

UPDATE ON YOUTH SERVICES

Committee name	Families, Health and Wellbeing Select Committee
Officer reporting	Dan Kennedy / Kat Wyatt, Planning, Environment, Education and Community Services
Papers with report	None
Ward	All

HEADLINES

To provide the Committee with an update on the Council's provision for youth services across the Borough.

RECOMMENDATION:

That the Committee notes the information presented within the report.

INTRODUCTION

1. Hillingdon Council delivers a wide range of services and events for young people in Hillingdon. In addition, there are many voluntary sector and faith groups across the Borough that offer activities for children and young people, many of which the Council has supported in some way over the years. This includes the award of capital grant for improvements to their buildings, or to purchase new equipment and / or through the day-to-day provision of services e.g. maintenance of sports pitches.
2. The youth services offer includes the popular Fiesta summer programme as well as all year-round engagement activities delivered from a network of locations across the Borough. These include programmes for older primary age children and young people of secondary school age. A programme of activities delivered is also targeted at young people to support their transition into adulthood, where they can discuss concerns, seek confidential, impartial advice and take part in fun activities, which for some young people will be a diversion. In addition, there is a youth bus delivering services across the Borough, not tied to a specific venue or location, offering flexibility in the delivery of the offer to residents. These services complement the range of other services available in the Borough, such as sport and physical activity programmes, youth activities offered by faith organisations and uniform groups amongst others.

3. The youth services the Council provides and those operating independently of the council deliver a range of life-long benefits and outcomes for those young people taking part, including:
- Keep young people **healthy and active**
 - Enable young people to **develop and learn new skills**
 - Support young people to **play an active part in the community**
 - Keep young people **safe and well**
4. Over the last decade or so, the focus and interests of young people has evolved and their needs, social requirements and how they engage with the wider community has changed. There are now the risks of knife crime, child exploitation, bullying and peer pressure that young people face.

SETTING THE CONTEXT

5. The Council supports young people in the Borough up to 19 years old, and in some cases young people up to the age of 25 with additional needs with the provision of youth services. Support is provided through a mixture of direct service provision and delivery via voluntary sector partners and other partner groups.
6. Hillingdon's offer to young people is diverse and can be categorised into a number of key outcomes;

Keep young people **healthy and active**

- participating in physical activities and promoting personal health and wellbeing;
- offering support to Hillingdon families by providing structured, fun activities for children and young people;
- building confidence and raising self-esteem;

Enable young people to **develop and learn new skills**

- personal enrichment - trying new activities and gaining experiences which may not ordinarily have been available to the young person had they not taken part;
- gaining life skills to be a team player;

Support young people to **play an active part in the community**

- gaining a deeper appreciation of diverse communities and the world around them;
- making new friends;

Keep young people **safe and well**

- providing support and a place to discuss concerns;
- being a place for young people to take part in fun events acting as a diversion for those young people at risk from participating in Anti-Social Behaviour (ASB);
- having access to services to discuss concerns and signposting to support and advice;

INFORMATION

7. The Council works with children and young people to learn about themselves, others, and the wider world, through informal educational opportunities that respond to their developmental needs, from school year 3 to age 19, (up to 25 with additional needs), to support them through their childhood to adulthood. The programmes are also designed to deliver enrichment by accessing new experiences and learning new skills.
8. The service works with groups and individuals to support them to be resilient which is achieved by offering a range of activities to meet their needs, interests and wants such as cooking, sports, arts, dance, games, ICT and performing arts.
9. The services aim to provide a curriculum programme of activities to support young people to be safe, be healthy, be active citizens, achieve their full potential; and be happy and valued for who they are. The Service will pursue the following objectives.
 - Provide geographically based services for young people.
 - Provide specialist services for young people.
 - Work with partners; and
 - Continuously improve the quality of services for young people.
10. Programmes are evidenced based and designed to meet the needs of children and young adults consistently evolving in response to emerging themes and trends across the borough and always incorporating the voice of the child. We deliver a range of programmes that address themes of substance use, LGBTQIA+, relationships and CSE, CCE, emotional health, wellbeing, identity, self-esteem and physical health. Programmes are delivered throughout the year including term time and holiday periods. Types of intervention we offer include intensive one to one support, groupwork (both online and face to face) and residential activities for targeted programmes
11. During the pandemic, programmes of youth work have been disrupted. For example, due to the pandemic in 2021, programmes for the first part of the year were delivered through an online service to children and young people through a range of social media platforms. These were delivered term time from 3pm Monday to Friday and during school holidays from 10am to 21:30pm Monday to Friday, through Facebook, Instagram, daily Kahoot quizzes and virtual Youth Clubs groupwork through 'zoom'. Services reopened back to face-to-face work in July 2021.
12. Specific projects are developed in response to emerging themes. Most recently Covid has had a significant impact on the lives of children and young adults in the borough with referrals reflecting high levels of children and young adults experiencing anxiety, emotional health issues, and domestic abuse. In response we have developed a number of new initiatives that seek to address these issues including; 'the 'Being Me' project which supports children and young adults who have experienced domestic abuse and the 'Calm' project, supporting

