



# Youth Work in the Inverness Royal Academy area

April 2016 – Sept 2016

## THE BIG HEADLINES



Youth work is an **educational** practice

It is an **empowering** process which is about

- Building self-esteem and self-confidence
- Developing the ability to manage personal and social relationships
- Creating opportunities for learning
- Building the capacity of young people to consider risk, make reasoned decisions and take control
- Having a targeted approach within a range of services for everyone
- Having FUN



Key facts and stats

The Inverness Royal Academy youth team worked with over 135 youngsters aged between 11 and 21 amounting to 1941 meaningful contacts

In total there were 5,389 hours of engagement with young people

These were delivered on 183 separate occasions.

Activities took place in Inverness Royal Academy Sports Centre, Calman Trust in Hilton, Hilton Community Centre and during excursions.

# THE STORIES: THE DIFFERENCES: THE FUTURE

## HILTON GIRLS FITNESS GROUP

The Hilton Girls Fitness Group is a new group that meet every Wednesday night at the Inverness Royal Academy Sports Centre. The girls are enjoying being active, improving their physical activity level within their catchment area, and hanging out with friends. Girls Fitness Group continues to be the setting for positive relationships between girls and their peers. This group provides a safe environment where girls can develop confidence, life skills, share experiences, build new relationships and motivate each other whilst having fun.

## TRANSITION

IRA Summer transition provides young people who are moving up to the IRA with activities which can help make their transition to secondary school more positive. Transition enables young people to participate in outings, sports and share new experiences whilst developing friendships. Young people will meet the youth work team and school services that will support them through their secondary school.

## COOKWELL

In partnership with Calman Trust. Young people are learning to cook on a budget and share experiences in a supportive environment. As well as developing cooking skills, young people are developing social skills and confidence when working with their peers. Young people are also recognised for their commitment and peer support role as they work towards wider achievement awards.

### *Quote from a youngster*

"I enjoy the routine of meeting with my friends and feeling good about myself after the gym."

### ➤ *Quote from a parent*

"The Fitness Group is great as it got my daughter off the couch, off her phone and doing something, thanks very much."



## HOW'S THE FUTURE LOOKING?

### *Getting On* – achievements through learning

Continue to provide opportunities for young people to be recognised for their commitment and contribution to volunteering by developing an achievement awards group to promote Saltire, Leadership and Youth Achievement Awards.

### *Getting Heard* – confident voices, influencing decisions

Develop the IRA youth forum within the school and meet weekly to bring about positive change for the lives of young people within their community, developing their confidence and strengthening relations between young people and community members. IRA Youth Forum will contribute to the Highland Youth Parliament campaigns enabling young people to have their voices heard.

### *Getting Involved* – youth work: it's educational

Development of the Girls Fitness Group at the IRA SC hoping to encourage and engage more young people in physical activity. In addition, we are interested in recognising the personal skills that young people develop through their involvement in these activities. We hope to develop employability skills for young people through physical activity and offer them the opportunity to undergo basic leisure attendant training with the view to a future career path, as well as continuing to promote wider achievement awards. In addition, continue building on the success of existing youth activities and developing further projects within the area.

## CONTACT INFORMATION

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