



In this issue

- The Central Line
- Youthoria (page 2)
- Policy and Information to help you in your work (page 3)
- Training (page 4)
- Other news and information (page 6)

The Central Line

It's that time of year again when many young people are faced with the pressure of sitting exams. Whilst exams are important and always will be, they do not define young people and it's important that they are supported to gain a broader and deeper understanding of life and the issues that affect them rather than looking at exam results in isolation.

Last week I was privileged to work on the SEND NCS programme which saw 28 young people from across Cambs and Peterborough special schools participate in a week long adventure residential at Essex Outdoors Mersea Island. Each and every one of these young people pushed themselves above and beyond their comfort zone and gained new skills and experiences that will support them as they progress. We are now working closely with the NCS trust to explore other potential specialist programmes and are keen to achieve a SEND+, EHE and young parents programme within our next contract. Please do get in touch if you would like to shape our thinking around better inclusion of marginalised young people in NCS.

Long may the good weather last and support positive activity opportunities for the young people with whom we work over the next term

Liz

County Youth and Community Manager

Issue number 87

Editor: Central Youth Support Service

Contact details:
BH1203, Babbage House,
Castle Park, Castle Hill,
Cambridge CB3 0AT
Tel: 01223 715492
Email: [Central YSS](mailto:CentralYSS@cc.gov.uk)

Please send your feedback or articles to be included in this newsletter to Central YSS

The [YSS Portal](#) contains information to help you in your work.

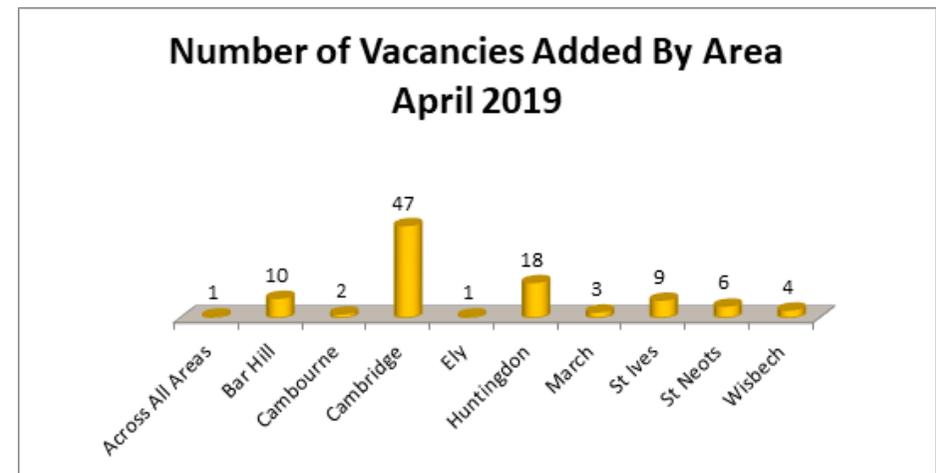
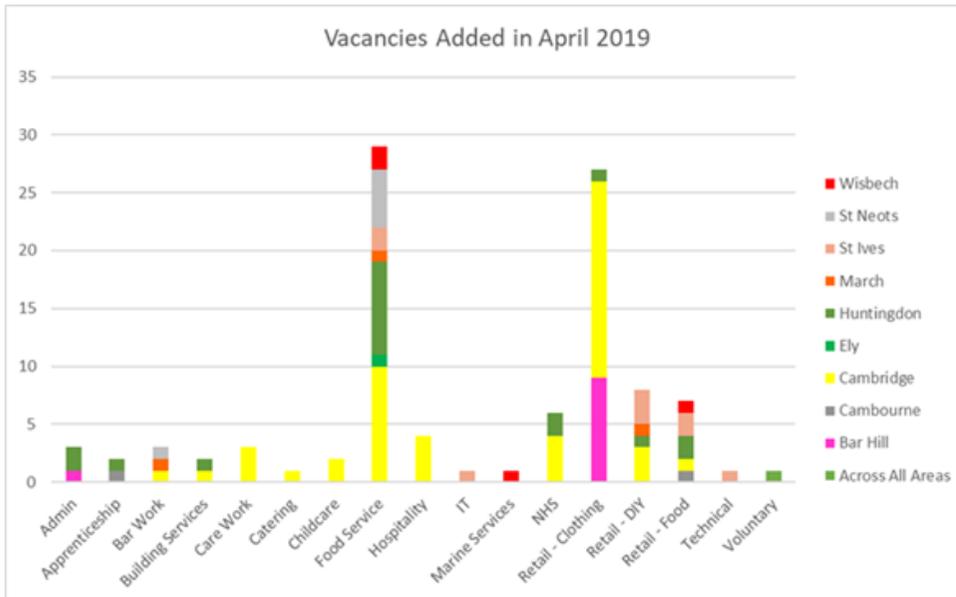
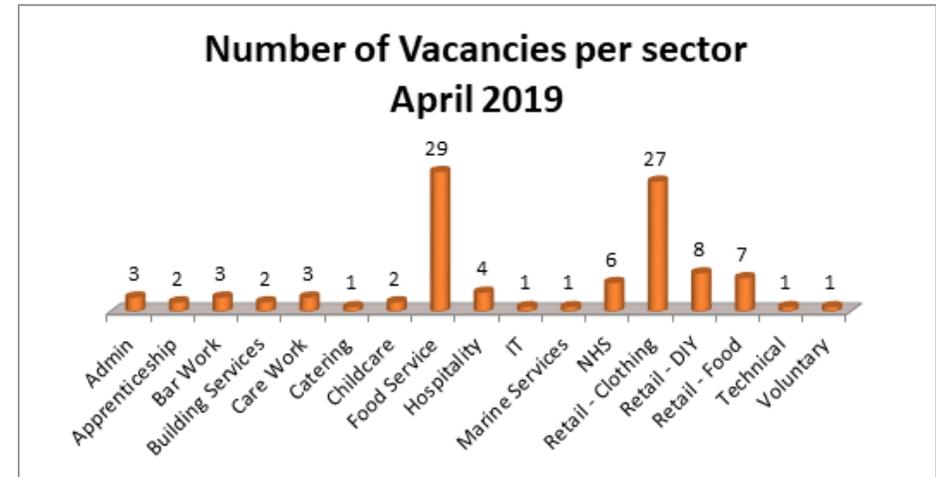
Youthoria

