Eastbourne Joint Youth Strategy 2015 to 2018

Introduction

The Eastbourne Youth Partnership produced a Joint Eastbourne Youth Strategy in 2011 which set out our priorities for 2011 to 2015. This new Strategy for 2015 to 2018 reviews what we have achieved and looks at those issues that we want to focus on in the next three years.

A lot has changed in Eastbourne these last three years:

East Sussex County Council's **Targeted Youth Support service** replaced the Youth Development Service. This new service has combined case work with those young people most at risk with a programme of community interventions in the form of regular organised activities and summer activities. Funding for these sessions increased in the last year to pay for the costs of increased staffing.

Neighbourhood Management partnerships have been established in the four areas we prioritised in our last Strategy – Devonshire, Langney, Hampden Park (Willingdon Trees) and Old Town, and Devonshire West secured £1m funding through the Big Local programme. This was in addition to the partnership already in place in Kingsmere.

Eastbourne and Wealden YMCA has been funded to engage with young people in our priority areas and provide a new range of activities.

East Sussex County Council has funded YMCA as lead agency for the Youth Partnership to establish health improvement sessions across Eastbourne.

Eastbourne's **Youth Forum** is now firmly established and has led on the delivery of the **Youth Bank** funded by East Sussex County Council and Eastbourne Borough Council and on consultation for this Strategy.

Some of our achievements over the last three years are:

- New activities and groups established in Willingdon Trees, Langney, Devonshire and Old Town including 'Fit and Funky', Wise, free football, fishing, cycle maintenance and outdoor activities for boys
- Two new Skate Parks in Old Town and in Hampden Park
- Annual Youth Fair where young people can showcase their skills and achievements and annual Youth
 Network bringing agencies and voluntary organisations working with young people to form new partnerships
- £37,415 allocated through the **Youth Bank** to 40 small youth-led projects and initiatives

Vision and aims for 2015 to 2018

The Eastbourne Youth Partnership supports the UN Convention on the Rights of the Child which states that:

"Every Child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts" and "All Children have a right to be able to give their opinion when adults are making a decision that will affect them, and adults should take it seriously."

To support this vision, the Youth Partnership has agreed the following objectives for its work:

- > Providing appropriate activities and facilities for children and young people
- Working with partners to achieve safer and stronger communities
- > Promoting healthy lifestyles
- > Encouraging volunteering and community and youth participation in decision making and service delivery

Our work will continue to focus on those areas with the greatest need, but, rather than set priority areas for the full three years as we did in our last Strategy, we have agreed that the Action Plan each year should highlight actions needed in specific areas to address gaps we have identified and newly emerging needs.

What difference have we made to young people's lives?

Whilst we cannot attribute changes and trends directly to the actions we have taken, we have seen significant **improvements** in:

- the number of 0 19 year olds committing offences
- perceptions of young people so that they no longer appear to be identified with anti-social behaviour
- · young people's confidence in reporting bullying
- the numbers of young people claiming Job Seekers' Allowance
- the rate of conceptions amongst under 18 year olds
- the number of under 18 year olds admitted to hospital for alcohol related conditions.

Some of the areas where we have not made enough of an impact are:

- the number of young people who are the victims of crime, anti-social behaviour and bullying has increased
- the number of young people starting their senior school career who are overweight or obese has remained constant/similar since 2009/10 (i.e. no statistically significant changes)
- educational achievement and the number of young people achieving 5 or more GCSEs at A*-C

Some of the **new challenges** we have identified that we want to tackle through this Strategy are:

- a significant increase in the number of young people who are victims of sexual abuse
- poor emotional health with many young people reporting unhappiness around exams and tests, career, looks and family problems

Young People's priorities in Eastbourne

East Sussex County Council coordinates **The Big Vote** every two years amongst school students to identify their top issues from a choice of ten and to elect their representatives on the East Sussex Youth Cabinet. At the last

vote 28,000 school students in Eastbourne registered to vote and 11,347 11-18 year olds (44% of the electorate) actually took part in voting. The top priorities voted for by students in Eastbourne were:

- Transport
- More activities, clubs and support
- Careers Advice
- Bullying

The new Youth Cabinet has identified three projects to work on:

- 1. Compiling and distributing/ publicising a comprehensive list of youth clubs. They will feed into the development of the Connexions 360 website
- 2. Promoting services and opportunities for young people to help them access work including work experience, apprenticeships and working to get a standardised offer on this kind of information across the County
- 3. Transport continuing the 3iD project, promoting the card.

