

Farnworth Inclusion Team

Brief description

Farnworth Inclusion Team is a community based organisation in Bolton which houses three youth projects, focussing on inclusion and working with "hard to reach" young people.

The three projects within Farnworth Inclusion Team:

Youth Work 4 Health (YW4H) – targets young people with health issues who are vulnerable and unlikely to access mainstream services. The age range is 13 to 19 and the project works with 36 young people annually.

The Youth Inclusion Project (YIP) – focuses on young people 13 to 16 who are involved in/or at risk of becoming involved in crime and has a caseload of 50 young people which is reviewed twice yearly.

The Youth Inclusion and Support Panel (YISP) – is a multi agency crime prevention panel targeting young people aged 8 to 15 and this works with around 60 young people annually.

Funding

Total Project Costs 2006–07: £217,000

Main sources:

Youth Justice Board
Neighbourhood Renewal Fund
Department of Health
The National Youth Agency

Staffing

Service Manager
Manager – YIP/YISP/YW4H
Key workers x 6
YISP Coordinator/Key worker
Sessional workers x2
Administrators x 2 (1 full time post)



Nature of Provision

What are the main health approaches used and activities offered?

The New Start Programme:

Engages young people out of mainstream education (or at risk of exclusion) in order to address barriers to learning. The project runs twice weekly with one full day and one twilight session. Young people undertake six accredited units covering: bullying; drug and alcohol awareness; sexual health; art; music and sound production.

Arts 4 Health

Young people explore a variety of issues related to their health such as: substance misuse; nutrition; sexual health; vulnerability; mental health; street violence and anger management. The programme highlights vital health messages to young people in order to improve their health and wellbeing.

Young people use art as a means of expressing thoughts and feelings. The project has been extremely successful in terms of raising awareness of health issues and recent sessions have culminated in an exhibition at the Gallery in Bolton.

Young people complete two accredited units whilst on the programme.

The Heroes project

This project promotes self-esteem.

Young people explore the ideas of positive role models and the effect that they can have on their lives. Young people choose a famous person to imitate during a photo shoot and examine both the positive and negative aspects of their subject. They then look at local 'heroes' within their community and families. A professional photographer produces photographs of the young people imitating the original picture of their hero. Participants complete a self esteem assessment at the beginning and the end of the project to assess progress.

Community Merits

Young people involved with anti-social behaviour are invited onto the programme to take part in a scheme gardening for the elderly and vulnerable, excellent in terms of reducing inter generational barriers. Older community members see the young people in a non-threatening light and young people gain insight to the problems that behaving anti-socially can cause.

This programme provides accreditation in Citizenship modules. For some this is vital as they are out of mainstream education and have not been exposed to the citizenship agenda prior to involvement.

FIT Cuisine Project

This project addresses poor physical health amongst participants through healthy eating and good nutrition. Young people work on recipes with nutrition specialists that promote a healthy diet then go shopping for ingredients and cook a variety of cheap healthy dishes. They also produce a healthy eating booklet that is distributed to local youth and community groups. This project raises awareness of health and wellbeing via food as well as providing training in practical skills. The course is accredited and serves as alternative education for young people not accessing mainstream school.

Early morning boxing

The project is for young people with issues such as aggression or drug and



alcohol misuse. Young people work with qualified boxing coaches through twice weekly intervention. This allows key-workers to focus on issues like reducing smoking or cannabis use in order to achieve the training schedule.

This programme is also positive in coaching young people who would not usually get up early in the morning, to change their sleeping pattern. If a young person is using cannabis until the early hours of the morning, they soon realise that they have to change their habits to achieve their goals.

Citizens Hip- Hop

This project is a direct response to gang culture and reports of anti-social behaviour in the area. Young people in large gangs were committing anti-social behaviour and reducing quality of life for local residents.

The project provides diversion from gang culture as well as exposing young people to music and sound production as a means of developing positive leisure time. Young people work with professional sound production artists and take part in lyric writing, performance and the

recording of music tracks in relation to the RESPECT agenda. They are encouraged to explore the idea of citizenship and focus their writing/recording on positive community involvement. This project is a positive means of diversion from anti-social activities.

Sport

Sports opportunities run every weekday evening in conjunction with the council's sports development workers and St. James Sports College. A wide range of activities are offered from football to trampolining and dance to American football. Young people's fees are paid for by the project in order to widen participation.

How are young people involved in shaping the project/programme?

Young people complete questionnaires and take part in consultation events and the Quality Assurance process. Feedback is also sought on an individual basis during reviews. We are planning to widen the participation process by developing a Youth Bank forum and signing up to the NYA's 'Hear by Right' initiative.

