

NO WRONG DOOR

PARTNERS



Wrong Door partner update.

7th Edition

11th May 2020

Now into week 7 of this pandemic and the Government taking the first steps of opening up the country, I consider myself in a very privileged position and find myself at the centre of collecting so much intelligence from youth agencies but also young people of how they are feeling and how this crisis is affecting and impacting them. At my last meeting of the Herefordshire Youth Representative group they all agreed that the pandemic has had both pluses and minuses impacting on young people, but they all agreed that when lockdown finally starts there will be an urgent need for youth workers to support the post trauma fallout of family relationships and mental health and anxiety issues and to provide support to help young people put their experiences into some form of positive rationality to it all....

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I am pleased to welcome yet another new partner to No Wrong Door, The Children's Society with their "Climb" project. The new Diversionary Service is funded by PCC John Campion for young people across West Mercia. The programme aims to support 10 to 17 year olds who are at risk of entering the Criminal Justice System. We will offer young people who are not involved with support agencies the holistic support to help divert them and raise their awareness to vulnerable situations.

Climb is confirmed as ready to receive referrals as of Monday 11th May 2020. Please follow the link to read more about the programme and how to make a referral

<https://www.childrensociety.org.uk/what-we-do/our-services/climb>

National Updates:

Ministry of Justice - COVID-19 Stakeholder Update

The Prime Minister's address to the nation and the government's COVID-19 recovery strategy. The government has today released its roadmap for how and when the UK will adjust its response to the COVID-19 crisis which can be read in full here: <https://www.gov.uk/government/publications/our-plan-to-rebuild-the-uk-governments-covid-19-recovery-strategy>

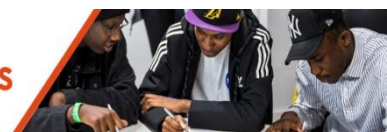


Did you know that young people in the UK spend more than 32 hours a week on social media? (Safety Net Report 2016). This has implications for how we think about the lived experiences of young people in online/offline spaces and the social, cultural and political dimensions of such spaces. Digital is becoming increasingly central to youth work and has especially been highlighted during the current crisis.

We believe there is huge potential within the youth sector to enhance and innovate digital practice. The use of informal learning can help young people develop their digital citizenship and encourage them to have positive online voices.

At UK Youth, we have been working with our partners and funders to support you with opportunities, innovative ways of working and investment. The information below highlights some of our work, which is developing frequently so please do [get in touch](#) if you'd like more information! movement@ukyouth.org>

Support & Resources



Other very useful National resources:



What children are saying to Childline about coronavirus - A summary of young people's key concerns about coronavirus raised in Childline counselling sessions.

<https://learning.nspcc.org.uk/research-resources/2020/childline-briefing-coronavirus>

Childline service gives children and young people a safe and confidential space to talk, be listened to and get support.

The Childline website provides children with the information and advice they need to understand their problems, and the tools to express how they are feeling. Childline counsellors provide support online and over the phone to children and young people when they need it the most.

There is specific help on the Childline website for young people who are anxious about coronavirus (information about this is available below). Young people can also use the message boards to get support from peers or write a letter to Ask Sam.

The briefing with the link above provides an overview of the main concerns that children and young people have been talking to Childline counsellors about during the coronavirus pandemic (COVID-19). Gaining an insight into these worries can help adults think about what support needs to be put in place for young people at this time.

To put this into perspective: Between 21 January 2020 and 8 April 2020, Childline delivered over 2,200 counselling sessions¹ to children and young people who expressed concerns about coronavirus.

Around 1,600 of these counselling sessions were delivered during March, when key events such as school closures and social distancing measures were announced.

Mental health: In most of the counselling sessions where coronavirus was mentioned, children also talk about their mental and emotional health. Young people talk about:

Struggling with increased feelings of depression and anxiety; having panic attacks more frequently; having nightmares or finding it difficult to fall asleep; feeling lonely or isolated. Young people use the word "trapped" to describe how they feel about being at home,

Family relationships: Young people say that being in constant close proximity with other members of their household has created a difficult and stressful environment. This often results in more arguments.

