Crime Prevention Forum
TACKLING THE CAUSES OF THE CAUSES OF CRIME
Welcome

Stan Gilmour - LPA Commander for Reading
Stan Gilmour is the Local Policing Area Commander for Reading and the Early Intervention lead for Berkshire.

Nick West-Oram - Head of Development and Insight, Get Berkshire Active
Nick is responsible for developing strategic relationships and developing the organisation to tackle issues in social and community agendas.

Superintendent Stan Gilmour - LPA Commander for Reading
Stan Gilmour is the Local Policing Area Commander for Reading and the Early Intervention lead for Berkshire.

Cath Marriott - Thames Valley OPCC
Cath manages the relationship between the PCC and CSPs, including the approx. £3m of grant funding they receive annually.

Dave Seward, CEO - Berkshire Youth
Chief Executive at Berkshire Youth for nearly 20 years, David is a passionate advocate for young people and the responsibilities communities have for their young people.

Chelsea Piggott, Programme Delivery Officer, Get Berkshire Active.

Deb Robinson, Trauma-informed Practitioner, Brighter Futures for Children.
## Forum Format

<table>
<thead>
<tr>
<th>Time</th>
<th>Lead</th>
<th>Item</th>
<th>Detail</th>
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</thead>
<tbody>
<tr>
<td>12.00</td>
<td></td>
<td>Networking Lunch</td>
<td>Networking &amp; MtC demos</td>
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<tr>
<td>12.30</td>
<td>Nick West-Oram, GBA</td>
<td>Welcome, Introduction</td>
<td>Aims &amp; Objectives</td>
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<td>12.40</td>
<td>Stan Gilmour, Police</td>
<td>Keynote</td>
<td>Current picture &amp; Early Intervention theory</td>
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<tr>
<td>13.20</td>
<td>Cath Marriott, PCC</td>
<td>Case study 1</td>
<td>A Funders Perspective</td>
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<tr>
<td>13.40</td>
<td>All</td>
<td>Table Discussion</td>
<td>Issues/cause of crime</td>
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<tr>
<td>14.10</td>
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<td>Break</td>
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<tr>
<td>14.25</td>
<td>Dave Seward, Berkshire Youth</td>
<td>Case Study 2</td>
<td>Some causes and potential solutions</td>
</tr>
<tr>
<td>14.40</td>
<td>Nick West-Oram / Chelsea Piggott, GBA</td>
<td>Case Study 3</td>
<td>Britwell, Satellite Clubs</td>
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<tr>
<td>15.00</td>
<td>Deb Robinson, Brighter Futures for Children</td>
<td>Case Study 4</td>
<td>Trauma Informed work</td>
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<tr>
<td>15.10</td>
<td>Feedback</td>
<td>GBA</td>
<td>Summary of Discussion 1 key themes</td>
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<tr>
<td>15.15</td>
<td>All</td>
<td>Table Discussion</td>
<td>Your Experiences (solutions)</td>
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<tr>
<td>15.45</td>
<td>All</td>
<td>Feedback</td>
<td>Best examples / ideas</td>
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<td>15.55</td>
<td>GBA/Police</td>
<td>Plenary</td>
<td>Building a plan</td>
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<tr>
<td>16.05</td>
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<td>Close / Networking</td>
<td>Networking &amp; MtC demos (4.30 finish)</td>
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Introduction

Forum Aim

• Bring together those involved in the reduction and prevention of crime in Berkshire to share knowledge of the current situation and of what works in reducing criminal behaviour

• Series of forums to develop a plan, starting with setting the scene and early intervention

Objectives

• Provide background to third sector (and other) partners about the current crime picture in Berkshire; drivers, wider social determinants, hotspots, trends

• Exchange learning between providers about what does and does not work to prevent / tackle offending

• Explore where local providers / charities fit within this picture, providing potential solutions

• Showcase the potential for Sport and Physical Activity and wider third sector initiatives to support this agenda – Appetite to build a collaborative plan?

