

# Youth Work in the Ullapool area

October 2015 – March 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 Ullapool youth team has worked with about 100 young people aged between 12 and 25 amounting to 870 meaningful contacts

In total there were 1566 hours of engagement with young people

These were delivered on 83 separate occasions

And took place in Ullapool, Lochinver, Ross & Cromarty Youth Forum, Sutherland Youth Forum

# THE STORIES: THE DIFFERENCES: THE FUTURE

## SPEAK UP

The SPEAK UP group have had weekly meetings to design and create 'Crisis Cards'. These cards were made to provide young people with information of who they could consult in an emergency or if they needed help outside of school concerning their mental health. This project had continual support and dedication from the young people involved.

## Young Mums

This group started in January and has opened up new opportunities. They have done cooking, baby and child first aid as well as getting the chance to relax, have a coffee and chat with other Mums whilst the babies and toddlers play. The group meet weekly on a Thursday in the Macphail centre

## Lochinver Youth Work

In Lochinver we have held a peer training session in December which had a number of very keen young people in attendance. This was followed by a Get to Know Your Techno session in the Assynt Centre which had 3 young people and 5 older adults in attendance. It was lovely and comfortable with all the young people helping where they could. A meeting with the Assynt young people was held in January to discuss with the young people what potential activities they would like in their area. There were a large number of young people present who put forward a lot of good ideas and thoughts.

### ➤ *Quote from a youngster*

"I really enjoy taking part in youth work activities as it gets me out of the house and I get to talk to lots of cool people"

### ➤ *Quote from a partner*

"Children thrive with the opportunities on offer through youth work and the benefits are lifelong!"

### ➤ *Quote from a parent*

"The youth work activities get my kids off of the x-box for an hour which I am very happy about"

## HOW'S THE FUTURE LOOKING?

### ➤ *Getting On – achievements through learning*

More young people are working on their Saltire Awards.

Support D of E with volunteering and skills opportunities.

Start promoting Youth Leadership Awards

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

Weekly Youth Forum meetings will continue after Summer Holidays

Youth Reps will be elected in September for the new School year. There will be 2 per every class in High School.

Elections for Highland Youth Parliament will also take place in Autumn 2016.

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

Transition work for Primary 7s began after the Easter holidays and offers activities to get involved and meet up with each other.

Summer Activities- Wide range of trips and activities will take place in the summer holidays.

Youth Network and Health & Wellbeing partnership- these are ways for anyone to get involved in the planning of youth work and wider community work.

## CONTACT INFORMATION

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