

180
Y2K
positive change positive futures

180+ EARLY SUPPORT AND PREVENTION COMMUNITY OUTREACH PILOT 2020



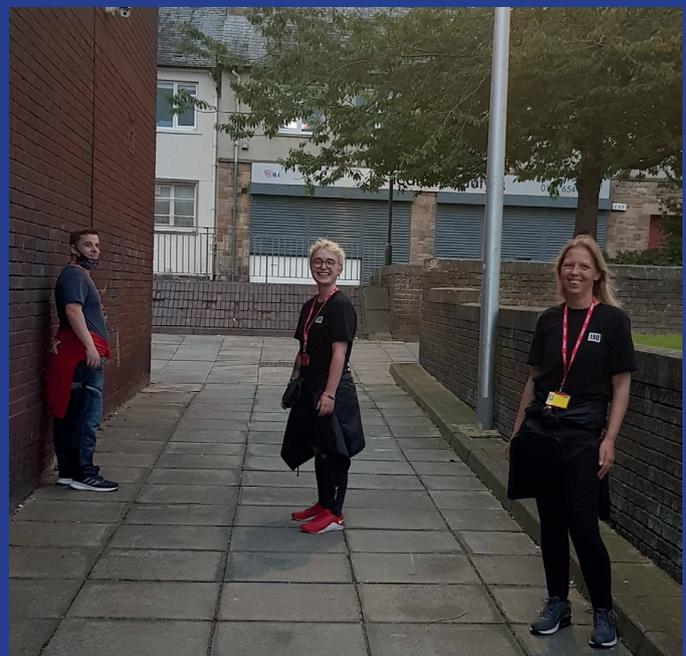
Y2K Youth Project

ABOUT Y2K

Y2K provides opportunities for young people to access informal education, take part in accredited youth achievement awards and be supported to develop transferrable life skills which foster improved training and employability. We support young people on their individual journeys towards positive futures.



OUR VISION IS FOR YOUNG PEOPLE TO BE HEALTHY AND HAPPY, FEELING SAFE AND SECURE TO BECOME CONFIDENT INDIVIDUALS AND CONTRIBUTORS TO THEIR COMMUNITY.



MAIN ACTIVITIES AND SERVICES

INVOLVEU EVENING DROP-INS

(suspended
March 2020 due
to lockdown)

Y2K+

(Referral based –
1:1 and group work,
info, advice &
advocacy)

CASHBACK180 EARLY SUPPORT AND PREVENTION

(offending/anti-social
behaviour)

GUID 2 GO

(Health and
wellbeing)

It would depend on who it was or what we were doing... we would speak to you but folk that don't know you might not...

Focus group

To deliver holistic person-centred, youth-led services/supports to some of the most disadvantaged young people in Midlothian we hold that services, activities and programmes must be relevant to young people's lives or they will not engage. Our youth workers routinely collect ideas/suggestions from participants across our services, involving them in design/development and ensuring we act on the feedback they provide.

The **180+** pilot outreach proposal was developed through consultation with young 180 participants and community stakeholders regularly dealing with challenging young people/impacts of youth offending.

In February 2020 before we were aware of the coronavirus pandemic, we had organised a focus group of young people who had completed our 180 programme. 5 boys and 4 girls (14-16) participated, and the consensus was that while an outreaching youth service would have its challenges it could work if it was delivered by Y2K.



You could get cheek... they'd be sarcastic or blank you... they'd be abusive, or you'd get things (bottles) thrown at you.

Focus group



The young people quickly came up with a list of key areas where groups hang out and they talked about the risks involved in approaching young people in the community.

All members of the focus group agreed that a **180+** pilot would be a positive move, so we decided to submit funding applications to both *CashBack Youth Work Fund 2020* and *National Lottery Awards for All* towards a 6month pilot service.

The concept of **180+** as outreaching youth work rested on the young people participating as full and active partners in the process. It was our intention that the support and informal/ social education would address whatever needs were presented to or perceived by the **180+** team. The project was to be characterised by purposeful interaction between the youth workers, community volunteers and the young people.

180+ at Y2K would work closely with community partners to identify 'hot-spots' where young people gather and cause difficulties for themselves and others by engaging in anti-social behaviour. By building on pre-existing contacts/ relationships with many of the individuals concerned the **180+** team would now have access to young people who had no previous connection with youthwork support. Workers would focus on promoting positive diversionary activities, providing practical information and encouragement towards accessing help and support with specific issues.

180+ would provide 'brief interventions' at points of maximum impact for the young people. The service would be fully monitored and evaluated *with* and *by* them as well as community stakeholders. We hoped that the project would offer a new gateway to encourage young people to engage with support and prevention work relevant to their lived experiences (whether through Y2K or being signposted to other specialist agencies). Learning would then be shared across Midlothian and beyond.