Vacancies Added Charts - April 2019

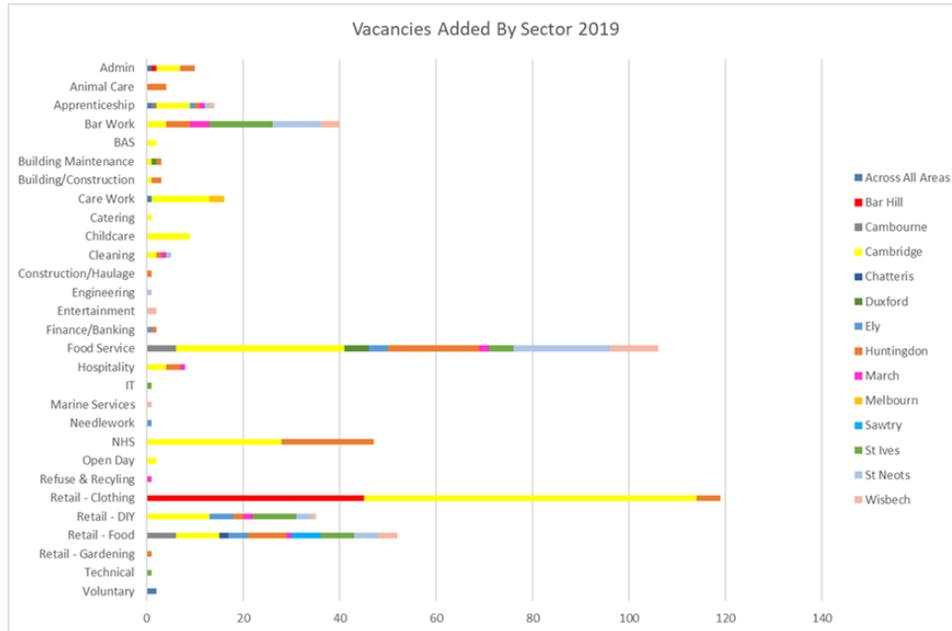
Below are the vacancy added charts for April 2019. This information has been provided by the Careers Information, Advice and Guidance Team.

