

# Children and Young People's Overview and Scrutiny Committee

2 March 2020

## 'What is there to do for young people in County Durham'



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### Report of John Pearce, Director of Children and Young People Service

#### Electoral division(s) affected:

Countywide

#### Purpose of the Report

- 1 To update the Children and Young People's Service Overview and Scrutiny members on 'What is there for young people to do in County Durham'. For the purposes of this report we refer to young people being aged between 11- 19 years including for those with additional needs such as SEND.

#### Executive summary

- 2 County Durham has approximately 51,627, 11year-19-year olds. (ONS 2018).
- 3 Durham County Council and key partner organisations including Schools and the Voluntary and Community Sector (VCS) provide a broad range of activities and support for young people living in County Durham, including for those with additional needs such as SEND.
- 4 There are also a broad range of opportunities for young people in County Durham to have their say in the types of activities they would like to access. A recent 'Make Your Mark' consultation with children and young people (CYP) highlighted that of the 47 local concerns that were shared, 'lack of facilities for young people/ lack of youth services' was the highest-ranking concern, with 832 CYP from across the county commenting on this area. The 'cost and availability of public transport' was also a common concern mentioned by 407 CYP county-wide. This could undoubtedly have an impact on the ability of young people to get to and from extra-curricular activities. This feedback has also been shared via

the Student Voice Survey where Secondary aged respondents said they are most likely to go to parks/ open spaces and the cinema regularly (57% and 31% respectively). Interestingly, nearly two thirds said they would not like to be involved in clubs. Conversely, a lack of time, school/ homework commitments, a lack of confidence and poor body image were significant deterrents from physical activity. Notably, lack of money was also a deterrent for 549 young people.

- 5 The forthcoming introduction of a County Durham Youth Council provides an opportunity for young people across the county to influence and shape the types of cultural, sport and leisure activities they would like to access in order to meet their needs.

### **Recommendation**

- 6 The Children and Young People's Overview and Scrutiny Committee are recommended to note the contents of the report

### **Background**

- 7 Durham County Council and key partner organisations provide a broad range of activities and support for young people living in County Durham. In addition to the opportunities listed below there is also a range of sports clubs, uniformed organisations and other groups who provide opportunities for young people to pursue various interests.

### **School and Colleges**

- 8 School and colleges typically provide a broad range of activities for young people. These include a range of sports, music, drama, ICT, Science, technology, engineering, and mathematics (STEM), debating and programmes such as the Duke of Edinburgh Award. Most sessions are offered on a lunchtime or after school. Schools are often used as hubs for schemes such as the mini police and cadets.
- 9 There is an expectation that educational settings monitor the attendance of children and young people in extra-curricular activities and carefully consider the inclusion of students for whom engagement could be more difficult (e.g. those with special educational needs and difficulties, currently looked after children and young carers).

### **Durham County Council's Culture, Sport and Tourism Services**

- 10 The Culture, Sport and Tourism Service provide a range of activities across County Durham. These include a countywide library offer such as holiday programmes for young people and families, a summer reading challenge, with specific libraries offering the following:

- (a) Clayport Library's Coderdojo programme, which is a global network of free, volunteer-led, community-based programming club for young people. Where anyone aged 7-17 can learn to code, build a website, create an app or a game, and explore technology in an informal, creative, and social environment.
  - (b) Cornforth Library hosts a weekly Lego club;
  - (c) Chester- le-Street library hosts weekly stories and crafts.
- 11 The Community Arts programme has a commitment to work with children, young people and families and includes the following opportunities:
- (a) programme of workshops with the libraries service;
  - (b) engagement workshops alongside cultural programming, including visual arts programme and performance programme;
  - (c) workshops alongside the Festivals programme.
- 12 A range of physical activities are available for young people. The 'Join In' physical activity programme offers:
- (a) Doorstep Clubs – in 11 venues across the county – open access weekly multi-sport activity clubs for young people typically age 11+;
  - (b) After school clubs in 9 schools (primary, junior and secondary) across the county (NB. this is a closed programme to children within participating schools);
  - (c) The Mid Durham AAP summer holiday programme provides activity sessions, throughout 5 weeks of the holidays, (Lanchester, Esh Winning, Ushaw Moor, Adison Park, Langley Park and Burnhope).
  - (d) Derwentside school sport and physical activity programme – weekly coaching and after school and physical activity festival – operates via and SLA currently across 15 schools – age 4-11 years;
  - (e) The Club Durham programme engages with Sports Clubs across the county many of which have children and young people's sessions.
- 13 Across the County, Leisure Centres offer a range of activities for children, young people and families including:
- (a) Ready set splash
  - (b) Waves slide & splash
  - (c) Aqualearn: swimming lessons
  - (d) General swim
  - (e) Pool inflatable sessions
  - (f) Indoor adventure soft play
  - (g) Soccer stars
  - (h) Gymnastics
  - (i) Young lifestyle gym memberships
  - (j) Athletics Track
  - (k) 3G facilities