THE CORONAVIRUS PANDEMIC AND RESULTING LOCKDOWN



*We didn't realise it when applying for funding, but the pandemic and ensuing lockdown meant **180+** couldn't have come at a more critical time for our young people...*

*With the loosening of restrictions, we were able to have our **180+** team delivering detached youth work in the community on Wednesday and Friday evenings 7-9pm for the first half of the pilot Aug-Oct 2020. We paired this with daytime outreach to maximise impact and increase our chances of building new relationships in response to the need.*

*When schools reopened 11th August '20 (working in partnership with Newbattle High) the **180+** team was out and about in the community during break and lunchtimes on Mondays, Tuesdays, and Thursdays. Re-connecting with young people and building relationships with new S1 pupils etc. proved to be an effective way to signpost to targeted supports...*

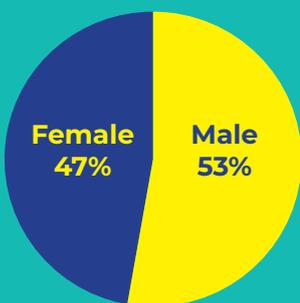
*Once dark nights came in, we suspended evening work and added more daytime 'afterschool' Friday **180+** outreach. Our methods didn't change in that we were able to work with young people at their pace, as a youth-led service. We also maintained our partnership links, remaining as committed to collaborative working as ever.*

Natalie Paris, 180+ Project Lead

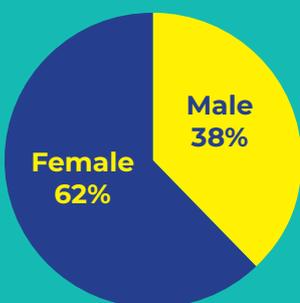


OUR STATS

Gender
Aug-Dec 2020



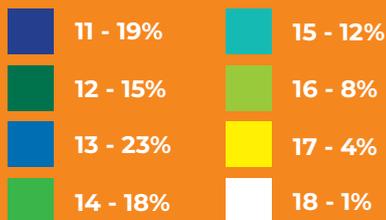
**Gender
(Online support)**
Jan 2021



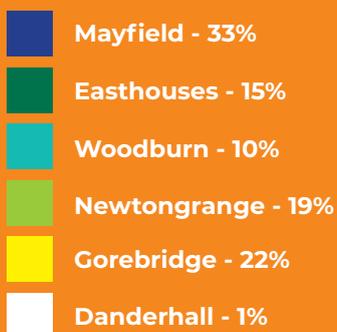
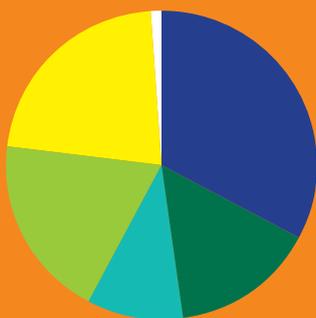
IMPACT

OUR STATS

Age range



Area



BETWEEN AUGUST AND DECEMBER 2020

the **180+** team recorded

1627

separate engagements

with young people

(862 male, 765 female) out and about in the community.

ADDITIONALLY,

74

individual young people

accessed 180+ support

via online platforms and private messaging over January 2021.

The coronavirus pandemic continues to take its toll on everyone of all ages across our communities. The health and wellbeing of our young people has nose-dived over the months of lockdown and necessary restrictions. The impact of social isolation on their mental health and wellbeing has been staggering. They have told us about feeling **isolated, stressed, bored, and fearful**. They have **struggled to keep healthy and active**; they have had **difficulty sleeping**, continue to feel **concerned about family and friends** and have **no sense of choice or control over what is happening** around them and **no way of processing** it. A 'drop in the ocean' it may be but 180+ has helped to reach out to so many young people who identify as most 'at risk' of engaging with offending, anti-social, risky, and self-harming behaviour.

The brief interventions offered to and taken up by the young people have provided valuable opportunities to reconnect and 'get back on track' for some while others have taken first steps towards a process of change through building new, positive, supportive relationships with our team.

LEARNING



We were able to run the **180+** pilot pretty much as originally planned despite the earth-shattering impacts of a pandemic which was unforeseen at the time of devising the project.

This is testament to the flexible and creative person-centred approach Y2K takes to all our services and supports. There is never just one thing that will work for every young person at one particular time. Y2K offers a range of options so that young people can be encouraged to identify personal goals and outcomes.

Our young people are individuals with their own life experiences and ideas about what is relevant to them. **180+** enabled us to physically 'be there' to listen, to connect (as far as possible) and to offer support, information and instil a non-judgmental but positive influence in some of the darkest days any of us have ever experienced. We feel this pilot has worked very well indeed and has provided a 'life-line' for reaching out to those young people most at risk of engaging in criminality and/or falling into patterns of self-harming and risky behaviours.

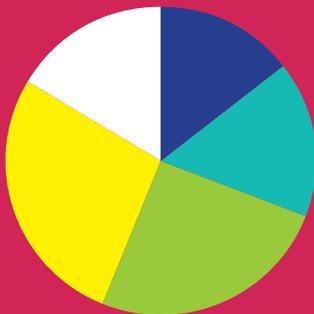
We intend to use learning from the **180+** experience to plan future developments in order to maximise impact as we move forward in the vital work of addressing the needs of our young people and our communities.

Carol Flack, Y2K Project Manager

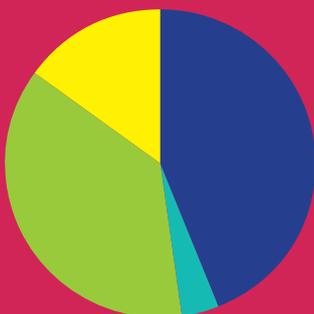


OUR STATS

Times out per month



Issues





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