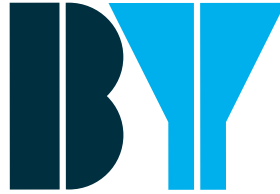


**BERKSHIRE
YOUTH**



EMPOWERING YOUNG PEOPLE
PROVIDING SAFE SPACES
INSPIRING CHANGE
CREATING OPPORTUNITIES
SUPPORTING COMMUNITIES

OUR SUPPORT OFFER TO SCHOOLS





AN INTRODUCTION

At Berkshire Youth, we have been delivering excellent and efficient youth support services for 85 years, supporting all young people as they transition from childhood to young adulthood. Adverse childhood experiences can limit life chances. We focus on prevention and helping young people who are not yet in crisis but are missing out or face barriers to access. They may come from a disadvantaged background, have mental health issues, a chaotic family life or have low self-esteem.

We support clubs and groups to provide safe environments in which young people can explore new ideas, activities and opportunities. We do this by building on local agendas, responding to the needs of young people and local communities, offering support to local partners and direct provision as appropriate. We firmly believe that by addressing social issues, promoting personal development and collaborating with various stakeholders, we can empower young people to reach their full potential.

An increasing part of our support portfolio is our work in Secondary Schools throughout Berkshire. We are proud to have developed a comprehensive and tailored offer to support young people on their journey from primary to secondary school and beyond. We can provide a range of targeted programmes which escalate in support in accordance of need covering well-being, self-support / management and resilience. We also offer the option of 1:1 Mentoring for young people who are disengaging with education or showing signs of disengaging with their education.

The young person is at the centre of everything we do and at the heart of every decision made. We are there to provide a trusted adult to guide and empower that young person to become the best version of themselves they can be and therefore, contribute positively to society.



WHAT IS FUSION?

Fusion has been designed to equip young people with skills, knowledge and tools, enabling them to gain understanding and make better choices to thrive throughout their educational and social life. Fusion is not a mental health programme but an offer to young people to learn more about the impact they can have on their own well-being, focusing on physical, mental and social health.

WHAT DOES IT COVER?

On completion of the programme, young people will be equipped with the knowledge, techniques and confidence to support their own well-being.

Fusion includes the following one hour workshops:

- An Introduction to First Aid
- Resilience
- Communication
- Mental Health
- Healthy Lifestyles
- Secondary School Preparation

WHO IS IT FOR?

This exclusive programme is designed to engage all Year 6 young people and for those referred through Year 7.

“ Fusion has helped support our children with their transition to secondary school, and has given the children someone external to speak to about their questions, worries or concerns. The sessions focus on well-being, building resilience and teamwork skills - the skills our learners need to continue to develop when they go to secondary school. The children always cheer when they have their next session coming up. ”

Year 6 Teacher, Harmans Water Primary School



WHAT IS THE IMPACT?

- Increased knowledge of the importance of physical activity and contributing factors that affect Mental Health & Well-Being.
- Introduction to First Aid training.
- Development of socio-emotional skills including: emotion management, empathy, initiative, problem solving, responsibility and team work. (A Framework of Outcomes for Young People 2.1 - Centre of Youth Impact 2022).
- Transitional skills to apply to their everyday lives throughout adolescence and confidence around self-reflection..
- Confidence for school transition, external events and challenges.
- Achievements in a number of personal and group goals to support their esteem and sense of belonging within the school setting.

WHAT'S INCLUDED?

- A youth worker to deliver the course
- Progress will be monitored through a baseline and end of programme questionnaire.
- Class cue card/reflection tool developed by participants with prompts of their learning.
- Certificates for completion and a specific Introduction to First Aid certificate.

COST

Cost: £1295 | No of sessions: 6 | No of Young People: 30



SPARK

WHAT IS SPARK?

Spark is an innovative mindset course for young people. It helps young people manage the pressures of life, the challenge of relationships and the ups and downs of everyday emotions. It supports young people to dream big and fulfil their full potential at school and in life. The course is designed by Olympic Team GB Performance Psychologists and formed the bedrock of Marcus Rashford's best selling children's book, 'You are a Champion'.

WHAT DOES IT COVER?

Spark includes the following one-hour workshops covering a wide range of topics central to thriving in life:

- Introducing Spark Setting Up For Success
- Your Amazing Brain
- Looking After Red Brain
- Live Life With A Positive Lens
- Team Tribe And True Connection
- Great Expectations
- Being Your Confident Best
- Maximising Everyday
- Moon Shot Thinking
- Key Learnings And Takeaways

Sessions include engaging video messages from top performance psychologists and elite performers from different fields, sharing top mindset tips, animations, quizzes, discussion topics, reflection time and practical strategies.

WHO IS IT FOR?

The Spark programme is for Primary School years 5 and 6 and Secondary School students from year 7-11. Any student can benefit from this programme and you can choose to enrol a group, a class, a year group or your whole school.

