

Quarter 3, 2020-21 Executive Report YMCA Exeter

Broad Clyst Parish Council

Dr Sam Thomas

1.0 This quarter

- 1.1. After the summer detached programme in quarter 2 we have spent most of quarter 3 opening the Pavilions and the grounds once again to meet and engage young people. There was an overwhelming opinion amongst the members of the clubs and their friends that they were fatigued with Zoom and that they wanted a place to hang out with their friends. We managed to run 8 weeks of consecutive open access youth clubs before the second lockdown came into effect.
- 1.2. It was great fun to have the young people back and putting in place the Covid secure measures were straight forward and simple. We ran the younger year groups outdoors, allowed groups of six young people at a time to enter the grounds of the Pavilion, and we ran three outdoor clubs across the younger secondary year groups in the manner. We invested in a new volley ball net- which week on week seemed to cause some serious levels of competition (youth workers vs young people) and we used the outdoor gazebo and lights to create a sense of shared and safe 'hang out space'. We are extremely grateful for the additional funds to purchase an outdoor heater.
- 1.3. The older group year (years 10,11 and college) were run indoors under strict guidelines (following the national youth agency's guidelines, NYA). Both the older and younger groups have been a success in being there for the young people in times of crisis (whether that be a relationship breakup, a move of school or cyber bullying). We have had some very constructive conversations with the younger boys about truancy, pornography addiction and verbal abuse towards young women (topics that have regularly need to be broached this term).
- 1.4. We have had several meetings with Clyst Vale this quarter and have launched a partnership whereby the school counsellor and pastoral team have started referring young people with low mood, anxiety and behavioural issues to our Child and Young People's Wellbeing Service (short, targeted

► 39/41 St. David's Hill
Exeter
Devon
EX4 4DA

T 01392 410530
E office@ymcaexeter.org.uk



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

cognitive behavioural therapy interventions). This has already had some great outcomes and has led to great crossover with the open access youth provision. We plan to continue and grow this service next year with the recent recruitment of two further trainees (partnership with Exeter University Clinical Education Department).

2.0 Autumn Lockdown

2.1 In line with national guidance from the 5th November we delivered 5 weeks of online youth work again through Zoom. Less young people have attended however we have been working closely with another YMCA Exeter department to technologically innovate this service and this seems to have been of help in the past couple of weeks. Rebecca and the youth work team have embraced computer gaming and videoing their gaming which has re-engaged the young people. (you often just have to 'meet them where they are at'). Weekly challenges have been set and young people have participated in these. The older groups, particularly the group of girls that attend Exeter college have kept in touch over the phone and have been supported 1-2-1 by Becky Merriman where there has been the need.

2.2 We plan on using some of the extra freedoms and loosening on restrictions under tier two guidance to have a Christmas themed evening at the Pavilions on the 17th December. This has been sufficiently risk assessed and is in line with both our own organisational Tier two briefing and the NYA guidelines. We will open the outdoor space to a group of ten young people at a time in their collective year group bubble and will open the indoor space for the college age group of girls (who's maturity means they are happy to follow the stricter indoor guidelines.)

3.0 Looking Forwards: Quarter four

3.1 Next quarter we have a plan for both when we are in tier 2 and if we move into tier 1 or 3 . Safety, enjoyment and being there to support the young people through a tough winter season are our number one priority across the piece of work going forwards. Both plans involve using outdoor spaces where we can, sticking to school bubble groups and creating safe spaces for young people to meet up outside of school to hang out with their peers, make use of a listening ear of a youth worker and have some fun (come rain, shine or baltic conditions!)

- 3.2 We will be launching a Westclyst consultation process in the new year (funded by the national lottery) and launching a short series on healthy relationships.
- 3.3 As mentioned previously our ambition is to grow our links and cross over with the school, starting with expanding our CWP service and we have discussed lunch time clubs and a mentoring session when the school is able to open up again in this manner. All good stuff!
- 3.4 Worth mentioning finally is that in alliance with 'friends of Broadclyst youth club' we will be preparing to offer the young people a suite of fun, varied and active activities once restrictions and next year allow.

Apologies that I am not able to attend the meeting. If there are any further questions or queries, please do not hesitate to contact me. Sam.thomas@ymcaexeter.org.uk