The **Eastbourne Youth Forum** identified the following priorities for the Partnership to consider:

- bullying particularly at skate parks
- under-age drinking and drug use
- free and cheaper transport
- musical and cultural events such as an annual Music Festival
- improved access to some sports

Surveys

We then surveyed young people on-line, in Youth clubs and at events during the summer, as well as asking staff and parents to give their views.

The top priority highlighted by young people through these surveys was 'feeling safe and well'.

Asked what they would like more of, the top choices were

- more activities both in term-time and during school holidays 39 out of 71 said there was not enough for young people to do in Eastbourne with only 17 saying there was enough
- more help to get around safely. 42 out of 70 young people said it was easy to get around in Eastbourne with only 14 saying it was not. However, there does seem to be a concern for safety in travelling around.
- more help to stay healthy and more help around bullying and staying safe. More young people (26) said it was not easy to find the support they needed than those who thought it was easy (23).

Asked what improvements we could make, there was a focus on more information and advice in schools and better advertising of services and activities. The favourite sources of information were Facebook (42), Twitter (11), Connexions 360 (6), other websites (5)

Drawing on the experience of working with young people

We asked agencies working with young people to tell us about their concerns and priorities. They highlighted:

- Places to go and things for young people to do
- Physical health
- Emotional wellbeing

Members of the Youth Partnership also discussed **our own experience** of running sessions over the last three years and highlighted:

- The need to organise different kinds of activities during the summer months and holidays
- The difficulties of engaging older teenagers and the need to offer different kinds of opportunities and activities for different age groups
- The value of working with children aged 9 and 10

- The value of continuous engagement building relationships with young people in different neighbourhoods
- The benefits of working in partnership in local neighbourhoods, linking with Schools, police, local community and faith groups and others
- The importance of celebrating young people's achievements through events like the SPARK Achievers event and the Eastbourne Youth Fair
- The value of networking bringing people and resources together to support each other through events like the Youth Network.

What strategies and plans do we need to be particularly aware of?

Local authorities and other statutory agencies need to respond to changing priorities by reviewing and updating their plans. We need to be aware of changing policies, priorities and resources when we plan our own work. There is a wide range of strategies and plans covering health, skills, employment, housing and poverty which shape the work of different members of the Youth Partnership. In developing this strategy we have paid particular attention to relevant local strategies:

- **Draft East Sussex Children and Young People's Plan 2015 2018 –** the proposed priorities for this include improving skills levels of young people, 14 19 including better access to a wider range of apprenticeship, vocational training and work experience opportunities as well as a strong academic route; and improving support to children, young people and families to help maintain and enhance emotional well-being and mental health.
- **Excellence for All** the County Council strategy for ensuring that all children in the county are able to attend a good school, that educational outcomes improve at all ages, and that all young people stay in education or training, including employment based training until age 18. The strategy focuses particularly on the 14 to 19 age range.
- The East Sussex Local Safeguarding Children Board Business Plan 2012 to 2015 includes details of achievements to date and work in hand to address safeguarding needs, including work to address Child Sexual Exploitation.

- The Eastbourne Community Safety Plan 2014 to 17 includes actions to support family early interventions and other initiatives aimed at reducing re-offending and actions to tackle child exploitation
- The East Sussex Health and Wellbeing Strategy includes priorities to support safe, resilient and secure parenting for all children and young people so that parents are confident, able and supported to nurture their child's development; and to enable people of all ages to live healthy lives and have healthy lifestyles so that more people can improve their prospect of a longer, healthier life.
- The East Sussex Children and Adolescent Mental Health Services Strategy includes recommendations for universal services which reflect increasing volume and complexity of low level emotional, behavioural and mental health needs; and improved knowledge and skills of staff working with children and young people including those in the voluntary sector.

