment for young people aged (12 – 25 years) with special educational needs and disabilities. The group aims to work on life skills, improving communication skills, self-confidence & self-esteem in a group work setting.



Neighbourhood based safe spaces

- Providing safe spaces in local neighbourhoods, open during the evening, for local young people to meet and access services. By opening the doors of a suitable building in a local neighbourhood and welcoming in those local young people who are in need of support and want to access positive activities.

Detached work

- 'Detached work' is principally targeted at young people with identified vulnerabilities. It is a method of working with young people which operates without the use of a building and takes place where young people "are at" both geographically and developmentally e.g. out on the streets, in parks, shopping centres and other public places where young people naturally meet and gather.

Targeted groups

- Targeted 'evidence based' group work provides young people with an opportunity to come together as a group for a defined purpose over a period of time.

Participation Work

- Participation is a cornerstone of youth work, it is a way of working with young people that underpins the delivery model for Targeted Youth Support and our various approaches.

Participation means working with young people to facilitate their own learning, feel confident in having a voice and influencing decisions that affect them and their peers

The participation structures that the Children and Family Wellbeing Service will support and develop will include:

- Lancashire Youth Council, which is made up of representation from young people in the 12 District Youth Councils, Linx and Powar. There are 12 Members of Youth Parliament who meet with Lancashire County Council's cabinet and also represent Lancashire at the regional and national events.
- LINX (Listen, Inform, Negotiate and Xpress) is Lancashire's Children In Care Council.
- POWAR (Participate, Opportunity, Win, Achieve, Respect) is Lancashire's Special Educational Needs and Disability Forum for children and young people.
- Young Inspectors Programme



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www.lancashire.gov.uk/youthzone/get-in-touch/

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