



South Norfolk Youth Advisory Board

Impact Report – April 2014

This report details the work carried out by the South Norfolk Youth Advisory Board (YAB) in its first two years. This board has benefited from having the same Chair throughout this period, although other representatives have changed over time. These reps have brought issues to the YAB, as well as responding to needs.

According to the 2011 Census, there are 13410 11-19 year olds living in South Norfolk. The needs of these young people have been determined through analysing statistical information for the district and for Norfolk, as well as engaging young people through questionnaires and focus groups.

Details of new projects initiated in South Norfolk, as a direct result of the YAB, over the second year of operation (2013/2014):

Project	Activity	Target Group	Location	No of YP
Six Youth Council (6YC)	Youth Council set up to support six parishes	Young people aged 11 – 20 (25 with disabilities) who want to be part of decision making processes locally. Young people who want to have a say.	Poringland, Framingham Earl, Arminghall & Bixley, Framingham Pigot, Caistor St Edmund and Stoke Holy Cross	12 on council, many more consulted
Mentoring - LSHS	Adult volunteer mentors supporting a group of four young people on a monthly basis	Young people in Year 9 who need some help, inspiration and a positive adult role model. Adult volunteers recruited and trained.	Long Stratton High School	20 (more to come on board later in the year)
Individual YPs Fund	Grant Fund to support young people to reach a goal.	Young people aged 11 – 25 who need quick financial support and cannot get the money by any other means	District wide	11 x successful applicants (5 x unsuccessful)
School Sexual Health Programme	Pilot Project delivered in partnership with Children's Centre to explore decision to delay sex	Universal programme for all Year 9s	Diss High School (pilot), but programme to be rolled out district wide	135 in Diss Potentially 1000 across district.
Careers Work	Project to build links between education and employment – currently evaluating what is available.	Young people aged 13 – 18 years old	District wide (maybe countywide)	100 young people giving feedback directly, 1000 young people supplying comments.

School / College Grant Fund to support yp with external services	Seven programmes in place: Specialist Careers Advice Lifeskills Drop In Service Drugs Support Drop In Service Drugs Support Mental Health support	Year 12 pupils Year 10 pupils Years 7 – 11 pupils 14 – 19 year olds Years 7 – 11 pupils Year 10 pupils Years 12 and 13 pupils	Diss Long Stratton Easton Harleston Loddon To be offered district wide later in year.	Total: 502 80 18 120 66 120 80 18
Parent information	Sessions and resources for parents so they can support their young people effectively.	Parents and Carers of high school attendees. Information booklet / resource	Diss – Information session (pilot) District wide	30 parents / carers All parents / carers
Wymondham Initiative	Project and co-ordination of work to tackle ASB in town	Young people who are not engaging in positive activity	Wymondham	100

Projects funded from 2013/2014 budget, but work starting in April 2014

Project	Activity	Target Group	Location	No of YP
Mental Health Project	Promote existing services, link with schools for awareness projects, and provision of new services.	All young people, with a focus on those with mild mental health issues.	District wide	Potential of 500+
Teen Violence	Awareness campaign around healthy relationships, with support for those who need it.	All young people, with a focus on vulnerable young people.	District wide	5000
School Resource Kit	Provide a resource kit and training for schools to support their PSHE lessons.	All high school age pupils	District wide	1000+
Doctors Surgery project	Create better working links between the surgery and high school	Year 7 – 11 pupils	Diss	500

How many delivery points do these projects provide?

- 19 current 'active' delivery points
- 13 more by the end of the summer term
- Approx. another 10 by the end of the 2014

NB. This does not include new initiatives from 2014/2015 plan.

**Details of existing projects which have been directly supported via the YAB
(including those set up in Yr 1 and which have continued to operate)**

1. Hethersett Youth Club
This youth group has benefited from YCW support, as well as Young Commissioner Inspection visits. This has enabled the group to expand with the offer of another session for different age groups, as well as improve their practice with young people.
2. Gissing Youth Club
This group received a visit from Young Commissioners, and is now using this inspection report, the recommendations and the YAB Needs Analysis Document to support a community bid to the Big Lottery, along with support from the YCWs.
3. Thurton Youth Club
An inspection visit from the Young Commissioners prompted this youth group and workers to improve their provision for young people in the area. The worker is now engaging with the YCWs and Momentum to develop their skills and youth group.
4. Diss Youth Group
This group is using annual visits from the Young Commissioners as a way of measuring progress.
5. Bunwell DropZone
The YCWs have supported this group, as well as Young Commissioners – particularly ensuring that young people are involved in the development of their provision.
6. Costessey Posse
This group, and particularly the youth worker have been supported by the Young Commissioner visits, and help from the YCWs.
7. Long Stratton Youth Café
This group has been supported by Young Commissioners and YCWs.
8. Agents of Change
This project was commissioned by the YAB in Year 1 and recruited young people to become 'Agents of Change' for their communities. This involved young people getting involved in Social Action Projects where they lived, as well as some becoming specially trained so that had the confidence and skills to make a difference. Local projects included skate park clean ups in Mulbarton, liaising with Parish Councils about lights and litter bins in their village (Loddon), acquiring football nets and other park equipment (Ditchingham). These young people are still using these new skills, by moving onto other opportunities including becoming Young Commissioners, joining School Councils, becoming councillors on the 6YC, getting involved with Youth Parliament, and being part of 'working parties' linked to parish councils to improve their local areas.
9. Life Zone Drop-ins
These school sessions were run as part of the Agents of Change project. Some schools have continued to engage with this project, and offer it as a service to their students.

