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# Workshop brief



Using a youth work approach to deliver holistic whole family wellbeing

- Nature & Purpose of Youth Work
- Impact from youth work
- Family Support Principles and links with Youth Work
- Putting it into practice

# Who are LAYC



124 Community-based youth & children's organisations



2,462 staff and volunteers



30,923 Children & young people

# Nature & Purpose of Youth Work



- Young people choose to participate
- The work must build from where the young people are
- Youth work recognises the young person and youth work as partners in a learning process

# Other identifiable features of youth work



- Youth work takes a non-formal/informal educational approach
- Youth work promotes the participation of young people
- Youth work regards young people as assets not problems

# Contemporary Youth Work in Scotland

| Youth Work Settings   | Youth Work Purpose  | Youth Work Methods  |
|---|---|---|
| <p> <b>Youth Club</b><br/> <b>Youth Centre/Project</b><br/> <b>Uniform Organisation</b><br/> <b>Faith-based</b><br/> <b>Street work</b><br/> <b>Detached/Outreach</b><br/> <b>Residential</b><br/> <b>Outdoors</b><br/> <b>International (exchange)</b><br/> <b>Schools</b><br/> <b>Non-Formal</b><br/> <b>Community (of interest)</b><br/> <b>Neighbourhood (Urban/Rural)</b><br/> <b>Online</b><br/> <b>Pop-up</b><br/> <b>Work-based</b><br/> <b>Care Setting</b><br/> <b>Social Enterprise</b><br/> <b>Youth Forum/Council</b> </p> | <p> <b>Learning</b><br/> <b>Information/Advice</b><br/> <b>Personal Development</b><br/> <b>Physical development and fitness</b><br/> <b>Relationship building</b><br/> <b>Individual Support</b><br/> <b>Skills Development</b><br/> <b>Health &amp; Wellbeing</b><br/> <b>Positive Transitions</b><br/> <b>Employability</b><br/> <b>Crime Prevention</b><br/> <b>Child Protection</b><br/> <b>Accreditation</b><br/> <b>Community Engagement</b><br/> <b>Political Literacy</b><br/> <b>Equalities</b><br/> <b>Identity</b><br/> <b>Social Action</b><br/> <b>Accessing Rights</b><br/> <b>Online and offline Safety &amp; Risk</b> </p> | <p> <b>Informal Education</b><br/> <b>One-to-one support</b><br/> <b>Mentoring</b><br/> <b>Counselling</b><br/> <b>Coaching</b><br/> <b>Family work</b><br/> <b>Issue-based</b><br/> <b>Group work</b><br/> <b>Sport &amp; Recreation</b><br/> <b>Arts &amp; Culture</b><br/> <b>Outdoor Adventure</b><br/> <b>Advocacy</b><br/> <b>Youth Participation</b><br/> <b>Research/Peer Education</b><br/> <b>Online/Digital engagement</b><br/> <b>Training</b> </p> |

# Youth Work Practice

## Key elements of youth work practice\* ...

\*As identified from The Impact of Community-based Universal Youth Work in Edinburgh

**"I can see that her confidence has come up"**

Parent of young person YWER



Provision of opportunities



Building relationships



Tailored support



Safe & Welcoming spaces

**"You can really see what a difference taking part [in youth work] makes to these young people, they're so much more confident than they were three months ago."**

Formal education partner of YWER

More than 1250 young people improved their health & wellbeing\*

More than 900 young people became more engaged in their learning\*

More than 1000 young people developed their skills\*

\*data taken from Edinburgh Youth Work Recovery report

# What children & young people tell us they achieve from participating in youth and children's work...



Skills



Confidence



Relationships



Wellbeing



Safe, Valued & Supported



Positive choices



Achievement

**"The group helped me from feeling lonely and have helped my anxiety and depression. It has also helped me from all my suicidal thoughts. [My youth workers] have helped me overcome family problems and problems at home."**

Young Person aged 15 from The Impact of Community-based Universal Youth Work in Edinburgh research

