

## **Young People Cornwall Projects:**

### **Zebs and The House Youth Centres**

**Zebs** is a vibrant busy youth centre delivering various youth work activities in a safe supportive space across the city of Truro. **The House** does the same delivering a range of youth work in St Austell and the Clays.

Qualified, trauma informed, experienced youth workers support young people, building positive relationships which enable them to achieve their full potential by providing a range of activities and opportunities for young people to explore new interests. Young people receive support either 1 to 1 or in groups, and informal education around a range of issues. By inspiring young people to get active as volunteers in the centres and in their community, linking with partners delivering social action projects, they build a positive image of just what young people are capable of. Young people participate in decision-making, planning and delivery in the project, their voices heard in communities and City and Town councils. All work is both face to face and digital.

#### **Currently delivering across Zebs and the House:**

Drop-in sessions: Open access youth work sessions, a recording studio, café, tech, and games.

1 to 1 support – gateway to other services

Activities – music, cooking, boxing, basketball, football, yoga, wellbeing, art, filmmaking, outdoor activities

Detached/outreach youth work in Truro, St Austell to engage young people in their space.

Time to Move holiday activities

Social Action Projects in their communities

REACH personal development programme for young people

Young women's group, young men's group.

Youth forums alongside city and town youth councils.

Victim of crime support group

Support Hubs – 2 a week

NEET group for young people to get back in to work, training, education.

Space for other young people groups and partners to meet including YOS, TFF, TYW, YSUP, Home School groups, schools, VCS partners.

### **Youth Cafes**

Similarly to the centres above, the youth cafes in **Redruth – Hideaway 77**, and **Furry Café in Helston**, provide quality youth work to young people. Young people can access drop-in sessions with a variety of activities and issue-based work, and gateway to additional support, including Support Hubs.

Young people also can access a 10 week Supper Club. They take part in making and enjoying food, learning cooking skills, cooking on a budget, eating socially with their peers, and have access to guest chefs and trips to local restaurants.

Working together with Youth Cafes CIC enables us to work closely with the Town Councils, accessing opportunities for young people to have their views heard, enabling them to be part of co-producing developments in those towns.

Contact Kate Sidwell – [kate.sidwell@ypc.org.uk](mailto:kate.sidwell@ypc.org.uk)

## **Hear Our Voice- 121 Service**

Hear Our Voice provides a one-to-one intervention programme for young people who are experiencing mild to moderate difficulties with their mental health. The Hear Our Voice one-to-one programme provides a safe and inclusive environment to support young people to explore, manage and look after their mental health, build resilience, and develop positive coping strategies. It supports children and young people across the county aged 11-18.

### **Wellbeing Practitioners:**

Wellbeing Practitioners sit within Hear Our Voice at Young People Cornwall. We work with 8–18-year-old (up to age 25 for vulnerable young men), to provide a safe, confidential space to talk about difficulties that young people might be facing. Our focus is on ensuring young people feel comfortable and free to speak in a non-judgemental environment. Wellbeing Practitioners provide low intensity cognitive behavioral therapy to young people with common mental health presentations, up to a moderate level. These presentations include anxiety, low-mood, and behavioral difficulties. We can offer one-to-one sessions with young people and/or parents and group sessions, via face-to-face or digital means.

Contact Camille Smith 01872 222447/07422 505 646 [camille.smith@ypc.org.uk](mailto:camille.smith@ypc.org.uk)

### **Drop-in Support Hubs:**

YPC provide open access drop-in support sessions across the county. Sessions are run by trained workers from across the organisation- bringing our Mental Health and Youth work offer together. Hubs are open to children and young people aged 11-25 who are struggling with their thoughts and feelings. Workers will provide information, advice and guidance and will support those in need to access referral based or specialist services as needed.

