

Youth Health e-Bulletin

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NEWS

1. New strategy for Scotland "Equally Safe: Scotland's strategy for preventing and eradicating violence against women and girls"

Equally Safe sets out Scotland's vision for tackling all forms of violence against women and girls.

The overall aim of the strategy is to prevent and eradicate violence against women and girls, creating a strong and flourishing Scotland where all individuals are equally safe and respected, and where women and girls live free from such abuse - and the attitudes that help perpetuate it.

To achieve this end, the strategy sets out some early commitments as well as explaining how a phased approach to planning will help ensure that the longer-term change is sustained.

For further information on the Equally Safe strategy please use the link below:

<http://news.scotland.gov.uk/News/Making-Scotland-Equally-Safe-e2f.aspx>

• 2. Action for Children will help launch a new service for young fathers

Action for Children will help launch a new service for young fathers in Perth and Kinross, and Clackmannanshire. The service will work with young men aged 14-25 who are fathers, or expectant fathers. It will offer one-to-one support and group activities, as well as outreach programmes for young men who feel isolated.

Fiona Steel, Operational Director of Children's Services at Action for Children Scotland, said:

"This new service is a first of its kind in Scotland, helping new fathers learn what it means to be a dad. We know that many men find it difficult to ask for help with parenting, and we want to show them that it's ok to need some support with this wonderful, life-changing and very demanding role. Our service will give young fathers the opportunity to build knowledge, learn parenting skills, and gain confidence, helping them to have a positive impact on their child's life and really enjoy being a dad."

• 3. The SASH (Social Aspects of Self-Harm) Research Project

Adults, children and young people are being called upon to take part in a survey as part of a review of inclusive play in Scotland. The project is set within the [Centre for Research on Families and Relationship, a consortium research centre based at The University of Edinburgh](#)

The review, which was identified as a high priority in the Scottish Government's 2013 National Play Strategy Action Plan, aims to make sure the play rights of all groups of children and young people are respected. It hopes to find out about:

- existing barriers to inclusive play in Scotland
- aspirations about inclusive play

- approaches, tools, practice and strategies that work well in ensuring play experiences and opportunities are inclusive.

To take the survey or read the National Play Strategy Action Plan please use the links below:

[Take the adults' survey.](#)

[Take the children and young people's survey.](#)

[Read the National Play Strategy Action Plan.](#)

• 4. Youth Tobacco Action Awards

ASH Scotland is offering prize money of £750 and a package of ongoing support for youth groups to tackle tobacco issues.

The Youth Tobacco Action Awards reward new and existing work undertaken by young people on tobacco. Tobacco may be the primary focus or incorporated as part of a wider project.

For more information and to apply online visit the link below:

www.ashscotland.org.uk/ytaawards

or follow the awards on Facebook or Twitter #tobaccoaction.

• 5. Cooking in the Community

[Garry Place](#) supports young people within a shared occupancy environment. The organisation also provides community based support to young individuals who move onto permanent tenancies. Last year Garry Place received funding from Community Food and Health (Scotland), now part of NHS Health Scotland, to run food focused programmes for young people.

Community Food and Health (Scotland) went along to see first-hand the great work being carried out. Garry Place run their cooking groups at a local community health project in Camelon, Falkirk. The group managed to make a variety of dishes in the time available. Participants showed off a range of cooking skills and talked confidently about what they could make. It was clear to see that staff gained satisfaction, knowledge and skills in terms of running sessions as well the young people taking part.

“You don’t need to have a blender to make soup smooth, you can use a potato masher or a fork instead.” Participant

“Young people are involved in selecting recipes, menu planning and shopping for ingredients”.
Cooking group facilitator

“Our young people continually request cooking activities and are keen to attend cooking groups.”
Garry Place

For more information about this work or any of our other community food work please contact janeoliver1@nhs.net or visit the Community Food and Health website on the link below:

<http://www.communityfoodandhealth.org.uk/>

PUBLICATIONS AND RESOURCES

- **6. On Edge: a resource pack for teachers and professionals working with young people who self-harm**

Self-harm among young people is a significant and growing public health problem. On average two teenagers in every secondary school classroom will have hurt themselves in response to the pressure of growing up in an increasingly complex and challenging world. Reference?

On Edge is a resource pack for teachers and other practitioners working with young people, comprising of four lesson plans designed to give pupils in S2 and above a rounded view of self-harm and the support available.