**"When I was 11 my dad passed away and [they] helped me hugely by getting me involved in camps etc. That year I was starting high school and they helped me through that. I have always been able to talk to the staff about things because they have been a massive support for me. If [it] wasn't here I'm not sure who would've helped me as there is nowhere else like here."**

Young Person aged 16 from The Impact of Community-based Universal Youth Work in Edinburgh research



# Family Support Principles



- ▶ Holistic and relational
- ▶ Therapeutic
- ▶ Non-stigmatising
- ▶ Patient and persistent
- ▶ Underpinned by children's rights
- ▶ Community Based
- ▶ Responsive and timely
- ▶ Work with family assets
- ▶ Empowerment and agency
- ▶ Flexible

# Holistic & Relational



“Youth Work services are identifiable as being either targeted at specific individuals or groups, or universally open and available to all young people”

Dr Ian Fyfe Statement of Endorsement taken from The Impact of Community-based Universal Youth in Edinburgh research

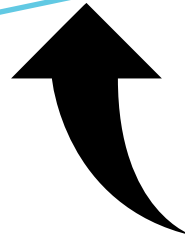
Universal  Targeted

# Holistic & Relational



*"I've got a good relationship with staff. And I've been coming here for the past 10 years which has developed that strong relationship"*

Young person aged 17 from The Impact of Community-based Universal Youth Work in Edinburgh Research



A Trusted Adult

# Therapeutic



**Community Mental Health  
and Wellbeing Supports and  
Services Framework**

February 2021



- Investment in community-based youth work organisations within Edinburgh
- Provision of therapeutic services within settings that use a youth work approach

# Non-Stigmatising



- Nature & Purpose
- Identifiable features of youth work
- Universal services
  - Inclusion of food within services
  - Access to opportunities

# Patient & Persistent



- It can take many attempts before a child, young person or family engages
- Support for as long as needed

# Underpinned by Children's Rights



*“Youth work is  
human rights  
work”*

*“Youth workers  
are human rights  
defenders”*

# Community-based



## Youth Work Settings

**Youth Club**  
**Youth Centre/Project**  
**Uniform Organisation**  
**Faith-based**  
**Street work**  
**Detached/Outreach**  
**Residential**  
**Outdoors**  
**International (exchange)**  
**Schools**  
**Non-Formal**  
**Community (of interest)**  
**Neighbourhood (Urban/Rural)**  
**Online**  
**Pop-up**  
**Work-based**  
**Care Setting**  
**Social Enterprise**  
**Youth Forum/Council**

- 20 minute neighbourhoods
- LOIP – “Good place to live”
- Youth work is rooted in communities, avoiding a parachute response to need



# Responsive & Timely



## Youth Work Methods

**Informal Education**  
**One-to-one support**  
**Mentoring**  
**Counselling**  
**Coaching**  
**Family work**  
**Issue-based**  
**Group work**  
**Sport & Recreation**  
**Arts & Culture**  
**Outdoor Adventure**  
**Advocacy**  
**Youth Participation**  
**Research/Peer Education**  
**Online/Digital engagement**  
**Training**

- Embedded in local communities
- Understand and anticipate need
- Flow between youth work methods

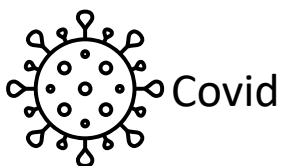


# Empowerment & Agency



- Voluntary engagement
- Partners in the learning process
- Building from where young people are at

# Flexible



Not flexible because of Covid

BUT

The already existing flexibility of youth work enable that quick pivoting demonstrated in response to Covid

## Youth Work Purpose

- Learning
- Information/Advice
- Personal Development
- Physical development and fitness
- Relationship building
- Individual Support
- Skills Development
- Health & Wellbeing
- Positive Transitions
- Employability
- Crime Prevention
- Child Protection
- Accreditation
- Community Engagement
- Political Literacy
- Equalities
- Identity
- Social Action
- Accessing Rights
- Online and offline Safety & Risk

# What does this look like in practice?



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# Thank You



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