



## Challenge Poverty Week 2021

Saturday 09.10.2021

### Youth Work Services Factsheet

The Youth Work Service which operates throughout our region, is an integral part of Dumfries and Galloway Council's commitment to supporting your people and has five main priorities, which are:

- Community Based Youth Work,
- Youth Work in Schools,
- Youth Democracy & Participation,
- Wider Achievement and Accreditation
- Support to Third Sector.

Detailed below are each of these free services in more detail along with the contact details so that you can get in touch. Our accompanying Video's from the Team Members highlight in more detail the services which each one offers. Please get in touch to find out more – all Services are free and the support offered makes a huge difference to all of the young people's lives.

## Youth Work in Schools

**Our Council's Youth Work Service provides a range of opportunities and support to schools across the region.**

We provide the opportunity for students to take part in nationally recognised awards to help accredit the work they are already doing within schools or in the community, working alongside teaching staff. Some of these awards include the Duke of Edinburgh's Award, Dynamic Youth and Youth Achievement Awards, Saltire Awards, and John Muir Awards.

- [Find out what awards are available](#)

We support schools to engage in Youth Participation and Democracy which involves implementing the Council's new Youth Participation and Engagement Strategy and the development and delivery of the new youth council structure. There is continued support for schools to engage with the Scottish Youth Parliament (SYP) and training is provided for young people who want to become members, as well as ongoing support throughout the year for pupils involved to take on the role effectively.

- [Find out more about Youth Democracy and Youth Participation](#)

## More information

- Call: 01387 260 243
- Email: [youth.work@dumgal.gov.uk](mailto:youth.work@dumgal.gov.uk)

## Youth Democracy and Youth Participation

**In Dumfries & Galloway, we are proud to have opportunities for young people to get involved in both local and national decision making.**

Our Council's Youth Participation and Engagement strategy, 2018-2021, lays out the ways in which young people can get involved in decision making across the region.

-  [View the Youth Participation and Engagement strategy \[PDF - 1.11MB\]](#)

## Regional Youth Council

The Regional Youth Council was elected on April 1<sup>st</sup> 2019 and includes space for a total of 35 representatives;

- 4 Members of the Scottish Youth Parliament (2 for each parliamentary constituency)
- 24 Ward Youth Councillors (2 for each ward area)
- 7 Nominated Youth Councillors (1 for each minority group)

Elections for the Youth Council and Scottish Youth Parliament run every 2 years with the next election due to take place in November 2021.

Youth Councillors and Members of the Scottish Youth Parliament are responsible for advocating on behalf of young people to local (Elected Members) and national (MPs and MSPs) decision makers to ensure that young people's voice are heard and acted upon.

If you want to see who your representative is, here's a map outlining the membership of the Youth Council:

-  [View the Structure Youth Council 2019 \[PDF - 3.2MB\]](#)

## Scottish Youth Parliament (SYP)

The Scottish Youth Parliament is the national youth led organisation with democratically elected members. Its purpose is to listen to the issues that are important to young people and provide a national platform to discuss and campaign these issues so that they are heard by decision-makers.

They do this by:

- Being part of national campaigns and projects

- Influencing policy and decision making

In Dumfries and Galloway, all four MSYPs are automatically elected to represent young people on the Regional Youth Council. Hannah Birse is responsible for Wigtownshire, Finlay Johnston for Stewartry, Halime Yildiz for Annandale and Eskdale, and Emily Dickson for Nithsdale. Your MSYP works alongside your areas Youth Councillor to find out what's working and what's not and uses your views to vote at the Scottish Youth Parliament Sitings that take place 3 times per year. You can message your MSYP directly here: <https://syp.org.uk/members/find-your-msyp/>

## Getting Involved

You can get involved by contacting us by contacting your Representatives directly or you can follow us on Facebook @DGSYP, on Twitter @YOUTHWORKDYG or by e-mailing [youth.work@dumgal.gov.uk](mailto:youth.work@dumgal.gov.uk)

## Other information

- The Regional Youth Council is supported by Dumfries & Galloway Council's Youth Work Team, more information can be found about what we do here: <https://www.dumgal.gov.uk/article/17297/Youth-Work>
- The Regional Youth Council works alongside existing groups providing targeted support for young people with minority identities, for example our Care Experienced Youth Councillor links in with the Champions Board Project to make sure they are speaking up for young people with experiences of care. This is the same for our Youth Councillors who represent Young Parents, Young People with ASN and Disabilities, Ethnic Minority Youth, Gypsy Traveller Youth, Young Carers and LGBT Youth.