Hubs operate in the following areas 3.30-5.30PM:

Monday-	Penzance- Lescudjack Centre, Penzance, TR18 3PE
Monday-	St Austell- The House, Carlyon Road, PL25 4DB
Tuesday-	Helston- 6 Meneage Street, Helston, TR13 8AB 4.30 to 6.30pm
Tuesday-	Redruth- Hideaway 77, Redruth, TR15 2BL
Wednesday-	Truro- Zebs, The Leats, TR1 3AG
Wednesday-	Liskeard- Liskerrett Centre, Liskeard, PL14 4AP
Wednesday-	Newquay- Newquay Youth Centre, TR7 2RG
Thursday-	St Austell- The House- Carlyon Road, PL25 4DB
Friday-	Truro- Zebs, The Leats, TR1 3AG

Contact Camille Smith 01872 222447/07422 505 646 [camille.smith@ypc.org.uk](mailto:camille.smith@ypc.org.uk)

### **Section 136 Engagement Project:**

YPC is conducting a research project working with Devon and Cornwall Police, NHS services and the University of Exeter to understand the lived experience of CYP who have been through a section 136 that results in them being detained in either the section 136 suite or Treliske Hospital. Further to this YPC are seeking to work with CYP who have persistently come to the attention of the Police and who require further support for their emotional wellbeing. This project is operating in the Camborne, Pool, Redruth and Penzance areas.

## **Speak up Cornwall:**

Speak up Cornwall is a mixed youth voice group of young people aged between 14 and 25 years who all have varying experiences with mental health services. Some of us have been through services, some of us care for family members or friends with mental health issues and some of us simply have an interest in improving the resources for children and young people locally and nationally. We are able to influence real positive change."

Speak up Cornwall meet monthly (currently digital) at our youth centres, either Zebs in Truro or the House in St Austell, this is a fantastic opportunity to meet sociably, make new friends and be part of a youth voice shaping children and young people's services for generations to come.

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Running alongside the Speak Up Cornwall project, we are facilitating a Peer-to-Peer support group, a safe confidential space for the members of SUC to attend as a way of mutual aid in supporting one another's needs. Meeting weekly, via digital means, currently Thursdays, from 5pm to 6.30pm. The group offers; topical discussion and workshops, games, and opportunities for members to "Take the lead" in delivering the group. "

Contact Camille Smith 01872 222447/ 07422 505 646 [camille.smith@ypc.org.uk](mailto:camille.smith@ypc.org.uk)

## **Victim Care**

Young people aged 8 to 25 who have been victims of crime will receive around 6 sessions or more of one-to-one goal-based support from a youth work approach, aimed at coping with the immediate impact of the crime. With the young person, workers address the emotional impact of experiencing the crime, offering problem solving and practical support, liaison with other agencies and ensuring that young people can access additional services where this is relevant. This could include ISVA/IDVA services, counselling, mental health or substance use services, housing, information, advice, and guidance, mentoring or youth groups. All aiming for the young person to recover from the impact of being a victim of crime and preventing them from future victimisation.

Youth workers will meet young people in their community, school or college at times and locations that suit them. Young people do not need to have reported the crime to the police, but we can offer support for them to do that if they choose to. We work with young people who can be at risk of exploitation, or at risk of being drawn into criminal activity.

We are working in partnership with Young Devon and Kooth.com to deliver the successful project funded by the Office of the Police and Crime Commissioner for Devon and Cornwall. Young people inform the digital information pages, and online forums provided by Kooth.com.

Ongoing support will be identified to help with the recovery of longer-term harm. The project delivers countywide and may take place on digital platforms or face to face.

## **Headstart Youth Facilitators and Community Facilitators**

Headstart is a trauma informed project that supports 10 – 16-year-olds in Cornwall. The project consists of Youth Facilitators that offer group work with young people and Community Facilitators that help young people access what is available for them in the wider community and offer support to parents if necessary.

Youth Facilitators can work with young people for up to 12 sessions and offers sessions that are child-centred and holistic to the young person. These groups can be held in schools and/or in the community. The project aims at developing emotional resilience and mental well-being in young people. Through building a trusting relationship and engaging young people, youth facilitators will use a programme approach looking at wellbeing issues young people would like information on and to discuss, that will improve their skills in managing their mental health and wellbeing, and positively affect other situations in their lives. Youth Facilitators can make further referrals to other organisations and agencies, as necessary.

Community facilitators work with community groups and parents to build knowledge and skills around working with young people in a way that supports their mental health. They deliver awareness raising on being trauma informed and adolescent brain development, signposting to training or problem solving around referral pathways. Community Facilitators signpost young people into community-based activities that benefit their mental health, working closely with groups and volunteers to ensure all activities are suitable and safe.