- 14 The Ways to Wellbeing programme offers a countywide programme including:
- (a) Group exercise (e.g. yoga, circuits, pilates etc) available to anyone aged 16+;
  - (b) Supported swim session – Spennymoor Leisure Centre – available 16+;
  - (c) Walk Durham programme -available 18+;
  - (d) Run Durham – available 16+;
  - (e) Cycle Durham – available 16+;
  - (f) Physical activity sessions including walking netball, walking football, badminton etc available in Leisure Centres across the county for anyone age 16+.

### **Area Action Partnerships (AAPs) Grant Funding to support youth activities**

- 15 The AAP Youth Forums actively engage children and young people in a wide variety of ways including through surveys as well as targeted engagement events. AAPs distribute a range of funding supporting local communities. A Youth Fund is available specifically to support community-based provision for young people. For 2018/19 this amounted to £131,876 with an additional £96,606 external match funding. In 2018/19 this funding supported 53 projects, involving 5,490 young people. A broad range of projects were supported including projects aimed at reducing anti-social behaviour, schemes to help young people make healthy choices and improve mental health and wellbeing. The fund also supports the VCS to deliver youth clubs across the County.
- 16 AAPs also provide funding to local community groups which are targeted at children and young people. For 2018/19 funding focusses on children and young people provided £958,379 in grant funding with an additional £1,319,556 in external match funding. This funding supported 158 projects including engaging young people in voluntary work, gaining accredited qualifications and formal training, improving the quality of life, independence and support for people, improving mental health and wellbeing, preventing vulnerable people from harm, reducing inter-generational and repeat offending. This funding engaged 39,003 children and young people.

### **DurhamWorks**

- 17 Durham County Council (DCC) is the lead body for DurhamWorks, a partnership programme with six external Delivery Partners. DurhamWorks supports unemployed 16-24 year old County Durham residents to progress into employment, training or education. DurhamWorks provides flexible and bespoke support in the way that best meets their needs and barriers to

progression. A range of opportunities are available through DurhamWorks such as:

- (a) access to confidence building and life skills delivered by the Delivery Partners (SHAID, Cornforth Partnership, Groundwork, Foundation of Light and Citizens Advice County Durham, Delta North Consett);
- (b) access, if they are young parents, to a Young Parents Programme delivered by DCC One Point and key partners which supports them to improve their basic skills, build confidence in their parenting and employability. It also helps them to look at flexible working options;
- (c) access to accredited/non-accredited basic skills qualifications;
- (d) work experience, pre-employment training, job and industry experience opportunities and jobs opportunities through sector routeway delivery.
- (e) Volunteering opportunities as a pathway into employment.

18 DurhamWorks also provide a range of specialist provision for young people with additional needs such as SEND, young people with social emotional and mental health needs and Autism.

### **County Durham Local Offer**

19 The County Durham Local Offer provides a range of information and advice to help and support children and young people up to the age of 25 who have special educational needs or disabilities (SEND) by bringing together information in one place. The Local Offer Youth Offer includes things to do such as days out, youth groups, sports and clubs, such as

- (a) Durham Area Disability Leisure Group: who help families living with disability to participate in, visit and enjoy a wide range of sport, leisure and social activities;
- (b) Durham Phoenix Fencing Club: promote the sport of fencing within the Durham area, offering group and individual coaching
- (c) MiXiTdays: give you the opportunity to get involved in high quality drama, film and performance if you have disabilities and support needs.
- (d) Enter CIC Theatre Academy: with activities including, musical theatre, dance, drama, music, guitar, drumming, singing.