Number of vacancies added to Aspire:

	Jan	Feb	Mar	Apr
2019	149	115	125	101
2018	NA	NA	NA	NA



Vacancies Added by Sector January to April 2019:



Policy and Information

Ambitious about Autism

Ambitious About Autism have recently launched their [Include Autism Toolkit](#), which is a useful resource for anyone working with young people.

ChatHealth

ChatHealth is available for all young people aged 11-19 in Cambridgeshire.

The Cambridgeshire school nursing team has successfully implemented ChatHealth, a confidential text messaging service for young people aged 11-19.

The platform provides an alternative way for young people to engage with school nurses on topics including relationship advice, healthy eating, smoking cessation, bullying and exam stress.

From 9.30am to 4.00pm Monday to Friday, ChatHealth has experienced clinicians online waiting to answer and deal with any messages from young people.

To access the service, all users need to do is TEXT 07480 635 443 to start a conversation.

Their video and promotional material can be found on the [NHS Cambs Community Services website](#).

There is also a number for professional who may wish to seek advice on young people, e.g., if you wished to speak re a pupil you have concerns about, which is 03000 295050.



Other useful contacts

Below is a reminder of other useful health contacts:

NHS Choices - Log onto NHS choices, select the service you are looking for, the area/postcode and it will give you all the contact details for all available services in that area.

iCASH - Integrated combined sexual health & contraception service for Cambridgeshire including Peterborough

Also provides facility to request [self-testing kits for all STIs & blood borne virus screening](#) at home for any age group

Diverse - Promoting sexual health and wellbeing

Terence Higgins Trust - HIV support + sexual health support. Community workers will visit young people 'at risk' to help support healthier lifestyles

Ccard - Free condoms for people under 25

CAMQUIT - Cambridgeshire's Stop Smoking Service

Brook – free and confidential pregnancy support for under 25s

Violence Against Women and Girls – Newsletter

The latest VAWG newsletter is available on the Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership [website](#).

Training

Please note staff must check with their line manager before applying to go on a course, whether or not there is a charge.

LGBT+ Training

You may be aware that Living Sport are running 'Play with Pride', a project aiming to tackle homophobic behaviour and supporting LGBT+ young people within a sport and physical activity setting. You can find out more information on the project [here](#).

Over the past few weeks Living Sport have been consulting with young volunteers around some of the LGBT+ inclusivity issues they may have within a sports environment, this has created some incredible discussion, and been

the catalyst for a series of ‘Coach Training Evenings’ they are holding (one in Peterborough, one in Fenland) in the week commencing the 15th of July.

These free workshops will be delivered by ‘The Kite Trust’ and will cover:

- LGBT+ language and terminology
- Understanding the LGBT+ community
- Scenarios and examples of best practice
- Practical implications – what can you do to become more inclusive?

After the workshops Living Sport will then reengage with the young volunteers to deliver a series of ‘rainbow ratings’ for local sports clubs/providers, and work alongside clubs to help them become more LGBT+ inclusive.

If you are interested in being part of this and want to book on to the free training then please contact [Tom Oliver](#).



National Youth Agency

Creating Safe Spaces to Challenge Narratives of Division & Hatred

In this increasingly connected world, young people find themselves exposed to views and narratives that can be extremist in nature. Routed in politics, gender, religion and many other topics, young people are vulnerable to these messages whilst they are finding their way in the world and shaping their own identity. Those working with young people want to feel confident and competent to tackle these challenging conversations in a way that aligns with professional values, and keeps young people and themselves safe. This free workshop (funded by Building a Stronger Britain Together) will provide the opportunity to explore this and professional practice, leaving practitioners with increased knowledge, confidence and a take home toolkit that they can use to help inform their work with young people around this.

Book [here](#) for sessions in Birmingham, Bristol, London and Newcastle.

Learning and Development Team

LGSS Learning and Development courses, Children's Early Help, are now listed on [iLearn](#).

LSCB Courses

Course descriptions and how to book onto LSCB courses can be found on the [LSCB website](#).

