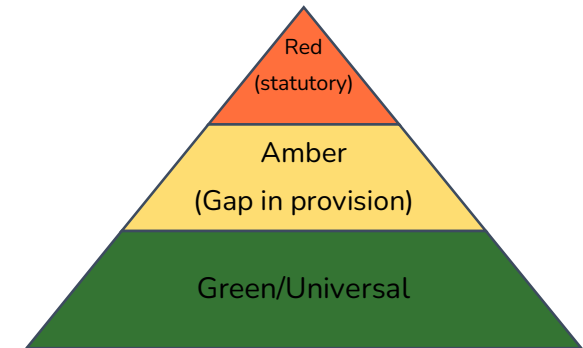


JOURNEY TOGETHER SCHOOLS WORK PROGRAMME

Journey Together Youth & Schools Work protects, empowers, and maximises the opportunities of young people in East Oxford. We offer pastoral support and short courses to enable young people to move forward positively and thrive. We work with young people from Years 7-13.

SUGGESTED RECRUITMENT CRITERIA

We use the model to the right as a rough guide to our recruitment criteria for interventions – we look to support young people who aren't actively in crisis, but who aren't flourishing, for whom a little bit of early intervention support could have a profound impact. Most of the young people we work with are in the 'Amber Zone'; not thriving at school or in life, but not yet at the point of disengagement. We are happy to be approached about working with young people from any of the zones however!



OUTCOMES & OBJECTIVES

The main objective is to provide early intervention for young people in Amber Zone to increase wellbeing and positive mental health outcomes and to support engagement with education. Our interventions include:

1. **Providing a safe space** for young people in which positive relationships can develop with their peers and safe adults.
2. **Building resilience** in the form of developing self-esteem, self-confidence, and self-acceptance.
3. **Building social and communication skills** including conflict resolution, respect, and empathy.
4. **Encouraging positive life choices and safe, protective behaviours.**

Quantitative data will be collected via participatory methods with the young people to measure progression of attitudinal change, overall wellbeing improvement, and enhanced self-efficacy and agency.¹

GROUPWORK, SAFEGUARDING, PASTORAL SUPPORT

We generally work with groups, purposefully kept small to ensure every young person is seen and known. We work collaboratively with the school over safeguarding, wellbeing and pastoral concerns. We can offer bespoke blocks of 1-2-1 or small group mentoring for young people in particular circumstances.

¹ We will use the Brathay Toolkit (Brathay Research Hub Evaluation Toolkit, <https://learning.southdowns.gov.uk/wp-content/uploads/sites/2/2015/10/Evaluation-Toolkit.pdf>, to measure the young people's movement in these areas throughout the project.

PLEASE NOTE

- Session cost is inclusive of planning, delivery, resources, evaluation, record-keeping, and any necessary emails and follow-up regarding pastoral or safeguarding needs, within a reasonable volume.
- Within our remit and aims outlined above, we're happy to discuss developing bespoke interventions for specifically identified needs, or adapting existing interventions.
- The number of spaces in groups will vary depending on young people's needs and engagement.

Group	Catchment Year Group	Intervention Description	No of yp	Cost	Suggested length of intervention	Any further information
Friendship Skills	Year 7-9	<p>Safe, space to give young people a strong foundation of healthy friendship skills, which they are encouraged to cascade in peer groups.</p> <ol style="list-style-type: none"> 1. Healthy and Unhealthy Friendships 2. Healthy and Unhealthy Communication 3. Boundaries 4. Personality Types (Introvert & Extrovert, etc) 5. Kindness 6. Cascading Key Learning to Our Communities 	4 -8	<p>£225 per 6 week block of 1 hour sessions (£37.50 per 60 mins session, £30 for 45 min session, £25 for a 30 min session.)</p>	6 week blocks of 1 hour sessions	If opting for shorter sessions, some course materials may be abridged.

Group	Catchment Year Group	Intervention Description	No of yp	Cost	Suggested length of intervention	Any further information
UN Rights Course	Year 7-9	<p>This versatile curriculum generates discussion on a range of topics, including teenage brain development, encouragement of safe, protective behaviours, and appreciation of access to education.</p> <ol style="list-style-type: none"> 1. Session 1 – Introduction to the UN Rights of the Child 2. Session 2 – Identity & Life 3. Session 3 – Safe People and Safe Places 4. Session 4 – Opinions & Choices 5. Session 5 – Needs & Resources: A place to live, food, healthcare 6. Session 6 – Education, Playing & Resting 	4 -8	As above	6 week blocks of 1 hour sessions	If opting for shorter sessions, some course materials may be abridged.
Interpersonal Skills Module	Year 7 - 9	<p>This course explores a range of 'soft skills' that participants have informed us they have found useful both in and out of school contexts.</p> <p>Interpersonal Skills Module</p> <ol style="list-style-type: none"> 1. Stress in self and others 2. Body Language 	4 - 8	<p>£262.50 per 7 week block of 1 hour sessions</p> <p>OR £45 for any session as a stand-alone intervention.</p>		

Group	Catchment Year Group	Intervention Description	No of yp	Cost	Suggested length of intervention	Any further information
		3. Passive, Aggressive and Assertive Behaviour 4. Time Management 5. Strengths & weaknesses in self 6. Confident Behaviour in self and others 7. Criticism (Positive and negative)				
Wellbeing Workshops	Year 7-9	1 or 2 workshops looking at sleep, healthy eating, teenage brains, basic mental health first aid techniques, stress and ways of making positive changes. This can be delivered as an initial session with a follow-up one month later, OR as a one-off session.	12	£45 per session	n/a	n/a
1-2-1 Mentoring/ Pastoral Support	Year 7 – 13	1-2-1 mentoring/ pastoral support sessions in six week/ half term blocks.	Negotiable	£25 for a 30 min session	Half term blocks	
Young Leaders	Year 12 - 13	Our young leaders programme began in 2019. Young leaders play an integral role in the youth work interventions we deliver. Suitable for young people in KS4-KS5	1-2 per intervention	Training & Development covered within Journey Together Funding		Varies per intervention

Group	Catchment Year Group	Intervention Description	No of yp	Cost	Suggested length of intervention	Any further information
		<p>who would flourish with opportunities to develop in pastoral skills, leadership, project planning and evaluation. We offer ongoing support and a free training session which includes basic safeguarding best practice.</p>				