Based on all this information and discussion we have identified priorities for the Youth Partnership for 2015 to 2018. Our criteria for selecting priorities were: that they needed to challenging but realistic and lead to tangible actions which we could deliver as a partnership rather than relying on a single agency to deliver. We chose priorities where we felt that different partners could make significant contributions as well as those where we wanted to influence the allocation of resources and plans of other agencies based on what we had learnt.

Priorities for 2015 to 2018

- Maintain the number and range of affordable, accessible clubs and activities and raise the profile of what's available
- ➤ Help young people to stay healthy with a particular emphasis on weight management and physical activities
- > Help young people to stay safe particularly around sexual abuse and bullying
- > Provide more, improved and better publicised services that support emotional health of young people
- > Explore safer transport options.

We will deliver this Strategy through Action Plans which we will review each year.

Action Plan – this plan was developed through a workshop early in February 2015 and subsequent discussions.

The Action Plan for 2015/16 sets out the issues we intend to tackle over the next 12 months. We have agreed to focus on a smaller number of actions – a maximum of two for each priority – that we want to deliver in the year ahead. The overall aim is to work in partnership to make the best use of our resources at a time when these are coming under increasing pressure. The actions we choose will be tailored to our capacity to deliver these.

We will continue to monitor trends to help us identify outcomes and inform future Action Plans.

Action for 2015	Who	Milestones	By when
	range of affordable, acces	sible clubs and activities a	nd raise the profile of
what's available			
Launch social media project to publicise availability of activities currently available for	Lead: EBC until November; lead partner to be confirmed November 2015	Develop a delivery plan with agreed targets to be completed	Summer 2015
young people	Partners: Eastbourne and Wealden YMCA, HOME, Youth Radio	Scoping – looking at existing social media aimed at young people.	Summer 2015
		Creation of young people's social media advisory group	September – December 2015
		Establishment of key contact point – potentially a volunteer	Ongoing
		Number of users of social	

media sites Information updated at beginning of each term Research into Eastbourne Youth App/brand Development of website / link to C360 website to upload information onto all social media accounts Social media awareness and sharing for practitioners Lead: EBC Social media accounts Social media accounts Social media accounts Working with young people Sharing of organisations working with young people Sharing of organisational information Sharing of organisational inform				
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		h.		
	Partnership to identify		4 priority groups identified:	Summer 2015

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gaps in services/provision	Change, Youth Partnership,	Young women, NEETS,	
across the town that can	Sports staff, Active Sussex	physically inactive young	
be delivered at	Partners: Schools, youth	people, young people with	
neighbourhood level	clubs, Police, re:balance	disabilities	
	East Sussex		
Development of functional		Deliver pilot projects for	Summer 2015
approaches to		priority groups to engage	Sammer 2013
sport/actions to widen		in exercise and healthy	
•		NOTE AND A SECOND OF THE PROPERTY OF THE PROPE	
participation		eating – to be evaluated	
D		and rolled out if successful	
Partnership to identify		_	_
leads to secure resources		Ensure opportunities are	Summer 2015
and deliver projects		well publicised, eg. on	
	•	Active Sussex website	
	***	Local delivery partners	
		identified	
		Resources and funding	
		sources identified	
		Sources racinemea	
		10 Sportivate bids from	Autumn 2015 and ongoing
		Eastbourne submitted	Addulin 2015 and origoning
		Eastbourne Submitted	
		Oth an fine diam and the time	
		Other funding applications	
		submitted e.g. Awards for	
		All	
		Successful funding	November 2015 onwards,
	"	applications	ongoing

