

youth commission



JANUARY - DECEMBER 2020

YOUTH COMMISSION FOR GUERNSEY AND ALDERNEY

annual report

Welcome from Charlie

As a team, we are so proud of young people in the Bailiwick and the way in which they have approached the year that will forever be known as ‘the year of lockdown’.

This last year was one of the most difficult and challenging years we have experienced in recent memory. For us in Guernsey, it has been a year of two halves; pre and post coronavirus lockdown. On 25 March 2020, following the first known instance of on-island transmission of coronavirus, a lockdown order was imposed comprising wide-ranging restrictions on freedom of movement and the closure of facilities and businesses in the Bailiwick. For the Youth Commission, this meant transitioning our face to face services onto virtual platforms and discovering new ways of working with young people. Whilst undoubtedly an uncertain time for young people, our staff and volunteers, our funders, and the community, the emergence of #GuernseyTogether brought great joy to the island and a new emphasis on community spirit enabled creative ways of working and innovative projects to replace our normal face to face offer. Fortunately for the Bailiwick, our lockdown eased on 27th May allowing us to resume services and come together as an organisation once more.

There is much to celebrate from 2020 and a great deal which needs further reflection and consideration as we plan and design our services in 2021. Towards the end of 2020 we saw a huge spike in referrals to our support service, a result of the currently unknown impact lockdown has had on young people’s mental health and wellbeing. On a more positive note, we saw an increase in the number of young people attending our youth groups and embracing the opportunity to spend time enjoying the company of their peers, learning new skills being a part of their community.

We are proud to have been able to support young people throughout 2020 responding to the changing environment and issues the year presented. As an organisation we are incredibly grateful for the continued engagement and support of our funders who enabled us to respond and develop services where need presented itself – thank you for helping us to continue to work towards our vision.

Charlie Cox
CEO



Our Vision

The Bailiwick is a place where all children and young people are ambitious to be the best they can be.

Our Mission

The Youth Commission for Guernsey and Alderney (Youth Commission) delivers high quality, universal to targeted services for children and young people in order to support the development of their social, physical, and emotional wellbeing.

Our Values



We are **child-centred**, young people are at the heart of everything we do.



We build **trusting relationships** with young people.



We work in collaboration to provide **effective**, needs driven services that make a real difference to young people.

Our purpose

The Youth Commission is an independent local charity responsible for the delivery of youth work in the Bailiwick. We provide children and young people aged 4 - 25 with seamless access to a range of universal and specialist services ensuring they can take part in activities or get the tailored support that is relevant to their individual needs.

Services

We offer a range of services to children and young people, responding to the changing needs of our society and the issues young people face. Our services are available to everyone in the community, however, our services prioritise supporting children and young people who, for a variety of reasons, experience adversity.

Support – We offer free and confidential emotional health & wellbeing support to children and young people aged 9 – 18. Children do not need to be referred to our service which means that we provide early intervention to families who otherwise may not be able to access support on a range of topics. Within our Support service we also offer specialist support in child sexual exploitation and provide bereavement support to children aged 4 – 18 through our Sunflower Project. In 2020, we supported children with over 1,200 1:1 sessions focusing on their emotional health.





Activities – We offer a range of opportunities to children and young people with the focus being to reduce barriers to positive activity and provide equity of opportunity for all. We know that Guernsey and Alderney have a wide range of activities for children, but these often have financial, physical, and aspirational barriers for families. We run 15 youth clubs a week as well as project-based activities for children to have new experiences. We also run a holiday playscheme for primary school age children. Playscheme is an inclusive scheme and over the past three years we have worked to ensure we can offer the scheme to children with additional needs.

Voice – We are passionate about children and young people having a voice where decisions are being taken that affect their lives. We facilitate a Youth Forum where young people are elected by their peers to represent youth voice in strategic decision making. Young people have consulted on food waste, voting age and many other issues that will impact their future in the Bailiwick. We also support individual young people who are going through Child Protection proceedings or corporately parented to not only understand the meetings they attend but help them to have their voice heard and share their views, wishes and feelings with professionals.



Learning – We work closely with schools to provide independent expertise in a range of areas. We see every secondary school age child to raise awareness of domestic abuse and to deliver sessions on LGBT+ and child sexual exploitation. We deliver the Princes Trust Achieve Programme to young people identified by schools as benefitting from a more comprehensive approach to learning in a different environment.

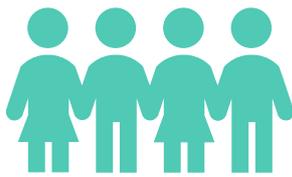
We facilitate the Duke of Edinburgh (DofE) scheme which challenges young people to get involved and try new experiences. We support schools to effectively deliver DofE and run community groups to engage with young people who would not normally put themselves forward for the award. In 2020, we have had young people who are home-schooled and young people in the prison achieve their DofE award through our Youth Commission Open groups.

Network – We work in partnership supporting other organisations working with children and young people with practical help, advice, and guidance. We deliver training to the third sector and offer access to buildings, minibuses, and support with DBS checks.