### **The One Point Service**

20 In September 2016 Durham County Council's Cabinet approved a Strategy for Youth Support in County Durham. The strategy outlined a revised delivery model for a targeted youth support services. There are five key elements of the delivery model as follows:

- (a) Single Assessment & Team Around the Family;
  - (b) Team Around the School;
  - (c) Support for Teen Parents;
  - (d) Re-Engagement of young people who are NEET;
  - (e) Team around the Community.
- 21 The One Point Service provides a vehicle for this model and provides early help to children, young people (0-19 or 25 with SEND) and their families in need of additional help and support to achieve positive outcomes. During 2019, 1,447 young people had an assessment and a range of additional support and help provided to meet their needs. This can be where required multi-agency support coordinated through Team around the Family arrangements. Young people can be supported in the following ways by the One Point Service:
- (a) one to one work with a One Point member of staff;
  - (b) attending a group in a Family Centre;
  - (c) attending a group in their school (Team around the School)
  - (d) signposted to a programme or activity in the local community.
- 22 The following are groups for young people that can be delivered in the One Point Family Centres:
- (a) Safer boys or girls' group: these are groups for teenagers aged 13+ looking at risk and the consequences of behaviour. This group usually runs for between 4 -6 weeks;
  - (b) Teen Zone: this is a group for young people who attend secondary school. This group looks at self-esteem, building resilience, healthy eating and managing your emotions;
  - (c) Young Parents Programme: this is a group for young parent, or those about to become one. The group supports young people to improve their basic skills and confidence levels. It helps them understand the developmental needs of their child, offering practical support. It also helps them to look at flexible working options, including self-employment, and move them into sustainable employment or education;
  - (d) Strengthening Families; this is a 7-week programme for parents/carers and young people 10-14 years. Parents and young people will attend together to learn ideas for making the teenage years a little bit easier and help improve their family's relationships.

### **Holiday activities with healthy food**

- 23 During 2019, the VCS Alliance team begun the process of mapping and advertising existing holiday activity with/without food provision across the county and have developed links with a broad range of providers. In summer 2019 there were over 1,800 activities with/without food delivered across County Durham by a range of agencies including DCC leisure

centres and libraries, One Point Family Centres, VCS organisations and schools – with a focus being on ‘low cost, no cost activities’. Activities included family cooking sessions, fun days, emotional wellbeing activities and themed arts and craft sessions, outdoor games, gardening activities and day trips. These activities were promoted through a number of platforms including Family Information Service, One Point Family Centres, AAP’s and local community notices. The information was also shared with a huge range of professionals that work directly with children and young people, ensuring that those children and young people who would benefit most from the provision, had a good understanding of what was available and how to access activities near to where they live. Over summer 2019, the One Point Family Centres (0-19 years) offered 59 activities with either hot or cold healthy food to children, young people and parents/carers. In total 365 adults and 646 children/young people attended the sessions. The activities provided included family cooking sessions, fun days, emotional wellbeing activities and themed arts and craft sessions.

## The Voice of Young People

- 24 There are a number of ways in which young people can have their voice heard and influence what services and activities they would like to be available to them.
- (a) In 2019, Education Durham researched the extent to which young people feel they have a voice and found evidence of student councils in every school they spoke to. In primary schools, school councils are often divided into sub-committees (e.g. eco group, fundraising group) whereas secondary schools tend to be more likely to have opportunities for students to hold leadership responsibilities, including mirroring senior leadership roles.
  - (b) The **Student Voice Survey** is completed bi-annually by primary and secondary schools across the County. In 2019, 3,111 primary students and 5,625 secondary students responded to questions on a range of topics. Young people were asked about their engagement in extra-curricular activities. Over half of primary respondents (9-11 year olds) take part in after-school clubs and nearly two thirds are involved in clubs outside of school. Interestingly, nearly two thirds said they would not like to be involved in clubs. For young people aged 11- 16 years 19% of respondents take part in school-based extra-curricular activities. Outside of school, sports/ physical activities are much more popular (56%) than other activities (21%). Respondents offered a range of reasons for wanting to engage in physical activities, including keeping healthy, having fun and being with friends. Conversely, a lack of time, school/ homework commitments, a lack of confidence and poor body image were significant deterrents from physical activity. Notably, lack of money was also a deterrent for 549 young people. Secondary aged respondents said they are most likely to go to parks/ open spaces and the cinema regularly (57% and 31% respectively). Half never visit a library and over a third never visit museums (39%) or theatres (36%).