Numbers of young people who have been reached through new projects:	1880
Numbers reached through existing projects supported by YAB:	200
How many adults/volunteers have been supported by YAB?	68
How much of 2013/14 YAB budget (£115k) has been allocated?	£115K

Impact of the YAB's Young Commissioners on other agencies and organisations' decision making and commissioning locally.

South Norfolk YAB currently has a team of 21 Young Commissioners, however, over the two years of operation, a total of 38 young people have been trained. Another 13 young people have carried out a lot of Focus Group work, but never attended the training. South Norfolk YAB has a rolling programme of recruitment and training for Young Commissioners, as young people move on for different reasons – exams and school work being a major cause of why they cannot commit extra time for this work. This continual recruitment focus means that there is always a mix of experienced and newly trained young people working together.

“It is a new experience that leads to meeting amazing people and accomplishing amazing things.” Sarah, Young Commissioner.

“It feels good to help the local community and meet new people with ideas and suggestions that can help.” Harry, Young Commissioner.

The Young Commissioners have carried out a series of Inspection Visits which have resulted in four organisations asking for further input and support from this specially trained group of young people. They asked for recommendations on how to develop and improve their provision – and have all acted on this information. For example, Thurton Youth Group is now working on an action plan, which includes further visits from the Young Commissioners, so that they can engage the club members in the decision making processes.

Young people, and particularly Young Commissioners have been very involved in the development of surveys, as well as answering the questions and being part of Focus Groups. 743 young people took part in an online questionnaire, and another 42 participated in Focus Groups. This has all fed into our Needs Analysis document, along with statistical data of the district. This document has provided information, not only for the YAB, but also for other organisations – helping them to make informed decisions about where and how to target their services, along with being support documents for funding applications.

Young Commissioners have helped to develop the two YAB Funds that have been running. One fund is for individual young people who need some immediate financial support (up to £500 in any 12 month period). This was set up as a direct response to feedback from professionals, as well as the young people who took part in a survey. 60% (446) of these young people wanted a fund to support education. This has proved successful with all applicants needing costs relating to school or college including transport, equipment and fees. The other fund was for schools and colleges to enable them to buy in external organisations to deliver services to support their students. Young Commissioners have been trained to evaluate the applications for both funds and they make up the majority of decision makers on whether or not grants should be awarded.

When evaluating a school application: “They have the ability to pass information to an area that experiences a lot of children... thus covering a vast area with one grant” Josh, Young Commissioner, demonstrating his understanding of value for money.

Young Commissioners have supported the development of young people's services from South Norfolk Council, as well as those where they have an influence.

"From SNC's perspective the Commissioners were heavily involved in the appointment of our Youth Activities Coordinator and had a role in the development of our Job Clubs. In terms of other agencies they have influenced the delivery of services either directly through the YAB or as commissioners invited to appraise projects/services. This would not have happened if the YAB was not in place."

Oliver Hill, Communities Officer – People, South Norfolk Council.

"A lot of the YAB work has been bought into the Council to look at future strategy around young people, this has included housing, child poverty and early help. Feel the young commissioners have a high impact on the YAB itself and ensuring that future direction is centred around young people. One of the biggest impact to date for me is the model of the YAB itself and CS investing in this way of working which has provided leadership and encouraged others to think the same." Mike Pursehouse, Communities Officer – Safety, South Norfolk Council.

The YAB and Young Commissioners have been a welcome addition to some organisations, as they can use the information gathered to inform their planning for the future.

"Working with the SN YAB has given SNCCG a vital insight into the priorities young commissioners and young people have in the District, especially those that impact on health and wellbeing.

SNCCG's involvement with the YAB has been reflected in its strategic planning – for instance, raising the importance of Mental Health services and information for young people." Oliver Cruickshank, Engagement Lead, South Norfolk Clinical Commissioning Group

Impact of the YAB operating model on other agencies and organisations' decision making and commissioning locally.