If you would like further information on the resource or to obtain a copy please visit the web link below:

<http://www.seemescotland.org.uk/getinvolved/590-on-edge-learning-about-self-harm>

- **7. CY 4 You**

Caledonia Youth's new project, CY 4 You is a one to one service supporting vulnerable young people by providing sessions tailored to suit each individual's personal circumstances. Support will focus on issues impacting upon a young person's ability to cope and deal with the transition into adulthood. It aims to improve resilience, reduce risk taking behaviour and improve personal and family relationships. We also support young people at risk of sexual ill health, sexual abuse and exploitation.

The CY 4 You one to one service:

- Young people must be under 25 and resident in Edinburgh and the Lothians when sessions begin
- Sessions are delivered at 5 Castle Terrace, Edinburgh (unless otherwise agreed)
- An individualised plan and bespoke materials will be prepared following a discussion based needs assessment
- Learning outcomes will be agreed at the initial meeting
- Young people are given the opportunity to attend up to 10 one hour sessions with an assigned member of the CY 4 You team
- Information will only be shared with the consent of the young person unless it is deemed a Child Protection /Vulnerable Adult issue when the relevant individuals will be informed.

The service complements statutory health education, by providing much needed and more intensive individual support. Caledonia Youth has extensive experience of supporting young people with:

- learning disabilities
- those excluded from mainstream school
- those in care or leaving the care system
- young people in custody and those at risk of offending
- young people whose lives are impacted by issues relating to substance or alcohol misuse
- those living in chaotic circumstances
- those with emotional and behavioural issues

To access the Caledonia Youth CY 4 You web page please use the link below:

<http://www.caledoniayouth.org/professionals/cy-4-u.html>

- **8. Young people set out care workers' essential qualities**

Young people say social care professionals must be consistent, trustworthy and supportive, our ground-breaking research reveals.

Action for Children spoke to young people in care and based on what they said created a free toolkit for professionals to help develop their emotional resilience. This helps young people when they leave care to live independently, manage risks and ultimately keep themselves safe in adult life.

The 'Keeping Myself Safe' toolkit highlights five essential qualities young people say care workers must have:

- Provide a stable and consistent relationship – as many will have never experienced this before – to help children learn how to develop friendships in the future.
- Build trust and grow a young person's feeling of self-worth, which will allow them to open up about difficult behaviour they might be experiencing.
- Understand what the child has been through and accept them for who they are and what they have done, which in return will build their self-esteem and confidence.
- Give young people a feeling of control and accountability for what might happen to them whilst in care.
- Listen and communicate well with the young people they work with, set boundaries, provide support and challenge the risks they take.

Giving young people a say about their lives was a consistent theme throughout the discussions. Jamie Williams, 15, said: "We get to choose where we want to go when we get out and about. We chose where we went on holiday once. Being allowed to choose is cool, it makes you feel like you have some control over your life. Even the little things"

To download the 'Keeping Myself Safe' toolkit please use the link below:

http://www.actionforchildren.org.uk/media/9270723/Keeping_myself_safe_toolkit_final.pdf

- **9. Supporting mental health services for young people**

The Foundation for Professionals in Services to Adolescents (FPSA) supports mental health services for adolescents. They help those who work with vulnerable young people through our funding, knowledge sharing and promoting networking opportunities.

They offer awards, bursaries and grants for conferences, events, research, training and education. They also fund staff development and initiatives that offer support to frontline staff. They fund organisations and individuals who usually (but not exclusively) work in children and adolescent mental health services (CAMHS) Tier 4. For example, specialised in-patient, day patient and outpatient units, and professions including nursing, psychiatry, social work, and much more.

Find out more about Funding by visiting the FPSA website on the link below:

<http://www.foundationpsa.org.uk/index.asp>

- **10. How to...improve mental wellbeing in youth work practice**

This 'How to' guide is one of a series designed to bring together learning from the five-year Right Here programme initiated by Paul Hamlyn Foundation and the Mental Health Foundation.

Each guide focuses on a particular theme arising from the programme's work across the UK and aims to provide practical pointers and suggestions to support the development of innovative and effective responses to the mental wellbeing of young people aged 16–25.

The guide is aimed at youth organisations working with young people, to help to embed mental wellbeing improvement practices within the organisations.

To download copies of the guide please use the link below:

<http://www.mentalhealth.org.uk/content/assets/PDF/publications/right-here-guide-one.pdf?view=Standard>

Additional guides include:

- **How to promote young people's wellbeing in primary care** – download using the link below: <http://www.mentalhealth.org.uk/content/assets/PDF/publications/how-to-guide-two.pdf?view=Standard>
- **Children and young people with learning disabilities and their mental health** – download using the link below: <http://www.mentalhealth.org.uk/content/assets/PDF/publications/children-and-young-people.pdf?view=Standard>

- **11. Stay Safe Online**

Police Scotland's '[Stay Safe Online](#)' campaign is now targeting teens with vital advice on how to be web savvy and avoid the dangers of cyber-bullying and sexting.

