



## Youth Work in the Inverness High School Area

April to December 2019

### Young People Involved, Being Heard and Achieving



Pàrlamaid Òigridh na Gàidhealtachd – The Highland Youth Parliament Conference - took place on 24-25 June 2019 in the UHI Inverness Campus. HYP includes young people from all 29 Highland Secondary Schools and Local Youth Forums. The HYP conference is a young person-led event at which approx. 80 young people from across the Highlands met with Service Directors, Lead Officers and Elected Members from The Highland Council, High Life Highland and partner agencies, in order to influence decision making that impacts Highland's young people.

#### Sessions

The event was themed around young people's 'Right to Freedom of Expression' with sessions of importance to young people in Highland including peer support for young people's mental health, climate change, an Education Q&A with The Highland Council's Head of Education, Highland Children and Young People Forum's



Inspire Group, the 'Grow2gether' teenage pregnancy project, the new Highland Youth Work Strategy (co-produced with young people), NHS Highland, Waverley Care and HLH C-Card scheme update and local workshops.

Delegates from Argyll and Bute and Western Isles Councils also attended in order to learn more about HYP and the role of the Highland Youth Convener. The Northern Alliance (NA) Youth Conference, involving 70 young people from across all 8 local authorities which make up the NA took place alongside the Highland Youth Parliament conference.

#### Issues

Issues highlighted by young people were Climate Change, Mental Health, Additional Support Needs, Youth Services Promotion in Schools, School subjects, languages, PSE improvements, LGBTI, Rurality and Cuts. View the event report at:

<https://www.highlifehighland.com/youth/highland-youth-parliament/>

# A couple of stories and some headline stats

## What's been happening locally - Project Fusions

Our Young Leaders have been significantly involved in developing the area's Fusion Events (*Youth Clubs*) and the Summer programmes that Youth Work offers. Several IHS pupils gained numerous hours towards their Saltire and DofE volunteering awards by running activities for younger primary children. While this was a great opportunity to build their confidence and enhance their personal skills, it also introduced them to broader thinking in terms of risk, decision making and relationship building. Young people also used the experience to go onto explore, voice opinions and deliver on topics such as Healthy Relationships, Community Involvement and Issue based youth work.

## What's been happening – Project Target Technique

Young people in the area were given a unique opportunity to enhance their health and wellbeing by undertaking training in competitive Target Shooting. 16 pupils in conjunction with 'Target Technique' shared in this new experience, learning and applying the skills required to participate safely and effectively. Being focused, calm and knowing how to respond to your body and internal feelings are some of techniques that young people have described using in other parts of their lives, being more optimistic about stress management and coping with exams.

### Quotes

"I have signed up to continue Target Technique, I think I have found a sport I really love." – Young person

"It's really great to see young people in the area getting involved" – SDS on delivering 3D printing and Game Building workshops in Merkinch

"They have gained so much confidence and they speak to me more about what they are up to" – A Parent about the Growing Together Project

At the HYP conference in June

**4** young people from this area took part

At the Area winter conference in Inverness Cameron Youth Centre

**3** young people from this area took part

During the period, across this area there were

**2412** meaningful contacts

**5531** hours of learning and youth work activity

**777** Programmed Activities

**24** Awards gained by young people

## Some useful information

### Local contacts:

**James Cameron Centre: Limetree Ave: 01463 718773**  
**Cameron Youth Centre: Planefield Rd: 01463 234785**  
**The Jannies Hoose: 54 Telford Rd: 01463 224970**  
**The Clay Studio: 33 Grant St: 01463719712**  
**Merkinch Partnership: 4 Grant St: 01463 718989**  
**Youth Development Officer: 07500 784125**

### Social Media:

[facebook.com/InvernessHighYouthDevelopment](https://facebook.com/InvernessHighYouthDevelopment)