2020 Key Highlights

Number of **individual** children & young people who have received our services



8,001

15% increase from 2019 Report



14,475

25% decrease from 2019 Report due to lockdown restrictions

Number of **contacts** that children and young people have had with us



2,258

16% decrease from 2019 Report due to lockdown restrictions

Number of **sessions** delivered by our team

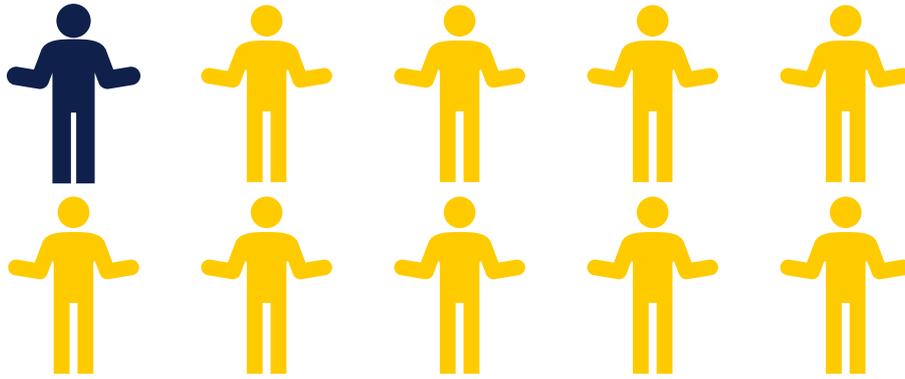


135 young people achieved a Duke of Edinburgh Award



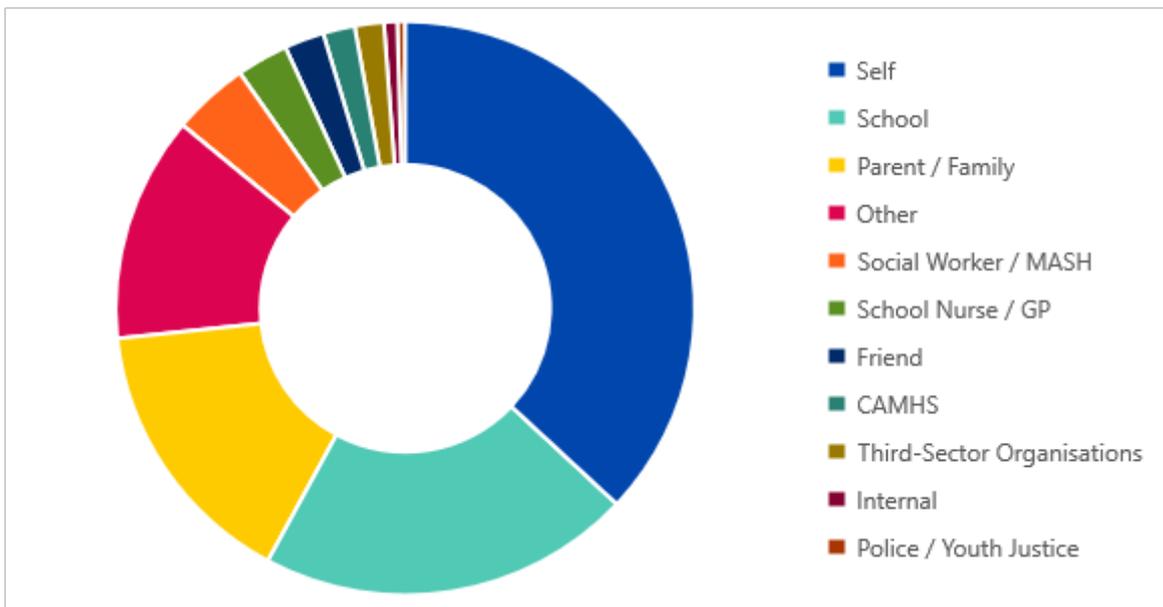
1,249 one to one sessions supporting young people with their emotional health and wellbeing



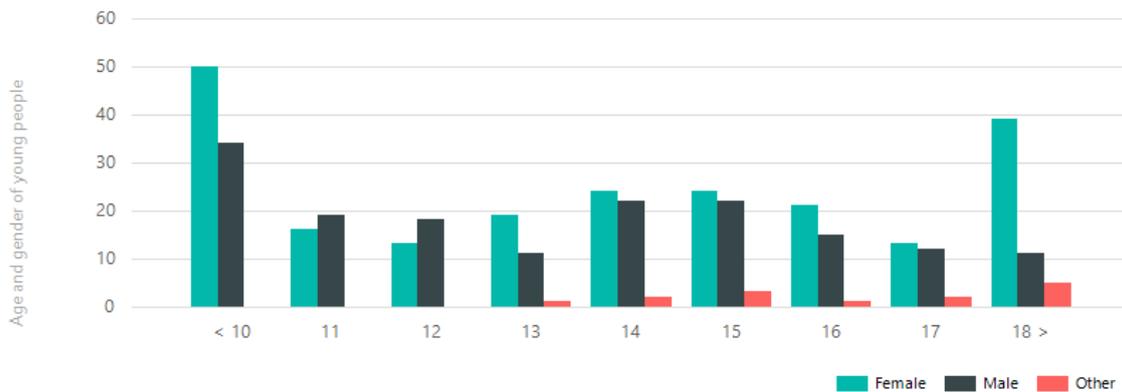


Over 1 in 10 children

in Guernsey and Alderney are registered Youth Commission service users



How young people are 'referred' to our services



Age and Gender of Service Users





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activities

get involved

aspire
youth commission centre

the caves
youth commission centre

the space
youth commission centre

north
youth commission centre

LOC
youth commission centre

The Youth Commission is passionate about providing opportunities for young people to develop their personal, social, and emotional skills. Our Activities service provides spaces and projects for children and young people in Guernsey and Alderney to access a wider range of informal learning opportunities and to gain valuable information, advice, and guidance when they need it most.

- Senior Youth Clubs - Weekly sessions in four locations across Guernsey & Alderney
- Junior Youth Clubs - Weekly sessions in four locations across Guernsey & Alderney
- Get Involved Projects - Project sessions to try out short term projects
- StreetReach - Supporting young people in their spaces on their terms
- Project weeks - On island opportunities and experiences for young people
- Events - Activities & support for young people at community events
- Playscheme - Summer & Christmas holiday provision for primary school children

Youth Clubs

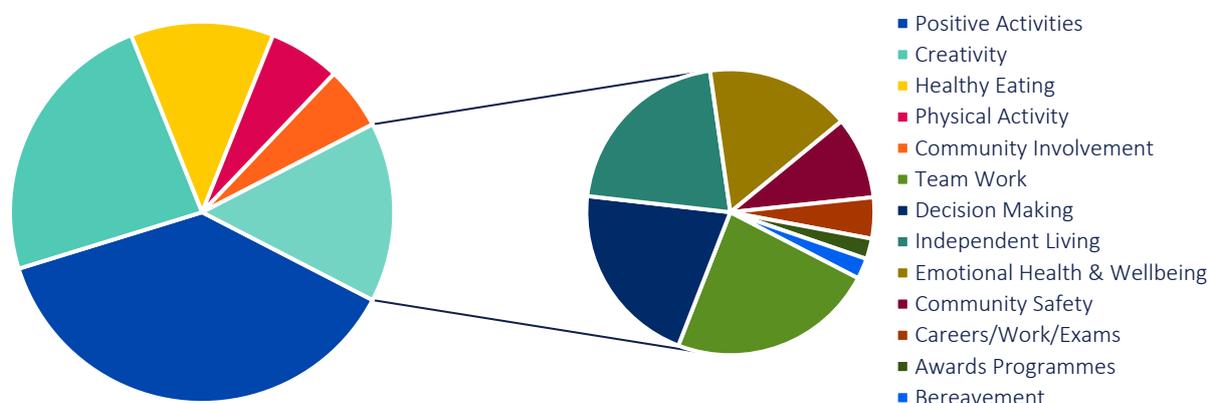


A youth club provides young people with a safe space, a chance to learn new skills and the opportunity to build positive relationships. In 2020, we delivered 344 youth club sessions to children and young people. We were pleased to be able to extend all our term time only youth clubs to run throughout the year after reviewing our offer during lockdown, and we successfully relaunched our youth club at Les Ozouets Campus ensuring it was accessible to young people with additional needs.

