

Youth Proofed



Tameside
Children's Trust



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Purpose & priorities

The purpose of the plan

Tameside Children's Trust is a group of organisations who work together to deliver and commission services which are focused on the needs of children, young people and their families to improve services in Tameside.

On behalf of the Tameside Children's Trust, we are delighted to present our new Children and Young People's Plan (2010-13). This describes how people within the Trust will work together over the next few years to improve the lifestyle and well-being of children and young people in Tameside.

As young people of Tameside we have been asked to review the Children and Young People's Plan 2010-2013 and to give our views and understanding of it. We feel the plan will give us more opportunity and encouragement to do well, stay safe, be listened to and get involved. Giving us all lots to celebrate and be proud of!

The consultation and engagement of children, young people and their families was undertaken over a 3 month period between September and November 2009. Key groups were identified from across Tameside aiming to achieve a representative view of all Tameside communities. Organisations supporting children, young people and families in the consultation process were from TMBC, 4 Children, The Participation Network, Tameside Youth Service, St. Peter's Youth (SPY), Off the Record, Tameside College, Hyde Children's Centre, St. Peter's Children Centre (West End Parent's Forum), Inclusion & Personalised Learning Joint Work Group Leaders, Connexions Tameside, Tameside Libraries, Groundwork Manchester, Salford, Tameside and Trafford, Hyde Community Action Group and Tameside Pupil Referral Units. This combined to 370 children, young people and families participating in shaping the Tameside Children's Trust, Children and Young People's Plan 2010 - 2013.

Children Friendly version of priorities

- 1. Promote healthy lifestyles with a focus on obesity and alcohol**
- 2. Improve how young people and families feel about health and well being**
- 3. Help children and young people to stay safe focusing on domestic violence in families**
- 4. Help more young people go to college, university, get a job or training and promote volunteering in communities**
- 5. Improve attendance and numbers of children and young people gaining qualifications**
- 6. Reduce teenage pregnancy**

Priority 1

Promote healthy lifestyles with a focus on obesity and alcohol

Why is this important to me / what does this mean to me?

Looking after yourself, getting exercise and eating healthy. Being aware of the help available and being responsible for yourself.

What is a healthy lifestyle?

Balance is the key, it's about what you put into your body and also how you burn that energy off. Food is burned in our bodies to create energy. If we don't use it, we get fat! Simple. When people drink too much they lose their judgement and inhibitions so they may do something silly or dangerous. They may start to feel depressed or ill and end up being sick. Their speech may slur, their vision may blur and they may get dehydrated. The next day they may have a hangover (usually this means a headache, feeling ill and tired). If someone drinks too much for a long period of time they may become an alcoholic and this will seriously affect their health.

What is the plan going to do about it?

Services will work together to help provide the right support for people who are overweight or obese. The plan will make sure that projects and services are providing the right kind of help and support in areas that most need it to reduce obesity.

- Training for staff so children, young people and their families get the support they need
- Make sure getting help for drug and alcohol abuse is quick and easy

- Develop a campaign to help children, young people and their families understand the dangers substance misuse and drinking too.
- Projects will work with young people; young men who binge drinking; under 15s including girls; children & families living in areas of Tameside where help is needed most.
- Promote walking and cycling to school especially where there are high levels of car use

What can I do?

You don't need to join an expensive gym to get fit. Jog in the park or walk home, every bit helps! Enjoy feeling active and energised.

- Avoid fast foods as much as possible.
- Try to eat more fresh fruit and vegetables.
- If you're feeling uptight about exams or other pressures try and set yourself realistic targets and make sure you get a good break every now and again.
- If you feel anxious or depressed talk to your parent/carer, Doctor or Teacher.
- Register with a local Doctor for your health support and access to other health services
- If you think you might be drinking too much:
 - Talk to your Doctor, a friend, your parents, your carer or a teacher.
 - Are you drinking because you've got problems at school or at home? Try to identify what is making you drink.
 - Are your friends drinking a lot, too? It can be hard to do things differently from your friends but people will respect you more for it.

- Avoid binge drinking (drinking too much on one day) as this is bad for your health
- If a friend is drinking too much:
- Suggest they try to get some help.
- Remember that they have to want to change their habits - you can't do it for them.