The YAB has influenced the development of young people's services within South Norfolk Council. For example, Job Clubs became a commissioned service involving local providers, the library service and young people, all working alongside the district council. This collaborative approach to providing a service based on young people's needs mirrors the operating the model of the YAB.

"Speaking for SNC the model has influenced and shaped direct service delivery with our resource commitment more than matching that given to the YAB itself."

Oliver Hill, Communities Officer – People, South Norfolk Council.

"The YAB way of working is heavily influencing our thinking on how to set up the Early Help Hub." Mike Pursehouse, Communities Officer – Safety, South Norfolk Council.

Norfolk County Council now places the responsibility of the Positive Activities Money through the YABs – this is so local decisions around the commissioning of services can be made based on local information.

There are more opportunities for shared agendas to be identified – for example the YAB tries to ensure representation, as well as a report at Voluntary Sector Forum Meetings, or Momentum’s Networking Events. This means that the YAB is truly enhancing existing provision, rather than duplicating it. Attending Teenage Pregnancy Strategy Group meetings means that the YAB’s work fits in with the county strategy and can contribute in a meaningful way.

The Grant Fund for Schools and Colleges has enabled them to commission services that meet their needs. A consistent message from young people through questionnaires and focus groups was that they wanted external people, i.e. not a teacher, to support them and take them through different issues.

“We believe this is an inspired initiative!” Dr Hunt, Headteacher, Diss High School

Oliver Cruickshank, Engagement Lead, South Norfolk Clinical Commissioning Group states:

“The YAB model has provided SNCCG with a forum to discuss young people’s needs with a broad range of cross-sector organisations and young people themselves. This has encouraged a collective sharing of agendas and closer working between agencies.”

Additional capacity created locally through the YAB’s activity.

The YCWs have supported many community projects to ensure their continuation and development. This work has included:

- 6YC – Set up and support of a Youth Council
- Bunwell Dropzone – supported the group to stay open and ensured further ongoing help was put in place
- Hethersett Youth Group – supported the expansion of the group to enable an extra session to be run
- Bawburgh – support with a new session for a different age group

The YCWs have also worked in schools, helping them to set up and deliver extra projects. The Sexual Health Programme would not have been piloted in Diss had a YCW not led on delivery. The Children’s Centre had wanted to run this project, but could not offer enough resources until the YCWs supported. The YCWs have also helped with recruiting volunteers for the mentoring project in Long Stratton. The seven school projects funded by the grants have enabled more services to be offered to young people, as well as enabling providers to reach more young people in their target groups.

Prior to setting up the two YAB Funds, the YCWs mapped out available grants in the area, as organisations did not necessarily seem to have this information. A local database has now been sent to youth clubs, Momentum, youth workers and all YAB Members, so people have a start point for their specific research. This has meant that organisations have spent less time looking for funds.

Young Commissioners have volunteered not only their time for the YAB, but also at different events around the district including South Norfolk on Show and Britten Sinfonia concerts at Wymondham Abbey.

“Thank you, they were great. Really responsible and helpful, smiley, polite and welcoming. We were delighted with them. They were a credit to themselves, you and their schools.” Isobel Timms, Britten Sinfonia

“It’s a great way to meet new people and have lots of different opportunities” Skye, Young Commissioner who has volunteered at all events.

The YAB has increased capacity not only through money, but also through the YCWs. They and their organisation have become a useful resource for people:

“The YAB enables more in depth research to be carried out by the YAB Youth and Community Workers. It is difficult to see who would do this if the contractor was not in place. The contractor also adds value by bringing an impartiality and ability to hold partners to account where necessary. The Young Commissioners bring the voice of youth (and reason) to the table and help ensure that the services that are offered to young people are wanted, needed and valued, and are not services imposed.” Oliver Hill, Communities Officer – People, South Norfolk Council.

“Additional capacity has come through the Young Commissioners, but also the YAB YCWs have brought people and work streams together in a co-ordinated way on the ground.” Mike Pursehouse, Communities Officer – Safety, South Norfolk Council.

“SN YAB’s knowledge of young people’s groups and support organisations across the District and County has been invaluable to the CCG as a resource to support targeted engagement with young people. Additionally, the expertise and experience of the YAB YCWs has been supportive in helping a changing health and social care sector reflect young people’s needs.” Oliver Cruickshank, Engagement Lead, South Norfolk Clinical Commissioning Group

Amount of additional funding that has been pooled with the YAB budget: None

Amount of partnership funding that has been aligned with the YAB:

Organisation	Funding (Year 2)
South Norfolk Council	£20,000 + £92,000 in youth employment
MTM Youth Services CIC – joint working on projects: 6YC, residential opportunities, Youth Groups, Young Carers	£1000
Three school grants have been supplemented by establishment funds to ensure that the programmes happen. These are Easton College, Langley 6 th Form and Diss High School. All have added additional money to ‘top-up’ where necessary.	£947
Mentoring in LSHS – costs/hours	£100
Diss Children’s Centre – matched one YAB Worker with one CC Worker	£660

The difference the YAB and it's supported projects are making for young people:

Young people are getting involved in something positive, having a say and are seeing results. They get access and opportunity to new situations, which is helping them get the services that they want and need.