A copy of the full briefing can be access on the link above.



Supporting your mental health while working from home

My Whole Self aims to create a healthier working culture built on respect and collaboration. We're encouraging employers to create a culture where people can be themselves at work. Whether online or in person, bringing your whole self to work is a mindset that's better for mental wellbeing and better for business.

As more organisations move to online working, human connections are more important than ever. Here are some ways to support your mental health, reduce feelings of isolation, and feel connected with colleagues while working remotely. Click on the link and check out some very good advice to work from home:

<https://mhfaengland.org/remote-working-resources/>

Regional Updates:



@WestMerciaPCC | West Mercia PCC
www.westmercia-pcc.gov.uk

The Children's Society has been chosen to partner with the West Mercia Police and Crime Commissioner to stop children from being drawn into 'county lines' and other forms of exploitation. Using diversionary activities, we will improve the lives of the most vulnerable children and young people in society.

Across the country, tens of thousands of children and young people are at risk of being exploited or exposed to criminal activity. Individuals and gangs are threatening, grooming and forcing children and young people to work, have sex or traffic drugs. Any child from any background can be exploited.

The service will incorporate sports, dance, arts and music, and work with young people who are missing school or college, starting to be reported as missing, or at risk of being drawn into criminal activity.

The trauma children experience in their early life can greatly increase the risk of them being exploited or being forced to commit crime. This new service aims to draw young people away from criminals and into sports and other activities that will enrich their lives.

We will build young people's resilience to reduce the risk of them being exposed to criminality, and work to raise awareness around the impact of adverse childhood experiences – so young people are seen as victims of their life circumstance rather than as perpetrators of crime.

This transformative service is the first of its kind and will help children to find new passions, form healthy friendships and learn how to recognise people and situations that might put them at risk. Working with schools, police, social care, activity providers and many other groups across the region, together we will build safer communities for children and young people.

The Children's Societies Climb project will work closely with the Local Authorities across West Mercia. They will have an office base at NWD. Details will be confirmed at a later date once we have further guidance to opening up from lockdown.

If you have a referral or want to get in touch complete the TCS [our referral form](#) and send it to climb@childrenssociety.org.uk

No Wrong Door Partner updates:

Attached is the information on Community Grants through Landau. These details have been circulated previously; the opportunities of grants are potentially very important given the need for funding for our sector. Please contact [Sue Chalk – Partnership Manager](#) at Landau if you would like further information.

Landau Herefordshire Office: 01432 530112

- grants of between £5k - £20k are available
- there is a deadline for applications each month
- projects need to work with individuals 16 yrs and older
- applications close in October 2020 and
- all information can be found on www.landaugrants.co.uk



And from No Wrong Door - continued comments:

The coronavirus has affected everyone's lives, but at six weeks so far since schools shut across the UK there is increasing evidence that teenagers in particular are struggling. They are not only missing out on the things that everyone normally gets to do, but unfortunately teenagers are more vulnerable to social isolation.

Online schooling and the responsibilities passed onto parents just about plug the gaps in teenagers learning and probably justifies the Department for Education requirements, but are they coping and developing the personal and social skills that will help them become a caring human being who can rise to the challenges of the knocks and bumps that a life, employability and relationships will inevitably through at them.

The social skills you learn and develop kicking around with your mates, exploring abandoned buildings and fields down by the river with friends and having a few cans of lager to overcome the apprehension and awkwardness about speaking to a girl and telling them their cool and you would like to spend time with them or the encouragement from your mates to speak out in class are all sadly missing. Physical distancing goes against adolescent impulse, they need to develop themselves as individuals, away from their parents; to spend time with their friends, to take risks, to act without thinking of consequences. At school teenagers can bounce off each other, this is now an important missed part of their growing up. The importance of the social world for adolescents can't be overstated.



