



Rutland County Council Early Help Youth Service Support Programme

**An informal educational programme
available to young people in Rutland**



Rutland Early Help Youth Service, working together for Rutland...

Our programme provides children and young people with a range of informal learning opportunities on a range of topics including: body image and self-esteem, career aspirations, protecting your image, internet safety and healthy friendships.

Here are some comments from young people we have worked with already;

Body Image & Self Esteem:

"I learnt everyone is unique in their own way"

"It's not about what you look like on the outside, it's what's on the inside that counts"

Healthy Friendships:

"I learned how to be a better friend"

"I've learned that people should be themselves to make friends"

Careers Aspirations:

"I learnt to believe in my goals"

"That things at school do effect your jobs, more than I thought"

Protect Your Image:

"I have learned not to share anything on the Internet that I will regret"

"I learned not to share personal things and not to share my identity"

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Early Help Youth Service Support Programme:

Introduction:

This guide will provide you with information in relation to our range of informal educational sessions available to you and your group members.

Details regarding each session are explained including support and resources available.

This offer has been designed in consultation with young people who have identified these subject areas as important to them.

Who can access this service:

Any **Primary School, Secondary School, College or Community Group** in Rutland can access any of these programmes of work, all you will need to do is complete the booking form at the back of this information guide identifying your 6 options.

Mix and match programmes:

Sessions are designed to be mixed and matched so schools, colleges and groups can tailor to the needs of their young people.

You can access up to 6 sessions per school, college or youth group per year. Sessions can be delivered to each school year or individual sessions can be delivered to smaller, targeted groups.

Can't find what your looking for?

If you are looking for a bespoke session or programme to meet specific needs of your young people please contact the team at Jules House to discuss how we can help to support this.

We can deliver bespoke programmes during school hours or arrange an after school club or activity. For example CSE group work, confidence building, life skills.

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Early Help Youth Service Sessions:

Session Title:	Age range:	Duration:	Session Details:
1. Protecting Your Image:	Years 8/10	80 minute session	During this session young people will develop an increased understanding of their online reputation and how to protect it through various activities. Max * 30
2. Internet Safety:	Years 7+	80 minute session	During this session young people will consider their safety and how to be safe online. Particular attention will be given to online gaming and social media. Max * 30
3. Forms of Contraception:	Years 9+	60 minute session	During this session young people will learn about the types, uses and effects of the main methods of contraception. They will learn how to use a condom safely and acquire an understanding of where to access free contraception, including emergency contraception. Max * 30
4. Sexually Transmitted Infections:	Years 10/11	60/70 minute session	During this session young people will develop an increased understanding of the importance of preventing the spread of STI's, what STI's are as well as enabling them to understand how they are transmitted, where to go for advice and the responsibilities on both partners within a sexual relationship. Max * 30
5. Healthy Relationships:	Years 8/11	60/70 minute session	During this session young people will develop an increased understanding of the components of a healthy relationship. Young people will be able to identify qualities, traits and behaviours that belong to a healthy or an unhealthy relationship. It will reinforce and encourage self-esteem and consideration for other's feelings. Max * 30

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Early Help Youth Service Sessions:

Session Title:	Age range:	Duration:	Session Details:
6. Self-Esteem & Body Image:	Years 8/10	80 minute session	During this session young people will develop an increased understanding of their own positive self-esteem by understanding and dealing with feelings about physical appearance, in particular weight and shape. Looking at social media and marketing this session will remove the myths around unrealistic self-images. Max * 30
7. Managing Your Emotions:	Years 9/10	80 minute session	During this session young people will learn about how they can improve their behaviour using a range of tools and skills that enable children and young people to talk about their experiences and to develop strategies to help them more forward. Max * 30
8/ Anti-Bullying Workshop	All year groups		This session will enable young people to explore and increase their understanding of the issue of bullying. By the end of the session, young people will be able to understand the different types of bullying that exist as well as be able to acknowledge if they have been a bully or have been bullied. Young people will also be supported to develop strategies which enable them to address and deal with bullying. MAX * 30

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Early Help Youth Service Sessions:

Session Title:	Age range:	Duration:	Session Details:
9. Virtual Babies	Years 10/11	120 minute session	<p>The virtual baby programme covers a wide range of topics related to infant care, financial wellbeing, personal wellbeing and informed health choices. It provides information and hands-on practice of the day-to-day skills needed in caring for an infant culminating in participants experiencing first-hand the level of care an infant requires.</p> <p>The programme consist of six two hour sessions, weekly or in a one off block which ever suits your needs. Max * 12</p>
10. Careers Aspirations:	Years 9+	90 minute session	<p>This session is aimed at young people who are underachieving or likely to struggle to move on successfully when they leave school. We will use a range of interactive tools to help young people identify their core skills and interests and match these to future career options. At the end of the session young people will have explored their different options, raised their awareness of the importance of achieving well in school and developed a simple set of actions aimed at helping them achieve their goals. Max * 8</p>
11. SEND Aspirations:	Years 8+	60 Minute session	<p>Sessions include recognising their core skills and interests, developing a simple career action plan to help map ideas. These sessions can be delivered to groups. Max * 8</p>

