

Youth Projects 2022-2023

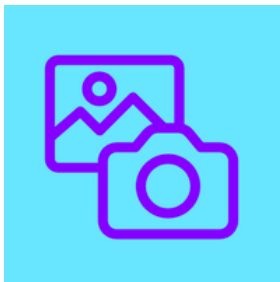




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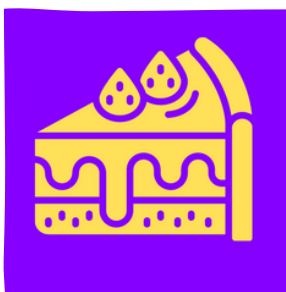


About us



About People First

People First is customer led organisation that runs an advocacy service over Cumbria and Lancashire as well as a self-advocacy network, Centre for Learning and Youth Services.



Youth Projects

People First have a dedicated youth team who run youth projects funded by Children in Need. We run sessions, activities and workshops in the community and in schools for young people aged 10-18 with learning difficulties and/or autism. No official diagnosis required.



Next Steps

Next Steps is a youth project which aims to support young people to transition from lockdown back into everyday life and to reengage with the community. Next Steps focusses on building tech savvy skills as well as personal development.



Journeys

Journeys supports young people on their own personal 'Journey'. This can include helping young people to set their own achievable goals and helping them get there. From getting fitter to making more friends, we are here to help young people get there.



Cost?

People First Youth Projects are funded by BBC Children in Need, meaning the cost of most activities is either fully or partly covered by us.



Meet the Team



Sam: Youth and Community Team Leader

Hi I'm Sam and I work on the Next Steps and Journeys Youth Projects. I graduated from the University of Cumbria with a Primary Education Degree and have lots of experience and qualifications in working with people with disabilities, learning difficulties and autism.



I love watching horror movies, playing retro video games and bird watching, especially doves and pigeons.



Emily: Youth Worker

Hey, I'm Emily and I work on the Next Steps and Journeys Youth Projects. My background is in art and film but I love to be creative in anyway I can. I also have experience in respite care as the part time carer of a wonderful young lady with learning difficulties.



My favourite things are travelling, drawing, listening to music, documenting things with my camera and spending time with animals.



Cat: Expert by Experience/Youth Worker

Hi, I'm Cat I work on Journeys and Next Steps as the expert by experience. An Expert by experience is someone with lived experience I have learning difficulties so I use these experiences' as a Youth worker. I run the coding workshops. and run a lot of the online resources.



My hobbies include movies, video games, Web design, Strength training, Cooking and embroidery and drinking lots of coffee.

What We Offer:



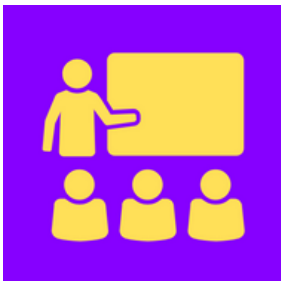
121 Support

For those who may find group settings overwhelming or need more targeted support, we offer 121 interventions. These sessions can be tailored to you and your needs and happen remotely or in person. Whether its brushing up on your social skills, just needing a chat or looking for support on a specific issue, just drop us an email.



Youth Groups

We run inclusive, friendly youth groups. In our groups we facilitate fun activities, informative workshops and games. Most activities are free unless stated otherwise. We have a regular club running in Workington as well as activities running in and around Carlisle.



School Workshops

For students who may require extra support in school, we can come and run intervention sessions. We have a wide range of interactive and informative workshops that we can deliver to different year groups and tailor to suit needs of the pupils.



Activities

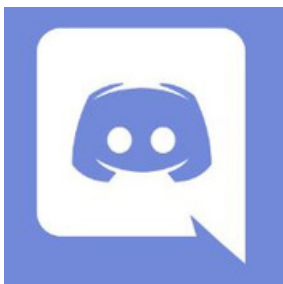
We offer a wide variety of activities to get involved with. Ranging from sport, art, baking, crafts, tech and quizzes. We also organise day trips and visits to places such as local wildlife parks, sports venues such as Fusion trampolining or Clip n Climb, nature reserves and museums.

What We Offer:



Record of personal achievement

Young people who attend our activities, whether in school or in the community, will complete a portfolio which acts as a record of learning. This portfolio records which workshops young people have attended and keeps track of progress through achievable target setting. This can be used to celebrate personal growth and development.



Discord

Join our youth projects discord. A safe platform for our youth group members to chat online. The discord is moderated and managed by the team and is invite only. To request an invite drop us an email.



PF Achievement's

A series of online challenges set by the team. Each challenge contains a guide on how to complete and is emailed directly to you. After completing 5 challenges you'll earn a prize!

Services for schools



Free bespoke sessions

We can help support students development through tailored sessions aligned to your aims. For example, we planned and ran consent and relationships sessions tailored to the needs of students at a local specialist school.



Portfolio of workshops/programmes

We have a range of workshops and programmes collated from the many sessions that we have delivered around a wide variety of topics. Although we can adjust these sessions to meet the needs of the young people.