children experiencing emotional dysregulation. The 'Elevate' programme was devised to support LAC transitioning to independent living.

13. The following provides a summary of the key programmes delivered in Hillingdon for residents.

Holiday and Food Programme (HAF)

14. Hillingdon was successful in securing funding for the Holiday and Food Programme in 2021/22, known as 'HAF', for children and young people from Reception to year 11 whose families are eligible for free school meals in Hillingdon. The offer delivered was for the school holidays of Easter, 4 weeks in the summer, and one week in December. In broad terms the purpose of the programme is to promote healthy eating and access to nutritional meals during the school holidays combined with physical activity and fun, enrichment programmes.

15. During 2021/22 the Council commissioned a range of multi-activity programme and specialist tutors supported by youth workers for programmes such as urban arts, performing arts, dance, music and young enterprise programmes to meet the needs and interests of children and young people in Hillingdon.

16. Following the success of a pilot in 2021/22 a further 3 years funding has been secured to deliver the Holiday Activity and Food (HAF) programme. The first programme will take place over the Easter School Holiday 2022 with further programmes to run during the Summer and Christmas breaks. The confirmation of funding for 3 years provides an exciting opportunity to refresh the youth services programme for Hillingdon residents.

17. Parent/carer/child feedback for the HAF programme has been very positive – the following is a selection:

- Thank you very much for today's music lesson, Reading Music for Beginners. I really enjoyed it and learned a lot. (Young person and parent)
- I just wanted to say that my son XXX very much enjoyed this coding for beginners class. He learnt so much and the tutor was very helpful. He has asked if there will be any more sessions in the future. My other son also wanted to take this class but he is year 5. If there are any future coding classes for his age group in the future too please let me know. (Parent)
- We accessed the Irish dancing session this morning & both of my girls loved it! (My 2-year-old joined in too!) I am a teacher and shared the link to the 'your booking page' on our school's Facebook page, so hopefully lots of our children are accessing the sessions. Thank you for providing this for Hillingdon children, it's a great idea. (Parent)
- They have so enjoyed the activities so far! Thanks so much for the efforts of the whole team! - (Parent)

- At the end of the week XXX would like to send in some cards ... to say thank you.
Thanks again (Parent)
18. The Covid-19 pandemic did require a blended programme of on-line and face to face activities as restrictions allowed. During the Easter Holidays 2021 the Council worked with 61% female and 38% males and 1% other with a total of 310 children and young people signed up for the social media Easter HAF programme.
19. During the Summer 2021 holiday programme the Council offered 56 courses with 766 places face to face with children and young people. During the end of December 2021 school break, the Council delivered 4 programmes with 150 places through face-to-face activities such as performing arts, Urban Art, The Big Sing, and a multi-activities programme. 150 meals each day were provided for the children and young people.

Youth Services Programming

20. In addition to HAF, the Council delivers a programme of engagement and activities to children and young people all year-round. This includes children who need additional support or who may be vulnerable. The Council works in partnership with a range of teams and organisations in Hillingdon, including Young Carers, HACS, DASH, YMCA, Police Cadets, Social Services, the Youth Justice Teams and the Education Participation Team. Programmes are delivered from a variety of venues / settings from across the Borough. The West Drayton Young Peoples Centre has recently closed as this is the location for the new leisure centre, in which the Youth Zone on the middle floor will be built by 2024.
21. Programmes cover a range of activities and include the following:
- In the young people centres, there are general activities such pool, table tennis, Information, advice and guidance available.
 - Groupwork activities to support young people to make informed choices about their lives such as life challenges and learning life skills to support them through their transition from childhood to adulthood.
 - Workshops on drugs, knife crime, alcohol, sexual health, domestic violence, Covid and money / budget management.
 - Engaged with organisations such as 'Street Doctors' who have worked with young people on knife crime and what to do if someone receives a knife related injury.
 - Programmes to deliver life skills such as cooking, independent living skills, ICT, employability skills and CV writing.
 - Signposting young people to other organisations which can provide additional support.