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		Forward/exit strategies for participants developed		
Help young people to sta	Help young people to stay safe - particularly around sexual abuse and bullying			
Co-ordinated town wide campaign during Anti-Bullying Week – "No	Lead: Youth Forum and Partnership	Each partner to identify organisational contribution	Spring 2015	
Bystanders"	Partners: Police, Schools, Youth Radio, SPARK	Co-ordinated media campaign delivered	November 2015	
		Identification of contacts to support agencies and young people during and after campaign	November – May 2015	
		Articles in local press and media	October – December 2015	
		Number of pledges signed	October – December 2015	
Raise awareness of child sexual exploitation	Lead: SPARK, Police Partners: 3VA, Street Pastors	Invite Sussex SCB CSE sub group member to speak to Partnership and maintain links	Autumn 2015	
		Investigate any funding needed for CSE training for key staff		
		Ensure all partner services which are used by children		

eople
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appropriate)		the 5 ways to wellbeing)	
		Partners to report on how they have taken action to embed wellbeing as part of service delivery and outcomes of actions taken	January 2016
		Evaluation tools identified by partners to measure wellbeing and to understand the impact of service delivery on young people's wellbeing	October 2015
Address gaps in provision of services	Lead: Eastbourne Borough Council	Use CAMHS needs assessment to identify gaps in current provision	September 2015
	Partners: ESCC Public Health; Targeted Youth Support service; Eastbourne and Wealden YMCA	Identify good practice in other areas which has proved effective	November 2015
		Identify a partner to develop a similar service in Eastbourne	November 2015
		Secure funding for pilot	March 2016

Appendix 1

		Begin delivery	April 2016
Explore safer transport of			
Increase number of young people with the knowledge, skills and confidence to establish the habit of travel by foot and bike	EBC, ESCC Bikeability, Sustrans, Action for Change	Secure funding to introduce Strategy target groups to cycling and encourage future use	Sportivate bids Summer/Autumn 2015 and ongoing
		Promote cycling as a transport option to young people	Summer 2015 – Youth Fair
		Sustrans to deliver 2 pilot "Bike It" projects targeted at young women, 1 secondary school based 1 youth centre based	
	XO	Secure funding	Summer 2015
		Pilot projects delivered Further courses delivered	September 2015 Ongoing

Appendices

Membership of the Youth Partnership

Membership of the Youth Partnership is open to any organisation which currently works with young people and contributes to delivering the Joint Eastbourne Youth Strategy. Current members of the partnership are:

- Eastbourne Borough Council Community Development
- East Sussex County Council Targeted Youth Support; Public Health Directorate
- Eastbourne and Wealden YMCA Youth and Community
- Eastbourne Neighbourhood Policing Team
- Eastbourne Youth Forum (open to all young people living in Eastbourne)
- Sussex Downs College
- Eastbourne Education Business Partnership
- Eastbourne Homes
- Amicus Horizon
- Places for People
- Towner Trust
- Active Sussex
- DWP Job Centre
- SPARK

Eastbourne's Youth Cabinet members are:

- Sharn Falon
- George Kyprianou-Hickman
- Patrick Steward

• Nick Steer



Monitoring Outcomes

In our last strategy we agreed to assess the impact of our work against a number of measures

- o Reduce incidence of youth offending and anti-social behaviour
- o Reduce incidence and impact of bullying
- o Reduce incidence of depression and other mental health issues
- o Reduce the prevalence of obesity amongst young people
- o Reduce number and rate of under 18 conceptions in Eastbourne
- o Reduce the number and rate of young people in treatment for substance misuse
- o Improve levels of educational attainment and
- o Reduce numbers of young people not in employment, education or training

Youth offending and anti-social behaviour

Only one out of 212 responses to a survey of Perceptions of Anti-Social Behaviour in Eastbourne identified a need for **more activities for young people** (summary of Community Safety question responses from the East Sussex County Council Reputation Survey). This suggests that previous perceptions of young people and a lack of things for them to do are significantly less than in previous surveys where this was regularly highlighted as a need.

There was a 25.3% decrease (from 691 to 516) in the number of 0 - 19 year olds who committed offences in 2013/14 and the proportion of all offences attributed to young people dropped from 27.07% to 25.61%.

Feeling safe

There was a 10.8% decrease (from 803 to 797) in the number of offences recorded against 0 – 19 year olds in 2013/14 compared with 2012/13. However, there was an increase in the number of offences recorded against 0 – 15 year olds.