Our clubs focus on offering young people informal learning opportunities themed around our youth work curriculum which is aligned with the Children and Young People's Plan. During

2020, North Seniors was an excellent example of a youth club providing a wide breadth of engaging activities to enhance young people’s knowledge and skills. The team delivered 35 sessions with 487 young people attending over the year.

The graph below demonstrates the range of curriculum areas we deliver in our Youth Clubs. The top 3 topics being general positive activities, creativity and healthy eating. We strive to provide diverse activities across our centres which is why there is such a range of topics covered.



“I like to come to youth club because the staff are really nice, and they listen to us and do the things we want to do.” Service User, 13

As part of our Junior Kindred Arts project delivered with the Arts Commission, we joined the island wide #GuernseyTogether campaign where islanders were painting and stacking stones to symbolise the strength and togetherness of our community during Covid 19. The young people painted colourful rainbow and Guernsey-themed designs on their pebbles and visited Castle Cornet to add them to a large stone mural. The children loved the trip and felt real pride in their efforts.



During Guernsey’s Covid-19 lockdown, we had to adapt our ways of working to move our services into the digital space as groups of young people were unable to meet in our centres and projects. They participated in daily quizzes and TikTok challenges and were set tasks for learning opportunities to get involved with while at home.

‘StreetReach’

“You’re given a place for young people to go instead of loitering in town.” Service User, 14

In 2020, the Youth Commission rebranded its street-based youth work programme ‘StreetReach’. The team coordinated with community partners to identify areas of potential anti-social behaviour, working with young people in their spaces and places. We delivered 41 StreetReach sessions, reaching a total of 531 young people.

A key project for the StreetReach team this year was connecting with young people who were gathering at the bus terminus. This public area was seeing high numbers of young people socialising at all hours and there were reports of anti-social behaviour taking place. Working with these young people, our team supported the opening of our Caves Youth Club

for young people who had been congregating at the terminus. The Caves Youth Club was a popular venue for this group of young people, many of whom had not previously accessed our services.

“Caves stops us getting in trouble and keeps us warm!”

Service User, 15

Get Involved Projects and Project Week

In 2020, we ran short term project sessions designed to give young people opportunities to learn new skills without the barrier of cost. In partnership with community organisations, we offered sessions on indoor climbing, golf, personal training, boxing, creating potions & meditation projects. Due to Covid-19 travel restrictions we could not deliver our normal residential offer, so these were replaced by two on island Project Weeks, giving young people enhanced learning experiences here in Guernsey.

Our ‘On the Tides’ Project week gave young people the opportunity to learn more about our seas through activities that aimed to further their understanding of the importance of looking after our natural resources and to show them through outdoor education how they can use Guernsey’s coastline to have fun with friends.



“It was very fun because we wouldn’t usually get to do this kind of stuff and we got to see a seal up close.”

Service User, 12

To ensure we achieve the aims of our project, we measured the impact of the project on young people’s understanding of environmental issues, to do this we measure in three different areas (demonstrated through the graph below). We asked young people to score themselves at the start of the week (green) and at the end of the week (orange). All young people said that the project raised their understanding of the environment as well as making them feel more engaged in the community.

Group outcomes achieved by our young people

I feel I am a positive member of my community

I feel my voice and actions can help to create change for the better

Do you feel like you have good knowledge of environmental issues





Our Easter Playscheme was cancelled due to Covid-19; however, to ensure young people had a range of activities to take part in at home we provided activity ideas on our social media for families to get involved in.

Happily, our Summer and Christmas Playscheme operated as normal and were packed with fun-filled educational trips, visits, and activities. We were pleased to return to the Guernsey Dairy Farm and Candie Gardens as well as taking a trip to Castle Cornet where the young people were able to experience re-enactments, engage in arts and crafts, and explore the history of the castle. We were also able to collaborate with the Health Improvement Commission (HIC) to create a ‘Veg Power Programme’. We took up the challenge of completing the ‘Vegometer’ each week where children touched, tasted, smelt, or ate one piece of veg or fruit every day. The HIC staff delivered engaging activities including snack making, cooking sessions, and sensory activities. Alongside the work we were doing with HIC, we were also taking frequent trips to the GROW garden centre where we helped pick lots of tasty vegetables.

Summer 2020
128 Young People

Christmas 2020
49 Young People

“My two have absolutely loved every minute. This was their very first time attending a holiday club but after the very first day they couldn’t wait to go back! They’ll be booking themselves in for next holidays!”

Parent

The children had a variety of opportunities to venture out, including a visit to the Guille Alles Library, the Guernsey Airport, and the Victorian Walled Garden at Saumarez Park. One of the highlights this summer was the visit from Wellbeing Animals Guernsey and their very friendly therapy dogs. A lot of time was spent on the beach and in the park playing fun team games and sports, going on scavenger hunts, and taking part in competitions. The children enjoyed the trips out and about exploring the island in the beautiful summer weather.

“My girls really loved attending Playscheme this summer – they thoroughly enjoyed the range of activities and the staff were lovely, approachable and very much liked by the children.”

Parent



support

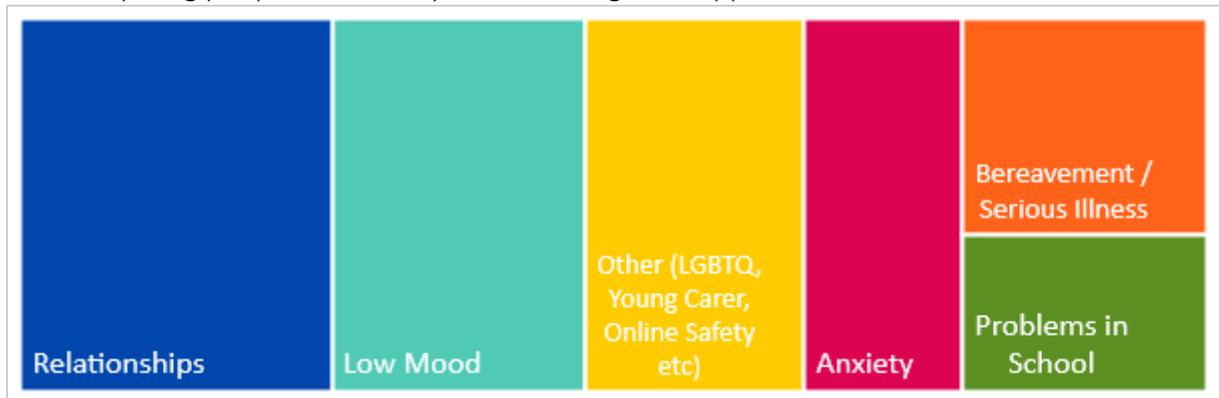
emotional wellbeing

One to one support	Groups
<ul style="list-style-type: none">• Weekly support sessions• Mentoring• Child Sexual Exploitation• Sunflower Project - bereavement support• Complex Health• LGBTQ+	<ul style="list-style-type: none">• Bounce for young people 8-11 years• Indigo for young people 9-11 years• LGBTQ+• Young Carers

One to one support

In 2020, the Emotional Health and Wellbeing Service received a total of 318 referrals (63 of which were for the Sunflower Project) and delivered 1,249 individual support sessions. This reflects the totality of referrals received both prior to and following the Covid-19 lockdown, since numbers of referrals received during the lockdown were minimal.