SEPTEMBER 2019

11.09.19	Introduction to Safeguarding Children	Cambs FA
18.09.19	Introduction to Neglect	Peterborough Meeting Rm Centre
20.09.19	Introduction to Child Criminal Exploitation	Hunts FA

- 24.09.19 Graded Care Profile Hunts FA
- 24.09.19 Safeguarding Children Training for General Practitioners – Level 3 Cambs FA
- 25.09.19 Working with Cases of Neglect Cambs FA

OCTOBER 2019

- 04.10.19 Early Help – Back to Basics Peterborough Meeting Rm Centre
- 08.10.19 Safeguarding Children’s Refresher Peterborough Meeting Rm Centre
- 08.10.19 Fabricated and Induced Illness Young People March
- 11.10.19 Safeguarding in Child Sexual Abuse Peterborough Meeting Rm Centre
- 17.10.19 Outcome Star Peterborough Meeting Rm Centre

NOVEMBER 2019

- 13.11.19 Using the Quality of Care Tool to Assess Neglect Peterborough Meeting Rm Centre
- 14.11.19 Introduction to Safeguarding Children Peterborough Meeting Rm Centre
- 15.11.19 Your Role in the Child Protection Process Peterborough Meeting Rm Centre
- 18.11.19 Working with Child Criminal Exploitation Hinchingsbrooke Country Park
- 21.11.19 Working with cases of Neglect Peterborough Meeting Rm Centre
- 29.11.19 Early Help – Back to Basics Peterborough Meeting Rm Centre

DECEMBER 2019

- 03.12.19 Safeguarding Training for General Practitioners – Level 3 ABAX Stadium - Peterborough

Other News and Information

Youth Work Week 2019

The National Youth Agency has announced that Youth Work Week 2019 will take place from 4th November – 10th November and that the theme for this year will be Youth Work in Action

They will be publishing guidance for how to engage with this year’s theme later.

UK Youth FutureProof

UK Youth are now recruiting for the third year delivery of FutureProof, a train-the-trainer programme that equips young people with life skills to navigate everyday challenges. More information can be found [here](#).

Age-verification for online pornography to begin in July

The UK will become the first country in the world to bring in age-verification for online pornography when the measures come into force on 15 July 2019.

Read more on the [Gov.uk website](#).

Future Girl

In 2018, GirlGuiding UK asked girls and young women to tell them about the things they really care about and about what needs to change to create a better world for girls and young women. More than 76,000 from 4- to 25-year olds - shared their views. And Future Girl is the result.

Future Girl is built around five topics that they really care about: Planet Protectors, Adventurers, Self Believers, Barrier Breakers and Respect Makers.

Further details can be found on the [GirlGuiding website](#).

YMCA's Be Real Campaign

Almost two-thirds of young people (61%) feel pressure to look their best online, according to new findings from the Be Real Campaign. The research also revealed that more than two-thirds (67%) regularly worry about the way they look.

In response to this pressure, the research found that more than two-thirds of young people (67%) edit photos of themselves before posting them on social media and nearly a quarter (23%) spent more than five minutes doing so, with some taking over an hour. These edits would typically include removing blemishes (11%), smoothing their skin (10%), and whitening their teeth (7%).

Less than a fifth of young people (16%) said that looking at social media positively affected how confident they felt about the way they look. When asked what could be done to change this more than two-fifths of young people (43%) said that people should unfollow accounts that promote

negative messages about the way people look to promote body confidence on their social media channels.

Celebrities and social media influencers also have a role to play. More than half of young people (53%) said that celebrities and influencers sharing more realistic images of themselves would encourage people to post content that more accurately reflect what they look like in real life.

Read more on the [YMCA website](#); or just read the research report, [The Curate Escape](#).

Anxiety – a major barrier to employment for Gen Z

Young people face new barriers in finding work and are anxious about their prospects, despite record levels of employment, according to a new survey.

The research, commissioned by Coca-Cola European Partners (CEP) and UK Youth, revealed that over half (55%) of 16 - 25 year olds believe anxiety is one of the biggest barriers to securing employment. A third (31%) of this age group said they had experienced anxiety and depression when job hunting and it had hindered their search.

The research was commissioned to mark the completion of the first pilot phase in the Reach Up programme, an initiative aimed at empowering young people furthest from the job market and equipping them with the skills they need to secure employment. Drawing commentary from a wide range of the UK population, the research polled people aged 16 – 60, both employed and unemployed, from different backgrounds.

Despite the barriers' impact on Generation Z's ability to secure employment, the research revealed positively, that almost a third (30%) of 16-25 year olds

confirmed they found employment in less than one month after leaving education. However, despite record levels of employment in the UK and year-on-year improvements in the number of young people not in employment, education or training, almost one in four (22%) revealed it has taken them at least a year to find a job.