There was a 14% increase in the number of sexual offences against young people recorded in from 68 to 78.

Bullying continues to be a concern for young people with 29% (1849) of students in East Sussex who responded to a survey in 2013 reporting that they had been bullied in the previous 12 months – an increase of 4%, with an unexpected high number of Year 8 students reporting being bullied. On the plus side, students felt more confident overall to report bullying, there was a 9% increase in students who said the bullying had been sorted out and an 11% increase in the number who said their school had dealt well with bullying behaviour.

Incidence of depression and other mental health issues

A survey of Health Related Behaviour of Year 10 students carried out in the spring term 2012 found that of 889 students who responded in Eastbourne found that 16% of boys and 22% of girls were 'quite unhappy' or 'very unhappy' with their life at the moment. The top four worries were exams and tests (66%); career (60%); looks (42%) and family problems (40%).

95% of young people offending have a mental health issues. The rate of under 18s supported by the Children and Adolescent Mental Health Service is on a par with the rest of Sussex.

Prevalence of obesity The data reported in the Eastbourne Public Health Profile 2013 dates back to 2011/12, so it is difficult to assess the impact of any work between 2011 and 2014. Data from the National Childhood Measurement Programme shows that 32.3% of Year 6 students (10 to 11 year olds) were overweight or obese in 2013/14, with 17.7%obese; this compares with 30.2% overweight or obese, and 17.3% obese in 2006/7. **Number and rate of under 18 conceptions** This has shown a sustained reduction over a number of years from a peak of 54.4 per 1,000 in 2000 to 41.2 per 1000 in 2011 and a particular drop between 2011 and 2012 to 25.6 per 1,000.

The number of admissions to hospital for alcohol related conditions Admissions to hospital for under 18 year olds have followed the national downward trend.

Number and rate of young people in treatment for substance misuse The number of young people (rate per thousand) in treatment is higher than the rate for East Sussex as a whole – 59 per thousand under 18s in

Eastbourne compared with 53 per thousand across the county. The rates in Devonshire (98) and Upperton (137) are significantly higher than across the rest of the town.

Levels of educational attainment – 59%% of Year 11 students in Eastbourne achieved 5 or more GCSEs in June 2013 compared with 60% across the county as a whole and 58.8% in 2012.

Numbers of young people not in employment, education or training

It is not possible to compare figures from 2011 with those available for 2012 and 2013 as data is no reported on the basis of academic years rather than actual age. The estimated percentage of young people not in employment, education or training in East Sussex in 2013 was 7.9% compared with 8% at the end of 2012. The percentage of 16-18 year olds whose activity was not known was 9.8% at the end of 2013 compared with 12.3% at the end of 2012. The number of 'unknown' increased after the Connexions service provided across the county ended in 2011.

There were 435 16 to 24 year olds claiming Job Seekers' Allowance in April 2014 compared with 630 in April 2012. This drop reflects national and regional trends.

Youth engagement and activities - East Sussex Targeted Youth Support Service

This service was set up in 2012 and targets young people aged 11 - 19 who, without an assessment and planned intervention, would be more likely to

- be excluded from school
- engage in criminal behaviour
- become accommodated by the local authority, or have poor physical and mental wellbeing.

A review of the service carried out within the first year found that the vast majority of TYS service users, and parents of service users reported that things improved for them following their TYS intervention and that there has been a sustained decrease in referrals to Social Care services and a drop in the number of young people entering the criminal justice system for the first time.

The service has continued to evolve over the last two years.