Community Facilitators will develop links across community and partners, working with young people to develop groups and activity that can be a steppingstone for young people from group support, into community provision.

### **You Decide**

Providing a number of drop in, evening-based youth projects, for young people aged 8-18yrs (time and age groups vary) providing a safe space for young people with fun positive activities as decided by them, sports, games, art, cooking, etc and offer further support when needed. You Decide works with local community groups, Parish and Town Councils etc. to set up youth groups where young people are, ensuring provision is needs led. Current provision includes.

**Bodmin** – Berryfields community centre 13-16yrs

**St Enoder youth club** – Indian queens rec ground, 9-13yrs

**Newquay youth club** – Newquay youth centre, 9-12yrs and 13-18yrs

**Gwennap** – Richard Jory youth club at parish rooms, 8-11yrs and 11+

**Liskeard** – Lyskerrys youth at Liskerrett centre, 11-13yrs and 14-18yrs

**St Agnes** – PYP MMI building, 8-12yrs and 13- 18yrs

**Porthtowan** – PYP village hall, 8-12yrs and 13-18yrs

**Blackwater youth club PYP** – village hall, 8-11yrs and 11+yrs

**Mt Hawke youth club PYP**– Methodist Hall/corner café, 8-12yrs

Contact: [jemma.verran@ypc.org.uk](mailto:jemma.verran@ypc.org.uk)

## Participation

Building the voice & influence of young people is central to all our work & we are proud of our work improving the participation of young people in local, county & national decision-making processes. We run a Youth Advisory Board which helps us set the strategy and direction of our organisation & our staff help facilitate the Sowenna & Speak Up Cornwall boards. We can run bespoke training for your organisation on ensuring that you work in a participatory way, putting the needs of young people at the centre of your service.

**National Citizen Service (NCS)** offers year-round opportunities for young people aged 16-17years (Year 11 and Year 12 cohort) to get involved in social action, take part in regular sessions with like-minded young people and get involved in helping in their local community. They may also choose to sign up for the full NCS experience of 2 weeks which will include taking part in an adventurous team-building residential. NCS builds skills and confidence and helps young people get ahead in work and life as well as enable young people connect to their local community through social action projects designed and delivered by young people.

In Cornwall, NCS is run by a partnership of local providers including Young People Cornwall, BF Adventure and Southwest Lakes Trust, with YPC allocated young people from schools and colleges in St Austell, Truro, and Newquay. If you are working with a young person who is attending school outside of these areas, or who is not attending school, they may be allocated another provider.

Contact: [Catherine.douglas@ypc.org.uk](mailto:Catherine.douglas@ypc.org.uk)

## Communities Working Together – Falmouth and Penryn

We aim work with young people aged 16-25years at any point of their journey towards employment, education, and training. Working with participants in a holistic way helping them address, over a period of time, all the interconnected barriers which prevent progress. Providing a key worker who will be a constant source of support and feedback for the individual and their family when relevant. Assisting participants to develop their own individual action plan, which addresses their own individual circumstances. Where necessary providing access to key specialist services (e.g., mental health, drug, and alcohol abuse etc) helping participants address profound needs. Supporting from the earliest stages of building confidence and self-esteem, gaining information advice and guidance on a number of barriers they may be experiencing, to CV, application writing and employability skills. We will work with a young person individually to create a bespoke action plan tailored to them, as well as encourage and support them to be involved in group and community activity.

Who can be referred?

Any young person aged 16-25yrs who is NEET (not in employment, full time education or training)

This project uses a place-based approach as such young people must reside within the Falmouth, Penryn and surrounding area, our partners also operate within the following key towns within Cornwall, Penzance, CPR, Newquay, St Austell, Looe, Torpoint, and we can support you to refer to them as necessary.

How to refer someone to us

We welcome referrals from anyone, please give us a call or send an email. We just ask that if you are referring on behalf of the individual that you discuss this with them first. Please complete a service request form. We will then contact the referee to discuss their referral further and answer any questions they may have.

Contact: [catherine.hendy@ypc.org.uk](mailto:catherine.hendy@ypc.org.uk)