The research also looks to demonstrate the more practical barriers that some young people face when it comes to gaining employment, besides a lack of experience or job opportunities. Being a carer, not having a driving licence and having a physical disability were among the many barriers which emerged.

Read more on the [UK Youth website](#).

Youth Voice Census

Youth Employment UK has launched the results from the 2019 Youth Voice Census, a survey capturing the experiences of more than 3,000 14-24-year olds as they transition between education and employment.

The full report is available to download [here](#) with the key headline findings available on the [Youth Employment UK website](#).

Social Mobility – State of the Nation

The government's social mobility commission has launched its [2018-19 annual report](#). Key highlights show:

- Inequality is entrenched in Britain, from birth to work.

- Being born privileged means you are likely to remain privileged, whilst being born disadvantaged means you may have to overcome barriers to improve you and your children's social mobility.
- Urgent action needs to be taken to help close the privilege gap.

Vulnerable children with learning disabilities are stuck in mental health hospitals for too long

Anne Longfield, the Children's Commissioner for England, has published a new report, '[Far less than they deserve: Children with learning disabilities or autism living in mental health hospitals](#)'. The report shows how too many children are being admitted to secure hospitals unnecessarily – in some cases are spending months and years of their childhood in institutions when they should be in their community. It warns that the current system of support for those with learning disabilities or autism is letting down some of the most vulnerable children in the country.

Read more on the [Children's Commissioner's website](#).

BYC backs measures to tackle intergenerational inequality

A youth charity is backing calls for the government to deliver a fairer society for younger people by providing them with better housing and employment opportunities.

The British Youth Council (BYC) has endorsed the findings of a new House of Lords select committee report, [Tackling Intergenerational Fairness](#), which

says young people are not seeing the increase in living standards enjoyed by previous generations.

Many young people who worry about being able to afford a home and secure a well-paying job have been failed by "successive governments to plan for the future and prepare for social, economic and technological change", the report says.

The BYC welcomed the report's recommendations that local authorities introduce specific planning policies to meet the housing needs of young people.

The council also supported recommendations for the government to make substantial increases in funding for further education and vocational qualifications to tackle unfairness between those young people unable to go on to higher education and those who continued to study.

It also calls on post-16 educational providers and their regulatory bodies to link educational outcomes more closely to the labour market since many young people were leaving education with qualifications that did not match the current need.

The report warns the government if no action is taken soon young people "could grow to resent older people for having the property security they lack and having benefited from a lifetime of well-paid secure employment of which younger generations can only dream".

Calls for the government to make PSHE a statutory subject inspected by Ofsted and to include education about housing and finance matters were also backed by the council.

Youth Select Committee on Knife Crime – Call for Evidence

This year's Youth Select Committee will be holding an inquiry on knife crime. The topic was selected following the UK Youth Parliament's Make Your Mark Campaign where Knife Crime came out as the top priority – over 1.1 million young people voted in last year's Make Your Mark.

They want to ensure young people are part of tackling the issue and so look forward to the recommendations that the committee will develop in the coming months. To ensure it's meaningful and true to the voices of young people, they need young people to submit evidence!

Deadline: Friday 7th June 2019

Submit Evidence: young people can [complete this survey](#) or staff can give a more detailed version by looking at the [terms of reference](#).

Data links youth service cuts to knife crime rise

Knife crime has risen more in areas which have seen the largest cuts to spending on youth services, according to new research carried out by a cross-party group of MPs.

The data, published by the [all-party parliamentary group \(on knife crime\)](#), showed councils cut their youth services spending on average by 40% over the past three years.

At the same time there was a 68% increase in knife offences recorded by the police in England and Wales.

The rise in offences, from 25,516 from the end of March 2014 to 42,790 to September 2018, came as some local authorities slashed their funding for services such as youth clubs and youth workers by as much as 91%, the APPG said.

The data was drawn from Freedom of Information responses from around 70% of 154 councils contacted by the APPG in England.

The figures revealed Wolverhampton and Westminster were among the two highest areas to cut youth services spending (91%). The councils were closely followed by Cambridgeshire County Council (88%) and Wokingham Borough Council (81%).

Read more on the [Children & Young People Now website](#).

If you would like this information in an alternative format please contact
01223 715492

