

Annex B

National Youth Work Voluntary Organisations Support Fund Grant Monitoring Report, Youth for Christ, 2022/23

Application 1 - £6,724

For the last three years we have run a Mental Health and well-being conference. The impact of the pandemic on young people's mental health is significant and the demand for youth workers to be equipped in supporting their mental health needs is vital for the year ahead. Our conference content is created and delivered by both experienced NHS Mental Health professionals and Youth Work practitioners that specialise in this area. This means that delegates attending our conference can count their learning hours towards their Continuing Professional Development hours for the year. The conference is deliberately geared to provide both a theoretical knowledge around managing mental health needs but also provides accessible tools for the youth worker to put into use while supporting a young person. We would like to run the conference in early 2023 and expand on the themes and topics which have already been covered in the previous conferences by looking at themes and topics like: *The impact of porn on mental health and young people *Neurodiversity and impact on mental health *Gender and mental health *Sexually harmful behaviour *Suicide prevention & eating disorders The conference clearly signposts to the importance of working in partnership with mental health professionals and we will issue each delegate with resources which signpost to those professional bodies. We would also like to purchase a resource for every delegate which can be used in either one to one sessions with young people, a small group discussions, or to aid further theoretical learning for the youth worker. (<https://www.youthscape.co.uk/store/themes/mental-emotional-wellbeing>). Feedback from delegates last year was really encouraging: "Thank you sincerely for providing an outstanding day of education and care. We had an excellent time. We have requirements for Continuing Professional Development as a GP and the conference would fit nicely into each of our Personal Development Plans for CPD." We know that there are many more Youth Workers who would benefit from being able to attend this conference in 2023. Many thanks for your support and for considering this application.

Application 2 - £10,000

Youth for Christ places a high value in the training and equipping of both our youth workers and the wider youth work sector. That is why we would like to provide a portfolio of training opportunities in 2022/23. The portfolio will be made up of: 1) Leadership Conference and two follow up 1/2 days of leadership training: The conference will look at key themes within leadership, exploring leadership skills and approaches, e.g. how to lead through adversity, how to communicate vision and create the culture for that vision/strategy to come to life. This will be followed up with two 1/2 days of training to reinforce learning and provide opportunities to share and learn from each other's leadership experiences. 2) Young Leaders Training: 5 Sessions which introduce, explore and equip young people in leadership and youth work skills. We will look at: Leadership styles; team dynamics; character of a leader etc. 3) Safeguarding Training: Ensuring that our local partners and youth workers are confident in safeguarding practices is vital to how we protect both our young people and Youth Workers. We will open this training up to the youth work sector and it would be a one-day event which will look at: The Legal framework of safeguarding; Signs, indicators and effects of abuse; Taking action; Safer practice. 4) Life Skills Tutor Training (myLife): Youth for

Christ has a suite of life skills courses which can be used in a school setting, one to one work and as small group work with young people. The heart behind the courses is to teach life skills and develop character and they can be used as an early intervention programme for young people at risk of disengaging with education or at risk of offending. Each course is mapped into both Curriculum for Excellence and the Youth Work Outcomes. We have four courses available and a further four courses which will be released later this year: Managing My Emotions; Managing My Money; Navigating Society; Communicating Differently; Navigating Anxiety; Navigating Loss; Relating to Others; World of Work. See <https://mylifecourses.org/> for more information. We would like to run a MyLife training day alongside providing a year's access to the courses for our local partners and wider youth work sector for use in equipping their young people with core life skills that will help build confidence, resilience and optimism for the future. Thank you for your support.

Application 3 - £10,260

Youth for Christ place a high priority in the support, growth and development of our staff, volunteers and partners. It is by growing and developing our workforce that we can continue to provide high standards of youth work provision. With this in mind, we would like to do the following within this grant application: 1) 24hr Guided Retreat - the focus of the retreat will be to equip and encourage rhythms of reflective practice in an often busy life as a youth worker that is young person focused. Throughout the retreat we will give practical tools which will help increase self-awareness and good reflective practice methods. 2) Twice yearly local project support visits to our local partners by the Local Ministries Development Manager. These vital support visits will provide one to one mentoring to local staff, support in good governance practices for trustees and the equipping of volunteers and staff which is tailored to the specific needs of each local partner. 3) Each of our local partner projects have seen staffing changes in the last year and changes in trustees. They are also in a position of needing to refresh and set new strategies for the next 3 years. Aware of those in new positions, we would like to host a Strategy Writing Workshop. The day will have elements of teaching around strategy creation and time to start to put that learning into practice in writing their strategies while having access to experienced staff to assist. 4) With reforms within the education system in progress, we would like to do a small research project around faith-based youth work supports and enhances young people's educational experience. This is the ground work to hosting a school's work conference in 2024 and will inform the programme for it. 5) Youth for Christ Conference is a strategically important time for the whole movement (national staff, trustees, local partner staff, national and local volunteers) as it provides both relevant training and the opportunity to learn from the wealth of youth work experience from different settings. Within the conference we will be looking different themes and topics, for example: *Overarching strategy *Leadership training *Practical youth work topics *Schools work training *Good governance with the rise in cost of living and finances getting tighter, we would use our grant to ensure that all of our Scottish local partners attend our conference. Thank you