



**highlife**  
highland  
na Gàidhealtachd

# Youth Work in the Dingwall area

October 2016 – March 2017

## THE BIG HEADLINES



Youth Work is educational and it's fun

It's an empowering process where young people.

- Learn new things about themselves and others.
- Improve their confidence and self-belief.
- Can express themselves without judgement.
- Become more open and accepting of those who are different to them.
- Are encouraged and supported to try and make differences to things that matter to all young people.



Key numbers for the period

The Dingwall youth team has had 920 meaningful contacts with young people.

In total there were 1718 hours of engagement.

All this was delivered on 90 separate occasions.

And took place in Dingwall Academy, Town Hall, Dingwall Leisure Centre, Highland football Academy, Victoria Hall.

30 awards have been gained which recognises the variety of achievements going on locally.

# STORIES: DIFFERENCES: and THE FUTURE

## Monkey Club

Young people from the Dingwall Academy area have been instrumental in developing and running a Primary school age youth club. The junior youth club runs on a Friday for an hour and has over 25 children in attendance. The Young Leaders take full responsibility for the programme, advertising and meet regularly with the adults involved.

## Mental Health Training

Several members of the Youth Forum have taken part in Mental Health Peer Education training. They have also been involved in the development of a training video and session which will be rolled throughout all schools within the Ross and Cromarty area. Once completed the trained young people will deliver the session and video during PSE lessons.

## Scottish Youth Parliament

The Youth Work team are very pleased to announce that a member of the Dingwall Youth Forum, Alan Hasson, has been elected onto the Scottish Youth Parliament representing the Caithness, Sutherland and Ross constituency. Alan is very passionate about improving Mental Health Services for young people so we know that he will work hard to promote this.

## Quotes

"The Young Leaders are amazing!! Without their dedication and hard work we would not be able to run Monkey Club!" Volunteer from Monkey Club

"This had made me really think about Mental Health issues amongst my friends and family, I really want to help break down the stigma." Young person involved in Mental Health project

## WHAT'S COMING UP

In the coming months local young people

- Will represent their area at the summer Highland Youth Parliament conference which this year will be held at the UHI campus in Inverness.
- Will be asked to engage with the Mid Ross Community Partnership. This is the group of senior representatives from Education (Care and Learning), Health, the Third Sector, Enterprise and the Emergency Services who are all committed to involving communities to help improve local services
- Will take part in a Highland wide survey of youth work delivered by High Life Highland
- Will be able to participate in summer holiday activities including FUSION events
- Will continue to have opportunities to develop personal and social skills and be actively recognised for any achievements
- The Dingwall Youth Forum will continue to meet weekly to discuss ways to support local young people and their communities
- The successful FUSION events will now offer Cookwell sessions which will show young people how to cook easy and healthy meals

## CONTACT INFORMATION

[lindsay.mcgarry@highlifehighland.com](mailto:lindsay.mcgarry@highlifehighland.com)  
[louise.rose@highlifehighland.com](mailto:louise.rose@highlifehighland.com)  
Highland Football Academy, Dingwall  
01349 863308

