

# Support for Young People – what help is out there and how to get it

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## Off The Record

- Contact: Siobainn: [Siobainnchaplin@offtherecord-banes.co.uk](mailto:Siobainnchaplin@offtherecord-banes.co.uk) 01225 312 481  
<http://offtherecord-banes.co.uk/>

### **Listening Support**

Sometimes children and young people simply want to talk to someone who is outside of their situation. Sometimes they want something to change.

Off the Record provides Listening Support Services that provide information, support and counselling for children and young people. Young people might have a range of issues which affect their lives.

Listening Support appointments are available in our centres for ages 10 – 25  
The Counselling Service is available in our centres and community venues for ages 10 – 25

The School Outreach Service is available to students in a number of B&NES secondary schools – it also delivers workshops in schools for all children at participating schools

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### **Independent Support**

Independent supporters are trained to help families and young people during an Education, Health and Care Plan (EHCP) assessment. They will help families throughout the process of developing the plan. This support is available to those applying for EHCPs for the first time and for those moving from a statement or a LDA to an EHCP.

*How We Work* - The support we offer is flexible to meet your family's individual needs in the Education, Health and Care Plan process. The service is able to offer home visits, telephone advice and attendance at meetings in school or with other professionals. The Independent support service help parents and young people to understand, be supported and feel confident throughout the changes. We are providing independent supporters in your area.

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## **LGBT+ & SPACE... SPACE to be yourself**

If you are aged between 13-21 years and identify as Lesbian, Gay, Bisexual, Trans, Asexual or other sexual/gender minority, or you are questioning your sexuality and/or gender identity, then Off the Record offers weekly LGBT+ youth group sessions called SPACE for young people living in the Bath and North East Somerset area (B&NES).

At SPACE we aim to provide a safe space that you can be yourself in and get information and support on LGBT+ issues. It is a chance to meet and make new friends. We chat, cook, have fun, play games, get involved with local community projects, raise awareness and celebrate key events on LGBT+ calendar, invite guest speakers, go on trips and so much more!

We also offer SPACE LGBT+ Activist group for people interest in campaigning and activism to get involved in projects relating to advancing LGBT Equality. Examples of projects include; Craftivism (using craft such as badgemaking or model making to make [campaigning statements](#)), offering LGBT+ young people input onto specific educational projects to help shape them for the better, planning activities for key events in the LGBT+ calendar including Bath Pride and LGBT+ History Month.

The groups are all young person led so you tell us what you want in the sessions and we aim to make it happen! We also offer a wide choice of snacks, hot and cold drinks, comfy chairs and you are free to participate and input to the format session as much or as little as you like.

**We run two sessions across the week in Bath:**

**Tuesday- LGBT+ Youth Group SPACE- 7pm-9pm**

**Thursday- Space LGBT+ Activists- 5.30-7.15pm**

Our service is **free, independent and confidential**. For further information or to talk about issues affecting your life as an LGBT+ young person, please text or phone our SPACE mobile **07872992879**, or phone **01225 312 481** or email [space@offtherecord-banes.co.uk](mailto:space@offtherecord-banes.co.uk) for more details.

As well as the weekly groups, we can offer **one to one support sessions** to listen and help you with any issues that might be affecting you because of your sexuality or gender identity. You are welcome to meet us at our offices in Bath or we can come to your school, college or university.

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## **Shout Out! Children and Young People's Rights and Advocacy Service**

Shout Out! is an Advocacy Service for children and young people aged 0 – 18 years old, who work, live or study in Bath and North East Somerset. Advocacy can support you if you are:

- A child or young person in, or moving on from care
- A child or young person subject to a child protection conference
- A young person (aged 16 and 17) without a permanent home
- A disabled child or young person and you have not yet had your 19th birthday
- A child or young person who wants to make a complaint about social services provision
- A young person wanting to move on from care
- A young person with special educational needs and/ or disability that wants help to prepare for their 'Year 11 transition review', looking at pathways to employment, independent living, community inclusion, health

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## Participation

The Off the Record Participation Service works with a number of different organisations to think of ways that children and young people can help professionals make services better for them. This can mean supporting children and young people to help design, improve and influence services which they are using or would like to use.

Off the Record firmly believes that children and young people should be involved in developing an organisation that works for them. Young people have contributed their time and expertise in a range of ways including providing feedback on services to tell staff how they can be improved, helping to plan new developments, fundraising for the service and getting involved in recruiting new staff and volunteers for the organisation. We also support young people to lobby local and national decision makers and politicians to change or stop issues and services affecting them.

- In Care Council - <http://offtherec.wpengine.com/our-services/participation/in-care-council/>
- UK Youth Parliament - <http://offtherec.wpengine.com/our-services/participation/uk-youth-parliament/>
- Youth Forum - <http://offtherec.wpengine.com/our-services/participation/youthforum/>

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## **[BANES Carers' Centre – Support for young people who look after others](https://www.banescarerscentre.org.uk/youngcarers/)**

<https://www.banescarerscentre.org.uk/youngcarers/>

Contact: FREE on 0800 0388 885 or on 01761 431388

Are you a child or young adult looking after someone in your family who is ill, frail, disabled; perhaps has problems with their mental health or with drugs or alcohol? If you are, then the Carers' Centre can help you.

If you contact us, there are lots of ways we can support you. You may need some help at home or at school. You perhaps need someone to talk to, or the chance to make new friends. Through the Carers' Centre you can find out about other young carers who feel just like you do, and get the chance to spend time out from caring so that you can have a life of your own.

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### [DHI Project 28](#)

<http://www.dhi-online.org.uk/do/bath/project-28/>

TEL: (01225) 463344

#### **Support for young people with problematic substance misuse support needs.**

The overall ethos behind the project is to provide a physical space in which young people want to spend time and can then access a range of services.

Young people are offered support and assessment around their drug/ alcohol use, employment and training needs and other 'soft' skills including:

- Diversionary activities; Individual sessions; Sexual health advice; Groups; Open Access; Healthy Eating; Outreach; Schools & Colleges; Workshops; Training; Family Work; Voluntary Work Opportunities; Service User Forum; This enables young people to shape the service to their requirements
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### [Youth Connect](#)

Contact: Sam Plummer / Katy Roberts. Youth Connect Office on 01225 396980

**Youth Connect can provide support for those who may need help getting into training, education or employment.** This is provided by qualified Personal Advisers who can help with information about next steps to colleges, other training providers, apprenticeships and jobs. This work is carried out in schools, colleges and drop-in sessions at the Council One Stop Shops.

Youth Connect provides a range of services for young people, from positive activities and advice through to individual support for those who need it the most for moving on into adulthood and work or training.

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