



**Building Resilience
in Communities**



**Working With
Young People
& Families**



**Youth Work
in Housing**

Stronger Families Safer Communities



Resilience means that even in the darkest time I'll be able to find the light.



Resilience means that no matter what life throws at you, you won't give up

Our Approach

- To tackle housing management and community concerns using youth work principles and relational approaches such as ABCD and ACE
- To build confidence, self-esteem and belief to achieve successful, happy, resilient people and safer communities
- The wellbeing of people is central to our approach
- Community development is integral in our work with young people

Our Approach

All of the work that we do with families and young people is underpinned by the Principles and Purposes of Youth Work.

- Educative
- Expressive
- Inclusive
- Participative
- Empowering

'...youth workers do not merely deliver youth work, they define it, interpret it and develop it.' (Young 2006)

Who Are We?

A specialist Young people and families team

- Housing Professionals
- Youth Workers
- Community workers
- Family support workers
- Health Professional
- Behavioural specialised
- Family therapist
- Trained counsellor
- NVR specialist
- Mentors

What we do

Believing in people's strengths, abilities and nurture them to build capacity and confidence to achieve a positive outcome

- Build projects organically
- Encouraging a sense of belonging and connection to others
- Address specific problems
- Remove barriers to engagement
- Providing appropriate services early, before a crisis is reached
- Providing a wrap around support network
- Address health, wellbeing and skills development
- Adopting an asset based community development approach
- Identify and mitigate risks of adverse childhood experiences.

Why we do it



“.....housing is more than economics,
it is a matter of humanity and morality,
as well as economics”.

Housing is a moral issue: A statement from
the Department for Social responsibility of
the Catholic Bishops' Conference of
England and Wales 1985



Why we do it

Early
Intervention/
Prevention

Housing (Wales) Act 2014 Part 2
Future Generations Act 2015
Social Services and Wellbeing Act 2014
Renting Homes (Wales) Act 2016

Co-production
& Collaboration

Person
centered

Mitigate
effects &
prevent
ACEs

Well-being,
resilience,
capacity
building

Why we do it



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CONCERN

Welfare issues of young children generated conflict between neighbours



SOLUTION

Non-judgemental confidential approach working in the home with families to develop strategies and techniques to deal with children's challenging behaviour

CONCERN

The Emotional Wellbeing of Families impacting behaviour in communities leading to increase in Cause for Concerns



SOLUTION

Group workshops around health, wellbeing and mindfulness, learning together as a family to establish the techniques back in the home.



162 families engaged

- 92% more confident coping with and managing their children's behaviour
- 89% reduction in feelings of social isolation
- 91% improvement in behaviour of children within the home and local community
- 92% improvement in health/well-being.



43 Parents and Children engaged

- 78% report gaining strategies that help them stay calm in stressful situations
- 89% increased their confidence in managing the emotional wellbeing of themselves and their family
- 89% feel better able to cope with feelings of anxiety and low moods.

growing together

a project for young single parents

CONCERN

Young Parents ability to manage major life transistions eg first home, parenthood, impacting on families and communities



SOLUTION

Focus on the personal & social development of young single parents aged 14-25 in all areas of their life, of which parenting is just one.

Provide opportunities that motivate & inspire parents to make positive choices

Gingerbread
Single parents, equal families



The Story so far...

YEAR 4 **September 2017**

Increased referrals
in YEAR 4

97 Positive Progressions

Volunteering

Further Education

Employment

+ Personal Progression

20 Parents completed 1st Aid qualifications

growing together

a project for young single parents

Single Parents gained skills and knowledge...

- Confidence
- Assertiveness
- Managing Finances
- Digital Parenting
- Upcycling
- Gift Making
- ECDL Qualifications
- And more...

188

YOUNG SINGLE PARENTS
ENGAGED SO FAR...

