



Wrong Door partner circular.
22nd May 2020
Issue No 8 during the Corona Virus lockdown

Well Happy Lockdown this is beginning to sound like Groundhog Day!

Just to update you No Wrong Door is still in lockdown but we are doing the very best we can to keep in touch with everyone and share updates both good and bad but also plan to help respond to the future needs of Young People.

We know there is urgent need as Youth Workers to prepare to provide support and respond to Young People as we come out of lockdown. Check out the findings from National sources but also please take note of what young people from Herefordshire are telling us. Their presentation is due out 4th June!

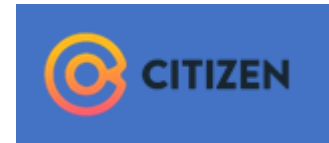
I am however getting some positive comments from my updates from partner agencies and young people that I am working with. I thought to share these positive comments:

- There is reported less stress with some people suffering from anxiety with not going to school, they are able to reflect on life and put their own lives in order.

- With the reduction of number of cars and aeroplanes around the air feels cleaner, you can hear the birds signing, it's like living in a new and better world



Linda Bramble from Citizen shared these quotes with me:



I wanted to send something encouraging about people with existing mental health difficulties in the current climate. It is from Therapy Today May 2020. It does not indicate the age of the counselling clients so this must be taken into account, however, what has been observed is interesting and may well apply to some young people. Her are the accounts of two counsellors' experience at this time:

- SB has 'seen an uplift in mood among clients she has been working with for depression. The pandemic appears to have put their respective suffering into perspective. There also seems to be a reduction of shame or guilt about withdrawing, not wanting to go out, not wanting to be in contact. The fact that everyone is asked to do this appears to normalise the depressive experience. This, in turn, seems to be a motivator to re-engage with life'.
- CB 'what has surprised her is the positive response from clients with a pre-existing condition like health anxiety. One client said, it's like the world is keeping me company now. This is my every day and I no longer feel alone with it. I feel understood, and that my internal world is mirrored in the external world'.

This week I have tried to break down updates so you can choose and skim through and dip into the bits that are relevant to you.

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Youth engagement

No Wrong Door Herefordshire Youth Representative group

This group have been meeting on a weekly basis are identifying the issues and the needs that youth services working in Herefordshire should respond to. If there are any young people out there who would like to represent the needs and issues of young people and are between the ages of 15 to 25 then please contact me at will.edwards@hvoss.org.uk

Watch this space for their presentation



Unless urgent action is taken to support vulnerable children and young people, whose needs are often unseen, the long-term damage caused will be “unimaginable”,
NYA chief executive Leigh Middleton

[Take The Temperature](#) have launched a report which captures the impact of Covid-19 on over 1500 young people aged 14-25 across the UK.

Young people have not had a voice in the narrative presented about them during coronavirus. Take the Temperature aims to secure them a place building our ‘new normal’ with the rest of society as we move into the pandemic’s aftermath.

Take The Temperature is free and available to download online [here](#). Please [download it](#) and share it with anyone you think may find it useful.

Make a Pledge

Young people shared their views so that we can step up, listen and act. To make sure positive action comes from this report - we are asking people like you to pledge online as to what you will do with the findings as an individual or as an organisation.

There are a number of recommendations in the report that you can choose to act on, or you could write your own pledge based on your reading of the findings. If you want more info on this get in touch with Fabio Thomas at fabio@beatfreeds.com

If you choose to pledge there is a [visual here](#) that you can post on socials along with:

- Details of your pledge to young people in the UK
- Our social media handle so we can share and shout about it too - @beatfreeds
- And the hashtag for the research, so we can track the impact of this work - #TaketheTemp



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Update on Mental Health from Children & Young People Now

COVID-19 COULD CAUSE LONG-TERM DAMAGE TO YOUNG PEOPLE'S MENTAL HEALTH, WARNS CHARITY

Nina Jacobs

Wednesday, May 13, 2020

The government must tackle the impact of Covid-19 on young people's mental health, a charity has warned, as a survey reveals two-thirds of parents and carers fear it will have long-term consequences.