The Adolescent Development Service (ADS)

22. The ADS delivers Targeted Programmes to vulnerable children and young adults across the borough. The service is dynamic, flexible and responsive. We offer services using an adaptive delivery model that utilises venues across the borough such as community centres, schools,

children centres and outdoor spaces to ensure that we are offering the right service, at the right time and in the right place.

The FIESTA Programme

23. Hillingdon's Fiesta programme is an open access service delivering an annual activity programme for children and young people aged 7-19, and up to the age of 25 for those with special needs. The summer Fiesta programme offers a range of experience-based activities to residents.
24. The Fiesta programme offers a wide range of activities that cater for the needs and interests of all young people, and includes street dance, motor mechanics, film production, self-defence, fashion design, climbing, kayaking, photography and a range of team-based sports including cricket, football and basketball.
25. Fiesta's operating model is based on a peripatetic approach delivered at multiple sites across the Borough, predominantly from Council owned assets such as sports and leisure centres, golf courses and in parks and open spaces. Fiesta also utilises privately owned venues across the Borough, including schools, cricket clubs, Hillingdon Outdoor Activity Centre (HOAC), and Triplets Community Tennis Centre. Over the last two years, on-line programmes have also been successfully delivered given the restrictions of the pandemic.

Lawn Tennis Association (LTA) - Community Tennis Programme

26. The Council has been working with the LTA to deliver the community tennis programme. We have 8 trained youth workers. The programme is for children and young people aged 8 and upwards.

Sports Trust

27. The Community Sports Leaders and Dance Leaders Award - 6 youth workers have completed their dance and sports leaders award.

Duke of Edinburgh Awards

28. Duke of Edinburgh is an opportunity to discover new interests and talents, essentially a tool to develop essential skills for life and work. The award is a recognised mark of achievement and recognised by employers. The DofE is many things to many people, supporting generations to successfully navigate adult life. It's for 14–24-year-olds who can complete a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or a Gold Duke of Edinburgh's Award.
29. There are four sections to complete at bronze and silver level, and five at Gold. They involve helping the community/environment, becoming fitter, developing new skills, planning, training

for and completing an expedition and, for Gold only, working with a team on a residential activity.

30. Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an Award is not a competition or about being first. It's all about setting personal challenges and pushing personal boundaries. Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs, and university and job applications.
31. The Council has continued to enrol young people onto the award in 2020/21 despite continued difficulties as a result COVID restrictions. In the past 12 months, 20 young people have started the Award, 13 at Bronze, 4 at Silver and 3 at Gold. In total, the Council is supporting 214 Hillingdon residents with their Awards in person and virtually and have had 11 complete during the past year; 5 Bronze, 3 Silver and 3 Golds. Many more have completed 3 sections and are just waiting to do their Expeditions in the coming year of 2022. By way of illustration, the dates below are the training session for the delivery of the bronze, silver, and gold expeditions. The expedition weekend dates will be released in the next few weeks.

DATE	TOPIC
Tuesday 2 nd November	1. Introduction to the expedition section, criteria & process; setting your aim & goal.
Tuesday 2 nd November	
Wednesday 3 rd November	
Tuesday 9 th November	2. First Aid & emergency procedures
Tuesday 9 th November	
Wednesday 10 th November	
Tuesday 16 th November	3. Navigation using a map & compass
Tuesday 16 th November	
Wednesday 17 th November	
Tuesday 23 rd November	4. Route planning – using the navigation skills you've gained, country code
Tuesday 23 rd November	
Wednesday 24 th November	
Tuesday 30 th November	5. Campcraft – siting & erecting your tent, do's, and don'ts on camp
Tuesday 30 th November	
Wednesday 1 st December	
Tuesday 7 th December	6. Equipment & hygiene – what to bring and how to pack it in a rucksack
Tuesday 7 th December	
Wednesday 8 th December	