150+ reported increase in support networks



80% of participants received digital inclusion support



Worked with parents from
Caerphilly, Newport, Torfaen and
Monmouthshire

Our Summer Event
this year brought
more than

70

single parents and
their children
together

"What has Growing Together given me?"

Friendship, support and confidence. I couldn't have done this without them."

Young Single Parent from Blackwood, Caerphilly

GO Girls!

CONCERN

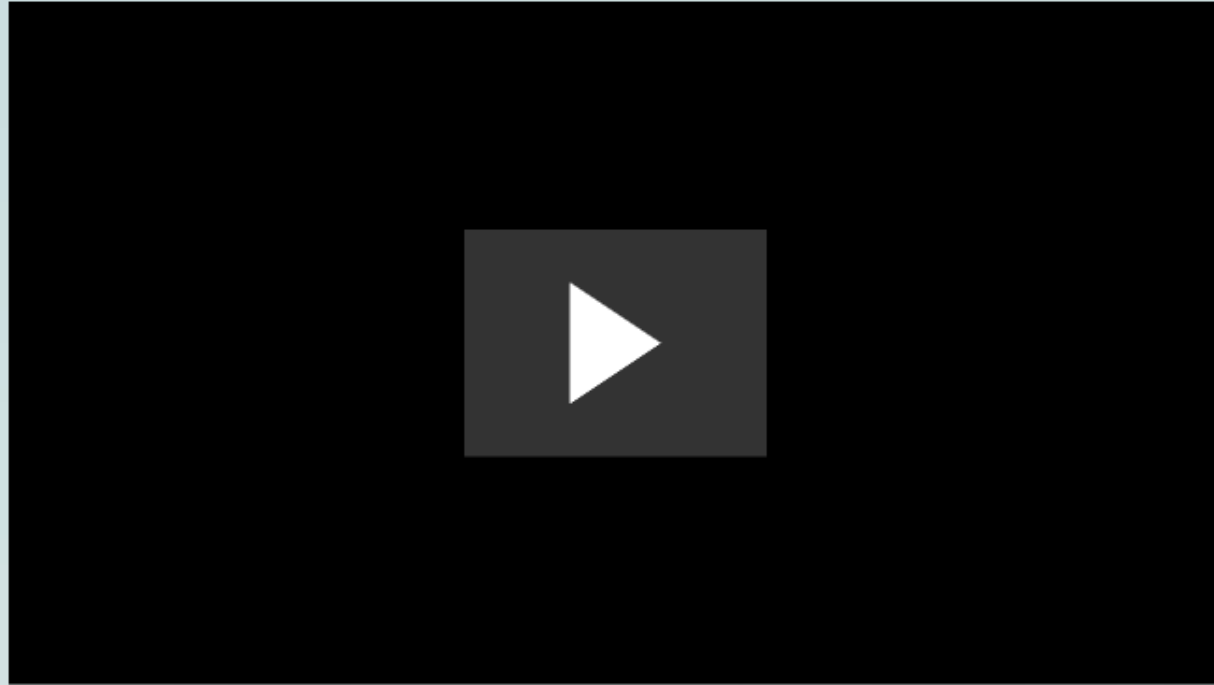
Levels of mental health and domestic abuse. Confidence and self esteem of young women to access services



SOLUTION

Build confidence, self-esteem and resilience of young women through workshops around safer relationships, health and wellbeing and women's equality and forming social action against issues that matter to them.

What does GoGirls mean?



CONCERN

Level of domestic abuse and anti-social behaviour within our communities and mental health of young men

THE BROTHERS

Take a WEIGHT off

The Brothers is a group for young men aged 15–25. We meet every other week to discuss issues affecting us and take action to make a positive change in our lives.

BROTHERS ON TOUR

Join us as we go on trips and activity days. Meet like minded guys from your area, build confidence and resilience to cope with life challenges while earning time credits.