Contacts

Branching out (drugs and alcohol)
0161 343 6481 / 0161 342 7605
www.tameside.gov.uk/branchingout

Off the Record (mental well-being)
0161 355 3553

www.tameside-sid.org.uk

COMPASS Team

COMPASS will help families in making positive changes in their lives.

Ashton – 0161 343 2214
Denton / Audenshaw / Droylsden
0161 342 4377
Hyde / Hattersley / Longdendale
0161 303 3285
Stalybridge / Dukinfield / Mossley
0161 338 8645

Health Mentors

The role of the Health mentor is 'to provide an early intervention health mentoring programme for children and young people aged 4 to 16 years rising to 18 years for those at risk of repeat pregnancy. The service covers both Tameside and Glossop.

0161 366 2363
07795151978
www.healthmentors4life.net



Priority 2

Improve how young people and families feel about health and well being

Why is this important to me / what does this mean to me?

Families being supported to be happy and positive, to believe in themselves and have the things they want with the right support and guidance.

Signs of feeling stressed out:

- Having a headache, upset stomach or skin rash.
- Feeling anxious and irritable.
- Being unable to sleep at night even though you feel tired during the day.
- Wanting to cry a lot and feeling emotional.
- Not wanting to eat or wanting to eat more than usual.
- Feeling you have no control and are useless.

If you're really anxious, it can make it hard to cope. You must get help if you feel so bad you think about skipping school, running away, taking an overdose, self-harming, or if you feel that life is not worth living.

What is the plan going to do about it?

Mental Health:

Provide antenatal/postnatal care pathway for women with mental health needs.

Work with young people, parents and schools to identify how resources should be best used for Child and Adolescent Mental Health Services.

Children with disabilities:

Continue to improve services for children with disabilities based on feedback from parents survey.

What can I do?

Contact your teacher or Learning Mentor at your school

Your school nurse

Your Doctor

Off The Record (If you're over the age of 13)
0161 355 3553

Health Mentors

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0161 366 2363

07795151978

www.healthmentors4life.net

www.ru-ok.com

www.kidshealth.org/teen

www.tameside-sid.org.uk

Priority 3

Help children and young people to stay safe focusing on domestic violence in families

Why is this important to me / what does this mean to me?

Helping children and young people understand domestic violence, to have the support to speak out and know what help is available. Many children and young people are affected by violence in the home each year. You or a friend might be feeling pressured to keep it secret which could be causing serious stress and depression. You or a friend might be being blamed for domestic violence which isn't your fault. You or a friend may be protecting other members of your family because you are afraid it will get worse if you tell someone

What is the plan going to do about it?

1. The Trust will raise awareness of domestic violence and the impact on children and young people.
2. Services will follow safeguarding policy to protect children.

Safeguarding (making sure children and young people are protected and worked with safely) is everyone's business and will focus on the impact of domestic violence (including emotional abuse) on children and young people. This includes bullying, neglect, road safety, e safety/safe use of technology, and child sexual exploitation

Make sure that the voice of vulnerable children and young people are reflected in the update of the Domestic Violence Strategy.

A plan will be developed to help lower the numbers of accidental and deliberate injuries to children in Tameside.

Continue to improve road safety in Tameside through educational activities and changing roads to reduce drivers speed.

Prevent young people from offending and entering the Youth Justice system

Introduce restorative approaches (Restorative Justice encourages those who have caused harm to acknowledge what they have done, and gives them an opportunity to make good).

A group will be set up to help deter Young Offenders

Further develop awareness about discriminatory bullying (homophobic, sexist and sexual bullying, cyber-bullying, learning difficulties and disabilities, racist bullying and bullying in relation to poverty)



What can I do?

Be responsible, keep myself safe by getting help and advice, Learn about safety, dangers and healthy relationships.

If you or a friend are affected by domestic abuse – it sounds simple but talk to someone you trust.

Get involved in activities to help improve your self confidence.

Contact

COMPASS Team

COMPASS will help families in making positive changes in their lives.

Ashton – 0161 343 2214

Denton / Audenshaw / Droylsden – 0161 342 4377

Hyde / Hattersley / Longdendale – 0161 303 3285

Stalybridge / Dukinfield / Mossley – 0161 338 8645

Childline 0800 11 11 or visit
www.childline.org.uk

Families Information Service Tel: 0161 342 5434
email: fis@tameside.gov.uk
www.tameside-sid.org.uk



Priority 4

Help more young people go to college, university, get a job or training and promote volunteering in communities

Why is this important to me / what does this mean to me?

