



**Youth Clubs Hampshire  
and Isle of Wight**

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## **CAT MARK ASSESSOR TRAINING**

### **What's It All About?**

The CAT Mark is a Quality Mark that is awarded by young people to organisations providing a service for young people. The Young Assessors visit the organisation and look for evidence of...

- Involving Young People
- The Safety, Security and Wellbeing of Young People
- Equal Opportunities of all Young People
- Environment and Resources
- The Availability of Support

### **Who's It For?**

Young Assessors are young people in Hampshire aged 14+ who are interested in making a difference, having their say and having the opportunity to develop their own skills.

### **Anything Else You Need to Know?**

All CAT Mark Assessors attend a training session before becoming Assessors which lasts for about 4 hours. You don't have to commit yourself to doing a lot of assessments and it won't cost you anything to take part.

To find out more about the CAT Mark and becoming a Young Assessor call us on 01962 852307 or email [cat.ychiow@gmail.com](mailto:cat.ychiow@gmail.com)



## **TRAINING FOR YOUNG PEOPLE**

Training for young people will usually take place within the youth club, group or project that they usually attend and will be delivered by YCHLOW staff with the support of the in-house youth workers.

Please contact us for more details.

## **YOUNG LEADER TRAINING**

### **What's It All About?**

Young Leader Training is a chance for young people to get the skills and experience they will need to be a young leader at their youth club, group or project.

Over 6-8 sessions they will take part in all sorts of different activities including games, discussions and group challenges that will cover all the important things they need to know about.

### **Who's It For?**

Young people need to be age 14+, have the support of their youth workers and be ready to commit to taking part in all the sessions. They will also need to be interested in learning new skills.

### **Anything Else You Need to Know?**

Everyone who completes the Young Leader Training Course gets a certificate. Young Leaders can also choose to work towards a Youth Achievement Award which is a nationally recognised qualification.

To find out more about becoming a Young Leader call us on 01962 852307 or email [opmanager.ychiow@gmail.com](mailto:opmanager.ychiow@gmail.com)

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## **YOUTH WORKER DEVELOPMENT PROGRAMME**

Our Youth Worker Development Programme is for those working or looking to work with young people in an informal education setting such as a youth club, group or project.

The programme provides opportunities to learn and develop the skills necessary to provide young people with the highest quality of service when they attend youth clubs, groups and project.

This brochure gives an overview of the current Development Programme. To book a programme, obtain a quote or find out more details please contact us.

All our development programmes are designed to be flexible to enable us to meet your needs. If you would like to discuss the development needs of your team please get in touch:

Telephone: 01962 852307

Email: [opmanager.ychiow@gmail.com](mailto:opmanager.ychiow@gmail.com)

Website: [www.ychiow.org.uk](http://www.ychiow.org.uk)

## **OTHER SERVICES PROVIDED BY YOUTH CLUBS HAMPSHIRE AND ISLE OF WIGHT**

Here are some of the services you will be able to access when you affiliate to Youth Clubs Hampshire and Isle of Wight:

- Club Visit Workshops: including juggling & circus skills, initiative challenges and healthy lifestyles (each club/group/project is entitled to 2 free activity workshops from the 'Short Workshop' section during each affiliation year)
- Events Programme: including events such as Survivor Challenge and The Beach Party
- Accrediting Young People's Work: support in running Youth Achievement Awards and Youth Challenge Awards
- Support and Feedback: whenever we work with or visit a group we provide useful, constructive feedback. This reflects our commitment to best practise and high quality youth work
- Resource Bank: access to all kinds of resources ranging from video cameras to uni-hoc sets
- Newsletters: you will regularly receive our newsletter with details of forthcoming events, sector updates and other relevant news and information
- Active Citizenship: working with you to engage or re-engage young people with their communities using a wide variety of approach and activities
- Momentum: pre-learner driver and pre-learner motorcyclist road safety and awareness courses
- Drumming Workshops: delivered in partnership with Drum 4 Fun, enjoy subsidised access to these lively drumming workshops

## THE BASICS

We have brought together a number of our different Development Programmes to form an Induction Package for those new to youth work, those returning after a break or those who wish to refresh their basic skills and knowledge.

The Package aims to offer participants a chance to develop an awareness of the fundamental aspects of youth work that make it unique from other ways of working with young people. It provides a chance to develop a foundation for working in a safe and appropriate manner and it introduces the processes of planning and evaluating work with young people.

The Basics consists of 4 development programmes:

Introduction to Youth Work (What is Youth Work?)

Child Protection and Confidentiality

Positively Challenging Negative Behaviour

Planning, Doing and Reviewing Youth Work

Each of the programmes that are included in The Basics lasts 2.5 hours.

## YOUTH CLUBS HAMPSHIRE & ISLE OF WIGHT

We are an organisation comprising approximately 120 youth clubs, groups and projects in Hampshire, Southampton, Portsmouth and the Isle of Wight involving some 17,500 young people and 2000 youth workers.

We employ a small team of youth work professionals who are based at our offices in Winchester. We have been delivering a continuous service since 1942 as a registered charity and a company limited by guarantee.

We work with both young people and youth workers to achieve our aim of working to enable young people to fulfill their true potential.

*“To help and educate young people especially, but not exclusively, through their leisure time activities so to develop their mental, physical and spiritual capacities that they may grow to full maturity as members of society, that their condition of life may be improved”* (Extract from Youth Clubs Hampshire and Isle of Wight’s Constitution)



## **INTRODUCTION TO YOUTH WORK**

### **Aim of the Programme**

- To enable the participants to feel more confident and positive about their role in the youth club

### **Objectives of the Programme**

- By providing activities that allow the participants to discuss and explore the role of youth workers in general terms and then apply this to their own roles
- By working with the participants to establish what constitutes a safe and appropriate environment in which to work with young people.
- By providing an opportunity to develop knowledge and understanding of the unique nature of youth work as a way of working with young people to provide activities with pre-planned outcomes that contribute to their personal and social development.