Reasons young people tell us they are accessing our Support service:

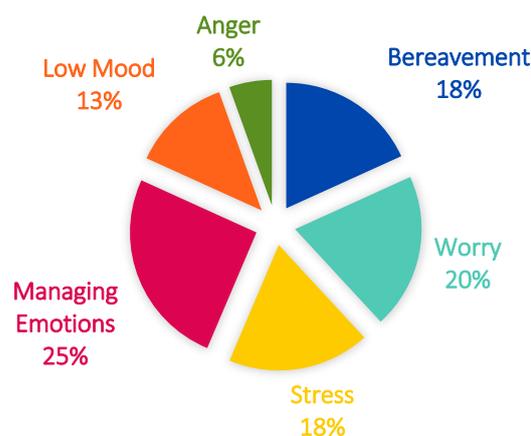


“Thank you so much for listening to me, it seriously helped me through a dark period in my life.”
Service User, 16

Covid-19 presented our Support team with a challenge to change the offer for young people in the Bailiwick to access support. The team identified support areas that young people usually access the service for and created resource packs which could be sent out via email and post to ensure that young people were still able access the help they need. The primary areas identified were Managing Emotions, Anger, Worries, Low Mood, Stress and Bereavement. Having these resource packs ready meant that when referrals were received for young people who needed support, packs could be sent immediately. The resource pack

could be used individually by the young person or worked through with a Support Worker via the phone or Zoom. In total, 55 resource packs were sent out during lockdown.

The team adapted the way that support was offered, both to new referrals and to young people who were already accessing the service. Sessions were offered via telephone and Zoom and creative methods of delivering support activities were adapted to fit the online platform. This was a huge piece of learning for the team meaning they are now upskilled in working online. An additional benefit to this learning is that our support for young people in Alderney has been enhanced as staff have become more confident in working virtually. The support needs of young people during the lockdown did not represent what we would have expected. Feedback from young people was that they felt an improvement in their mood and therefore many did not feel they needed virtual support throughout lockdown. This echoed the feedback that was being seen across other services.



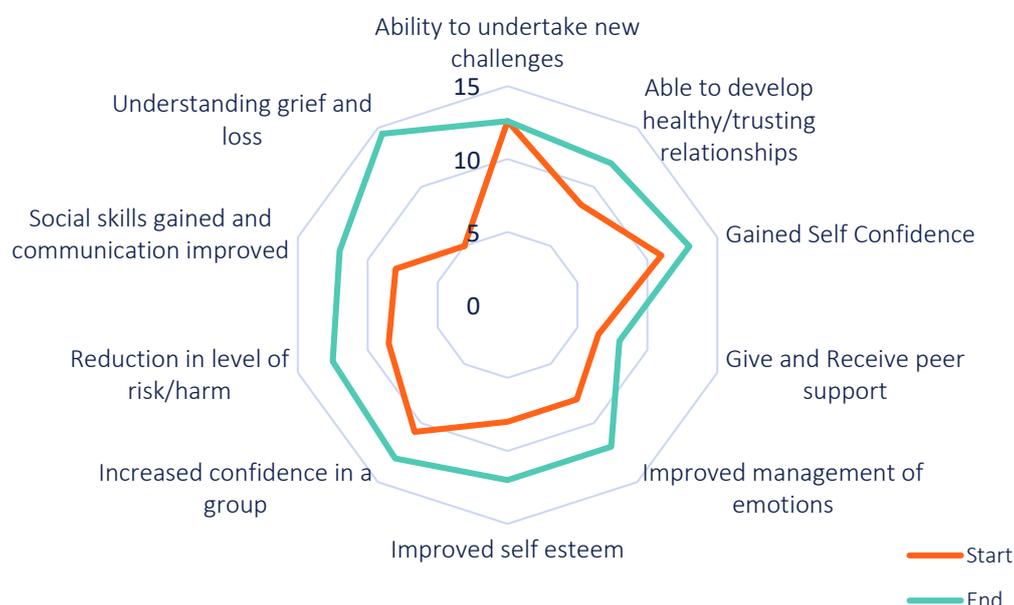
Ben struggled leaving his house due to worries about being around other people his own age. Following sessions working on social anxiety and self-esteem, Ben began attending, not one, but two of our weekly Youth Clubs – putting his newly learnt skills in managing his emotions into practice. Ben is now the first to arrive to the Club and last to leave!

Since returning to ‘back to normal’ services in June 2020, referrals remained minimal (65 between May – September) across the school summer holidays, but this was followed by an influx of referrals from September to December with a total of 167 being received during this time.



When the team first met Chris, he disclosed he had self-harmed and that it was the first time he had told anyone. Staff spoke with his mother at the time and helped arrange appointments with his GP and CAMHS. Following this, Support staff helped Chris speak to his family and friends about the pressures he was facing at school and his issues around low mood. Chris and the team worked together to come up with plans and strategies, which over a short amount of time, showed Chris making marked improvements in his mood. Towards the end of the series of sessions, he began to develop his own goals for both fitness and wellbeing that were regularly reviewed. When the time was right to finish the support, Chris agreed that although he valued the work of the Youth Commission, he no longer felt he needed regular sessions.

Sometimes young people can struggle to see improvements they make to their own wellbeing. To help them realise this, as well as demonstrate the impact of our services, we ask young people tell us how they feel at the start and end of their support with us. Young people score themselves from 1 – 15, with 15 being the best they could feel about the area. The following graph shows the impact young people tell us they experience.



Mentoring

2020 saw the completion of two successful volunteer training weekends, recruiting 18 new volunteers who will work in a variety of areas within the Youth Commission service, including Duke of Edinburgh, Youth Clubs and Mentoring.

“I found having someone to talk to helps me to not build up all my worries inside. This makes it easier to manage my feelings”.

Service User, 15

Guernsey’s three-month lockdown made in person Mentoring appointments impossible, so many sessions had to be cancelled, and we looked for alternative ways to support young people. Instead of meeting in person, volunteers posted handwritten letters to the young people they were supporting to check in and stay connected which was valued by all involved.

Zack was initially referred for mentoring because of bullying and he did not enjoy going to school. If someone would annoy him, he would become quite aggressive. Zack would struggle to sleep every night and had incidents of not being able to manage his anger which resulted in him trying to harm his brother. His goals were to be more positive and find more ways of managing his anger.