## Contact us

To find out more about other youth democracy opportunities in your area contact the youth work team:

- Call: 01387 260243
- Email: [info@dgyouthcouncil.com](mailto:info@dgyouthcouncil.com)

## Wider Achievement and Accreditation

**We provide a range of opportunities for young people to gain and build on their skills and abilities through wider achievement and accreditation.**

Accreditation recognises young people's achievements, whether it's volunteering at a local youth group, or working towards a personal achievement. Some of the awards our council delivers are:

### Duke of Edinburgh's Award

The Duke of Edinburgh Award is an internationally recognised award programme for young people aged 14 - 24. Young people can achieve their award by completing a personal programme of activities in four sections - Volunteering, Skills, Physical, Expedition and for Gold level, a Residential.

- [Find out more about the Duke of Edinburgh Award](#)

## Dynamic Youth Award

The Dynamic Youth Awards are a fun and engaging way to recognise and accredit young people's achievements. They are aimed at young people aged 10 and over and require a minimum of 5 hours' time commitment.

- [Find out more about the Dynamic Youth Award](#)

## Youth Achievement Awards

Youth Achievement Awards offer formal recognition and accreditation for young people's achievements. They are easy to use and can be incorporated in to existing or planned activities and are aimed at young people aged 14 and over.

- [Find out more about the Youth Achievement Awards](#)

## John Muir Award

This is an environmental award scheme for people of all backgrounds which focuses on helping people to connect with wild places. The award is used to encourage awareness, understanding and responsibility for wild places; to promote personal development through outdoor experiences and to recognise and celebrate achievements of individuals who meet the Award criteria.

- [Find out more about the John Muir Award](#)

## Participative Democracy Certificate (PDC)

The PDC award acknowledges and develops communication, decision-making and negotiation skills in the context of democratic engagement. The award is delivered to young people who are involved in decision-making groups, such as pupil councils, youth forums, youth councils and committees.

- [Find out more about the PDC](#)

## Saltire Awards

Saltire Awards is the Scottish Government's national youth volunteering awards. They celebrate, recognise and reward the commitment, contribution and achievements of young volunteers in Scotland, aged between 12 and 25.

- [Find out more about the Saltire Awards](#)

## SQA in Volunteering

The Award in Volunteering Skills at SCQF levels 3, 4 and 5 provides formal recognition of volunteering activity. Through participation in volunteering activities, candidates will develop a range of skills and personal development experiences which will help to prepare them for responsibility, further education and employment.

- [Find out more about the SQA in volunteering](#)

## More information

For more information on youth awards in your area, contact the youth work team:

- Call: 01387 260243
- Email: [youth.work@dumgal.gov.uk](mailto:youth.work@dumgal.gov.uk)

## Community Based Youth Work

**We deliver a range of projects, programmes and services across Dumfries and Galloway.**

### Programmes and Services

The types of programmes and services we offer include:

#### **Youth groups and clubs**

We offer a variety of after groups and clubs available after school, evenings and weekends.

#### **Drop-in sessions**

These are available both in and out of school

#### **Holiday programmes**

We run a range of varied and exciting programmes during the school holidays for young people aged 11-25.

#### **One-to-one support**

One-to-one support is available to young people who are going through a difficult time in their lives or need help with a specific issue. Youth work staff are experienced and trained to offer support, advice and guidance.

Where appropriate, young people will be sign-posted to another service who can provide specialist support.

### **Issue-based youth work**

We deliver a range of issue-based programmes and sessions through our community based youth work. These include: sexual health, relationships, body image and confidence.

### **C4U Youth information**

C4U is Dumfries and Galloway's '**c' card** scheme that provides **free** condoms for young people aged 14-19. It is a friendly nonjudgmental confidential service.

### **Youth Events**

We plan and organise many events in our region including Youth Beatz, which is the UK's largest free music event for young people

- [Find out about Youth Beatz](#)

### **Support to the Third Sector**

Working with LGBT Youth Scotland we also provide training, support and development opportunities to Third Sector organisations across the region, who work with young people in relation to youth work outcomes.

The development and support we provide has allowed us to set up a network for youth work organisations where we can jointly plan and deliver on outcomes for young people.

## **Youth Work bases**

We deliver youth work across the region in variety of locations including community buildings and schools. We also have our own youth bases:

- The [Oasis Youth Centre](#) in Dumfries
- The Youth Base, Douglas Ewart high school
- Agnew Park, Stranraer
- Lockerbie Youth Room, town hall
- Gretna Youth Room, Richard Greenhow Centre

### **Youth Enquiry Service (YES)**

The Youth Enquiry Service based in Dumfries, is a youth centre for young people aged 12-25. The service provides a wide range of issue based groups and opportunities, drop-ins and one-to-one sessions. It provides young people with the chance to meet new people, make new friends and gain more opportunities and experiences.

