



## **Report on the delivery of youth work August 2019 to November 2019**

### **Provision**

Between August 2019 and November 2019 Livewire ran open access sessions on Monday and Thursday evenings for 13 to 21 year olds and on Wednesday evenings from September (sessions closed throughout August) for school year six to school year 8, and our Tuesday evening closed access wellbeing sessions have continued with youth work staff, musicians, counsellors and a therapy dog.

### **Statistics from open access sessions**

Number of open access evening youth work sessions during this period: 37, August 5, September 10, October 11 and November 12.

During the open access sessions 218 individual young people have engaged in youth work activities and 126 of them have received additional, individual or group support. Most of them have had measurable distance travelled.

### **Provision continued**

Our mental health project supports our Tuesday evening closed access sessions; there have been 13 of these sessions between August and November. The Tuesday evening sessions are still exceeding all our expectations in terms of building resilience and improved self esteem for the young people attending, with 4 of them now regularly attending our open access sessions.

Our afterschool group for primary school age children has changed slightly for this last term and we are no longer asking parents to stay which in some ways is a shame but it has increased the numbers attending every week and they are all able to benefit from these sessions although the greater numbers attending weekly also comes with the down side that we are no longer opening up the referral process beyond local primary schools and the children's centre.

We currently have 9 volunteer counsellors supervised by our mental health lead the counselling service at Livewire continues to be a successful part of the work we do and we are thrilled to report that we don't currently have a waiting list. We have 2 more volunteer counsellors starting in the new year.

### **Young people's development group.**

Livewire's development group of young people has representatives of various elements of the work at Livewire including; 2 members that are part of the venue team, 2 members that volunteer at Junior club, 1 member that represents the music production, 2 members representing general youth club activities including youth work, 1 member representing wellbeing and 1 member representing peer education at Livewire. This ensures that the entire life of Livewire is represented within the development group so no one group of young people dominate the direction of the work but that all can have a

say in the direction of the developments at Livewire. One representative of the development group attends management committee meetings on behalf of the young people at Livewire. The plans for the work with people living with dementia is going ahead with training for the young volunteers and staff supporting the project taking place in December and the sessions will start in the new year.

### **Single issue programmes**

During this period Livewire has run single issue programmes on health relationships and positive body image as part of our wider wellbeing programme in our open access sessions.

### **Wellbeing assessment**

Unless of course a young person comes to Livewire through our referral process for counselling we operate our own system to assess what mental health/well-being support they might need, the hierarchy for this is as follows:

1. Complex mental health/well-being issues – Our trained counsellors
2. Well-being issues (Anxiety, self confidence, resilience issues etc) – Qualified youth workers. (our qualified youth work team have up skilled with CBT diplomas and Anxiety awareness diplomas)
3. Maintaining and casual support for young people – Well-being volunteers

### **Daytime provision**

During this period there were daytime sessions running every weekday for one to one and targeted sessions for young people referred to Livewire from various organisations, including: Cornwall children in need team and targeted youth support, Cornwall college, Caradon WAVE academy, and T-plus. In addition since September Livewire has continued to provide support to Saltash community school's triage sessions 3 times a week. We have also since October started running a wellbeing drop in session for young people on Mondays from 12.30 to 2.30.

### **Match funding to date**

£9,741 from Awards for all (to run the dementia project)

£5,000 from a memorial trust (towards staffing)

£5,000 donation from a local supporter (towards running costs)