Zack completed seven mentoring sessions with his volunteer mentor Vikki. They used the sessions as a space to engage in positive physical activity and look at tools to help manage anger. Alongside the mentoring sessions Zack was also engaging in a group for young people with ADHD at CAMHS. Zack said he ‘really enjoyed’ the sessions and was unsure on how he felt about them coming to end because he felt things would not be good for him at school and his behaviour would go downhill. After exploring support options, Zack said he would be keen to engage in one of our Youth Clubs.

The next week Zack attended LOC Seniors Youth Club not having met anyone in the group and immediately became close to another young person in the group. Zack has continued to attend the Youth Club and continues to enjoy the time he has there.

Groups

For some young people, being part of a group can have many benefits. The Support Team continue to deliver a variety of bespoke group opportunities for young people that aim to develop confidence, teach skills to manage their emotions in a healthy and appropriate way and have fun.

Bounce



“Why does Bounce have to finish? I want to stay longer!”
Service User, 9

Bounce supports children aged 8 - 11 by exploring a range of physical activities to further develop their understanding of their emotions and behaviours. In 2020 we ran three, six-week Bounce groups sessions with up to 10 children in each group. The aim of the group is to engage young people in positive physical activity and team games to help improve management of emotions, build confidence, social skills, and positive peer relationships. We are fortunate to work with a variety of sports development officers and the Sports Commission to provide a range of sporting sessions. During the sessions, time is allocated to discussing and personally reflecting on relationships, emotions, and the session itself.

Joe attended the first week of Bounce unsure of whether he wanted to engage in the group. Joe struggled with managing his emotions and having what he called ‘outbursts;’ he felt excluded at school because of this and was often isolated from groups. After the first session at Bounce, Joe was interacting with the other participants and said he couldn’t wait to come and see his new friends the following week. His parent said, “my son was absolutely buzzing after Bounce yesterday. Thank you so very much, he never interacts with other children and no one ever invites him to parties because of his outbursts, thanks for giving us a space”.

Indigo

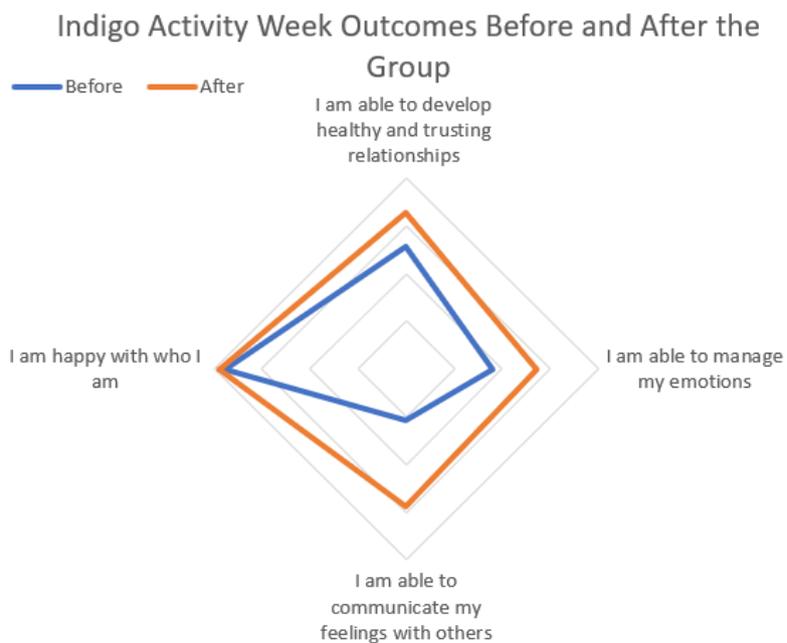
Indigo is a small group for young people aged 8 - 11. To, the participants work on managing emotions, building self-esteem, creating positive friendships and healthy lifestyles through group and individual activities in a fun creative way (such as through art, music, and games). Indigo usually runs weekly for six sessions.

“I can now control my anger with my brothers.”

Service User, 10

This year we ran three groups, with 19 young people completing the course. All Indigo groups have been a great success and it has been fantastic to see young people develop and become more confident in themselves.

This summer we ran our first Indigo Summer Project Week. The project week ran for two hours a day over five days. It was rewarding to see young people form positive relationships with each other and be supportive about each other's thoughts and feelings.



Milly was referred to Indigo by school due to low confidence and having difficulty to form positive friendships. She had low self-esteem where she did not like her appearance and had negative views on herself. Milly attended Indigo and seemed to enjoy the group. Her confidence grew throughout where she went from being very quiet and reserved to contributing and talking in front of the group. Milly formed some positive relationships with others and managed to accept positive compliments about herself which she seemed to struggle with before.

Work in Schools

Throughout the year, the Support team have been active at all schools providing lunchtime stands and individual support. Support sessions usually take place during lunchtimes and allow young people to have a safe, confidential space to talk about their thoughts and feelings. Young people seem to find having support during lunch beneficial due to it being easily accessible.

In one high school, we also provided a drop-in service. This gave young people a chance to find out more about what the Youth Commission has to offer and decide whether they would like to engage with any of our services. Drop-in has been successful with particularly good attendance and engagement.

Complex Health Needs

In September we launched our new Emotional Health and Wellbeing Service for Children and Young People with Complex Health Needs. The aim for this service is to provide emotional

and practical support to young people who have been diagnosed with a complex health need such as diabetes, cancer, and other long-term illnesses.

A lot of time has been spent to setup the service working with other agencies to create a referral pathway and support offer as well as adapting current processes to meet the needs of this cohort of young people. Although not all aspects of the service are running yet, the 1:1 service has been launched. Referrals into the service can be made by Paediatricians and the Children's Community Nurse Team. In October, the first referrals for 1:1 support were received. Support has focused on providing young people with a safe, confidential space to talk about their feeling associated with their condition and to help integrate them back into everyday life.

"I like being able to let out my frustrations and anger associated with my recent diagnosis (diabetes) in a safe space. It is nice to have someone separate from family and medical professionals to talk to."
Service User, 15

In 2021, the service is looking forward to being able to run groups, events and residential for young people and to continue to provide a safe, trusting environment for 1:1 support.

Young Carers

The Youth Commission provide a service to support young people who have some form of caring responsibility for a parent or family member. During 2020 we saw a large increase in the number of young people taking up the service with individuals registered with our young carers group growing from 4 to 14 people.

"Lots of people don't understand what it's like to have a sibling with a disability, it is hard to explain it, so it is nice to have someone else to talk to who understands what it's like."

Service User, 11



The group have had a great year with lots of achievements, but some highlights include.

Creating feeling cards for young carers to explain their circumstances to professionals, family and their friends

Attending a hustling during the election to champion the issues facing young carers on the island

Delivering awareness lessons to schools, where we identified a further 28 young carers

Residential to provide respite activities

Supporting those who struggled with internet access at home during 'Lockdown'.

