


<b>Services and Facilities Committee Meeting</b>	 <b>Market Drayton Town Council</b>
<b>Agenda Item: 8.SF Youth Club Reports - Senior</b>	
<b>Date: 6 October 2022</b>	
<b>Appendix: SF68</b>	



### **TERMLY MONITORING AND EVALUATION SCHEDULE**

**The purpose of termly monitoring reports is to:**

- Demonstrate how the club is meeting the aims and outcomes contained within the agreement and the statutory requirements;
- Gather service user feedback,
- Demonstrate that your services are listening and responding to service user feedback (children and where appropriate parents / carers).

The termly monitoring reports shall include:

<b>Provider name:</b>	SYA
<b>Club/project name:</b>	Market Drayton SENIOR youth club
<b>Term:</b>	Summer
<b>Date:</b>	July 2022

**What we have done to increase/improve physical health**

This term young people have taken part in a variety of outdoor and indoor activities such as table tennis, pool, dodgeball, football and outdoor games including egg and spoon and sack races. This is not only good for their physical health but also for their mental health. Young people have had the pressure of "tests" with it being the end of the school year so coming to youth club is a distraction and somewhere they choose to chill and chat with their friends.

Our senior group has enjoyed a big group game of tug of war – it did get a little competitive, but it got the whole group together for some fun.

Members enjoyed a trip to Hollywood Bowl in



Shrewsbury with the junior group which they really enjoyed. A new skill was learnt as some had never been to tenpin bowling before. The was also good exercise and a great group exercise although they did get quite competitive. Young people behaved well and represented the youth club very well.

Young people had the opportunity to go on the SYA Celebration event which was supported well. They enjoyed a variety of activities including tag archery, the climbing wall, nerf guns and some were presented with awards in which were for individual reasons for their achievements at youth club. It was a very enjoyable foe everyone and it gave some the opportunity to have a change of scenery and get out of Market Drayton for the day. It also gave them the opportunity to meet other young people from other clubs across the county and make new friendships.

**What we have done to increase/improve Emotional health**

This term young people have enjoyed a range of different food in their session. They have made food items such as fruit kebabs which wad very popular. We had conversations around whether they eat fruit at home and discussed how fruit is more enjoyable and they tend to eat fruit when it is cut up as it looks more enjoyable. Pineapple was a very popular fruit which the majority enjoyed.



They have enjoyed cooking sausages for sausage baps to enjoy

whilst we had a quiz and they also requested to have a movie night with lots of snacks including popcorn, pop and snacks.



The group have enjoyed endless games of dobble and uno whilst sitting and chatting around the table with a cup of tea and biscuits. A great way to talk and general chit chat about life.

One young lady has been talking about self-harm,

why she feels the need to do this and how it makes her feel better. The staff team have chatted to her a lot about ways around it and we have made stress balls so it can be used instead of self-harming. I also bought some fidget toys which they said would be very useful to use when they are feeling stressed, worried or anxious. They were also offered a small wordsearch book to take home too which may also help as a distraction in stressful times.

CR made us aware that her mum is aware of her issues and would not prefer to chat about it too much. She is open and honest as to why and does try very hard not to do it but feels sometimes she feels the need to.

The seniors made some positivity bags which they really enjoyed. They decorated a bag and popped positive words on post-it notes to pop inside the bag which would make them feel more positive when having a bad day or need cheering up. They found this would be a good pick me up.

Alongside these we talked about anxiety, how we can cope with anxiety, the triggers and causes and coping strategies which they can try to help them manage better. They were very open and willing to talk about this subject as they realise how many people suffer with anxiety.

This demonstrates the level of Mental Health issues that young people are experiencing at this time

## 1. Outputs Reporting

<b>Total number of different individuals who have benefited from the activities since contract start</b>	<b>38</b>
<b>Average attendance per session</b>	<b>22</b>

Number of individuals x frequency	Subject	Notes
24	Alcohol	Drinking sensibly and irresponsibly. Know your limits and be well aware of your surroundings. Never be alone.
8	Bullying	Issues in school. Don't agree with bullying.
14	Confidence	The impact COVID has had on people's confidence. Hard to re-adjust.
16	Diet	A balanced diet. How unhealthy food is more appealing than healthy food.
24	Drugs	How they experiment but how they ensure they stay together and be as safe as possible.
20	Exercise	How exercise is good for both physical and mental health.
14	Getting active	Keeping active. Daily walks.
10	Identity	
8	Isolation	COVID. The impact this had had on our mental health.
6	LGBT+	Signposting to XYZ.
2	Personal hygiene	Puberty.
6	Pregnancy	Teenage pregnancy and how this can impact on life when having a baby at such a young age.
4	Racism	Comments and how hurtful they can be.
20	Relationships	Short / long-term relationships. Happy and healthy relationships. How social media can have such a big impact on relationships.
16	School	School life. Positives and negatives of school. Why they do/don't like school. Why GCSE's are important.
30	Smoking	Popular subject. Smoking and vaping.

## 2. Case study

**Give an example where an intervention or series of interventions has contributed towards a young person/people's behaviour, physical or emotional health or behaviour change.**

A new member walked through the door to attend the session. His dad came over for a chat and to introduce his sons, while completing the membership/consent form he made us aware that A had just finished chemotherapy for the second time. He had "lines in" due to still having medication so young people could physically see these.

Given that the seniors are a challenging group, who have been creating problems in the community and are engaging in risk behaviours, my initial thought was how he was going to fit in with this a well-established tight knit group?

The work we have done on behaviour, acceptance, tolerance and respect was demonstrated by how the group reacted and the staff felt very proud of them.

A came with his brother, once his dad had left, we had chat to him to introduce

ourselves and went through some of the rules. A and his brother then went over to the group who were playing pool and sitting chatting on the sofas and started a conversation with them. A was so confident and was more than happy to chat to the group. A opened up to them to tell them all about his journey with having cancer. The group were amazing; they sat, listened and chatted to them for the remainder of the session. It really made the young people understand how short life can be.

They introduced them to table tennis and pool and also got them engaged in other group activities. This was a great icebreaker and a really nice welcome to the senior session. At the end of the session when the two young lads had gone home, two of the girls hung round to have a chat. It had really hit home that life really is too short and maybe some of the things that they moan about in life really aren't a massive deal. It was great to see the group so welcoming and supportive and they have carried the support on in the sessions since.

### **3. Variation to service**

**Has there been any significant variation to the service that you were commissioned to provide in this quarter and what actions are you planning in responses?**

Anti-social behaviour problems on the town park spoken about on a weekly basis. Andy (PCSO) has been popping in to club to speak to young people about their behaviour and they have re-assured us that they are not the issue. The issues on the town park do seem to be improving.