

Project Brief – Youth and Community Worker, Crediton Methodist Church

Over the past six years, the Crediton Methodist Church Youth Work Project has established a full programme of youth activities, including an open access youth café open 3 times weekly, the offer of regular mentoring with individuals, a health drop-in and contribution to PSHE with the local academy, detached work twice weekly in Crediton, and a faith based spiritual programme with the young people who worship with us. This has been a successful project, which can be evidenced through the numbers engaged and the positive impact on individuals in the town.

We are now looking to create a new two-year programme which will maintain and enhance our current delivery and undertake a research project to develop a new emotional wellbeing and resilience programme for young people in Crediton. Covid-19, and the impact that has had on young people in the town, has given an additional urgency to our desire to implement the project. It is intended that the second year will provide opportunities to trial new provision to support mental health so that a further three-year project can be designed and implemented.

We want to strengthen the work undertaken within our existing open access youth café where all young people can participate in the activities and opportunities that can further their development. Until Lockdown, the Youth Café was running after school and evening sessions that provide a unique safe space within Crediton, dedicated to the needs of young people.

Building on the success of our current detached work project, we will further develop the relationships established with the young people we meet. This group includes young people who face significant obstacles due to our geographical location and associated inadequate public services.

We will also continue with our faith based programme of activities for those young people who find meaning in engaging with us spiritually. Working to support young people define their core values, find meaning and purpose, and support as they explore the Christian faith is core to our work. We will continue to offer small group provision for those who wish to participate, as well as exploring opportunities for youth involvement in worship.

Over the past 6 years we have identified a number of significant 'gaps' in youth provision in Crediton and the surrounding areas, and have identified concerns over the mental wellbeing and emotional resilience of young people locally. We want a Youth Worker to, not only continue the amazing work completed to date, but also undertake a research and development project with the aim to develop a programme of interventions to support young people strengthen their mental wellbeing and emotional resilience.

We want this work to provide a safe space for young people to meet with easy access to support, to:

- see young people recording higher levels of positive mental health
- help young people avoid reaching points of crisis
- support young people who do not meet current thresholds for intervention
- see a reduction in CAMHS referrals

Key to the success of this project will be the development of excellent networking, communication and relationship development, particularly with SENDCo's at the local schools, GPs and other local partners.