



Youth Work in the Ullapool 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

Schools Out Summer Holiday Programme

Our Summer activities proved very popular during summer 2019. We teamed up with Dornoch and Golspie youth groups and the staff for a couple of our trips. It was good to partner up with other areas and provide the young people with opportunities to mix with youngsters from other areas and make new friends. We plan to do the same again in summer 2020. New to our programme in 2019 was a Murder Mystery Fusion event and a cinema trip. These activities were fully booked very quickly with local young people enjoying different activities. Their feedback was very positive for all activities at the end of the summer.

Well Being Residential

With the support of the High Life Highland Outdoor team we enjoyed a residential activity weekend in Cromdale Outdoor Centre. This was set up for Youth Forum members in the first instance and then offered to anyone else who wanted to take part. The aim of the residential was to learn some outdoor activity skills as well as working on mental well-being as part of Ullapool youth forums plans. Everyone who attended had great fun and learnt some new techniques in how to stay mentally healthy and how to support their friends who may be struggling. **(Picture below of the group)**

Quotes

'Having Gaming Group to go to every week including through the holidays gives me a group that I feel part of, I do not go to anything else'

'I come now to youth forum and enjoy being able to say how I feel and be able to help change things in my area'



At the HYP conference in June

3 young people from this area took part

At the Area winter conference in Lairg for Sutherland & Dingwall for Ross & Cromarty

3 for Sutherland and **6** for R & C young people took part

During the period, across this area there were

1876 meaningful contacts

5752.0 hours of learning and youth work activity

250 Programmed Activities

30 Awards gained by young people

Picture below of some forum members with their leadership hoodies and certificates

Some useful information

Local contacts YDO: Yvonne Boa (Part Time)
01854 613521
email yvonne.boa2@highlifehighland.com

Social Media Ullapool YDO

There are videos on the Facebook page which show a wide selection of activities on offer