In addition to your 6 sessions you can also book an assembly or event

School Assemblies:	Age range:	Duration:	Session Details:
12. Events: Healthy Bodies / Healthy Minds: (In addition to your 6 options)	Years 9+	Length determined by your event)	Health and wellbeing events enable young people the opportunity to gain knowledge of the agencies and services that are available within Rutland via manned stands/activities. (Session Length determined by your event)
13. Young Carers (Young Stars) (TOFU) Time Out for You	All Years	15 minute session	The aim of our Young Carers assemblies highlights the difficulties young carers experience everyday. Our groups co-produced a short film which includes national data and helps to explain some of the barriers which young people may experience.
14. Sexting and Online Bullying	Secondary	15/20 minutes session	The aim of our CSE assembly is to rise awareness and understand regarding CSE. We deliver this work in partnership with the CSE Outreach Team and we are now offering assemblies to all secondary schools in LLR on Sexting, Grooming, CSE and Consent and Appropriate Touching in conjunction with Leicestershire Police. These are 15-20 minute sessions covering the topics listed. There are also interactive workshops available for smaller groups around these subjects which can be run within school. Please contact Emily.Lang@leics.gov.uk your Outreach worker for Rutland to book in any 7 sessions or for any questions/queries."

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Early Help Youth Service Support:

Partner offer:

We are delighted to promote a range of free support services available to young people and schools and groups in Rutland.

Kooth:

Kooth: Free, Safe and anonymous online counselling and support

Kooth offer a range of sessions which they can deliver in schools. This could be part of training days, team meetings or even lunch time sessions. They are flexible in their approach and aim to meet the needs of individual schools. The training for staff consists of a presentation, Q&A period and lasts around 30 minutes. After gaining an understanding of kooth, this could then be used as part of Anti-Bullying, Mental Health or PHSE sessions.

They also offer presentations to students within assemblies, presentations at parents evenings, Emotional Health sessions and promotional items.

Kooth.com is a free, safe and confidential way for young people to receive counselling, support and advice online and has been commissioned locally.

Contact details: Tom Robson - 07949818144, or email at trobson@xenzone.com

Turning Point:

Have a variety of services available which range from working one to one with young people to substance specific drug and alcohol groups.

They are looking to start an early intervention service to secondary schools to deliver group work packages highlighting the dangers around substance use and promote prevention and relapse prevention.

They also offer a training package for staff, which includes substance specific awareness groups and details Turning Point referral processes.

Contact details: please contact us on **0330 303 6000** or email;
Annmarie.smyth@turning-point.co.uk or zoe.sheppard@turning-point.co.uk

Youth Service's at Jules House

Jules House also offers a range of youth clubs and groups which include our weekly Thursday Youth Group for school years, 7yr to 11yr from 5:00pm / 7:00pm.

In addition other groups include; TOFU, YOUTH CHAOS Rutland Youth Council, Young Inspectors. Please call Jules House for further information about these groups;

01572 758301

Booking Form:

Name: _____

Organisation: _____

Email: _____

Date: _____

Rutland County Council cannot guarantee availability on your preferred dates(s) however you will be contacted within 7 days of completing the attached form to confirm availability and discuss your requirements. Please can you ensure there will be a member of staff on hand during your session to support with any issues on the day.

Request for Bookings/More Information:

Please indicate preferred dates and numbers of students and year group.

* Please note the maximum numbers we can accommodate.

	Session Details:	Max number:	Numbers in group:	Year group:
1.	Protecting Your Image	* 30		
2.	Internet Safety	* 30		
3.	Forms of Contraception	* 30		
4.	Sexually Transmitted Infections	* 30		
5.	Healthy Relationships	* 30		
6.	Self-Esteem / Body Image	* 30		
7.	Managing Your Emotions	* 30		
8.	Anti-Bullying Workshop	* 30		
9.	Virtual Babies	* 12		
10.	Careers and Aspirations	* 8		
11.	SEND Aspirations	* 8		
12.	Healthy Bodies / Healthy Minds	No max		
13.	Young Carers / Assembly	No max		
14.	Sexting and Online Bullying	No max		

Contact us for more information

Please return completed booking request forms to Jules House.

If you would like to know more about any of the sessions and activities in this guide please contact us at Jules House.



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