WHAT'S THE IMPACT?

- After completing spark, 68% of students said they feel they have the skills to lead a happy and successful life.
- 64% said they feel more resilient and are able to deal with life's challenges.
- Spark students have shown increases in self belief, self-awareness, confidence and a positive mindset.

“Spark helped me to understand my feelings, and feel more positive about myself. I got to talk about things I needed to out loud and share my worries with people I trust.” Yr 6 student, Primary School

“It created a dialogue that should be part of every curriculum. There were some really magic and humbling moments along the way as well as fun and laughter. The care and thought that has been put into this course is utterly remarkable and I would highly recommend it as a real game changer for schools.” Jo Halliday, Executive Headteacher, Theale Green School

WHAT'S INCLUDED?

- A youth worker to deliver the course (up to 12 per group).
- Workbook: colour printed 40 page booklet or online version.
- ASDAN certificate awarded for course completion.

COST

Cost: £2160 | No of sessions: 10 | No of Young People: 12

PIVOT

Engage | Learn | Apply
Reflect | Achieve

WHAT IS PIVOT?

Pivot is built around five core areas: Engage, Learn, Apply, Reflect, Achieve. These five core areas empower young people to access appropriate support and engage in a positive learning environment. Promoting their own development, to make better choices, enhance their self-esteem, improve relationships and their well-being.

WHAT DOES IT COVER

By engaging in this programme young people will have the opportunity to feel safe, contribute to and achieve positive learning success. They will reflect on the impact of achievement with the motivation for improved engagement in a learning environment.

The programme is run on a half term basis as a six-week programme of three hour workshops.

Each session begins with a weekly check in and meal, followed by the workshop and ends with an hour of group physical activity.

- Personal Self
- Understanding What Works For Me
- Positive Learning Environments
- Supporting Well-Being
- Socio-Emotional Capabilities
- Reflection & Next Steps

WHO IS IT FOR?

The Pivot programme is designed to support Secondary School students from year 7-11 who are recognised as being of risk of disengaging with their education.

WHAT'S THE IMPACT?

- Improved understanding of the opportunities presented through education and reflection on the collaborative approach between teachers and students.
- Ability to identify patterns that affect the classroom environment or individuals and create space for change.
- Understanding of their; strengths, development areas, likes and dislikes, challenges, and aspirations.
- Reflection on their own behaviour and triggers, explore impacting factors and opportunities for behaviour change.
- Transitional skills awareness of wider experiences that can impact readiness for learning, such as sleep routine, being late to lessons, having equipment.
- Transitional tools, responsibility to meet commitments and fulfil challenging obligations.
- Critical thinking, goal setting, and responsible decision making when planning tasks.

“The Pivot programme offers an opportunity for young people to address areas where they are less confident in a friendly and supported way from experienced adults, combined with physical activity which many of our young people enjoyed and felt helped them be more willing to discuss potentially uncomfortable issues.” Mr D Crabbe, Alternative Curriculum Lead, Trinity School

WHAT'S INCLUDED?

- A youth worker to deliver the course and team activities.
- Progress monitored through a baseline and end of programme questionnaire.
- Further opportunity of ASDAN accredited courses.

COST

Cost: £4970 | No of sessions: 6 | No of Young People: 6

*Please note cost may vary dependent on physical activity undertaken

WHAT IS IT?

For young people who are disengaging with their education we can offer 1:1 Mentoring Support. This is a platform where youth workers can engage one to one and talk to young people about their wider concerns. Serious crime, county lines and youth violence continue to be an issue facing young people and this project focuses on young people who are at risk of becoming involved in these activities, or who are at risk of exclusion from school, and therefore increasing their potential risk.

We are committed to a youth-led approach in our support of young people, working with Secondary Schools to enable young people to engage in a weekly support session, tailored to meet the identified and specific needs of each young person.

Our sessions take place either within their school or the community, whichever is confirmed as the most appropriate environment to support their personal, social and educational needs.



WHAT DOES IT COVER?

We work to empower and support each young person and create a youth-led plan to enhance their development relevant to their needs. We also hold a focus on the six development areas: Emotion Management, Empathy, Initiative, Problem Solving, Responsibility and Teamwork.

Phase One: Three Sessions Package

- Assessment of engagement and agree areas of support.
- During these first three sessions a relationship is built, the youth worker is introduced to the young person and the potential support they can offer. If the young person chooses to engage further an action plan is created for future work (Phase 2).

Phase Two: Seven Sessions Package

- Weekly engagements in school or the community.
- Supporting young people to direct and work towards their own personal, social and educational development. A bespoke support plan is created for the individual young person and will include:

- | | |
|---|-----------------------|
| › Supporting Positive Activity | › Confidence |
| › Community Engagement | › Isolation |
| › School Engagement | › Understanding Self |
| › Mental Health | › Independence |
| › Positive Relationships | › Transitional Skills |
| › Understanding Behaviours & Consequences | › Life Skills |
| | › Impact of COVID |

Phase Three: Four Session Extension

- A further four sessions are available to extend and continue the support if required for the young person.