"Thank you so much for what you have done for my daughter. She was really struggling to come to terms with her twin sister's diagnosis, and the realisation that she would always have these additional needs. The Young Carers club has given her an outlet where she can be herself and talk to others in a similar situation. She feels cared, valued, and prioritised, and this is incredibly precious to the whole family."
Parent



sunflower project

bereavement support for young people

The Sunflower Project supports children and young people after a bereavement or when a member of the family is dealing with a serious illness. We provide the following services:

Advice, support and resources for parents, carers and families
One to one support for children
Groups and residential experiences

One to one support

At the start of 2020, the entire Support team received specific bereavement training to extend capacity for the Sunflower Project, increasing our capacity to be able to manage the 62 referrals we received in 2020. The onset of Covid-19 was significant for the Sunflower Project since previously our advice had often related to saying goodbye to loved ones, participation in the rituals around death and building a memory store. Lockdown made an enormous difference to what families could do and therefore the Sunflower Project worked with UK charities to find new ways of offering support, including appointments and sessions adapted for conversations online.

It is always difficult when a member of the family with cancer must go to the UK for treatment but this year, the added stress of delays, quarantining and no hospital visits has made it even harder. One of the calls we received was from Jaz, her husband had been diagnosed with cancer and she wanted advice about how to explain what was going to happen and how best to support their children Julia (12) and Jack (9). The support was initially by phone and information and resources were posted to the family. Some months later Jaz called again when her husband now required treatment in Southampton, he would need to go there at least twice and this would require isolating on his return to the island.

At a family session Julia was obviously feeling very anxious about school and not sleeping at night. Jack was not worried about Dad, he had great confidence in the doctors but was concerned about his sister. The family were keen to try out some of the suggestions for managing the time while Dad was away and agreed to sessions for the children. Initially, Julia

and Jack wanted to be seen together and then individually. Over five sessions the children were able to talk about the aspects that really worried them and learn some techniques for managing anxiety and anger. We were able to have a final session with Jaz and the children a few days before their dad came out of isolation. Julia was happy to be back at school and Jack was no longer worrying about his sister. Later that month Jaz called me to say the change had been huge. 'Thank you again, what you have done with Julia and Jack has been wonderful and we really do appreciate it.'

Group Work

In addition to 1:1 sessions and providing support to parents, the Sunflower Project also runs group sessions for young people.

Trip to Herm



Lockdown had meant we had to cancel some of our regular events such as Mother's Day, Father's Day, and the Herm Set Sail Trust Weekend. Thanks to Smile for Georgie Foundation, we were able to offer a one-day trip to Herm for three families with eight children and there was a bonus visit from a seal while we were kayaking.

Therapeutic Residential

The Sunflower Project Residential Weekend in September was able to go ahead as normal, also with the support of the Smile for Georgie Foundation. The weekend is for children and young people who have had a parent or sibling die. It is an opportunity to explore some difficult issues in a safe environment where everyone has something to offer. The highlights included the Doc Spot with Dr Tom and the Candle Ceremony when everyone remembered their special person with a hug in the form of Project Linus blanket and a cuddle from Sunflower Ted. It is a very special weekend, enjoyed by the young people as much as the staff. Feedback confirms the positivity with requests for it to be longer and the requests to come back next year. One young person liked 'how everybody understands' and another said 'meeting lots of new people and having loads of fun' was why she would recommend it.



National Grief Awareness Week



National Grief Awareness Week had significant national and local media attention this year. Working with the Guernsey Bereavement Service to encourage everyone to remember their loved ones who have died and raise awareness about the services, the Sunflower Project presented one of the BBC Radio Guernsey 'Guidelines', attended many of the Youth Commission youth clubs and had a lunchtime stand at the four secondary schools. It was especially exciting because we were able to introduce Mair, our new member of the team. Mair will be working with Denise to improve and build upon what the project already offers.

This was all in addition to a busy year with 1:1 sessions and many Early Intervention Family meetings (an opportunity to offer a one-off information and advice appointment following a loss). These sessions have helped families understand more about the grieving process so that they can deal with the death together and are less likely to ask for individual support later.

learning

education & skills

It is paramount to the Youth Commission that children and young people grow up to be happy and healthy citizens within our community. We work in collaboration with schools and other organisations, such as the Prince's Trust, to ensure young people have the opportunities and experiences to develop and become well-rounded individuals.

Prince's Trust Achieve

Our contact time with students in Prince's Trust Achieve programme was considerably impacted in 2020 because of the Covid-19 lockdown. Despite this obstacle, the students worked hard at home and connected with staff via video calls. Post-lockdown, we were all happy to return to in person lessons. In 2020, we delivered 236 Prince's Trust sessions with young people, which equates to over 350 hours of class time.

Number of students		Qualifications in Personal Development & Employability Skills (PDE)			
Year 10	Year 11	Level 1 Award	Level 2 Award	Level 1 Certificate	Level 2 Certificate
23	16	5	11	1	8

School	Number of students	Attendance	Number of video call sessions during lockdown
La Mare De Carteret High	13	73%	19
St Sampsons High	12	74%	15
Le Murier	8	72%	5
Les Voies	7	72%	-
St Anne's - Alderney	2	86%	-



"Prince's Trust is not as strict as school and is supportive of my feelings. I liked the group activities."
Service User, 16

Our Year 11 La Mare De Carteret Group were fortunate enough to engage in a project with Credit Suisse staff in a mentoring scheme to support the seven students with completing their Career Planning module. Over five weeks of sessions held at Credit Suisse's office, the staff offered their experience, skill sharing and insight into their own careers to better prepare the students for 'post-16 life'. The team used various learning methods such as role play, group discussions and 1:1 sessions to

provide support around CV development, interview skills and choosing career options. The students were initially apprehensive but quickly settled in and enjoyed all aspects of the project, including taking part in mock interviews.

Personal, Social, Health and Citizenship Education - PSHCE

The Youth Commission has strived to continue to offer opportunities for learning and development for young people in 2020. The year has given us many obstacles to overcome, and staff have been committed and flexible to return to schools to continue delivering 200 sessions of our PSHCE Curriculum.

Many young people across the island missed out on vital PSHCE Sessions around Domestic Abuse, LGBTQ+ and Child Sexual Exploitation. As soon as the lockdown was lifted, we contacted all schools to offer support and to re-book sessions. In all PSHCE sessions that the staff deliver, we ask young people to fill out feedback forms to let us know whether the sessions have made an impact. This is also an opportunity for us to use young people's feedback to reflect on and develop the content we deliver to ensure that young people's opinions are always valued and heard.

"Thank you for your time. I am more knowledgeable especially about emotional and psychological abuse, which I think is more common."