• Introduce yourself to your neighbour
Get Berkshire Active
Vision
Get more people, more active, enjoying the benefits of more and better physical activity and sport in Berkshire
Get Berkshire Active

- **Strategic Role** - Predominantly funded via Sport England from the National Lottery
- One of a network of 43 Active Partnerships
- Deliver physical activity programmes to inactive people locally
- An independent company limited by guarantee with charitable status
- Small core team and wide network
- Physical Activity, Sport and Outdoor Recreation have the power to transform lives and communities

<table>
<thead>
<tr>
<th>Physical Wellbeing</th>
<th>Mental Wellbeing</th>
<th>Individual Development</th>
<th>Social and Community Development</th>
<th>Economic Development</th>
</tr>
</thead>
</table>

Physical Wellbeing

Mental Wellbeing

Individual Development

Social and Community Development

Economic Development

Wellbeing

Individual Development

Social and Community Development

Economic Development
Our Mission

Enable and improve the work of organisations developing and delivering physical activity and sport in Berkshire
What we do

**Lead**
We are the leading voice in Berkshire raising awareness of the benefits of PA and Sport and bringing partners together to increase impact

**Commission**
We provide funding for others to deliver programmes

**Support**
We help others to improve and thus deliver more and better outcomes

**Deliver**
We deliver programmes through local and national commissioning and funding
Who We Work With

Public Sector
- Thames Valley Police
- Department for Work & Pensions
- Bracknell Forest Council
- Reading Borough Council
- Slough Borough Council

Sport
- Active Partnerships
- Sport England
- SportsAble
- Wokingham Borough Council
- West Berkshire Council

Third Sector
- Berkshire Community Foundation
- Ascot Racecourse Supports
- Macmillan Cancer Support
- Sport In Mind

Education
- University of Reading
- BCA

Private Sector
- Places Leisure
- Thames Valley Berkshire
- Get Berkshire Active
Changing Behaviours

'I’d rather go out with mates thanks'

'I’ve been thinking about maybe joining a gym but they’re so expensive!'

'I’ve finally signed up to a local gym'

'Trying to go to the gym once a week but doesn’t always go to plan!'

'Having to work on a Sat morning – this is the first time I’ve missed my class in years!'

What’s working?

What’s not working?

1st EXPERIENCE

Pre-contemplation

Contemplation

Preparation

Action

Maintenance

RELAPSE

ST EXPERIENCE

Aim for at least 60 minutes everyday

Sit less

Move more

Get Berkshire Active
Championing sport and inspiring an active lifestyle
Why GBA & Crime Prevention?

- Social Outcomes
- Highest Risk Audiences
  - Crime
  - Inactivity
- Police Partnership
- Policy Landscape

**Physical activity**
for children and young people (5 – 18 Years)

- Builds confidence & social skills
- Develops co-ordination
- Improves concentration & learning
- Strengthens muscles & bones
- Improves health & fitness
- Maintains healthy weight
- Improves sleep
- Makes you feel good
Rationale

• Evidence of Efficacy
• Loughborough University
• Street Games
• Derbyshire PCC
• National Reach
• Why Young People Offend
Strategy

Aims
• Tackle social outcomes – reduce crime
  • Simplistic - health, family, skills
• Plan
• System
• Insight
• Force multiplier
• Advocate
Superintendent Stan Gilmour

LPA Commander, Reading
Total crime is level, but some crimes are up

First time entrants to the youth justice system for Bracknell Forest

Violent crime (including sexual violence) – violence offences per 1,000 population for Reading

Source: https://fingertips.phe.org.uk/
Cont...

Violent crime (including sexual violence) – hospital admissions for violence for Windsor and Maidenhead

Domestic abuse-related incidents and crimes – current method for Wokingham

- England
Background

Neighbourhood policing guidelines
01 October 2018

Supporting disadvantaged families
Troubled Families Programme

Modern Crime Prevention Strategy
March 2016

Serious Violence Strategy
April 2018

Policing, Health and Social Care consensus: working together to protect and prevent harm to vulnerable people
February 2018
Next steps

Public health approaches in policing
A discussion paper
Violence Reduction Units

- Police and Crime Commissioner
- Chief Constable
- LA Chief Executives
- Clinical Commissioning Groups
- Youth Offending Teams
- Public Health England
- And any others...