A quarter of parents said their child is struggling to access mental health support. Picture: Young Minds

The [research](#), published by mental health charity Young Minds, revealed the level of concern caused by the pandemic increased to three quarters (77 per cent) among parents whose children had required mental health support in the previous three months.

The survey of 1,854 parents and carers, carried out between 9 April and 10 May, highlighted signs and symptoms reported by respondents indicating how the **Covid-19** outbreak was affecting their children's mental health.

- **ICT-Supported Social Work Interventions with Youth: A Critical Review**
- **Tech solutions help young people overcome anxieties**

These include an increase in anxiety and depression, difficulties coping with a lack of structure and routine. Others reported their children finding it difficult to sleep or increased attachment to their parent or carer. It follows the survey's finding that 25 per cent of parents and carers said they did not know where to access support for their children's mental health during the Covid-19 crisis.

Moreover, nearly a third (29 per cent) of respondents disagreed that there was enough support such as information, helplines and resources, available to help them and their child get through the current situation.

Of the total number of parents and carers that took part in the survey, 745 said their children had received some form of mental health support including from the NHS, charities, schools or helplines, in the previous three months. However, since the pandemic a quarter of parents and carers said their child was no longer accessing mental health support.

The same figure (25 per cent) said their child was no longer able to access to mental health support, but still needed some form of help.

Contrary to this, more than 60 per cent said their child was receiving the same level of support but delivered in a different way such as a remote support session or on a reduced basis.

Many parents and carers that responded to the charity said they wanted contact with mental health professionals who were previously supporting their child.

Other helpful measures could include online counselling services, advice on coping strategies, age-appropriate mindfulness activities and resources from schools to help with mental wellbeing, the research suggests.

Emma Thomas, the charity's chief executive, said the Covid-19 pandemic had turned the lives of millions of children and young people upside down.

"Many young people are finding it hard to cope with isolation, a loss of routine, anxiety about the future, a disruption to their education, and in some cases difficult or traumatic experiences at home.

"The government needs to take action, to make sure that support is available for young people and families who need it, now and as we emerge from the pandemic," she said.

Resources & Local updates



Coronavirus (COVID-19) Information Resources for Herefordshire

Welcome to the fourth Coronavirus (COVID-19) Information Bulletin from Herefordshire Safeguarding Boards and Partnerships.

Please consider disseminating appropriately across your organisations and networks.

You can also find this information and more Coronavirus (COVID-19) Information Resources for Herefordshire on our website <https://herefordshiresafeguardingboards.org.uk/>

Covid-19 Safeguarding Business Continuity Plans - Revised

[Revised Herefordshire Safeguarding Business Continuity Plans](#)

Domestic abuse during COVID-19: a reminder of advice

[Domestic abuse during COVID-19](#)

Centre of expertise on child sexual abuse (CSA Centre) <https://www.csacentre.org.uk/coronavirus>

Covid 19 Bereavement Support [Covid-19 Bereavement Support](#)

Healthwatch Herefordshire monthly e-bulletin <https://tinyurl.com/yae3uyu8>

Domestic abuse during COVID-19: a reminder of advice [Domestic abuse during COVID-19](#)

UK Government information on Coronavirus (Covid-19) <https://www.gov.uk/coronavirus>

Herefordshire Council Talk Community contact details

The Talk Community Covid-19 response team can be contacted on 01432 260027 or talkcommunitycovidresponse@herefordshire.gov.uk

From Andrew Embling info.andrewembling@gmail.com Wellbeing practitioners from the Forest of Dean

My Channel:

<https://bit.ly/AEWellbeing>

Lockdown Support

FREE resources to aid your wellbeing can be found here: bit.ly/how2bwell

A list of Coaches and Practitioners who are offering their services for a donation during COVID-19 restrictions: bit.ly/support-4u

Yes Futures have developed a [package of free resources](#) designed to support children to maintain positive self-esteem, well-being and to feel hopeful about their future. The resources are free to download, can be used independently by children and only need a pen and paper.

