

# South Tyneside Youth Inclusion Project – South Shields

## Brief description

South Tyneside Youth Inclusion Programme (YIP) targets young people who have been identified as being at risk of offending, socially excluded, engaging in anti social behaviour or school exclusion. The programme works very closely with partner agencies such as Social Services, Police, the Local Education Authority, Youth Offending Service and others to identify young people who would benefit from additional support. Referrals are received on a yearly basis from partner agencies that identify young people with significant risk factors.

Two programmes South Tyneside focus on are early intervention, 'Junior YIP' from 8 to 12 years and the YIP – 13 to 16.

The YIP works to target the top 50 referrals. However, as an estate based inclusion programme participation is encouraged by any young people living in the catchment area. Engagement into YIP interventions is entirely voluntary and staff in the project are prepared to go the 'extra mile' to engage with young people who may be feeling completely detached from their community and/or mainstream provision.

## Funding

- Youth Justice Board
- Big Lottery (Community Space Challenge)

## Staffing

Project Co-ordinator,  
2 Project Workers  
2 Part Time Activity Workers  
Pool of sessional staff and volunteers



## Nature of provision

### Which groups of young people does the project work with?

The YIPs YW4H programme works with around 25 young people aged 13 to 16 years over a 12 month period. Participants are identified from local schools and other agencies such as the police. Single gender groups have been developed and participate in The Duke of Edinburgh's Award, the Citizen Award developed by South Tyneside Drug Action Team and an anger management course delivered by Escape Intervention Services.

### What are the main health approaches used and activities offered?

Staff have developed a varied and diverse package of healthy activities on offer to groups and delivery of the programme takes into account group dynamics and individual learning styles. The project has adopted an approach, which incorporates more vocational learning, and less time in more formal settings. The Citizen Award includes modules on sex, relationships and substance misuse. Other areas of health related learning focus on physical and emotional wellbeing and are delivered through the eight week anger management course. A constructive activity package on offer includes: residentials; community projects; arts; music; dance; fashion shows; indoor climbing; mountain biking; fishing; healthy eating sessions; drop in sexual health clinics;

smoking cessation and fund raising opportunities.

Healthy eating sessions are regularly introduced at the local Community Association provision with young people from the YW4H project facilitating sessions with children attending the Junior YIP.

The YW4H groups have set times for participation, which takes place over three evenings per week. From the outset evening intervention was identified as it would have a significant effect on local issues such as reduction in anti-social behaviour. In addition to the regular contact time, the project encourages participants to engage where possible in the Positive Activities for Young People (PAYP) school holiday programme in partnership with Connexions and generic youth provision in the local Community Association building.

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

Young people are regularly consulted about the delivery of the programme and encouraged to be proactive in decision-making. Evidence is collated by young people on a quarterly basis and fed into the Youth Offending Service management group. Staff regularly monitor and track attendance and feed into UMIS (Universal Management Information System).

Young people are also supported and encouraged to apply for additional funding; Groups have been successful in securing funding from the Youth Opportunity Fund and the Keyfund scheme. This success has empowered young people in decision-making and allowed them to have a direct influence in the shaping of the programme.

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

The programme serves the Biddick Hall estate within South Tyneside which according to the 2004 Index



of Multiple Deprivation is one of the most deprived neighbourhoods in England.

Provision on the estate for young people is rapidly decreasing. August 2007 saw the closure of a local youth centre leaving only a Community Association where at present not all young people access its current provision.

Youth Inclusion Programmes historically target those young people who are hardest to reach and may have become marginalised from mainstream provision. As such South Tyneside YIPs target group has been carefully selected and the funding allows the project to develop a more inclusive programme promoting equality into mainstream youth provision. The programme also has a formal assessment tool, ONSET, used to identify risk factors in young people and promote protective factors through suitable interventions. Such

assessments are scored at the outset and measured after a year, which allows the project to measure the 'distance travelled' by young people.