- Whole System Approaches to reducing Serious Violence, taking a Public Health Approach.
1. giving every child the best start in life.
2. enabling all children, young people and adults to maximize their capabilities and have control over their lives.
3. creating fair employment and good work for all.
4. ensuring a healthy standard of living for all.
5. creating and developing sustainable places and communities.
6. strengthening the role and impact of ill-health prevention.
Challenges

- Poverty
- High unemployment
- High crime levels
- Local illicit drug trade
- Inadequate victim care services

- Victim of child maltreatment
- Psychological/personality disorder
- Delinquent behaviour
- Alcohol consumption/drug use

- Economic inequality
- Gender inequality
- Cultural norms that support violence
- High firearm availability
- Weak economic safety nets

- Poor parenting practices
- Marital discord
- Violent parental conflict
- Low socioeconomic household
- Delinquent peers

Adapted from World Health Organization, 2004
Source: (Bellis et al., 2012)
The 10 ACE Categories from the Kaiser Study:

**ABUSE**
- Physical
- Emotional
- Sexual

**NEGLECT**
- Physical
- Emotional

**HOUSEHOLD DYSFUNCTION**
- Domestic Violence
- Parental Incarceration
- Mental Illness in Household
- Household Substance Abuse
- Parental Separation or Divorce
Compared with people with no ACEs, those with 4+ ACEs are:

- 4 times more likely to be a high-risk drinker
- 6 times more likely to have had or caused unintended teenage pregnancy
- 6 times more likely to smoke e-cigarettes or tobacco
- 6 times more likely to have had sex under the age of 16 years
- 11 times more likely to have smoked cannabis
- 14 times more likely to have been a victim of violence over the last 12 months
- 15 times more likely to have committed violence against another person in the last 12 months
- 16 times more likely to have used crack cocaine or heroin
- 20 times more likely to have been incarcerated at any point in their lifetime
Adverse Childhood Experiences

Preventing ACEs in future generations could reduce levels of:

- Early sex (before age 16) by 33%
- Unintended teen pregnancy by 38%
- Smoking (current) by 16%
- Binge drinking (current) by 15%
- Cannabis use (lifetime) by 33%
- Heroin/crack use (lifetime) by 59%
- Violence victimisation (past year) by 51%
- Violence perpetration (past year) by 52%
- Incarceration (lifetime) by 53%
- Poor diet (current; <2 fruit & veg portions daily) by 14%
<table>
<thead>
<tr>
<th>Neurodevelopmental disorder</th>
<th>Reported prevalence rates amongst young people in the general population</th>
<th>Reported prevalence rates amongst young people in custody</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning disabilities³</td>
<td>2 - 4%⁴</td>
<td>23 - 32%⁵</td>
</tr>
<tr>
<td>Dyslexia</td>
<td>10%⁶</td>
<td>43 - 57%⁷</td>
</tr>
<tr>
<td>Communication disorders</td>
<td>5 - 7%⁸</td>
<td>60 - 90%⁹</td>
</tr>
<tr>
<td>Attention deficit hyperactive disorder</td>
<td>1.7 - 9%¹⁰</td>
<td>12%¹¹</td>
</tr>
<tr>
<td>Autistic spectrum disorder</td>
<td>0.6 - 1.2%¹²</td>
<td>15%¹³</td>
</tr>
<tr>
<td>Traumatic brain injury</td>
<td>24 - 31.6%¹⁴</td>
<td>65.1 - 72.1%¹⁵</td>
</tr>
<tr>
<td>Epilepsy</td>
<td>0.45 - 1%¹⁶</td>
<td>0.7 - 0.8%¹⁷</td>
</tr>
<tr>
<td>Foetal alcohol syndrome</td>
<td>0.1 - 5%¹⁸</td>
<td>10.9 - 11.7%¹⁹</td>
</tr>
</tbody>
</table>
OF 100 WOMEN WHO REPORTED
137 INCIDENTS OF TBI:

- 62% Of the women reported they had sustained a TBI due to domestic violence
- 44% Had offences for violence
- 67% Reported historical sexual abuse
- 24% Had their first injury at 16 years old
- 29% Of TBIs were caused by road traffic accidents
- 13 MONTHS The average sentence time remaining at the point of assessment
- 96% Reported experiencing domestic abuse victimisation
- 25 Average age at first brain injury
- 21% Of TBIs were caused by unprovoked attacks
- 75% Of women referred to BIL had a prior mental health diagnosis
- 196 Reports of severe blows to the head
- 63 Average no of days supported by the Linkworker

Female offenders at HMP/YOI Drake Hall reported a history indicative of a brain injury

- 64% Male prisoners reported a TBI before their first offence
- 70% Had experience of more than 1 TBI
- 44% Males been in prison on 5 or more occasions
- 60% Reported to have committed a violent crime
- 30% Had experience of more than 5 TBIs
- 76% Average age for the onset of first brain injury
Pairs of ACES

Adverse Childhood Experiences
- Maternal Depression
- Physical & Emotional Neglect
- Emotional & Sexual Abuse
- Divorce
- Substance Abuse
- Mental Illness
- Domestic Violence
- Incarceration
- Homelessness