No Wrong Door Workforce Development:

I thought it would be good to share extracts from

“The Art of Youth Work” by Kerry Young – Taken from Chapter I. Introduction.

Youth work is based on a voluntary *relationship* with young people involving honesty, trust, respect and reciprocity; and a youth work *process* that enables and supports young people to learn from their experience and develop themselves as authentic human beings – i.e. people who know themselves and are true to themselves.

The youth work relationship is one in which the young person is accepted and valued; the youth worker has faith in the young person; shows concern and empathy; and takes account of their experiences, opinions and ideas.

The **youth work *process*** is, therefore, a reflective exercise that enables and supports young people to:

- Learn from their experience.
- Develop their capacity to think critically.
- Engage in ‘sense-making’ as a process of continuous self-discovery and re-creation.

The art of youth work is the ability to make and sustain such relationships with young people. In so doing, youth workers need to themselves develop the knowledge, skills and dispositions to engage with young people in the process of moral philosophising. The training and development of youth workers therefore needs to provide them with opportunities for their own self-exploration, examination of their own values, development of their own critical skills and enlargement of their own capacity for moral philosophy.

Personal development: not merely in terms of the development of the individual but in terms of the *development of the person* – their sense of self, identity and the values that underpin their actions in the world.

Social development: not in terms of ‘life skills’ or learning about social issues, but rather as the development of young people as *social beings in a social world*.

The future for youth work?

None of this happens in a vacuum. Social policies and priorities change. Organisational structures are created and transmuted. Provision and practice are transformed. The question is, where is the future balance to lie between the following?

- A concern for the welfare of young people as *people*; and a concern for the welfare of young people as *workers and citizens*.
- The provision of things to do and places to go; and the provision of opportunities for young people’s personal and social development.
- A focus on informal education; and a focus on prevention and effective early intervention.
- An approach that treats young people as ‘customers’ who help to shape the services they receive; and an approach that treats young people as ‘partners’ in the process of learning and development.
- A perception of young people as young people; and a perception of young people as alienated, anti-social, drug and alcohol abusing delinquents in need of social integration.
- A view of young people as achievers of outcomes; and a view of young people as creators of their own lives and the communities of which they are a part.

If we were ever serious about supporting young people to reach their full potential now is such a time to reconsider youth work aspirations and how it is to be delivered.

Shoes - A collaboration poem by Jayme Carter and Aaron Baldwin.

The shoes I wear are too comfortable,
As they have been worn and relied on too much.
Its all I have known,
To be stamped on and used when the storms rush in.
Whether its by own or somebody else's shoes,
I can feel the imprints all over my body.
They are invisible to an outsiders eyes,
But I know they are there.
As they are too beep to ignore,
They scares me when I am awake in the middle of the night.

The curtains are closed,
Separated from the light.
The walls close in,
Crying I can not hide.
My phone the only bright thing in the room,
With my tears hitting the puddle of blood on the floor.
These shoe prints have become too hard to bare.
As my heart smashes into a million little pieces,
Now the blade has becoming my only friend.

Having a shower to wash it all away,
Stepping out of the door to see cars rushing past.
Reminding me of the busy life being shut out,
Like the light of day that is meant to bring me comfort.
The darkness descends over my mind,
Trapping me in a cell that I can not escape.
I wish People would stop digging their heels into my skin,.
It has to change so that I can change the black whole in my mind,
Because I don't think I can take much more.

I think its time to get a new pair of shoes,
As these have become too broken and worn.
The grip that use to keep me stable and safe,
No longer does and now I am falling all over the place.
I hope things will change
And people will see that they can't just walk all over me.
I want to walk down a happier path,
But I need the prison guard within my mind to set me free,
Or have I become to comfortable on the path I always tread?
I guess we will have to wait and see.

Kind regards, Keep safe and Well

Will

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