'Selfies' are big news at the moment with many famous people taking them and posting them online including at big events. But do you know just how far to go and what the consequences can be if your photograph was posted maliciously online?

That's just one of the aspects of the campaign which also features a hard-hitting Police Scotland commissioned video produced by the Leith Agency starring pupils aged 13-16 from Clyde Valley High School, Wishaw and Ross High School, Tranent, East Lothian who recount their personal online experiences.

The nationwide Stay Safe Online campaign aims to help children, parents, teachers and carers improve their knowledge and understanding of how to keep children safe while they are online.

To see how teenagers react to their private posts being made public have a look at this YouTube video using the link below:

<http://www.youtube.com/watch?v=ynL68KigRJc>

- **12. NHS Health Scotland Resources: Young People**

Cool Heads: Stress Essentials is a booklet given to young people (12-16 year olds) experiencing issues such as peer pressure, relationship issues, exam pressure, feeling lonely, cyber-bullying or self-harm. It explains the most common reasons for experiencing these types of stresses and offers practical ways to tackle the problems when things get tough as well as where to go for help.

You can find the full guide here: www.healthscotland.com/documents/1485.aspx

For more information, please contact:

Arma Sayed
Mental Health Improvement Programme Officer
Arma.sayed@nhs.net

Knowledge Services:

The Children and Young People current awareness bulletin for August is available on the below link:

<http://www.healthscotland.com/documents/23283.aspx>

The Mental Health and Wellbeing current awareness bulletin for August is now available on the below link:

<http://www.healthscotland.com/documents/23284.aspx>

The majority of the articles are available from the publishers' websites via the Knowledge Network. To access the full articles log in with your Athens account.

If you need any help in obtaining the full-text of any articles then please contact Knowledge Services.

If you have any questions or comments relating to this alert, please don't hesitate to get in touch.

Email: nhs.healthscotland-knowledge@nhs.net

Tel: 0141 414 2762

Additional Resources Youth Health Resources from Health Scotland:

NHS Health Scotland has a number of additional resources relating to Young People. A list of these resources is provided below:

- Walk the Talk We Keep it Zipped Poster
- Walk the Talk We Keep it Zipped Cards
- Completed LAAC Folders New
- Walk the Talk DVD
- Walk the Talk 7 Step Leaflet
- Walk the Talk Tip Cards

To obtain copies of these resources contact Health Scotland publications on the details below:

E-mail: nhs.healthscotland-publications@nhs.net

- **13. Ask Joe App for Youth Unemployment**

ASK JOE is a resource created by young people in Falkirk with the help of Fixers and supported by Link Living. JOE stands for Jobs, Opportunities and Employability.

The aim of this website is to help young people on their path to employment. Young people decided to create this website based on our own experiences to help others.

To visit the website please use the link below:

<http://www.askjoeonline.com/>

[TRAINING](#)

• **14. LGBT Awareness: Supporting 12-18 Year Olds**

Children in Scotland, in partnership with LGBT Youth Scotland, are providing this interactive and informative workshop which will help you to create an inclusive, welcoming environment where young people feel supported to discuss and value their LGBT questions.

Through attending this course you will:

- Learn age-appropriate ways of discussing LGBT questions.
- Understand the challenges facing LGBT young people.
- Learn ways to positively raise awareness of LGBT issues within your workplace.
- Understand the impact of bullying and its effects.
- Gain techniques for supporting young people to build resilience.
- Find out what not to say!
- Appreciate the challenges of coming out for young people
- Learn about transgender challenges, including transitioning.

(Prices range from £85.00 to £140.00)

Contact: Children in Scotland
Tel: 0131 313 8828
E-mail: training@childreninscotland.org.uk
Website: http://www.childreninscotland.org.uk/html/training_tshow.php?ref=1955

• **15. Blurred Lines: Young People, Relationships and Sexually Explicit Materials**

Wednesday 3rd September, Edinburgh

There are growing concerns across a range of sectors around teen relationships, consent, gendered attitudes and examples of violence being normalised and accepted.

WSP and SPEN would like to train workers to help them develop work to challenge and engage with young people on these issues.

The training will look at:

- Legal issues around SEM and pornography.
- Current debates and opinions.
- Latest research from Scotland, UK and Europe.
- Interventions and resources.