Adverse Community Environment
- Poverty
- Violence
- Discrimination
- Poor Housing
- Community Disruption
- Quality & Affordability
- Lack of Opportunity, Economic Mobility & Social Capital

## Six strategies to prevent and respond to violence against children

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Description</th>
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</thead>
</table>
| 1 | Supporting parents, caregivers and families  
Educating families, caregivers and parents on their child’s early development increases the likelihood that they will use positive disciplining methods. This reduces the risk of violence within the home. |
| 2 | Helping children and adolescents manage risks and challenges  
Giving children and adolescents the skills to cope and manage risks and challenges without the use of violence and to seek appropriate support when violence does occur is crucial for reducing violence in schools and communities. |
| 3 | Changing attitudes and social norms that encourage violence and discrimination  
Changing the attitudes and social norms that hide violence in plain sight is the surest way to prevent violence from occurring in the first place. |
| 4 | Promoting and providing support services for children  
Encouraging children to seek quality professional support and report incidents of violence helps them to better cope with and resolve experiences of violence. |
| 5 | Implementing laws and policies that protect children  
Implementing and enforcing laws and policies that protect children sends a strong message to society that violence is unacceptable and will be punished. |
| 6 | Carrying out data collection and research  
Knowing about violence – where it occurs, in what forms, and which age groups and communities of children are most affected – is essential to planning and designing intervention strategies, and setting numerical and time-bound targets to monitor progress and end violence. |

The Emergency Services Hub provides access to resources for the three emergency services with the aim of sharing information, best practice and cooperation around public health.
Cath Marriott
Partnerships & Performance
Office of the Police & Crime Commissioner

A funder’s perspective…
Office of the PCC – what’s it like?

What my kids think

What my grandma thinks

What some agencies think

What my bosses think
What we actually do

- Keep Calm
- It's Critical
- Funding
- Grants
- Keep Going
GCSE Crime Prevention!
Logic model for Neighbourhood Watch

Programme introduced

Participants see offence in progress

Offender sees NW residents secure property

Police called

Assumes alert neighbourhood

Offender fails to gain entry

Offender arrested

Doesn’t offend in this neighbourhood

Attempted burglary goes up

Burglary goes down

Offender & Handler

Target & Guardian

Offender arrested

Place & Manager

Burglary goes down
What funders ask for...

- Key Performance Indicators
- Reach / numbers of service users
- Value for Money
- Costs
- Measures
- OUTCOMES!

Input → Process → Output → Outcome → Impact
Answering the “So What?”

**Input**
- Early Intervention Youth Fund money £20,000

**Process**
- Delivery of County Lines theatre performance into 100 secondary schools

**Output**
- 500 Year 8 students see the performance and receive information packs about County Lines

**Outcomes**
- Increase in reporting and disclosures from students
- Increased intel to police about local exploitation
- Teachers better informed to spot exploitation signs

**Impact**
- Fewer YP are victims of exploitation
- YP are safer because they are ‘grooming aware’
- Fewer high risk YP excluded as teachers choose to signpost to specialist support ahead of exclusion
Theory of Change

**Inputs**
- Employment adviser
- Existing relationship with employers, job centre etc

**Activities**
- Brokering with employers
- Training for skills & qualifications
- Mentoring support

**Outputs**
- Increase in interviews
- Training completed
- Increase in temp or permanent work placements

**Outcome**
- Reported increase in self esteem
- Successful employment
- Employers meet their recruitment needs

**Impact**
- Offending reduces = safer places
- Employers pro-actively look to be inclusive in employment
The Journey of a Child (or YP)