Flexible workshops

For a number of long term goals, such as building resilience in preparation for transition, we can deliver a programme of sessions which can run over weeks/months. We can work around you and adapt our workshops to meet your students needs.



121 Support

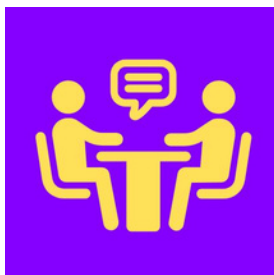
For those who may find group settings overwhelming or need more targeted support, we offer 121 interventions which can take place in school. These sessions can be tailored to the needs of the individual and happen remotely or in person.

Workshops we deliver



What is Anxiety?

Anxiety is a common problem for young people, we can help them to understand what their anxiety is, what their 'anxiety monster' looks like and ways they can manage it.



Consent and Relationships

The world of dating and relationships can be confusing at times. Our programme of sessions can help young people better understand consent, healthy and unhealthy relationships, relationship stages and how to stay safe when chatting online.



Staying safe online

Young people are spending more time on the internet. To ensure they are well-equipped with the skills to stay safe our workshops focus on building strong passwords, recognising scammers, keeping personal information safe and how to navigate appropriate social media sites.



Resilience building

We have established a programme of resilience building workshops suitable for young people. These workshops are based on research developed by YoungMinds and the University of Brighton.



Journey to Fitness

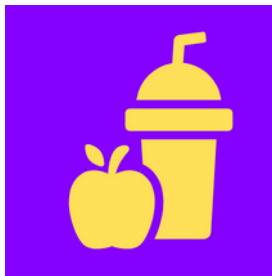
These workshops cover the importance of exercise, how to add exercise in our daily lives, healthy choices and how to understand food labels.

Workshops we deliver



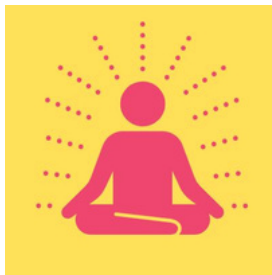
Circles of Support

This session aims to encourage young people to identify their support systems in their lives through social support mapping.



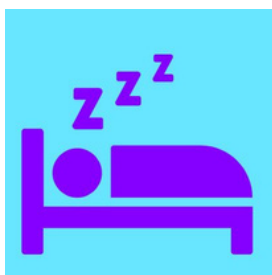
Healthy Eating Tips

This session looks at healthy eating, easy recipes and how to incorporate more fruit and vegetables into the diet. Young people will receive QR codes linking to 'how to' tutorials they can try at home.



Mindfulness

We can deliver Mindfulness sessions such as guided mindful drawing, safe space art and sessions discussing mindfulness tools to help us with stress.



Importance of sleep

Topics covered in these sessions are the physical and emotional benefits of sleep, what can effect our sleep and what we can do to help ourselves get a better nights sleep.



Personal Space

This session covers personal space, boundaries and how to respect other peoples boundaries.

Guide for Parents



Parents are welcome to come

Parents are welcome to observe or join in with activities. We want you and your child to be comfortable coming to our sessions. Feel free to email us with any questions.



Staff DBS Checked

Our staff are DBS checked and are up to date with Safeguarding training. Activities are risk assessed to ensure safety and to encourage positive risk taking.



Inclusive sessions to meet childrens needs

We aim for all our sessions to be inclusive and accessible to children who wish to join our sessions. If you have any concerns or anything in particular you believe would make your child more comfortable, please let us know.



Feel free to have a chat with us.

Do you have anymore questions or are there particular sessions you or your child would like to see? We are open to chat and work around families and children's needs. Our contact details can be found on page 12.



Youth Group/Activities

Events

Every month we run a range of activities throughout Cumbria. These have included Coding workshops, Tech Fairs, outdoors events such as Bendrigg, baking workshops and many more. We like to keep things varied so keep checking our timetable and you'll be sure to find something to interest you.

West Coast Drop in

Every Thursday we host a drop in group at the Carnegie in Workington. This drop in youth group will have a different fun theme every week so be sure to check our website to see what we're doing each week.

How to book on

Some of our events have limited numbers so be sure to book on to particular events via email, phone or on our Eventbrite page 'People First Youth Projects' to get priority.



Get in touch!

Email : Youthprojects@wearepeoplefirst.co.uk

Facebook : People First Independent Advocacy

Instagram: pfyouthprojects

Eventbrite: People First Youth Projects

Website: www.wearepeoplefirst.co.uk/news/events-for-young-people/

Testimonials

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'I really enjoy work with you guys and i really enjoy the session'

Young Person

'She is loving chatting to you guys and I think it's great'

Young Person's Parent

'At the start (of lockdown) she was getting quite withdrawn and it was worrying, so it's fabulous that she obviously feels comfortable with you'

Young Person's Parent

'Thank you for tonight I really enjoy it and I enjoy meeting new people that I never met before.'

Young Person

'The children have thoroughly enjoyed the sessions'

SENCO of West Cumbrian Primary School

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