In addition to these targeted interventions, TYS continues to deliver open access community-based intervention utilising the youth work skills in the teams to engage young people through outreach work and at community venues targeted through knowledge of local need. The service

- delivers 18 weekly sessions including 5 youth club sessions, 8 mobile and detached sessions, 2 sessions for disabled young people – all running throughout the year, plus weekly arts, music and bicycle maintenance sessions.
- 1,262 'named' young people participated in activities run by TYS in 2013, and increase from 1,118 in 2012.
- In addition 1,355 'unnamed' young people participated regularly in different activities run by TYS, also slightly higher than in 2012. These were young people who engaged with TYS through its detached / outreach and mobile sessions when names are not given or recorded.
- 84 young people took part in summer activities run by TYS in 2012 and 95 in 2013.
- The case workers had worked with 911 young people by the end of June 2014 with an average of 130 per quarter. The overall caseload at any one time depends on the number of staff available, but a full team can work with 180 young people with a normal caseload of 20 young people per staff member. However, this rose last year to up to caseloads of 25 young people per staff member and this is not sustainable in the longer term.
- The main issues young people have presented with in this time are:
 - Emotional Wellbeing
 - o Behaviour
 - o Crime
- The service has to turn some referrals away because they do not meet a minimum threshold of need for accessing casework support. To date, 38 referrals have been turned away for this reason.
- The service has a maximum of 10 young people on the waiting list to be seen at any one time and all young people accepted onto the service are normally allocated a worker within approximately two weeks.

Eastbourne and Wealden YMCA

Eastbourne and Wealden YMCA's Youth Engagement project started in 2012 with funding from EBC. The project aims to

- engage with young people aged 11 19 in their own communities, consulting with them and involving them
 in making decisions
- provide varied and interesting activities in local community centres and supporting them to plan and take part in Eastbourne Events
- signpost them to other services
- celebrate their skills and achievements.

The youth engagement project is now established in Willingdon Trees, Hampden Park, Langney, Old Town and Devonshire and outreach work is planned in Shinewater.

The YMCA currently delivers ten sessions a week, including two youth clubs, one boys' group, one girls' group, a music group, the Eastbourne Youth Forum, football sessions, and three issue-based sessions. There are also extra sessions run across the year for particular projects, including music, dance and performance-based rehearsals, costume-making workshops, cooking workshops, outings, and the young people take part in regular events in Eastbourne. They currently work with an average of 91 young people each week. 67 young people attended their summer programme this year, and they worked with an average of 270 young people and families in their summer events. These included:

- performance based projects
- Eastbourne Carnival Project
- Street events
- Performances and activities for the Youth Fair
- Youth radio programmes

Appendix 1

- Projects with the Towner
- Projects with Rhythmix
- Eastbourne Festivals
- · Community events
- Community cafés
- Freestyle Gymnastics
- Youth participation projects

The YMCA also delivered a health and wellbeing project over the last three years and continues to implement the learning from this project and use the resources developed through the project in other sessions.

The project has developed over the three years in response to the needs young people have expressed in the different areas and sessions have been adapted to provide what young people are asking for. This involves running as many different activities as possible to engage a wide range of young people. The more generic youth club activities suit the age range 11-15 but the older age range need different activities.

Current plans include:

- community café drop in sessions in the town centre for early next year to attract the 15+ age range.
- outreach work in Shinewater and other areas
- a new LGBTQ group in partnership with TYS early in 2015
- applying to the Young Roots Heritage lottery programme to run a heritage project on the fishing industry in Eastbourne.

Overall Eastbourne and Wealden YMCA has developed good partnerships with other organisations working with young people in the town and strong community relationships which have allowed them to expand the level of youth engagement and range of activities on offer to young people across Eastbourne.

Youth networks

SPARK, which provides support and a wide range of services to organisations running activities for children and young people, has 26 member organisations in Eastbourne. Whilst the county-wide uniformed groups are members of SPARK, local Guides and Scouts groups are not members and not directly involved in the network. Neither are church based groups within Eastbourne. This reflects a wider lack of linkage between these local organisations and others. Apart from the Police Cadets who have played a major role in running the Youth Fair, there has been very little involvement from other uniformed groups in the Fair or in the Youth Partnership over the last three years.

Results of the Big Vote in Eastbourne

Four schools took part in this:

- The Bishop Bell C of E School
- The Causeway School
- The Cavendish School
- The Moira House Girls School

1,050 students cast votes

The top priorities were

- Improving cost and access to public transport (351 votes)
- Providing work experience opportunities and careers advice (336 votes)
- More activities, clubs and support groups for young people (282 votes)
- Bullying (227 votes)