Hope
Ambition
Love
Opportunity
Support
### Outcomes: it’s not all about numbers

<table>
<thead>
<tr>
<th>Activity (what will you do)</th>
<th>Outcome / Impact (what difference will it make)</th>
<th>Measures (how will you know it’s working)</th>
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</thead>
<tbody>
<tr>
<td>Identify and support the development of positive role models</td>
<td>YP will have more adults they can trust, approach and seek guidance and support from</td>
<td>YP will self-report that they can identify key adults in their lives who they feel they can turn to</td>
</tr>
<tr>
<td>Get to know the YP worked with to better understand them and inform our engagement with them</td>
<td>Make a positive and tangible difference to the trajectory of YPs’ lives</td>
<td>In conjunction with the YP, articulation of their journey past and their desires ahead and the steps taken towards those. Case studies &amp; youth testimony</td>
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<tr>
<td>Identify other local and accessible services available that can be accessed by the YP we engage with</td>
<td>YP will have increased life chances as additional support routes are identified for them. They may also be afforded an element of choice for their future engagement with support services</td>
<td>Evidence of understanding of other services; their provision, criteria, etc. YP evidence awareness and understanding of the other avenues of support available to them.</td>
</tr>
<tr>
<td>Identify existing work / employability skills, and / or quals. Provide opportunities for new skills development</td>
<td>YP feel they have increased life chances and alternative, positive life choices</td>
<td>YP is able to articulate the reasons they are employable and/or the steps they can take to make them work ready</td>
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<tr>
<td>Actively hear, record and promote the voice of young people, particularly those using the services</td>
<td>Services for YP will be improved, designed and delivered in a way that reflects the voice of YP</td>
<td>Written feedback from YP, identifying whether they are direct service users or not</td>
</tr>
<tr>
<td>Signposting YP to specialist services as needed</td>
<td>Ensure YP have a chance to access support in areas that challenge them</td>
<td>Feedback from YP about the value of the specialist support offered</td>
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Don’t give up on them...

Three Questions:

1. What does **Perfect** look like?
2. What does **Now** look like?
3. How much better than **Now** can we get, on the trajectory of **Perfect**?
Discussion 1 - Causes

Table Groups
Discuss the main causes of crime in your area of work
• Ask Why the behaviour is happening…then ask again…
• What are the biggest concerns regards offending in your area
• Issues related to youth offending in your area
• Underpinning drivers of crime i.e not the immediate driver

• Use post-it notes to write down 3 main themes that came out of your discussion. (x1 note per theme)
Berkshire Youth has been serving the young people of Berkshire, delivering excellent and highly efficient youth support services for over 78 years. Founded as Boys Clubs in 1940 we are the only Berkshire county organisation of this type to continue supporting youth work.
Our focus is on prevention

In particular to cater for young people who are likely to miss out because they are not yet in crisis or face other barriers to access such as mental health challenges, caring responsibilities, lack resilience, low self-esteem and self-confidence.

Transition to key stage 3

Standalone and longer-term active/healthy lifestyle projects

Employability and Life skills

Multi person social action projects
Recent budgetary constraints

These cuts have seen a marked shift from prevention towards support for those already in crisis or at very high risk and increasing numbers of young people are not supported until their needs reach a crisis.

As a result, young people who cannot access a commercial/formal offer are not adequately provided for.

96% of respondents to a survey conducted for UK Youth agreed that:
Youth clubs/groups support young people who are unable to access support elsewhere.

Statutory services now largely focus on less than 5% of all young people
### Changing face of Youth Service

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<thead>
<tr>
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<th>2011/12</th>
<th>2017/18</th>
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<tr>
<td>Bracknell</td>
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<tr>
<td>Reading</td>
<td>500,000.00</td>
<td>1,000,000.00</td>
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<tr>
<td>RBWM</td>
<td>700,000.00</td>
<td>1,200,000.00</td>
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<tr>
<td>Slough</td>
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<td>2,500,000.00</td>
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<tr>
<td>West Berks</td>
<td>800,000.00</td>
<td>1,300,000.00</td>
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<tr>
<td>Wokingham</td>
<td>400,000.00</td>
<td>900,000.00</td>
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#### Key Figures
- **92**: The number of Youth spaces that have closed since 2010
- **356**: The number of Youth Services job losses since 2010
Engagement with young people is a journey, to create sustainable, impactful change.

Its is not linear and requires many stops along the way.

Essential to this is the engagement of community members and trusted adults.

Berkshire Youth is not the complete answer; we are part of the solution.
Berkshire Youth

Project Summaries
Fit 4 YOUth is a genuinely unique activities programme that is helping to keep children and their families fit and healthy in Berkshire.

The project is committed to working to inspire children, aged 7-16 years, and their families to lead healthier lives by improving their diet and their personal hygiene to better prepare themselves for education.

**The Programme**
All children will be provided with the opportunity to take part avoiding any stigmatisation of overweight children. The 6 week programme takes the group through sessions designed to provide key health messages around nutrition, physical activity and hygiene. Physical activity is also a key part of the sessions to help the young people become more active in fun games and non-curricular sports.
**SPLAT – Sport Leisure Activities Team**

SPLAT are a mobile activity service working across the Royal County, delivering Sports and Activity sessions in community settings. Staff support community leaders with a range of activities and equipment to ensure young people have the opportunity to experience sport and activity in their community.

