

WE HAVE BEEN TAKING SMALL STEPS FOR A...



BIG IMPACT

Since we began Oor Space Parents in January 2023, we have :

1

Provided 246 hours of support to Parents and Carers with the aim of improving awareness of how we can all stay well and help ourselves and others.

2

Created a family wellbeing service to enhance the support we provide. By using a whole family wellbeing approach by ensuring our individual weekly sessions were co-designed by the community, integrated, and complementary of one another, making the entire service we deliver both needs led and responsive on a grassroots level.

3

Used a multi service diversionary approach to supporting young people and families to help them feel more empowered and confident in supporting their own wellbeing, benefitting not only the families we have supported, but the wider community too.

4

Created lasting connections with families and partnership services, and from the awareness and feedback we have received, we have been able to create a live changing service.

1

Provided 246 hours of support, advocacy, and advice to Parents and Carers:

When providing a support service, it is always difficult to have gather key performance indicators which truly tell the story of the impact and effectiveness of the work without exposing personal and identifiable information. However, we have still measured our success, and it is because of the clear success of the project to date that we are so firm in the belief that it needs to continue. Examples of successes to date include:

- 246 hours of support, some of which were voluntary due to needs outweighing resources.
- Awareness of changed lives.
- Feedback from young people.
- Feedback from families (see attachment).
- Development of partnerships with multiple organisations supporting children, young people and families.
- Families who accessed the intense one-to-one support that we provided have expressed the sincere gratitude for this support. They shared they have felt isolated, overwhelmed, and ashamed, and were left feeling as though they had nowhere to turn. They have shared that when they saw the warning signs of their child's poor mental health, they felt dismissed for a number of reasons. They said our service has been life changing.

2 Development of Our Whole Family Wellbeing Approach:

As a direct result of the following actions we have contributed to supporting our outcome of improving awareness within the community of how we can all stay well and help ourselves and others:

- Through providing 1:1 support for families and vulnerable young people.
- Provision of a parent & carer time to talk wellbeing service.
- Actively working in partnership with Education, Social Work, CLD, Women's Aid, WhoCares Scotland, The Children and Young People's Centre for Justice, Peeblesshire Youth Trust, Branching Upwards, local Councillors, and many other incredible services to improve the health and wellbeing for the young people we support using a whole system approach.
- Through parent feedback and cries for help, they were communicating that Peebles had a lack of understanding of typical teenage behaviour which was often being misconstrued as Anti-Social Behaviour. They felt the impact this had on their families was having detrimental effects on their wellbeing and their ability to move forward. We fed this back through various channels including organisations such as the Peebles Community Council. Had discussions with local councillors, the police, and became involved in Peebles Youth Voice, which brings together a range of community organisations and public bodies to discuss the needs of young people and their relationship with the wider community.

3

We have benefited both families and the wider community:

- Attending multiple MAC meetings with families to support young people and their parents carers to feel respected, heard, and like valued members of the planning team.
- We have supported families with their ongoing threats of homelessness, from attending meetings with SBHA, CAB, Councillors, and supporting them to access support and legal advice from Shelter Scotland.
- We have supported a parent who was estranged from their child and looked after away from home to access information, and help their understanding of and using theirs and their child's rights, to ensure they were heard and respected. The family are now safely back together.
- We have supported a parent experiencing domestic abuse to feel heard. With support, this empowered them to be open to accessing support from Women's Aid, and have since taken steps to rebuild their lives out of the relationship.
- We have supported several families with building confidence in parenting through the teenage years, from youth justice situations, to risk taking behaviour, mental health support, issues at school, and feeling disconnected with the community. Our support has helped parent to build their own connections and support network, empowering them to feel more confident to not only help themselves but in helping their children too.
- We have worked in partnership with Education, Social Services, Healthcare, CLD, SBC, Local Councillors, WhoCares Scotland, Women's Aid, Police Scotland, And the CYCJ in seeking information, guidance, and support for local identified families to improve their wellbeing.

4

Created lasting connections within the community:

Parent & Carer Feedback:

- Parent of an S2- “I’m not really sure where me and my son would have been without the support from Tyne and Oor space Youthy over the past 12months when it felt my world was falling apart. Between issues with school, peer pressure and mental health problems Tyne just seems to get it. Not only has she supported me and been a listening ear and pointed me in the right direction but she has a really good relationship with my son. He trusts and likes her, even though he doesn’t seem to like many other adults in his life at the minute. Including me. Tyne and the whole team at oor space youthy are offering something that no one else is. And I currently meet with school, camhs, cld, educational psychologist, quarriers and I can hands down say that the real practical and solution based support Tyne offers out performs everyone else by a mile. She takes my son to the gym every week this is helping his mental health and social skills more than anything. For the team at oor space this isn’t just a job to pay the bills. They actually really care and really want to help. I know that there is no way they are getting paid for all the hours they have spent listening to me cry, moan, vent and panic on the phone! When my son started attending youth club on a Saturday night 2 years ago I had no idea how much I would need and rely on this service and the amazing team of staff. Thank you all from the bottom of my heart.”
- Parent of an S4 out of education - “As a family we were struggling to cope when our youngest son seemed to be going off the rails. Luckily for us the people at Oor space youthy were there to help us and him. To listen to how he was feeling and why he was acting and reacting the way he was. They gave him a safe space where he could speak about things and his feelings that he just couldn't with us. He seems to have come out the other side of this and is now holding down a job. I'm not sure that would have been the outcome if he hadn't had the mentors to support him. We will always be eternally grateful to them, they are very dedicated and do a fantastic job with the youth of Peebles.”

- Parent of 11 year old and 16 year old – “Over the years it's been a real struggle for myself and my kids. The one thing I am thankful for is that Oor space youthy has been a constant in my kids lives. Without their continued support I dread to think where we'd be. Their generosity and the kindness they have shown has been overwhelming and they are always at the end of the phone, I will always be grateful for this. They are all there when you need them anytime of the day.”
- Parent of an S2 – “Oor Space has had such a positive impact for our family. He enjoys going to the sessions and has built strong connections with the youth workers. I have attended informal parent get-togethers that have allowed me to meet and chat with Oor Space staff and parents of other youths in the local area. This has helped massively as I was new to the area and didn't know many people. Oor Space staff have also provided individual support to me as a parent, providing a safe and confidential space to discuss my worries and concerns. The staff are non judgemental and work in partnership with me to look at support that may be on offer. There are not many places that you can turn to when you have teenagers when you are looking for support other than school, the family support that Oor Space offers, provides an alternative avenue for parents to access support outside the boundaries of Education.”

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