Having more opportunities for young people in Tameside. Having access to quality education, being a positive and hard working individual. Staying in education helps you get a better job, gives you more choices in life and helps you make friends

If you are in education you are more likely to be happy and healthy

If you are not in education, employment or training you are more likely to get involved with drugs, alcohol, smoking and crime.

What is the plan going to do about it?

1. There will be a focus on Early Intervention.
2. Extended schools services will be provided.
3. Schools will be encouraged to integrate their local community.

Develop with young people a Youth Forum to promote the voice of young people aged 11 - 18 to influence decisions that affect children and young people's lives

Ensure that career information is available in a number of different ways, delivered timely and in a way that is suitable for young people

Refresh and implement the Integrated Youth Support Strategy:

Develop a high quality Youth Offer open to all young people, including access to a wide range of positive activities

Continue to raise the numbers of young people who enter and remain in suitable Education, Employment and Training with a particular regard to vulnerable groups of young people and ensure that career information is available in an accessible, timely and suitable manner

What can I do?

Attend school, get advice, get on with others, learn about Connexions and other services, be a good role model to others.



Contact:

Connexions Tameside for information advice and guidance on opportunities for young people after leaving school 0161 330 1528 or drop in to your local centre

Join the Prince's Trust Team

http://www.princes-trust.org.uk/need_help/in_your_region/north_west/team_dates.aspx

Take part in Duke of Edinburgh's Award

www.theaward.org

Work towards an award that recognizes your achievement, doing some pretty exciting stuff. You choose from hundreds of options, working within a supportive framework, which guides you through.

Contact your local college:

Ashton Sixth Form College, Darnton Road,
Ashton Under Lyne, Lancs, OL6 9RL
T: 0161 330 2330
www.asfc.ac.uk

Hyde Clarendon College, Clarendon Road
Hyde, SK14 2JZ
Tel: 0161 908 6800
www.hydeclarendon.ac.uk

Tameside College, Beaufort Road,
Ashton-under-Lyne, OL6 6NX
Tel: 0161 908 6600
www.tameside.ac.uk
www.tameside-sid.org.uk



Priority 5

Improve attendance and numbers of children and young people gaining qualifications

Why is this important to me / what does this mean to me?

Encouraging all young people to attend school and training courses, giving all children and young people opportunities to do the best they can.

Going to school, do the best you can and get good qualifications will help you to do well after leaving school. The harder you work the better you will do and will give you lots of options when you come to leave school. By getting good GCSEs you'll be able to choose from lots of different things to do next. You'll be able to choose from training / an apprenticeship, getting a job, or going to college or university. The less you attend school will make it harder for you to do well and will give you fewer choices later in life.

What is the plan going to do about it?

Improve the quality of primary and secondary education and increase pupil's doing well at school attainment across the borough with a particular focus on vulnerable and under achieving groups

Behaviour and attendance in schools will be improved through forming a Behaviour and Attendance Partnership and Strategy

Monitor and improve the attendance and attainment of Looked After Children through the Education Resource Team and all schools

Deliver early childhood services including play across Tameside through Children's Centres and Extended schools

Undertake a new childcare sufficiency assessment for 2011 to ensure that the right child care is available to meet the identified needs of vulnerable children and families

Support and challenge schools and colleges to raise standards.



All Young People aged 16 and 17 to have the opportunity to enter full or part-time education in school, sixth form college, independent learning provider, or FE college; an apprenticeship; Entry to Employment (E2E) or Foundation Learning or employment with training to NVQ level 2.

Reduce the number of young people not in education, employment or training (NEET), with a clear focus on vulnerable learners including those with learning difficulties and/or disabilities.

To find suitable and stable accommodation arrangements for young people leaving care and ensure that these arrangements (including their financial support arrangements) are not affected when young people start work, enter education or training.

Develop a Child Poverty Strategy which makes links with local economic developments and helps to narrow the gap between the least and most and advantaged groups in Tameside

There will be better support for disadvantaged groups.

- Support will be available for those that experience bullying or discrimination
- Quality education will be provided ranging from early years upwards

What can I do about it?