This training is not open to all. Organisers hope to recruit a group of passionate and enthusiastic attendees who want to take part in this exciting pilot, but who are committed to developing further pieces of work with other staff and/or young people.

You must have permission from your line manager to be part of this pilot, and you must attend both training days on 3 September and 7 October.

Contact SPEN: Tel: 0131 554 4300 or visit their website on the link below:
<http://spen.org.uk/members/news/37-training-pornography>

- **16. Bespoke and in-house training around looked after children**

CELCIS provide bespoke training tailored to the needs of your organisation. Their aim is to build your workforce capacity and also your delivery and leadership services.

They work with you to identify your needs, developing a course specifically for your staff and will deliver the training at a place and time to suit.

They are specialists in this field. Due to the breadth and depth of their knowledge base, they are able to offer training or develop a wide range of courses relevant to looked after children.

Popular courses:

- Attachment, Trauma and Resilience
- Through-care and aftercare
- Recording and Report Writing
- Implementing GIRFEC
- The Children and Young People Act
- Connecting with Children with Social Communication Difficulties

If you would like to discuss any of the above or just find out more about training possibilities, please email: celcis.learning@strath.ac.uk or call Amanda on 0141 444 8535

EVENTS AND CONFERENCES

- **17. Would you like to find out more about Brook's work to support young people in Highland?**

Wednesday 10th September & Friday 12th September, Inverness

Brook Highland is holding open evenings for people working with young people to:

- meet staff
- have a tour of our centre
- find out more about our services
- talk about how we can work together
- network with other practitioners

Call: 01463 242434 or e-mail: sarah.fowler@brook.org.uk for more information

Or visit the website at: <http://www.brook.org.uk/index.php/highland?rc=24>

- **18. Association of Young People's Health (AYPH) Innovations in young people's health**

Wednesday 12th November 2014 at the AYPH Offices, CAN Mezzanine, 32-36 Loman Street, London, SE1 0EH

What is new and exciting in the young people's health field?

This networking event is an important opportunity for AYPH members and non-members to showcase their work in young people's health from across the UK.

AYPH will look at successful and new models of work in community, primary, secondary and complex care with a particular focus on innovation in integrated care, providing holistic services and mental health & resilience for young people aged 10-24 years.

AYPH want to showcase our member's work at the event and beyond. Some members will present their work on the day and we will produce an online resource sharing all the innovative work being undertaken by our members.

The event is free for AYPH members, however if you are not a member you can join for £45 and book your place at the same time.

For more information, including how to book and how to share the work you are doing email info@youngpeopleshealth.org.uk or go to their website: www.ayph.org.uk

As part of this event, AYPH are looking for innovative work currently being undertaken in the field of youth health. If you would like to showcase your innovative project to the AYPH please use the link below to complete the form:

www.ayph.org.uk/publications/548_Innovation%20in%20Young%20People%27s%20Health%202.11.14%20-%20Submission%20Form.docx

• 19. Information Sharing Across Children's Services

Thursday September 25th, Edinburgh

Effective information sharing is fundamental to the measures included in the Children and Young People (Scotland) Act 2014. At this conference you will have the opportunity to explore best practice in information sharing and data protection and debate two of the most important questions facing children's services: when should information about a child be shared and what information should be shared?

This conference will help to inform your information sharing by:

- Providing an overview of information sharing measures in the Children and Young People (Scotland) Act 2014 and how they will impact on your work.
- Discuss the importance of children's rights and the rights of the parent when deciding what information to share.
- Consider the practical steps that you can take to help improve communication across services.

(Prices range from £149.00 to £199.00)

YouthLink Scotland Members will receive a **30% discount** when booking a place at this event - just quote YL30.

Contact: Holyrood Events, Tel: 0131 272 2133, or visit their website on the link below:

<http://childrensinfosharing.holyrood.com/>

• 20. Action for Sick Children Scotland's Conference 2014

Friday 14th November 2014 at the Royal College of Physicians, 9 Queen Street, Edinburgh

Minister for Public Health Michael Matheson MSP and Scotland's Commissioner for Children and Young People Tam Baillie will be two of the speakers contributing to this event which will focus on the question, **'Is there Person-centred care for children and young People?**

To register your interest for the event, please use the link below:

<http://www.eventbrite.com/e/person-centred-healthcare-for-children-and-young-people-myth-or-reality-tickets-12135953965>

Please feel free to circulate this e-bulletin to colleagues not on the database but who may be interested in the items listed.

Please send any comments, suggestions and items for the next e-bulletin to:
nhs.HealthScotland-youthhealthbulletin@nhs.net.

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