**Activities Programme**

An opportunity for young people to come together in one off opportunities for example Football competitions, midnight ice-skating or 100 mile canoe test
Participants are aged 11-17 years old and come from all over Berkshire. Targeting all young people of this age group, but with a particular focus on a social mix of students from private schools, public schools and young people within areas of deprivation throughout Berkshire. This social mixing will encourage more empathy and understanding from both sets of young people and creates a strong and diverse Leadership Academy.

**Youth Achievement Awards**
Using the nationally recognised ASDAN Youth Achievement Awards, young people will set their own challenges and targets for promoting a health message to their peers or communities.
Fusion understands that the transition from childhood to adolescence is an exciting, challenging and sometimes scary process for a young person. The Fusion programme has been designed to support young people during this transition in school, after school and within their own local community.

It aims to provide new opportunities for young people to develop key life skills and tools and encourages them to engage with their community through Social Action projects to leave their Fusion Legacy!

Throughout the programme the young people are encouraged to learn about their community and become more involved with their community. All skills and topics covered in the programme aim to equip young people with the tools to deliver the best Social Action Project possible and make a change to their local community.
• 40 different first aid sessions delivered across Berkshire within primary schools, secondary schools, colleges, youth clubs & projects.
• 987 young people trained in first aid through a variety of sessions. From 1 hour introductions to first aid to full day Emergency First Aid at Work qualifications.

Subjects covered included:-
Calling the Emergency Services, Prioritising Treatment, Primary Assessment, Chest Compressions, Recovery Position & Bleeding
Bounce Back is a mental health awareness programme which aims to work with young people, from all backgrounds, to support and provide them with the skills needed to maintain optimum positive mental health.

The programme addresses common mental health problems experienced by young people, including stress, anxiety, depression and self-harm.

**Background**

- Increasing awareness and likelihood of diagnosis in the 5-16 age group would be advantageous. – JSNA
- ‘It is likely that better information for young people about self-harm would increase their understanding and might help reduce or prevent self-harm’ – Mental Health Organisation
- Some young people have stated that the stigma attached to their mental health issue is worse than their actual mental health problem - Youngminds, 2014
Young People will be virtually mentored throughout their Award experience by Berkshire Youth through eDofE (the DofE online system for recording progress through the Award). This includes an inbuilt messaging system which provides a safe, secure communication channel between adults and participants.

Berkshire Youth will provide advice and support for Volunteering, Physical and Skills sections of the Award.

For the Expedition section (and the Residential at Gold) it will be your responsibility to source and cover any costs involved with training and expeditions.
Street Work

- Specialist youth teams interact and build relationships with young people where they ‘hang out’; shopping precincts and parks late at night; encourage the young person from the streets into local youth activities.

Field Work

- Working in the community with community partners ensuring a well supported, resourced and engaging offer for young people across communities, including youth consultations, NDP support

Club support

- Supporting specific clubs and projects to ensure they offer a quality offer to young people, maintain nationally recognised standards with regards to safeguarding, club management and involving young people

Community Work
We aim to support clubs and projects so they can deliver the best service for young people in Berkshire and give them the best possible start in life.

We offer a range of courses for individuals who work with young people as part of our Youth Workers Development Programme.

Courses are available in:
- Universal Safeguarding Children
- An Introduction to Understanding & Managing Young People’s Behaviour
- How to Run a Successful Youth Club
- Working with Young Volunteers
- Equality & Diversity
- Emergency First Aid at Work
- Paediatric First Aid
...amongst the undoubted affluence and advantages that many in Berkshire enjoy it is essential that we do not lose sight of the considerable deprivation and disadvantage facing large numbers (over 20,000) of children and young people in Berkshire, who despite these challenges more often than not do not qualify for statutory services.

Equally, as evidenced, we must also recognise that many of the challenges facing young people today are just as prevalent and difficult for relatively advantaged young people than they are for disadvantaged young people (if not more so in some cases).
“The clear message came across in our research that youth work remains an important element of the support wanted and needed by young people today, and that by engaging with young people and working responsively in a way that other services may struggle to achieve, youth work can provide children and young people with the life skills, resilience and aspirations to overcome adversity.”

