



## Youth Work in the Inverness Royal Academy 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

## IRA Self-Defence sessions

This project was delivered in partnership with HLH Youth Services, Active Schools & Wing Tsjun Scotland. Girls and boys took part in street defence/ self-defence sessions at the IRA.

Participants built new relationships and shared new experiences with their peers. Sessions also enabled more girls and boys to engage in alternative physical activity where they could build confidence and learn to deal with dangerous situations to stay safe.

## Health & Well-being Sessions Nurture base IRA

4 females attending the nurture base at the IRA, are exploring Health & Well-being and are working towards a Bronze Youth Achievement award. Girls are working with different professionals SDS, HLH, & IRA's positive relationships instructor.

Girls take part weekly in a range of confidence building activities designed to equip them with new skills where they demonstrate the benefits of group work to improve confidence, self-esteem and reduce anxiety for them

At the HYP conference in June

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

At the Area winter conference in Inverness

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

During the period, across this area there were

**1884** meaningful contacts

**4457** hours of learning and youth work activity

**213** Programmed Activities

**48** Awards gained by young people. For Saltire, Dynamic Youth and SQA.

## Some useful information

### Local contacts

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