Young people are welcome to drop in to find out more, access computers and phones, or advice and support from our youth work staff.

### **My Pod**

My Pod is our mobile youth bus which is used to provide youth work across the region during school holidays and for events. It is kitted out with DJ equipment, games consoles, youth information, and outdoor games equipment.

The My Pod can also be booked on request for events such as galas, fun days, music festivals etc.

## What's on

You can find out what current programme's and events we have on by following our various social media platforms:

- [View our Youth Work Facebook page](#)
- [View our Youth Work Twitter feed](#)
- [View our Oasis Youth Centre Facebook page](#)

## Contact us

### General enquiries:

Call: 01387 260 243

Email: [Youth.Work@dumgal.gov.uk](mailto:Youth.Work@dumgal.gov.uk)

### Youth Enquiry Service

Call: 01387 251322

Email: [YES.Dumfries@dumgal.gov.uk](mailto:YES.Dumfries@dumgal.gov.uk)

## Mental Health Support in Schools

**As part of the Scottish Government current programme, there is a commitment to provide counselling within schools across Scotland to support young people from P6 - S6.**

Within Dumfries and Galloway, a two-year 'Youth Information in Schools Project' pilot was delivered from 2018 - 2020 working with young people to provide low level mental health support. This project had a significant impact on young people and as part of the commitment to provide counsellors in schools, this provision has been extended and expanded to run across Dumfries and Galloway until July 2023.

This work is targeted at closing the poverty related attainment gap and supporting young people's emotional, behavioural, and mental health. In line with Scottish government requirements all Youth Information Workers delivering on the project are qualified to work with children and young people and have successfully completed an accredited counselling skills training course through COSCA (Counselling & Psychotherapy in Scotland).

The key local priorities identified with headteachers at the original pilot development stage were:

- Early Intervention and Prevention
- Social and Emotional Well-being
- Promoting Healthy Lifestyles

- Engaging Beyond the School
- Partnership Working
- Promoting a High-Quality Learning Experience

The young people that this is targeted at may be those who:

- You have concerns surrounding their well-being including mental and emotional health
- Are considered vulnerable (using your professional judgement)
- Are at risk of offending
- Are struggling with a loss/bereavement or significant change.
- Struggling with low self-esteem or confidence.

The project is delivered by Youth Information Workers who can deliver a range of one-to-one 'blether' support (only available to S1+), evidence-based group work and issue-based programmes these are available for both primary and secondary, including:

- Seasons for Growth (Loss and Bereavement)
- Living Life to the Full (Confidence and Self Esteem)
- LIAM (Anxiety Management)

Blether is our one-to-one low level psychological support programme that aims to help young people to learn strategies to cope with their difficult feelings. Our programmes cannot 'fix' the problems experienced by a young person, but they can help the young person to develop coping strategies and find ways to make positive changes when they are ready to.

Blether is often a first point of contact for young people who are doing through difficulties, depending on their needs it can lead to them being referred for more specialist support but often after these sessions, the young people have developed the skills and coping strategies to deal with the challenges they are facing in life. The blether programme usually lasts for 6 - 8 weeks meeting once weekly for 45 mins per session. Please note, that blether is not a crisis referral.

The group work and issue-based programmes are usually delivered with between 6-10 young people (depending on the venue) and the content of the sessions will be flexible to the needs of each group.

## How to make a referral

To refer a young person please click the link below:

- [Secondary Referral](#)

For more information please download a copy of the referral process:

-  [View the Referral Process \[PDF - 188.21KB\]](#)



It is recognised that requests for counselling may come from a variety of sources. Young people may approach the service directly, they may have contact through over projects delivered by the Youth Work Service for D&G and be referred by a Youth Worker, they may be involved with statutory or voluntary services such as Social Work, Youth Justice or a Third Sector Organisation.

The Youth Information in Schools Project is voluntary for young people to participate in and referrals should be completed with the child or young person's consent. A referral may be accepted or signposted elsewhere if it does not meet the criteria. A number of criteria for onward referral have been identified and can be downloaded below.

-  [Download the Youth Information in Schools Interim Report \[PDF - 15.14MB\]](#)

If a young person does not meet the criteria, this will be discussed with the professional or person who made the initial referral.

The 'Youth Information in Schools Project' sits within Dumfries and Galloway Council's Youth Work Service and is part of a wide range of informal community based and school support for young people throughout the region. This is a confidential service for young people.

## **Further information**

Billie Hill (Youth Development Worker)

Youth Work Services

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Email: [YES@dumgal.gov.uk](mailto:YES@dumgal.gov.uk)