Service User 15

Feedback forms also give young people the opportunity to write down if they need support, without having to ask, as sometimes this is a huge barrier for young people when they are struggling. Youth Commission staff listen and place support strategies in place after young people seek support.

"How do you get through dark times?"

"What you said is similar in my family, with my sister, dad and step-mum."

Domestic Abuse



During lockdown, the opportunity arose to review and develop our Domestic Abuse curriculum. We liaised closely with the Domestic Abuse Strategy Officer and domestic abuse charity, Safer, to ensure we were teaching young people relevant and up to date information about local support services, as well as ensuring the Youth Commission had local statistics to create evidence-based session plans. These new sessions have made a huge impact, as we continue to see an increase in the number of disclosures from young people about domestic abuse they are witnessing and experiencing at home.

The Youth Commission created a series of bespoke videos that were released on all social media platforms to ensure we would not only reach young people in the Bailiwick, but also the wider adult community. The videos contained information about the types of abuses that can occur in intimate relationships, how to spot the signs of domestic abuse and tips on creating a locally advised 'safety plan' for those directly affected.

In addition to Domestic Abuse lessons, we have branched out to provide support for groups of young people who are experiencing difficulties with unhealthy friendships that have been the consequences of choices made about intimate relationships. This has been a development in the Youth Commission’s domestic abuse support service as we continue to develop and provide a needs driven service which makes a real difference to young people. As well as this, we have extended the offer to all students in Further Education. We are interested to see if this will increase the number of young people seeking support with the Youth Commission and Safer.

“Really useful and informative lesson for people our age to learn about”
Service User, 17

In 2020, the Youth Commission campaigned alongside Safer and Soroptimist International Guernsey to promote the United Nations Campaign for a world free of Violence and Abuse for Women and Girls. We raised awareness through the #OrangeTheWorld Campaign via daily social media posts and some schools supported the campaign by reposting on their social media sites too. We collaborated with Safer at our lunchtime stands in various secondary schools and colleges in Guernsey, sharing local statistics about intimate partner abuse and young people’s experiences of abuse. Young people wore orange wristbands to show their support for a world free of violence and abuse.



Child Sexual Exploitation - CSE

Child Exploitation Awareness Day in March was disrupted due to Covid-19 and therefore we had to adapt to raising awareness purely through our social media platforms. Lockdown provided an opportunity to focus on a new area of work to develop a new risk assessment tool to assess levels of risk of CSE and Grooming. This new risk assessment tool will be used with Looked After Children to identify vulnerability factors which increase their risk of sexual exploitation and grooming. This will also provide the opportunity for a trained youth worker to build relationships with Looked After Children, to be able to offer 1:1 support work to reduce the vulnerability factors highlighted in the risk assessment and to reduce their level of risk. Youth Commission staff have also joined a core group of professionals reviewing the CSE protocol and developing a strategic approach for dealing with CSE and Grooming across the Bailiwick.



The LGBTQ+ youth work has gone from strength to strength in 2020 seeing the organisation deliver lessons in all but one of the island's secondary schools and colleges. It has been wonderful to see the change in the schools, not only in the understanding and acceptance of LGBTQ+ people, but the visible rise of students who are LGBTQ+ being out, open, and proud of who they are.

“Thank you so much for coming in the week. That was the most I have ever heard LGBT mentioned in school for the whole 14 years of education and it was fantastic.”

Service User, 16

We have launched an LGBTQ+ Youth Network which aims to empower students to address issues in their schools as well as provide a way that they can access peer support and meet other LGBTQ+ young people. We had many students attend Channel Islands Pride making full use of the youth area and silent disco (images from Pride 2020).



DofE Guernsey

youth commission

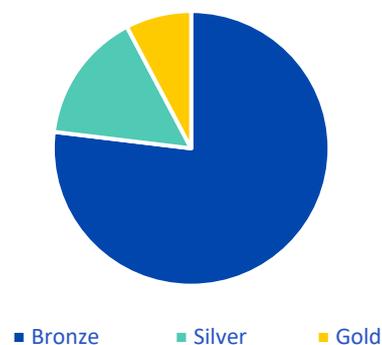
The Youth Commission holds the operating License for the DofE Award's Programme for Guernsey and Alderney and oversees the delivery of the awards in both schools and the community. We are passionate about providing equity of opportunity for all young people to undertake the award and are particularly looking to expand the offer to young people in the community, so everyone has a chance to participate in this transformative programme.

Expedition and Awards

The 2020 expedition season saw 38 groups of young people completing their expeditions. Due to travel restrictions from Covid-19 all expeditions took place in either Guernsey or Alderney, including a Silver expedition completed in Alderney.

135 awards were achieved between 1st January – 31st December 2020.

Awards Achieved



Gold Residential



The annual Gold DofE Lihou residential was held in August 2020. A group of 11 young people found themselves 'marooned' on Lihou for a week. They were given the task of repointing walls which enabled the group to learn new skills and demonstrate great teamwork and determination. When they were not working, the group took part in fun activities including rock climbing, sea swimming, archery, and cookery. The residential was a

tremendous success and on leaving the island the group were an established team showing that friendships had been cemented whilst they had spent their time together.

I thoroughly enjoyed the huge variety of activities that were offered, including coasteering, climbing and team building activities. These activities, as well as the variety of work we

carried out around the island including wall repointing and beach cleans really enabled us to bond as a team - we got on well and still meet up here in Guernsey!

I would tell prospective people thinking of joining this year to go for it. The trip to Lihou is a really refreshing trip away and DofE is such a worthwhile qualification to gain not just because of the self-development gained throughout all sections of the qualification, but also as it provides so many useful examples of the qualities you have demonstrated (e.g., perseverance and leadership) that demonstrate you are a worthy person to be offered a job from companies.

During lockdown, participants continued working towards their DofE award, making changes to what they were doing and having a 'can do' attitude. We spoke to a participant during lockdown and asked him the following questions:

What does the DofE mean to you?

The DofE is an extremely good opportunity to both demonstrate and develop your core soft skills (such as communication, teamwork, and leadership) as well as practical skills (such as navigation and preparation) within a programme. It is also extremely beneficial as it allows you to interact with the wider community for your volunteering as well as your peers within your group. The sense of accomplishment too after reflection on what you have achieved within the individual sections is also very satisfying. Therefore overall, the DofE for me means quite a lot.



Thinking about your volunteering section, do you think you will continue to volunteer after you have completed your award and if so, where?

For my volunteering section, I used my leadership role within scouting at the 1st Guernsey Sea Scout group. While I was already a young leader there beforehand, I will certainly continue to volunteer there after I have completed my DofE volunteering section! This is due to the people I have met there, the

fantastic experience I have gone through and the enjoyment I received out of being a leader within a scout group. Therefore, to anyone considering doing the DofE, my experience with the volunteering section was amazing and I plan to stay within the group well after I have completed the award!