Tuesday 14 th December	7. Food & cooking, using a Trangia, menu planning
Tuesday 14 th December	
Wednesday 15 th December	
Tuesday 11 th January	1. Introduction to the expedition section, criteria & process; setting your aim & goal.
Tuesday 11 th January	
Wednesday 12 th January	
Tuesday 18 th January	2. First Aid & emergency procedures
Tuesday 18 th January	
Wednesday 19 th January	
Tuesday 25 th January	3. Navigation using a map & compass
Tuesday 25 th January	
Wednesday 26 th January	
Tuesday 1 st February	4. Route planning – using the navigation skills you've gained, country code
Tuesday 1 st February	
Wednesday 2 nd February	
Tuesday 8 th February	5. Campcraft – siting & erecting your tent, do's, and don'ts on camp
Tuesday 8 th February	
Wednesday 9 th February	
Tuesday 22 nd February	6. Equipment & hygiene – what to bring and how to pack it in a rucksack
Tuesday 22 nd February	
Wednesday 23 rd February	
Tuesday 1 st March	7. Food & cooking, using a Trangia, menu planning
Tuesday 1 st March	
Wednesday 2 nd March	

32. Allied to, although not exclusive to DofE, the Council enables a range of programmes which participants can take part in:

- **Sports Leaders** Level 1 skills or physical
- **Dance Leaders** Level 1 skills or physical
- **Reading Sparks** volunteering & skills (in conjunction with Hillingdon Library Service and the Reading agency)
- **Hillingdon Youth Council** volunteering & skill
- **Young Enterprise** skills
- **CREST Award** skills
- **AIMS** volunteering
- **This Girl Can** physical & skills

- **SERVES** physical
- **Theatre Skills**

33. There is currently 40+ young people who are engaging with these programmes either for their Award or because of engagement in it. Hillingdon DofE continues to be an open access award and overall we are pleased to work with a number of individuals who have faced barriers to engagement in other settings.

21 new awards started:
 14 Bronze (2 disadvantaged)
 4 Silver (3 disadvantaged)
 3 Gold

16 Awards achieved:
 7 Bronze
 6 Silver (1 disadvantaged)
 3 Gold (1 disadvantaged)

Active in mind

34. School Year 9 plus for the peer mentors, inters and seniors for nurture group is being run in the secondary age range youth programme where 'Active in mind' is a nurturing group environment for young people most in need of support. Addressing inactivity and developing positive behaviours, it is a safe environment for young people to share personal insight and experiences with their peers and support mental health issues, while having fun and meeting people. A big part of what makes the Active in Mind programme work well is its champions. Each project is delivered through a small team of Young Mental Health Champions who receive advanced training on developing strategies to improve mental wellbeing and reduce stress and anxiety.

Young Enterprise (for school year 9 plus)

35. We successfully completed one young enterprise group in which young people design and create their own bags which ended up being sold all around the world. We have just started our second group of young people on this scheme. It is supporting young people to come together, grow their confidence, self-esteem, gain and enhance business literacy, teamwork, leadership and communication skills.

CREST

36. In our inters and seniors' session we will deliver the CREST programmes to encourage a love and understanding of STEM (science, technology, engineering, and maths). With bronze, silver, and gold CREST awards there is the opportunity for young people to experiment, build confidence and discover practical knowledge.

Community Sports Leaders

37. The award is being run in a LA venue but also within the Police Cadets. This is a great qualification to have, like the dance leaders award, this programme builds confidence and leadership skills while they play sports. As young people move up through sports leaders assessments they will gain more opportunities to lead and support other young people.

Dance Leaders Award

38. Is a qualification for young people aged 14-19 years old and this is being delivered on Wednesdays at a LA venue.

Reading Sparks (for Year 9 plus)

39. In collaboration with local libraries, we are taking part in the Reading Sparks programme. Young people have taken the challenge to help children and young people engage with STEM subjects through creativity. We want to create something that links with a STEM related book (fiction or nonfiction) that will encourage curiosity. Young people have the opportunity to make a short film or produce an interactive quiz.

Implications on related Council policies

A role of the Select Committee is to make recommendations on service changes and improvements to the Cabinet who are responsible for the Council's policy and direction.

How this report benefits Hillingdon residents

A role of the Committee is to make recommendations on service changes and improvements to the Cabinet who are responsible for the Council's policy and direction.

Financial Implications

None at this stage.

Legal Implications

None at this stage.

BACKGROUND PAPERS

None