- (c) **Make Your Mark** is the UK's largest youth consultation that asks 11-18 year olds to rank their top concerns from a list of 10 that are decided upon by members of the UK Youth Parliament. Our regional turnout grew exponentially this year from 155 responses in 2018 to 15,699 in 2019. For the first time, County Durham's young people had the opportunity to share 'local issues' in addition to their national concerns. Of 47 local concerns that were shared, 'lack of facilities for young people/ lack of youth services' was the highest-ranking concern, with 832 CYP from across the county commenting on this area. The 'cost and availability of public transport' was also a common concern mentioned by 407 CYP county-wide. This could undoubtedly have an impact on the ability of young people to get to and from extra-curricular activities.
- (d) **Youth Council:** In response to a series of consultations carried out with primary, secondary, special school and college students, the first county-wide Youth Council will be operational in 2020. The Youth Council's remit will be to address issues that are common to young people, to explore workable solutions to these issues and affect meaningful change using a designated budget. Two Youth Council members will also be elected to represent Durham nationally as UK Youth Parliament reps. This role involves attending the UK Youth Parliament's annual sitting in the House of Commons. Every secondary school and college will be approached to run an election to find two 11-17 year old Youth Council representatives. Guidance has been issued to ensure that elections are democratic and that consideration is given to how best to support:
- i. Vulnerable and minority groups including those whom are disadvantaged and/ or currently looked after
  - ii. Students with SEND
  - iii. Students lacking in confidence to take part
- Two seats will be made available for young people who are currently looked after and those who are not currently attending school/ college. Education Durham is liaising with other departments in the Council and further afield to ensure that all young people hear about this opportunity and are fairly represented.
- (e) **Youth Summits** hear the voices of a wide range of young people, Durham County Council we will be hosting youth summits from July 2020 to bring young people together to discuss matter that are important to them. These engaging events will give young people the chance to come together with stakeholders to discuss practical strategies around Make Your Mark priorities and other issues that are raised by young people over the course of the year.
- (f) **Investing in Children** is a commissioned provider working to ensure the voice of the child is heard in County Durham. In addition to this commissioned work as an independent community interest company liC also run their own engagement using the following mechanisms, which the council can utilise. A number of teams

within the Children and Young People's Service have received the Investing in Children status to show that they have listened to the views of children and young people and responded to them. Reference groups are held in local community settings and mostly project based with different topics being chosen by the young people themselves with young people self-nominating due to interest in the subject area. Agenda Days are a tool developed by liC to enable large (15-30) groups of children and young people to explore issues and create an agenda for action and provides an open, adult-free environment in which participants can share experiences, have discussions and come up with possible actions. Provide affordable leisure activities: an hourly charge has been introduced for short break activities to make them more accessible. The Extreme group supports young people with disabilities to share their views. A wide variety of work has been delivered across partner organisations to achieve the pledges detailed in the SEND promise including providing affordable leisure activities: an hourly charge has been introduced for short break activities to make them more accessible.

- (g) **Children and Families Partnership** (CFP) has strategic responsibility for delivering better outcomes for children, young people and their families in County Durham. It consults with children and young people to find out what issues they may be facing and works to address these problems through the services they represent. The CFP ensures active inclusion of children and young people in dialogue that results in change for example influencing the Active 30 programme.
- (h) **Children and Young People' Participation Group** across the Young People's Service meet on a monthly basis and the Voice and Change Champion network where young people attend/influence decision making with staff.

## **Next Steps**

- 25 To ensure young people continue to influence issues that are important to them , including having positive cultural and leisure activities which are accessible to them DCC will roll out elections for youth council and UK Youth Parliament representatives and host a county wide youth summit in the coming months.
- 26 As part of ongoing developments within the DCC Culture, Sport and Tourism Service intend to explore the feasibility of developing an approach to Poverty Proofing leisure and cultural programmes. Young people will also be involved in the co -production of a coordinated and accessible countywide '2gether 4 Fun and Food' (holiday activities with healthy food) programme for summer 2020.

## **Conclusion**

27 This report has sought to bring together an overview of universal and targeted opportunities for young people in County Durham along with opportunities currently existing and being developed to give young people a greater say and influence in what is available. It highlights there are a wide and varied range of things to do for young people in County Durham. Young people also have a range of opportunities to influence the types of activities they would like to have available to them. The Student Voice Survey and Make your Mark have provided rich feedback from young people on the types of activities they would like to access and where they would like these activities to be across the county. The feedback also highlights the barriers some young people face in accessing extracurricular activities with cost, a lack of transport, homework commitments and lack of body confidence articulated as critical barriers to involvement in activities.

## **Background papers**

None

## **Other useful documents**

None

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**Contact:** Karen Davison

Tel: 03000 268904

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## **Appendix 1: Implications**

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### **Legal Implications**

None

### **Finance**

None

### **Consultation**

Range of opportunities for young people to engage

### **Equality and Diversity / Public Sector Equality Duty**

None

### **Human Rights**

None

### **Crime and Disorder**

None

### **Staffing**

None

### **Accommodation**

None

### **Risk**

None

### **Procurement**

None