Bron Afon



part of **pobl** group

SOLUTION

Build confidence, resilience of young men to tackling issues of domestic abuse, mental health and equality. Challenge stereotypes and the 'macho culture' which is putting pressure on young men to conform, suppress feelings

THE BROTHERS

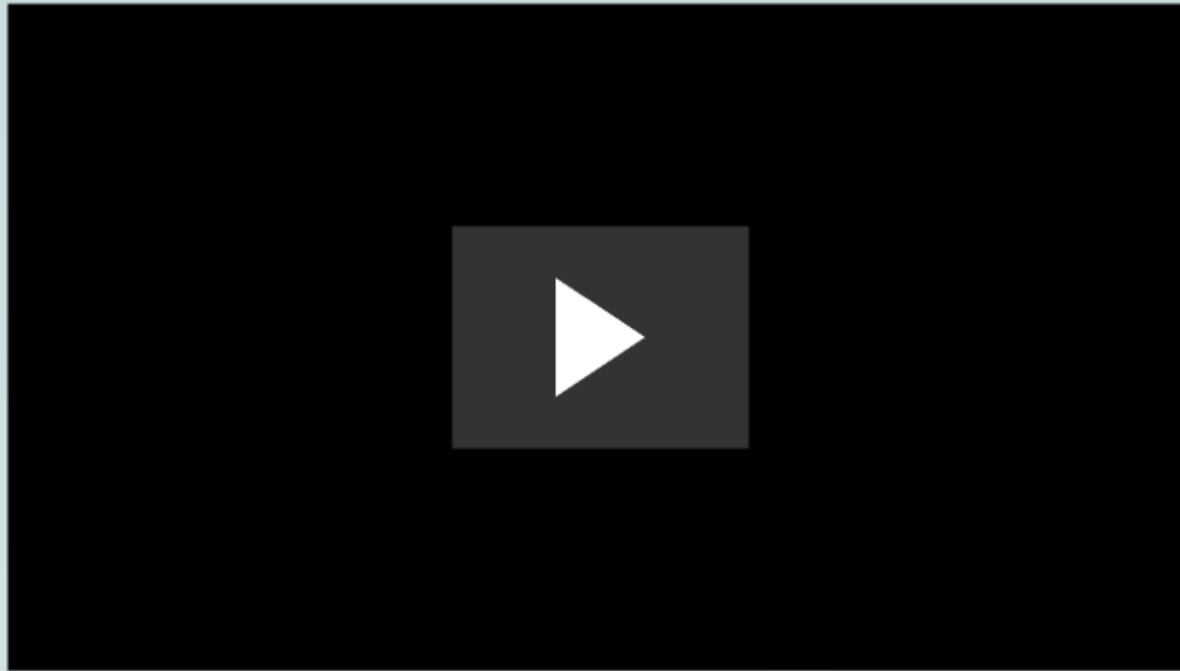
**46 YOUNG MEN
ENGAGED**

**100% increased
knowledge and
understanding of
Domestic abuse**

**100% felt workshop
will have a positive
influence on their
behaviour**



JACK'S STORY



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Youth Work in Housing

It is helpful to think of there being different forms of youth work rather than a single youth work with commonly agreed characteristics. (Smith 1988: 51).

In housing work – especially in hostels and supported housing – there has been a continuing demand for practitioners who can work in a sophisticated way in everyday situations and who can deal with conflicts and complex situations that occur. (Infed.org)

Training Youth Workers for the Housing Sector

- Adopt a flexible approach
- Multi-skilled - develop relevant specialisms, support, DV, Mental Health
- Try to balance developmental youth work with the need to achieve firm outcomes which meet corporate priorities
- Be central to housing management not added value
- Basic Housing knowledge
- Restorative approaches
- Asset Based Community Development
- Focus on community capacity building
- Central feature of the work is the process of becoming attached – to a neighbourhood, groups of young people, local community members and being animators and connectors
- Connect and develop partnerships that create a strong and resilient professional network
- Be multi-layered, adaptable but a true youth worker at heart!

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