How does the project respond to the needs of different young people, particularly the most marginalised?

Farnworth is one of the most deprived areas nationally and covers large estates where territorial barriers for young people exist. A wide range of agencies work together to ensure that young people most in-need are referred. Following referral, young people undergo an intensive induction and assessment in order to ensure support is tailored to the individual. Projects promote inclusion by all and the engagement rate is over 95 per cent, due to persistence by key workers in encouraging young people to participate.

Outcomes

How do young people benefit from their involvement in the project?

- Education and raised awareness of issues of risk.
- Positive changes in lifestyles in relation to health.
- Accredited programmes which reintroduce young people into

education as well as increasing employability.

- Increased self-esteem and confidence.
- Reduction of the likelihood of becoming involved in the youth justice system.
- Improved skills for parents via the Positive Parenting Programmes (Triple P), ultimately impacting upon the young person's family life.
- Positive community involvement/citizenship that is meaningful to young people.

How do others (young people, organisations or the wider community) benefit from the project?

Farnworth Inclusion Team is now in its second year of supporting a local parents group who have undertaken training and offer a community drop-in on a weekly basis. The group has been successful in securing local funding and is currently applying for charitable status with the aim of employing community development workers from their core group.

A recent independent evaluation by the Youth Justice Trust demonstrated that participation in the project leads to enhanced outcomes. Young people were asked if they thought they had changed in any ways since starting the project:

"I haven't been arrested since I've been here, it used to be every weekend. I've

got my head down now, no messing about."

"I used to argue with my Mum all the time. Now she trusts me a bit more."

"It's me and my Dad. I don't know why I need social workers or 'child-in-need' meetings. I say I don't need you – FIT are different."

The community report better communication with young people and reduced anti-social behaviour and crime in the area. Over the last six years since the advent of the inclusion team, youth related crime has steadily reduced in the area.

Does the project contribute to local health priorities?

The projects contribute to local and national targets in relation to health. We are written into the Local Area Agreement and neighbourhood plan as key delivery agents.

How are young people's progress and achievements measured and recorded?

All young people's involvement, whether by group or one-to-one, is recorded via a data collection system. Young people also have individual portfolios where all aspects of their involvement are recorded. Regular mapping exercises of young people's assessments dictate which specific group sessions will run throughout the quarter in order to maximise the





health and wellbeing of young people.

Measuring effectiveness

How is the project evaluated?

Regular quarterly monitoring is carried out for external funders. Data is collected on: number of participants; hours of engagement; crime rates; reduction in first time arrest rate; anti-social behaviour rate (ABC/ASBO); ONSET assessment scores; case studies; and E2E status.

What are the findings of any evaluations to date?

The last evaluation of the project was extremely positive, although further improvements are being discussed.

What factors help the delivery of healthy youth work?

- Excellent partnership and multi agency work.
- Locality meetings held monthly to discuss community issues and address via a multi agency focus.
- Regular team meetings both operational and caseload.
- Structured induction and assessment/review process.

- Proactive and supportive steering group.
- Key workers that are “in touch” with the local community and issues young people face.
- Support from funders in terms of networking and quality information sharing.

What factors hinder this work?

The lack of mainstream or long-term funding.

Partnership/ multidisciplinary working

What other agencies do you work with?

Primary Care Trust; Greater Manchester Police; Anti-Social Behaviour Unit; Housing; Community Safety Unit; Connexions; voluntary youth groups; Bolton youth service; CAMHS; schools; family centres; community college; youth clubs; local parents group; community centre.

When working in partnership, what is the distinctive contribution of your organisation/project?

The multi- agency working in Bolton is extremely positive and partners pool resources and share information regularly. When particular issues arise in the area or specific young people are identified as needing support, agencies will refer to Farnworth Inclusion Team for input.

We also regularly take part in joint community events and in 2007 we were successful in securing a joint PAYP funding bid with the youth service and a local voluntary youth organisation to ensure lack

of duplication and a coordinated approach to holiday activity schemes.

Another example was the Weekenders initiative, a multi-agency pilot project to address issues of young people’s alcohol use and related anti-social behaviour. The four month project brought a number of agencies and young people together to examine issues.

Has this partnership resulted in greater collaboration or increased understanding between partners?

Partnerships continue to develop and flourish.

Strategic impact

Do you consider this project to be innovative, in terms of healthy youth work?

The project is innovative in its delivery of healthy youth work as the intervention is totally needs led rather than service led. The individual focus on young people’s specific needs is key.

How do you disseminate the learning from the project?

- publishing evaluations;
- sharing good practice; and
- consultation with all agencies.

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