Physical distancing is putting teenagers at higher risk of depression, and probably anxiety. The longer the lockdown restrictions go on, the worse their outcomes are likely to be, and some young people are telling me they are having to fight very hard to get through each day. The combination of being siloed with their families and being physically separated from their friends has made many young people lives like living inside a pressure cooker.

Teenagers used to meet up to do their homework, now they gather online using FaceTime and Zoom, but boredom produces uncharacteristic emotions of being irritable and irrational. Yes, there are the Tick Tock challenges and exercise regimes but time if your life loses structure just merges from one day into another.

Some teenagers are using lockdown positively to challenge themselves and supporting their family, cooking dinner and baking. My feedback has evidenced that some have enjoyed the extra bonding time with her parents and learning more about them as people. Many young people have raised their concerns for their essential-worker, parents, or elderly relatives.

Some friendships have also blossomed and the appreciation of keeping in contact with peers, the RNC Youth Ambassadors have demonstrated the importance of role models where they have kept in contact with fellow students and supported their state of mind. Some parents have instigated a strict regime of a routine of time for schoolwork leisure time, successes again have been where people have been kept motivated and engaged with others using different ways of communications. Friendships across generations and within local communities have also evidence a new sense of being and created a new sense of purpose in life.



The Herefordshire Youth Reps tell me they feel that no one should have to suffer in silence, it is so important for them have face to face 1:2:1 support, to have someone to actively listen to them, to tell them it is ok to make those embarrassing mistakes, through their reflection they can do better next time. They can find support on line but it's vital that they are offered the best possible professional support to help them when they are really struggling or

need motivation to get through the day, to help them with their anxiety and mental health or to help them cope with family crisis. Now especially when we come out of lockdown they will need advice to cope with the fall out, of exams results, missed opportunities and the lack of job opportunities for young people and just being able to cope with reforming relationships.

The world has been forced to experience this huge pandemic but through adversity can come strength. We now, as youth workers have a real opportunity to develop something positive. Young people have this huge capacity to work through challenges and come up with solutions, they just need the right level of support and encouragement to help them realise they can all make positive differences. With collaborative and reflective practice, ingenuity, communication, we have the opportunity consider this global scenario. We have a golden opportunity to explore new innovations, creative and imaginative solutions which and should be put in place to ensure that all young people have the opportunities to develop in society and make a purposeful caring and creative world for the future.

Young Persons Contribution:

You are not alone within the situation, yes we are apart from person to person but by having technologies available to us, we can stay connected and feel as though that we are with each other virtually. And we will get through this together, we will beat this virus, we will stay strong even though sometimes things can be tough. There always a light at the end of the tunnel. And every dark cloud always has a silver lining.

And finally, I always look at gratitude. Thinking about things that I'm truly grateful for whether it's a small as getting out of bed. For some individuals, small things such as getting out of bed is quite big achievement for them. And looking at those small things that people have in their lives, does really make a big difference. Whether if it's having breakfast on that day or standing outside in the garden if you've got one or opening the blinds to get some natural light in.

It's such a big achievement for those individuals. And for me that's what I use whenever there's like some negative thought or I am worried about the situation that's going on at this moment in time. By writing these things down if you can, it really does help because it makes the individual think about all those little things like having food on the table and things like that and what they're grateful for because you never know if somebody is going through a dark time and in these uncertain times and it could potentially turn that individuals frown upside down. And then by people sharing their gratitude thoughts and what they're being grateful for, it really makes a difference within these uncertain times. by reading those gratitude thoughts that other people have written and then the individual thinks I'm grateful for that as well and then it makes them feel better and then that person, can share what they're grateful for to friends and family and other people who are in a similar stage as themselves. And by gratitude going around, in these uncertain times it shows that we are not together and regardless of gratitude, we are all willing to listen to your thoughts. AA



Kind regards, Keep safe and Well

Will

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