–All-Party Parliamentary Group on Youth Affairs

Furthermore, the All-Party Parliamentary Group recommended in April 2019 that “To be effective the local authority must be required to work with local youth partnerships of voluntary and community organisations providing services and support in the area.”, emphasising the importance of the voluntary and community sector and relationships between the sector and local government.
How can we help?

**Partnership**
Become a partner of Berkshire Youth, stay up to date with news and information and access to a range of opportunities

FREE

**Membership**
For organisations working with young people you will have direct access to training, DBS, activities and offers at a discounted rate

£35 per year

**One off project**
For organisations who wish to buy in a one off project, for a specific group, we can tailor a project to your requirements and available funding. Support from Berkshire Youth staff and automatic Partnership membership

**Ongoing support**
Whether you want to increase the reach of Berkshire Youth generally or to a specific community, we can work with you to design a sustainable community inspired solution on a given project
SUPPORTING, EMPOWERING AND INSPIRING YOUNG PEOPLE

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Nick West-Oram, Chelsea Piggott

Get Berkshire Active

Case Studies
**Rationale**

- **Risk Factors**
- **ACE’s**
- **Protective Factors**
- **GBA core remit**

**Individual factors**
- Gender
- Resilient
- Self-efficacy
- Positive
- Outgoing
- Intelligence

**Healthy Standards**
- Community attitudes
- Parents
- School
- Opportunities
- Social Reasoning skills
- recognition
- praise

**Social bonding**
- Parents
- Adults
- Peers
Drivers of Behaviour

• Consistent themes:
  • REBELLION
  • AUTHORITY
  • IMAGE
  • RISK TAKING
  • TESTOSTERONE
  • POOR JUDGEMENT
  • PROVING THEMSELVES etc…

• What about other demographics?
Role of sport

Desistance

Tertiary

Secondary

Early Intervention

Primary

Protection Factors

Prevention

Reduction

Behaviour

Resilience
How Sport Contributes

- Experiential Learning
- Conscious Awareness
- Emotional Development
- Sense of Identity
- Voluntary Engagement
- Psychological Safety

- Diversion (time)
- Pro-social beliefs
- Personal Development
- Belonging
- Structure
- Values
- Self esteem

Get Berkshire Active
Championing sport and inspiring an active lifestyle.
Britwell, Slough
Led by Chelsea Piggott (GBA)
- SOCO
- High Deprivation
- High Crime
- Priority Area
- Aim: Early Intervention
- Diversion
GBA Approach

**Specialists**
- Individual
  - Personal devt – change the life chances
  - Build confidence - MtC, challenges,
  - Connect to others
  - Influence of positive role models

**Partnership**

**Street Games**
- System
  - Wider service awareness raising / referral
  - Local people
  - Insight
  - Link services e.g DWP / LA Police
Impact

Insight x4
Launch Event x1
Engagement Days x6
Taster Sessions x8
Ongoing Clubs x3
Targeted Programme x1
Partner Provision x2
Community Board / Steering x3

Championing sport and inspiring an active lifestyle
Give the people what they want! (…if they know what they can have….)
Outcomes

• Focussed System Attention
• Supported Partner Agencies
• Supported Over 610 Young People
• Identified Several Vulnerable Young People
• Inspired x90 young people to carry on engaging
• Directly Engaged x10 High Risk Young People, Excluded From School
• Delivered x2 young volunteer led events
• Raised Profile / Benefits of Sport
• Improvements in self efficacy / mental health > 14 SCORES
Lessons Learnt – model

- **Sustained club**
- **Promotion to increase engagement**
- **Cohort move into a community club**
- **Insight collected from YP**
- **Taster sessions with captive audiences**
Lessons Learnt

- Build Partnership buy-in
- Expectations of / from Partners
- Develop insight – Engagement events
- Persistence & trust
- Need someone on the ground
- Passion
- Taster Sessions
- Upskill workforce
- Social Media

- Set-backs are OK in hard to reach areas
  - Low numbers
  - Delays
  - Quality/ expertise of workforce

- Community capacity
- Build advocates
- Evidence
- Cost
- Planning for sustainability
Clubs

• Sport England funded – after school
• Physical activity for 14-19 year olds
• Targets most at risk
• Youth development focused

Satellite Clubs

• Boxing Clever - Sargeant John Chen, Reading
  • 45 targeted males 14-16yrs from 3 secondary schools in Reading

• Braybrooke Fishing Club - PO Marcus Gore, Bracknell
  – 30 targeted young people 11-18yrs from special needs school and behavioural units