Timescale: a typical session is usually 2-3 hours

## **CHILD PROTECTION**

### **Aim of the Programme**

- To help ensure that young people are offered access to youth clubs, groups and projects that place their safety and wellbeing at the heart of this work.

### **Objectives of the Programme**

- By providing activities that explore and develop the skills needed to play an effective role in protecting young people from abuse.
- By raising awareness of signs and symptoms of abuse.
- By developing the ability of workers to work within the Child Protection Policy of their organisation.

Timescale: this can be provided as a short session, 2-3 hours, or a full day session 6-7 hours.

## **PEER EDUCATION WORK**

### **Aim of the Programme**

- To enable workers to deliver Peer Education work with young people with planned outcomes in mind.

### **Objectives of the Programme**

- Develop and increase knowledge and understanding of the Peer Education approach to working with young people.
- Provide information and activities to enable Peer Education work to be delivered.
- Explore barriers to Peer Education work and identify solutions for overcoming these.

Timescale: a typical session is usually 2-3 hours

## **OFF-SITE AND RESIDENTIAL YOUTH WORK**

### **Aim of the Programme**

- For workers to feel confident and able to organise residential and off-site youth work events within their own organisations

### **Objectives of the Programme**

- By raising awareness of issues regarding risk, health and safety and child protection and providing access to information relating to regulations, guidelines and best practice.
- By introducing the participants to methods for planning, delivering and evaluating residential and off-site work.
- By exploring how to make the most of residential and off-site trips as youth work experiences.

Timescale: a typical session is usually 2-3 hours

## **RISK ASSESSMENT**

### **Aim of the Programme**

- To help ensure that young people are offered access to youth clubs, groups and projects that place their safety and wellbeing at the heart of this work.

### **Objectives of the Programme**

- By providing activities that enable workers to understand their obligations to Risk Assess the work they do with young people and the role of Risk Assessment in valuing the young people they work with.
- By providing hands-on activities that enable participants to undertake and implement effective Risk Assessments.

Timescale: this can be provided as a short session, 2-3 hours, or a full day session 6-7 hours.

## **GETTING YOUNG PEOPLE INVOLVED**

### **Aim of the Programme**

To enable the participants to feel more confident about getting young people involved in their group/club/project.

### **Objectives of the Programme**

- By providing activities that allow the participants to discuss and explore the concepts of Participation and Empowerment and how they can be related to their own club/group/project
- By working with the participants to establish what is the difference between young people 'taking part' and 'being involved'.
- By passing on activity ideas which the participants can use in their own clubs/groups/projects to get the young people involved.

Timescale: a typical session is usually 2-3 hours

## **PLANNING, DOING & REVIEWING YOUTH WORK**

### **Aim of the Programme**

- To practice and develop skills needed to successfully deliver youth work with groups of young people.

### **Objectives of the Programme**

- By exploring youth work as a process of providing activities with planned objectives / outcomes in mind.
- By introducing a range of practical activities that can be done with groups of young people.
- By looking in detail at the process of planning, delivering and reviewing work with young people.

Timescale: a typical session is usually 2-3 hours

## **POSITIVELY CHALLENGING NEGATIVE BEHAVIOUR**

### **Aim of the Programme**

- To enable the participants to feel more confident and positive about challenging young people when their behaviour is negative or inappropriate.

### **Objectives of the Programme**

- By providing activities that allow the participants to discuss and explore the boundaries of acceptable behaviour within the youth club environment.
- By working with the participants to explore challenges and interventions that are more likely to result in a positive outcome.
- By exploring the non-verbal elements of challenging negative behaviour and how these can contribute towards a positive outcome.

Timescale: a typical session is usually 2-3 hours

## **BREAKING THE ICE WITH YOUNG PEOPLE**

### **Aim of the Programme**

- Increase worker confidence when talking to young people.

### **Objectives of the Programme**

- By equipping workers with more tools to build positive relationships with the young people.
- By enabling workers to uncover the skills they already have that will enable them to talk to young people more effectively.
- By using activities that allow the development of communication skills.

Timescale: a typical session is usually 2-3 hours

## **POSITIVE PUBLICITY**

### **Aim of the Programme**

To enable youth clubs, groups and projects to be proactive in using local media to promote their work

### **Objectives of the Programme**

- Develop knowledge and understanding of how to produce materials for use by local media
- Develop skills needed to plan and implement successful publicity campaigns
- Understand better the value to young people of promoting your organisation through local media

Timescale: a typical session is usually 2-3 hours

## **ACCREDITING YOUNG PEOPLE'S WORK**

### **Aim of the Programme**

- To provide participants with knowledge and information about accreditation and confidence to support young people through the accreditation process.

### **Objectives of the Programme**

- By providing activities that allow the participants to discuss the benefits and positive outcomes of accreditation.
- By working with the participants to increase knowledge of different types of accreditation.
- By providing an opportunity to develop ways of encouraging young people to take part in accreditation and then supporting the young people throughout the process.

Timescale: a typical session is usually 2-3 hours

## **YOU AND YOUNG LEADERS**

### **Aim of the Programme**

- To enable workers to provide meaningful opportunities for Young Leaders in their youth club, group or project.

### **Objectives of the Programme**

- Develop skills and confidence required to support Young Leaders and facilitate their ongoing development.
- Explore the opportunities for Young Leaders and how to remove barriers to Young Leader Participation.
- Share ideas and best practice.

Timescale: a typical session is usually 2-3 hours