



Youth Work in the Thurso area

April 2016 – September 2016

The BIG headlines



Dance leaders at silent disco Fusion night



Summer Gardening Club

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

Between April 2016 and September 2016, the Thurso Youth Development Team had 365 meaningful contacts with young people aged 12 – 25.

In total, there were approximately 570 hours of engagement with young people.

These were delivered across 80 separate sessions, events and trips away.

Sessions took place in a variety of settings, including Thurso Youth Club, Thurso Community Learning Building, Thurso Library, Stepping Stones and Ormlie Bee Bubble Garden.

A total of 6 recognised awards were gained.

THE STORIES: THE DIFFERENCES: THE FUTURE

Tenant Mentor Project

Our young tenants have successfully completed their twelve week course and will soon be awarded their ASDAN Peer Mentoring Award! As well as learning a variety of communication skills, learners have had the opportunity to share their experiences of the difficulties of managing a tenancy with representatives from the Highland Council housing department and even gave a public presentation. The next step for them is supporting the Tenant Participation Officer to get other young people involved in support groups.

Fusion

Thurso Youth Forum have been helping to plan and deliver Fusion nights for young people this summer – and we have had great fun doing it! Our first event in June was a silent disco, followed by an evening of bushtucker trials in August, both held at Thurso Youth Club.

Summer Gardening Project

North Highland College were kind enough to loan us their vegetable plots at the Bee Bubble Garden in Ormlie over the holidays. We spent the summer weeding, planting and tasting and participants all accrued extra hours for their Saltire Awards.

Roadwise

Our Roadwise Project ended in May. Successful participants achieved an ASDAN accreditation and were given a PassPlus course with local driving school 'Drive for Results'. They also participated in sessions on road safety facilitated by Highlife Highland, Scottish Fire and Rescue and the Youth Action Team.

HOW'S THE FUTURE LOOKING?

➤ *Getting On – achievements through learning*

Young people attending Thurso Youth Club after school session at 3.45-5.15pm on Mondays during term time have been making their own burgers. They have learnt about healthy eating, following recipes and understanding supermarket labels. They will all be offered the opportunity to accredit this learning and do lots more cooking using the ASDAN Foodwise short course.

➤ *Getting Heard – confident voices, influencing decisions*

Caithness Youth Forum are organising a mini-conference for young people interested in representing their peers in local decision making processes. The conference, which will take place in Wick on Wednesday 30th November, will involve students from both Wick and Thurso and will include updates and planning on local issues, the Forum's AGM and elections.

➤ *Getting Involved – youth work: it's fun*

Headspace: An informal drop-in for young people aged 14-18 promoting positive mental health and wellbeing. Held at Stepping Stones in Thurso after school on Thursdays – check our Facebook page for details. From relaxation to food to films – whatever you're into, come along.

CONTACT INFORMATION

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