"It's fun, you get to meet up with new people and talk about the community and have a laugh." James, Young Commissioner.

"YAB partners and communities have a 'real' voice for young people. Young people can be reassured they are meaningfully and effectively represented on issues relevant to them. YAB's bring together a considerable force when considering the resources around the table at YAB meetings. These organisations exist outside the YAB however the YAB focusses their collective minds on common goals and themes." Oliver Hill, Communities Officer – People, South Norfolk Council.

"Young people probably have a greater voice through the YAB than any other group". Mike Pursehouse, Communities Officer – Safety, South Norfolk Council.

All Young Commissioners work towards their Norfolk Youth Award and report changes in themselves – e.g. greater confidence and self-esteem.

"I have been able to work with others in either pairs or a group and I have confidently shared my opinions and my views to people in my group. I also was able to work with them and complete objectives." Jack, Young Commissioner.

"I think that I have gained the ability to make a responsible decision." Josh, Young Commissioner.

Young people are getting improved service, particularly through the Young Commissioner Inspection visits. This has enabled young people to have a say, and not rely on adults to provide services based on their assumptions about young people's needs.

"It was good that the young people came to visit the café and do the assessment as it meant that we could get a better idea of how young people view the things we provide." Becca Coulton, Poringland Youth Café.

The Sexual Health Pilot Programme delivered in Diss High School with all Year 9s produced positive results with 70% of young people saying that they will now delay having sex for the first time and 80% feeling confident to say No to peer pressure.

The difference the YAB and it's supported projects are making for local communities:

Communities have found that they have a local source of information and advice who can also co-ordinate a range of support, ensuring the best people and agencies are in place. The mapping of services in the district has meant that the YAB has a clear overview of what is available to young people, and where the gaps are. This also led to the YCWs carrying out the research with regards to funding streams, so that communities, who are reliant on volunteers and are therefore short of time, did not have to carry out this lengthy process.

There were favourable reports from MAP, when delivering the Agent of Change project with regards to community engagement:

“Young people have increased levels of positive participation in their community through their involvement with the Parish Council. Some of the young people involved were able to write a plan of action to share with the Parish Councillors.”

“It felt good to help out the local area.” Josh, Young Commissioner.

The YCWs and representatives have worked hard to ensure that young people and communities engage with the work of the YAB. This has included carrying out an online survey, face to face focus groups, Facebook and Twitter presence, stands at events and meeting with communities. However, there is still more work to be done, as not everyone understands what the YAB does.

The difference the YAB and it's supported projects are making for local agencies working with young people:

The YAB has joined up people that need to know each other – whether this be for help, or recruitment of volunteers, training, funding, advice or general practice sharing. The strategic overview that the YAB has of the area allows for agendas to be ‘mix and matched’. The YAB works with South Norfolk Council to recruit, support and place volunteers – particularly young people, as the YAB has that specialism.

South Norfolk Council runs annual Community Volunteer Awards. Several of the Young Commissioners were nominated, and three were shortlisted and attended the presentation ceremony. The young people really appreciated having their work recognised by the council, as well as celebrated in front of parents.

Different agencies are using the information that the YAB collects, and are acting on recommendations, particularly with the grants for schools and colleges:

“Schools also appear to intend to use it to try and help young people deal with issues that are hard to talk about in a school community, which I think is a very good intention.” Sarah, Young Commissioner evaluating grant applications

“We have been very impressed with the Life Zone Drop In that has been running...and believe the school community is benefiting significantly” Rob Connelly, Assistant Headteacher, Archbishop Sancroft High School.

Those organisations who have received an inspection visit from the Young Commissioners now know what young people think. Feedback is collected from the young people participating in the project, and passed back to the staff team, along with feedback from the Young Commissioners.

“Entertainment for everyone, good friends, freedom with flexible rules, get to go places.” Feedback from a young person attending Bunwell Dropzone.

“It was really helpful to know that the YAB were available to help us look at how we're doing.” Becca Coulton, Norwich Youth For Christ

The work of the YAB has made a real difference to some organisations, particularly the smaller ones, who can sometimes feel isolated. Working jointly with Momentum, the YAB has been able to respond in a positive and timely way, tailoring support to the need and making the best use of resources. This has meant that agencies have received help in the form of a considered plan.

If you require further information with regards to the work of the South Norfolk Youth Advisory Board, please contact:

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South Norfolk YAB