Support others, Encourage each other, Find out what help is available, promote Equality, Learn about why education / achievement is positive.



Priority 6

Reduce teenage pregnancy

Why is this important to me / what does this mean to me?

Becoming a parent can be a wonderful and fulfilling thing in life, but it's important that you're ready for it.

Bringing up a baby will put you under huge pressure and stress, and can be really hard work. That's why many people wait until they're a bit older to start a family.

Having quality sex education so young people have an understanding of safe sex and the effects of teenage pregnancy. Young people also need support to help them keep safe and look after themselves.

What is the plan going to do about it?

- Staff will have the right skills to teach sex and relationship education
- Sexual Health services will make young people aware of long term contraception available to them, provide Chlamydia screening and reduce the number of young people catching Sexually Transmitted Infections (STI's)

Work will be done on the link between alcohol and teenage pregnancy.

There will be more services related to pregnancy and sexual health which are young people friendly.

Early years support and antenatal will be provided.

What can I do about it?

Get advice, take part in sex education, be responsible for yourself, keep yourself safe, use protection, reduce alcohol intake.

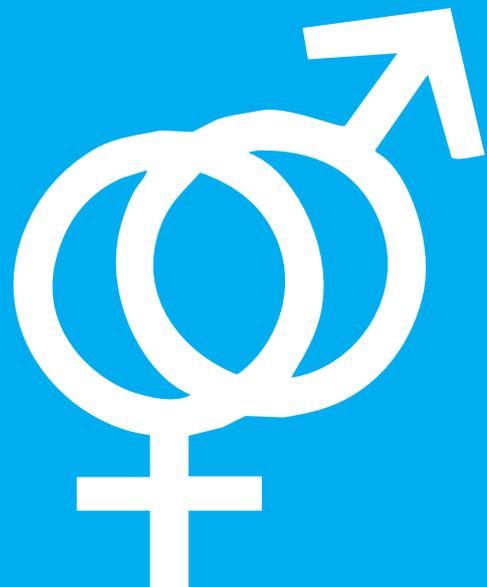
Don't have sex just because:

- Your boyfriend/girlfriend wants you to if you're not sure.
- All your friends say they've done it.
- You feel guilty about saying 'no'. It's up to you.

If you are thinking about having sex or have had sex:

Go to your Doctor or sexual health clinic to find out about different types of contraception.

- If you've had unprotected sex and your period is late, take a pregnancy test at your Doctor's, chemist or family planning clinic. Talk to your parents about what to do. If you feel you can't, there are lots of places to go to get help and advice.
- If you've had unprotected sex, emergency contraception can stop you getting pregnant as long as you take it within 72 hours. Ask your Doctor or family planning clinic.



Contact

If you're under 16 years old speak to the Teenage Pregnancy Reintegration Officer on 0161 330 1528. Aged 16 or over call Connexions Tameside on 0161 330 1528.

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0161 366 2363
07795151978
www.healthmentors4life.net

Centre for Sexual Health, Crickets Lane Clinic,
Ashton under Lyne 0161 339 2222

www.ruthinking.co.uk 0800 28 29 30

www.fpa.org.uk

www.condomessentialwear.co.uk

www.tameside-sid.org.uk



Get Involved! Have Your Say!

Ways to get involved

Join Tameside Youth Forum

Visit your local Youth Centre / youth group

Stand for your school council

Join your local leisure centre / sports club

Become a Volunteer – visit
www.vinspired.com or call vinvolved Tameside
on 0161 339 5454

Visit SiD to find out what's on in your area
www.tameside-sid.org.uk

For more info visit
www.tameside.gov.uk/cypp/participation

Thank you to West End Forum, the young people of Quest Seeker's, Youth Inclusion Project, Off the Record, SPY, Hyde Community Action, Connexions Teen Parent's Group, Tameside Youth Service, students of Tameside College, Bridgeway, Hyde and Ashton Pupil Referral Unit for taking part in the consultation of the Children and Young People's Plan 2010 – 2013. Thanks to the students of Astley High School and 4 Children's Participation Project for their help in producing this booklet.

"Youth Proofed" is based on the priorities of the Tameside Children and Young People's Plan 2010 – 2013 which is produced by the Tameside Children's Trust. You can find out more about the Plan by going to www.tameside.gov.uk/cypp