**Outcomes**

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

The young people that participate benefit in a number of ways. The learning, both formal and non-formal, is having a positive effect on their confidence and self esteem. Increased participation into the programme has developed social and communication skills and has had a positive effect on their relationships with peers and adults. Learning valuable life skills that can be transferred to the employment world not only benefits the individuals themselves but the wider community in which they live. The project work delivers training around interview techniques and

supports where possible the transition into employment. Raised awareness relating to healthy lifestyles and making informed choices contributes to the wider 'Safer South Tyneside' priorities such as teenage pregnancy and reductions in anti-social behaviour.

**How do others benefit from the project?**

The YW4H programme has created opportunities for the project to make more constructive use of leisure time for programme participants, hence impacting in reduction or perception of anti social behaviour. The health related learning would be of benefit directly to those young people on the programme and to society if healthier lifestyle choices are fostered long term. The groups have been regularly consulted by the area community appraisal team on places to go and things to do which has informed a neighbourhood action

plan. Through this consultation funding was sourced and a planning application agreed for a Multi Use Games Area (MUGA) situated in the grounds of the local Community Association building.

**Does the project contribute to local health priorities?**

The programme contributes to the five outcomes in Every Child Matters, which in turn influences local health related outcomes. Such outcomes include:

- reduction in obesity;
- reduction in teenage pregnancies;
- reduction in looked after children;
- improvements to progression and transition to key stages up until 19 years;
- improvements in attendance at school;
- improvements to provision (places to go things to do);
- increased participation and improved emotional wellbeing; and
- improvements to education, training and employment.

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

The programme is working to an agreed work plan with young people allowing for some flexibility within



delivery. All engagement is captured by the use of sessional evaluation forms which is recorded on the UMIS system to enable the project to monitor and track young people's progress.

Staff encourage all participants to take part in accredited activities such as the Duke of Edinburgh Award, the 'Substance, Sexual Health, Citizenship Award' (accredited through the Open College Network) and standard First Aid qualifications. An introductory 'Drive Wise' course is also delivered in partnership with a local school.

**Measuring effectiveness**

**How is the project evaluated?**

The project is evaluated by the Youth Justice Board and assessed on the performance and scoring during its biannual quality assurance. Key performance indicators are also measured on a quarterly basis. Anecdotal evidence from parents and local police officers also show significant progress.

**What factors help the delivery of healthy youth work?**

- Motivated and experienced staff
- Key partners
- Resources



The project targets the most disadvantaged and hardest to reach young people, developing and sustaining positive long-term relationships to allow young people to make informed health choices.

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

The partnership is having a positive impact on other services, particularly with the Targeted Youth Support 'pathfinder' initiative and developing / delivering local youth offer.

**Strategic impact**

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

Yes, the participation of young people and planned sessions are all health focused and the project has developed a 'health passport' which has been taken on board by participants and will be used to inform future evaluations/ reports.

**How do you disseminate the learning from the project?**

Planning is underway for participants to share learning with other peers through peer education. Presentations will also be delivered to key stakeholders and potential funding streams.

- Regular participation by young people.

**What factors hinder this work?**

- Not having our own base to establish drop in.
- Short term funding.

**Partnership/  
multidisciplinary  
working**

**What other agencies do you work with?**

The programme works in partnership with a number of agencies including: Northumbria Police; Primary Care Trust; Young People's Sexual Health Team; Drug Action Team; Matrix Young Peoples Drug and Alcohol Service; Youth Support Service; Education Welfare Service; Schools; Youth Offending Service and the Sports Development Team.

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

**Contact**  
**Darren McCarty, Youth Inclusion, Programme Coordinator, South Tyneside YIP, Young People's Development Programme, 31-33 Gaskell Avenue, Biddick Hall, South Shields, Tyne and Wear NE34 9TQ.**  
**Tel: 0191 423 4580.**  
**E-mail: [Darren.McCarty@southtyneside.gov.uk](mailto:Darren.McCarty@southtyneside.gov.uk)**

Published by

