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**“Working to Empower the Community”  
in Lancashire and Cumbria**

**Pamela Beswick – Chief Executive**



*Help Point*

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## Signposts Work with Young People Update September 2009

Signposts delivers young people's work across the Lancaster District and also Preston. All information about our projects can be found on our website [www.signposts.org.uk](http://www.signposts.org.uk). All our young people's work is targeted and young people need to be referred to our service; referrals forms can be found on our website or by ringing the main office on 01524 419021.

### Young Carers

This project works with young people aged 8-18years who are caring for someone at home, this might be an emotional or physical caring role; it may be for a parent, sibling or other family member. The reason for caring may range from medical conditions, drug and alcohol issues and mental health issues. The Young Carer's project aims to provide support and breaks for young carers. The primary group (8-12years) meet twice a month on a Saturday for fun activities including arts and crafts and during holiday periods they go on trips. Over the summer trips have included bowling, Blackpool Zoo and Docker Park Farm. The primary group have also attended a very successful residential at Winmarleigh Hall with young carers from across the county. The secondary group (12-18years) meet once a month and have a day out. The secondary group plan their own activities and also apply for funding to support their trips. They recently secured funding from the Youth Bank

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North Lancashire  
Teaching Primary Care Trust



INVESTOR IN PEOPLE

Additional major funding from Preston City Council, the FC Scott Charitable Trust and Tudor Trust

which allowed them to go to Chill Factor in Manchester, Borwick Hall and a bowling and cinema trip.

The project also provides 1:1 work with young carers around a variety of issues including bullying, self-esteem and what it is to be a young carer. The 1:1 work allows us to work more intensely with individual young carers who are struggling. This is an important element of our work and we are seeing an increase in demand for this.

The project also delivers family support as part of the young carer's project. This looks at the wider needs of the young carer's family and tries to ensure that all services are involved and that the caring role for the young person is reduced as much as possible.

This area of the project is significant in reducing the caring role of young people and we are looking at how we expand this area of the project. The project is experiencing a high volume of referrals at present, continuing to highlight the need for the project. The project has recently recruited a new project lead and they will be taking up the position at the beginning of October.

### Activ8

This project has recently been funded by PAYP to provide a youth café on a Saturday evening in Poulton aimed at young people aged 11+. The café will take place at the Food for Thought Café at the back of the memorial hall in Poulton. We are presently putting together publicity and will launch the café at the beginning of October. Information will be sent out to partners and we will be looking for referrals into the project.

### Access to Leisure

The project aims to provide children and young people aged 0-17yrs with a significant disability the opportunity to;

- Access leisure activities of their choice
- Develop their independence
- Socialise with peers
- Get the most from their leisure time

The project continues to support 15 young people a year to access mainstream leisure activities. Presently we have young people accessing activities including Regent Park Studio's, Beaver group and Young Fire fighters

The project is also now delivering commissioned work along side Social Services to provide support to young people with additional needs.

### Loyne School Project

A new piece of work is also being developed in partnership with the Loyne school to develop an after schools club for young people from the school to engage with positive activities. Initially we are seeking funding via YOF but need to look for other sources of funding. It is hoped this will become an established group, providing support to both the young people and their parents/carers.

### Summer Scheme for Young People with Disabilities

This project provides respite for young people with disabilities over the summer holiday period. We are working in partnership with Poulton Children's Centre and Morecambe Road School to deliver the scheme for 8-18year olds. the scheme was a great success over the summer with over 50 young people accessing the scheme. The scheme ran for 5days a week for 4 weeks of the summer holidays. Signposts delivered the 'offsite' activities which included Borwick Hall, Tower Wood, Chester Zoo, Eureka and Aquarium of the Lakes. We are now in the process of evaluating the scheme and looking to next years delivery.

### Juice Bar

After the successful application to the Youth Bank, the Juice Bar was relaunched in April. The Juice Bar runs from 6-8pm on a Thursday evening at the Food for Thought Café at the back of the Memorial Hall in Poulton. There are around 20-25 young people accessing and

they have been making healthy drinks, cooking, playing rugby and football, painting mugs and other art activities. The project is aimed at young people aged 11+ and anyone from the local area can attend.

### Sexual Health

The sexual health project is now up and running with detached teams working in Skerton on a Monday evening, the WestEnd of Morecambe on a Wednesday evening and Heysham on a Thursday evening. The project aims to highlight local sexual health services to young people, provide information and advice so young people can make informed decisions and also distributes condoms via the C-Card. In the future it is hoped that each of the three centres will have a sexual health clinic running in them at the same time as the outreach session. The project has been a great success and has seen the numbers steadily increasing and young people being more confident to access services.

### Stakeholders Group

The stakeholders group is made up of 10 young people from across the different projects. Over the past year the stakeholders group has been involved with a research project with the National Youth Agency and have been looking at provision for young people in the WestEnd of Morecambe. The group carried out research through questionnaires and filming and then worked with Regent Park Studio's Film School to create a DVD of their findings. This research was then presented at a National Conference at Warwick University in November which was a great success. The research has received very positive feedback and the young people praised for their research. The Young People then had a very successful local launch of their research at the Midland Hotel in May, with a number of professionals attending and Dr Darren Sharpe from the National Youth Agency also attended. The group is now looking at how they move their research forward. There are DVDs available or the link is on the website [www.signposts.org.uk](http://www.signposts.org.uk)

### 5 Hour Offer

This project has now finished, however the young people submitted a bid to Youth Bank to continue the sessions at Stanley's Youth Centre, so we are awaiting the outcome of this.

If you require any further information about any of our projects please do not hesitate to contact Ruth Paterson on 07825 207035