How has the DofE experience helped in your personal development?

The DofE has definitely aided towards my personal development and skillset. For instance, while I have not been able to do the expedition or residential due to Covid-19, the planning still allowed me to both demonstrate and develop my skills. It has also allowed me to interact with the wider community as part of the volunteering section. This section especially has given me so many skills which couldn't be achieved elsewhere such as leadership, responsibility and teamwork which then directly benefits the community too which is very

good! Therefore, the DofE has definitely helped shape me as a person and encourage me to develop skills elsewhere!

What will be your long-lasting memory you will take from DofE?

I think due to the nature of the Covid-19 pandemic, my year partaking in the DofE award is simply like no other and truly original. Therefore, whatever we end up doing for the expedition and residential will be extremely memorable! Additionally, the luck in which Guernsey has had in keeping its population safe is extremely prevalent in my DofE sections as I wouldn't have been able to complete them otherwise, so it definitely acts as the most long-lasting memory from my DofE!



voice

be heard

The Youth Commission believes in championing the voice of young people. The Voice staff work to make young people aware of their rights and show them how they can influence social policy. We listen to children and young people and through our services and support, enable them to be heard when decisions are taken that affect their lives. The projects the Voice service deliver include:

Youth Forum for
Guernsey &
Alderney

Youth Advocacy
Service "Article 12
Project"

UNICEF Rights
Respecting Schools
Award (RSSA)

School student
council support and
training

Youth Engagement
with Government

Alderney post 16
transition support

Youth Forum



The Youth Forum is the island's elected body for young people's voice. 2020 saw the election of the new Youth Forum. The last weekend residential for the 2018-2020 forum was held in January 2021, where we said goodbye to members and

thanked them for all their hard work during their terms. The group spent their time focusing on their priority of trying to raise the issue of food waste with young people, working in partnership with the States of Guernsey on the 'Food's Not Rubbish' campaign. The group

also were very active during the lead up to the 2020 General Election, attending a few husting events and sharing election-based information with young people through its social media platforms.

“My confidence has grown immensely since the start of my journey with the Youth Forum. I thoroughly enjoyed the Husting events where I was fortunate enough to be able to interview some Deputies on the Island and help make a difference. I am so proud to be part of a diversified team of young people where our voices matter and look forward to being Chair for the next two years.”

Service User, 14

In October, schools held elections for the new Youth Forum, and 22 new members were elected to represent their school and community groups for the next two years. In November, we had the induction weekend of the new forum which was attended by five newly elected deputies. The young people spent the weekend engaged in training and team building activities to get to know each other and got the chance to be interviewed by the local press (TV, Radio and News Paper).

Youth Advocacy Service

“I found the Youth Commission non-judgemental; they don’t influence or change anything I say, they keep a blank face, but they are funny”.

Service User, 16

The Article 12 project provides advocacy for children and young people by representing their voice in meetings and helping them take part in decisions that affect their lives. Article 12 of the United Nations Convention on the Rights of the Child (UNCRC) says that children and young people have the right to have opinions and for these opinions to matter in decision making. This project makes sure children understand their rights and that they are respected, as well as ensuring their views and wishes are heard and acted upon by decision-makers. This project is offered to all children and young people aged from 6 - 18 going through child protection proceedings or who are looked after by the States of Guernsey.

“Without advocacy the voice of the child would not be heard, advocacy does bring the voice of the child into the conference.”

Safeguarding Manager

2020 Engagement	Total
Number of Advocacy sessions for Child Protection	55
Number of Advocacy sessions for Looked after Children	45



In addition to more than doubling the amount of advocacy sessions when compared to the previous year, we were also able to work with an ex-advocacy service user to design new promotional materials created by young people for young people. These have now been printed and are distributed to young people eligible for the service.

School Support

The Youth Commission supports secondary schools across the Bailiwick with training and skill building sessions for school council members. In 2020 we launched our new toolkit which was created during lockdown. The toolkit provides a step-by-step guide that provides teachers or youth workers with a straightforward process to follow to set up their own voice groups including sessions and resources to help embed participation in their organisation.

2020 Engagement	Total
Number of school participation support sessions	9
Number of young people engaged in sessions	175

“Getting these basic rights, has meant that (school) could achieve its Silver Right Respecting School status. Pupil voice matters to us and it was appropriate that we bought in Sebastian, a Youth Commission worker, who is clearly both passionate and knowledgeable.”

Assistant Head Teacher

Rights Respecting Schools Award

“Youth Commission have been so supportive with both pupils and staff. In helping pupils to understand how to run their Steering Group and set a plan to helping prepare for the accreditation meetings online, the support has been invaluable.”

RRSA school co-ordinator

The Voice staff support the island’s schools to work towards the UNICEF Rights Respecting Schools Award. In 2020, we were delighted that 100% of schools achieved their Bronze award which meant they had made a commitment to upholding the Rights of the Children in their schools.

“We have been really pleased with the amount of support offered by Tracy regarding our progress towards becoming a right’s respecting school. She has offered support and guidance when needed and attended meetings to discuss any queries offered by our junior leadership team which has enabled them to build an effective working relationship with her, which is essential, particularly in an SEMH provision.”

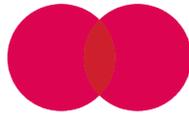
RRSA school co-ordinator

Alderney Post 16 Transition Support

This year we launched our new Post 16 support for young people from Alderney moving to Guernsey to continue their education. The support consisted of transition sessions, information packs and monthly 1:1 sessions to talk about any areas where the young people might be struggling. Support also includes a monthly social activity, such as our recent ice-skating session in December or opening a youth club for all the young people to gather, spend time with one another, share experiences and relax.



“Holly had the best time... she’s Facetimed from Guernsey to tell us all about it - thanks”.



network

membership & training

During 2020, the Youth Commission continued to provide support and training to the wider voluntary sector in the Bailiwick. We offered advice on DBS checks, use of our transportation, buildings, and grants. The following support was offered:

Sylvans SC	<ul style="list-style-type: none">• Grant: To support with the creation of a new youth club
Climb LBG	<ul style="list-style-type: none">• Grant: To create a new indoor climbing club for young people
Les Voies PTA	<ul style="list-style-type: none">• Grant: To fund food provision for young people on the alternative education path
Liberate	<ul style="list-style-type: none">• Grant: Youth activity at Channel Islands Pride.
Training	<ul style="list-style-type: none">• Online training resources provided to two organisations• Access to an online workshop around productivity and ongoing resources for six organisations

We would not be able to provide the variety of services and support to children and young people without the support of our funders, grant givers and donors. We would like to thank them for their generous support and the difference they have made to children and young people in the Bailiwick. We look forward to our continued partnerships in 2021.

** all names of children and young people throughout this report have been changed to protect their anonymity.*