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**Forthcoming training list – February to June 2024**

**Free courses for Community Sports providers and Locally Trusted Organisations (LTOs) delivering primary, secondary and tertiary\* sports and physical activities and intervention/prevention projects for young people (ages 10- 24yrs) across Southend, Essex and Thurrock.**

**To book places, please visit** [Active Essex Foundation | Workshops Listing](https://www.activeessexfoundation.org/workshops)

**Impact of Sports and Youth Crime workshop (10- Principles and Theory of Change)**

**Southend Course Date:** 5th March 2024

**Course Duration:** 09:00 – 2.30pm (inc networking)

**Maximum number:** 20 places

**Venue:** Garons Park, Eastern Avenue, Southend, SS2 4FA

Bring your lunch and stay and talk with other agencies

**Thurrock Second course:**

**Course Date:** 25th April 2024

**Course Duration:** 09:00 – 2.30pm (inc networking)

**Maximum number:** 20 places

**Venue:** Thurrock TBC

Bring your lunch and stay and talk with other agencies

The Impact of Sports and Youth Crime and ASB workshop has been developed as part of *StreetGames* work on the Youth Crime Impact Programmeacross the county.

This workshop introduces the 10 critical success factors underpinning successful community sport-based interventions.

The workshop is an interactive mix of stats, facts and case studies designed for project staff, volunteers and partners.

By the end of the workshop learners will:

* Understand the risk factors around young people engaging in ASB
* Be able to describe the 10 key principles of what a good youth sport intervention would look like in addressing youth ASB and crime
* Identify opportunities for projects to get involved in the world of youth justice
* Create an action plan of next steps

**Adverse Childhood Experiences (ACES) and Trauma Informed Practice**

**Southend**

**Course Date:** 24th April 2024

**Course Duration:** 09:30 – 2.30 ( inc networking)

**Maximum number:** 25 places

**Venue:** Garons Park, Eastern Avenue, Southend, SS2 4FA

Bring your lunch and stay and talk with other agencies

**Thurrock**

**Course Date:** 6th June 2024

**Course Duration:** 09:30 – 2.30 ( inc networking)

**Maximum number:** 25 places

**Venue:** Thurrock venue TBC

Bring your lunch and stay and talk with other agencies

StreetGames in collaboration with Manchester City Council’s Health & Care Commissioning Team have a tailored an Adverse Childhood Experiences & Trauma Informed Practice workshop for sport, looking how widening our understanding of four key areas that can support young people achieving more positive outcomes using the power of sport. The workshop explores Adverse Childhood Experiences (ACEs) & the short & longer term impact on Young People’s health. The stress response & impact ACEs have on the body. Our role in using sport to build resilience and starting to think about how to build a ‘Trauma Informed approach’ in sport. Based on the latest research of health & wellbeing, this workshop will give learners a foundation of what is going on in a young person body, the short and longer term impact this has on the behaviour and how we can make small changes by being Trauma informed to achieve better life outcomes for young people.

**By the end of this session:**

* Have an understanding of Adverse Childhood Experiences (ACEs)
* Have an understanding of the short & longer term impact ACEs have on Young People’s health
* Have an understanding of the stress response & impact on the body
* Understanding our role in building resilience
* Start to think about how to build a ‘Trauma Informed approach’

**Mentoring Young People in Community Settings**

**Dates will be released soon for Southend and Thurrock courses.**

**Attendees must have completed Impact of Sport and ACES before attending.**

**Look out for further details on the AEF website** [Active Essex Foundation | Workshops Listing](https://www.activeessexfoundation.org/workshops)

**Course details**

‘Mentoring Young People in Community Settings’. The overall aim of the workshop is to build capabilities in community organisations to enable and promote positive mentoring opportunities to vulnerable young people.

**Learning objectives:**

* Build capabilities in community organisations to enable and promote positive mentoring opportunities to vulnerable young people within our communities
* Provide an overview of the role of StreetGames and Active Essex Foundation as a network organisation and their role in the mentoring context
* Explore the qualities and attitudes for mentoring with impact through a lens of violence prevention
* Develop practical techniques to build an effective mentoring framework in community settings

**Who is it for?**

This workshop is for both adults and young adults, employed workers and volunteers who are based in community settings in key roles to be able to reach, engage and support vulnerable young people.

**What will it cover?**

Choice Theory is used as the underpinning theory for engaging vulnerable young people and the mentoring framework. Choice Theory is an approach that helps people take more effective control of their lives. It does this by teaching and utilising a very practically focused psychology which offers immediately useable skills that enable people to re-direct their own lives, make more effective choices, and develop the resilience to handle the challenges of life more successfully.

The key elements of the workshop are:

* Rapport and relationship building in mentoring
* Quality worlds and how to build aspirations
* Understanding our basic needs and how we can get them met in a way that doesn’t harm us or others
* Total behaviour and how we can build emotional resilience
* The perception system and how we see the world
* The where and when of the mentoring conversation
* The how of the mentoring conversation - a practical 4 step mentoring framework to explore barriers to engaging, build choices and solutions to support the young person

**Learning outcomes**

By the end of the programme participants will be able to:

* Quickly build the mentoring relationship by using the Choice Theory Quality World concept to find out what is important to young people and know how to find out more.
* Build and maintain supportive environments for the mentoring conversation.
* Use the Choice Theory Basic Needs model to understand the needs of young people and how to help them fulfil these in a way that doesn’t put them at risk or harm others around them.
* Use the Choice Theory Total Behaviour model to work with difficult and challenging behaviours, to help young people to manage their emotions and to encourage young people to develop new behaviours to get their needs met.
* Use the Choice Theory perception system to understand how young people are seeing the world around them, how this is impacting on their thinking, actions, feelings and physiology and how we can begin to challenge any limiting perceptions.
* Use the key concepts of Choice Theory i.e. quality worlds, needs, total behaviour and perceptions to inform the practical 4 step mentoring framework ‘WDEP’ to explore Wants, Doing, Evaluation, Plans. In its simplest form *‘Is what you’re doing helping you get what you want?’ and ‘What can you do to get what you want?’*
* Use the Choice Theory concepts to work with resistance and young people that may be reluctant to change.

Please contact ***Suzanne Page AEF Sports and Youth Crime Prevention project manager on*** [***Suzanne.page@activeessex.org***](mailto:Suzanne.page@activeessex.org) ***should you wish to discuss course details***

\***Secondary:** Targeted cohort – young people identified with challenging circumstances and vulnerabilities. Often these young people will already be victims or perpetrators of low-level anti-social behaviour and crime, often having already received out of court cautions. This cohort are likely to be on the cusp of entering the system and known to agencies such as police, probation, education, and social care. Taking part in sport encourages a pro-social approach and is carefully structured to the needs of the young person to build positive behaviours and stop the young person in this cohort escalating to gangs and more serious crime and youth violence.

**Tertiary:** Intense cohort – these are complex and highly vulnerable young people already directly involved in serious offending, including offenders released from prison and Youth Offender Institutions. This cohort will access sport from specialist providers combining it with one to one mentoring and small group work and following a multi-agency plan to provide a structured routine that creates deep relationships in a safe space that promotes physical and emotional well-being.