• West Berks – Health and Youth Offending
## Impact

<table>
<thead>
<tr>
<th>PCSO C9217 Cath Emin:</th>
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<tbody>
<tr>
<td>“After attending just twice there was a considerable difference in communication and connection with us and all the kids”</td>
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<tr>
<td>“We will be attending this as much as we can as this will have a positive impact between the police and the school…”</td>
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<table>
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<tr>
<th>PC Lizzie Brazier – Feedback from Young People at JMA school</th>
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<tr>
<td>“Boxing has helped me with my fitness and my concentration”</td>
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<tr>
<td>“I feel more confident about boxing and learning how to do self-defence”</td>
</tr>
<tr>
<td>“I been getting a lot better and it’s helping me with my temper. I like to take part because I might do it when I’m older”</td>
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Summary

1. Focus on the positive
2. Relationships
3. Long-term and goal focused
4. Bespoke programme
5. Developmental projects
6. Community Activities
How Sport Contributes

- Experiential Learning
- Conscious Awareness
- Emotional Development
- Sense of Identity
- Voluntary Engagement
- Psychological Safety
- Diversion (time)
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- Self esteem
Deborah Robinson
Trauma Informed
• The behaviour’s not the problem, the behaviour is the answer to the problem. If the behaviour is the answer to the problem what is the problem?

• Viewing behaviour as communication and coping strategies
The 10 ACES
(Adverse Childhood Experiences)

1. Parents divorced or separated
2. Physical abuse
3. Physical neglect
4. Emotional abuse
5. Emotional neglect
6. Sexual abuse
7. Witnessed domestic violence
8. Substance abuse in the household
9. Mental illness in the household
10. Family member in prison
Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing

**Abuse**
- Emotional abuse
- Physical abuse
- Sexual abuse

**Neglect**
- Emotional neglect
- Physical neglect

**Household Challenges**
- Domestic violence
- Substance abuse
- Mental illness
- Parental separation / divorce
- Incarcerated parent

People with 6+ ACEs can die

**20 yrs**
earlier than those who have none

1/8 of the population have more than 4 ACEs

4 or more ACEs

- 3x the levels of lung disease and adult smoking
- 4x as likely to have begun intercourse by age 15
- 14x the number of suicide attempts
- 4.5x more likely to develop depression
- 11x the level of intravenous drug abuse

Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today

Dr. Robert Block, the former President of the American Academy of Pediatrics

67%
of the population have at least 1 ACE

Lifespan
The behaviour’s not the problem....

“Could someone help me with these? I’m late for math class.”
Beyond ACEs

The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.

— Bruce D. Perry —
“Using the neurosequential model to inform effectiveness in coaching, performance and training”
- Integrate sport into the healthy therapeutic web of children, youth and families

Works from understanding
- Core concepts re brain organisation
- Stress response
- Neuroplasticity
Are you trauma informed?

- Trauma informed care is not a strategy that can be adopted piecemeal. Instead, it is an approach that requires a wholesale change in an organisation’s ideology and approach, touching all aspects of its design and delivery (Sweeny et al 2018)
What does it mean to be trauma-informed?

• Put people before protocols
• Meet need, not squeeze into pre-specified service
• Culture of communication, adaption and change in response to need
• Values
• Listening, understanding, responding and checking

• Involve the most **resilient** – trauma survivors - in service design and delivery
Key themes for advancing trauma informed care

- Prioritise organizational culture change
- Incorporate user voice to guide the process of becoming trauma informed
- Train all staff and review hiring practices to promote a trauma-informed workforce
- Encourage staff care to facilitate self-care and prevent burnout
- Screen for trauma and its symptoms
- Deliver trauma-specific services
- Remove practice and procedure that could be re-traumatising/create a traumatogenic environment

- Urban institute 2018
When a flower doesn't bloom, you fix the environment in which it grows, not the flower.
- Alexander Den Heijer

The same goes for kids.
Thanks for listening!

Deborah J Robinson
Trauma-informed Practitioner
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Discussion 1

Feedback Summary
Discussion 2 - Solutions

Table Groups
Discuss what Early Interventions / preventative measures you are involved in / aware of that are having an impact.
• What makes them successful?
• What are the lessons about what does / does not work?
• How can we all work more closely to join up preventative work?

Use post-its to compile 3 themes that emerge and put these on the flip charts
Discussion 2

Feedback Summary
• Value of today’s session
• Future collaboration
• Plan
• Suggested future format / topics
• Next steps
Thank you for Coming!