1:1 SUPPORT FOR YOUNG PEOPLE

WHAT'S THE IMPACT?

Responses from Secondary School staff has been incredibly positive, stating that young people have a more positive behaviour/attitude, better attendance, reduced exclusions and are overall more settled in school. 100% agree that the support from youth workers makes a difference to their students.

When asked what would have happened if we hadn't been supporting young people, schools tell us they would have seen:

- Increased detentions/internal isolation
- Increased fixed period exclusions
- Deterioration in behaviour at school
- Deterioration in engagement in school
- Deterioration in attitude to learning.
- Less settled in school life

“The youth worker provision is essential in that it provides some of our most vulnerable and, at times, disengaged students with support that is very different from the other kinds of support available in school. The impact of this support is significant. I have no doubt that the support from Berkshire Youth has really helped students to achieve success within school, when otherwise they might have ended up outside mainstream education.”

Phil Wilson, Deputy Headteacher, The Downs School

“The wrap around intervention that the Youth workers provide is invaluable. For students to have a service that operates both in school and in the student's social time outside of the school environment makes a massive difference and has a positive impact.”

C Fuller, Safeguarding Team, St Bartholomew's School

WHAT'S INCLUDED?

- Berkshire Youth will monitor each engagement against a set of targets set out through the 'Request for Service'.
- Initial assessment with young person, weekly progress updates, end of project assessment survey and report and review meeting with School contact.
- Any safeguarding concerns for the young person, in-line with partner and LA policy, to be reported and supported at specific meetings with notice.

COST:

£60 for each one hour session

Phase 1 Total Cost £180 | Phase 2 Total Cost £420 | Phase 3 Total Cost £240

*Please note additional costs may be incurred for travel expenses



WHAT DIFFERENCE DOES THE SUPPORT FROM A YOUTH WORKER MAKE TO A YOUNG PERSON?

THE SCHOOL STAFF SAY:

100% agree they have seen a difference in their students	84% agree their students have a better understanding of their choices
92% agree students have a more positive behaviour/attitude	100% agree that the sessions were Excellent/Good
83% agree students are more settled in school	92% say that if the student had not received support from a youth worker they would have seen a deterioration in learning

“They can make a big difference to the behaviour of individual children, which can then have a wider positive impact on the rest of the school, as lessons and the learning of other children is less likely to be disrupted.”
Denefield School

A student was referred to the Berkshire Youth Mentoring programme due to low self-esteem and mood, believed to be triggered by parental separation. Her behaviour was poor, showing disrespect to teachers and peers, and included bringing vapes into School and being involved in a physical fight. Weekly meetings were initiated with a youth worker to discuss the issues in school, find solutions to improve these and set specific achievable goals. The overall aim was to reduce her number of behaviour points and detentions, a goal identified by the student, herself in the session. As the weeks progressed, she engaged well and was open to talk through any difficulties she had faced over the past week. She became more able to reflect on problems and identify solutions. For the whole of the following term, the student only received positive achievement points with no negative behaviour points. School have reported that she is more positive about school and has grown in confidence, ‘The student has not been involved in any high-profile cases recently, just lower-level things which is an improvement. You do not hear her name in connection to things, where last academic year her name would come up a lot.’ Berkshire Youth was the sole intervention this academic year.

THE STUDENTS SAY:

100% agree that being support by a youth worker has made a difference to them	81% say they have developed positive behaviour strategies because of the sessions
100% agree that the sessions provided them with practical knowledge	100% agree their youth worker is always willing to listen and 94% agree they are different to their teacher
96% agree they were involved in the topics they discussed during their sessions	91% said the youth worker delivered effective support

“My behaviour is improving a lot.”
Student, Kennet School

“Gives you a space to talk to someone.”
Student, Trinity School

Another student was referred to the Berkshire Youth Mentoring project due to repeated poor behaviour. Records indicated that the previous academic year he had accumulated many negative behaviour points and very few positive points for a variety of issues, namely bullying, disruption and defiance in lessons. It was evident that if this behaviour continued, he would be on a trajectory for exclusion. Our Youth Worker worked with the school and student to understand what was not going well from each other's point of view. This formed the basis of the conversation in the 1:1 sessions; solutions and ideas were worked on and goals were set to develop his own skills and capabilities. Setting specific goals around his class charts and behaviour points allowed him to think before acting in lessons and to reflect on things, if there was a negative outcome. As a result of the sessions, his achievement points doubled and his negative behaviour points decreased. The student said, ‘These sessions are really helping me.’ Overall, he felt more confident, less irritated and recognised huge self-improvement in many areas including: problem solving, relationships, resilience, managing his feelings and communication.



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