



**OXFORDSHIRE YOUTH'S**

# **TRAINING PROSPECTUS**

**2021/22**

First Floor, Bury Knowle Coach House  
North Place  
Headington  
OX3 9HY  
01865 767899  
[www.oxfordshireyouth.org](http://www.oxfordshireyouth.org)



**UK YOUTH**

# WHAT WE CAN OFFER

## Courses to help strengthen understanding and develop your youth work practice

At Oxfordshire Youth, we believe that continued professional development is essential for practitioners who wish to deliver the best possible professional work with children and young people. Our courses are written with the idea of being delivered to the children and young people's staff and volunteers, including youth workers, trustees and volunteers, at all levels.

They can act as the foundations for those just entering the sector, as a refresher, or as a way for a team to reflect and We offer introductory training and workshops, plus accredited training and development programmes.

Courses can be bespoke to your needs.

In addition to this, we offer accredited training in First Aid and Safeguarding.



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# OXFORDSHIRE YOUTH BESPOKE TRAINING

Our bespoke training modules cover the core aspects of youth work. They are tailored to meet the needs of the learners and to encourage them to reflect upon their practice in the unique setting where they engage with young people.

We work closely with yourself to make sure the content we cover will be of most benefit to you steam, your organisation and your young people. All of these training session are 3.5 - 4 hours each. It is possible to deliver condensed version in order to cover up to 2 modules in a day.

The cost for these is £15 per person for Changemakers and £45 per person for non-Changemakers.



# PRINCIPLES AND PRACTICES OF YOUTH WORK

**This training covers the fundamental aspects of youth work.**

Exploring the theories used to put into practice during our work with young people and how to integrate these into our work.

- Outline an understanding of Youth Work
- Explore its key principles.
- Develop an understanding of the core values of Youth Work and how you can work with these.
- Examine your understanding of how young people learn.
- Describe how your own values can impact on the youth work process.

## UNDERSTANDING CHALLENGING BEHAVIOUR IN YOUNG PEOPLE

**This training analyses why young people often adopt approaches to situations that may be seen as challenging**

It focuses partially on the functions to challenging behaviour as well as equipping you with some basic skills in how to manage difficult situations.

- Identify what we mean by Challenging Behaviour.
- Explore some of the causes of these behaviours.
- Identify how we might begin to manage them.
- Review how to engage in restorative practice



# PLANNING YOUTH WORK SESSIONS

## **This session help the learner to integrate youth work principles when planning sessions**

This course will equip attendees with the basics on how to plan their youth work and take it to the next level.

- Identify the different learning styles
- Plan how to cater for each one
- Appreciate Kolb's learning cycle
- Explore how to keep young people at the core of youth work and how best to engage them
- Practice planning sessions
- Review how to best plan sessions
- Represent using this in practice

## **HAVING DIFFICULT CONVERSATIONS WITH YOUNG PEOPLE**

**It is inevitable that at some point, each person who develops a professional relationship with young people will find themselves in a conversation about a sensitive topic.**

This course is designed to help you and your team feel more confident in holding these conversations, looking at skills in active listening and your role as a respected adult. Course content covers

- Informed decisions
- Signposting
- Safeguarding
- Tailored conversations - we will discuss with you about the topics you are most likely to encounter
- Self-awareness
- Continued Support



# INTRODUCTION TO GROUP WORK SKILLS

## Foundation training on the approaches to working with young people in groups

This course looks at the role being involved in groups plays in young people's lives. It covers topics such as:

- Learning how to create a safe and trusting group environment
- Understand group processes and dynamics
- Explore learning styles and your role as a facilitator



# ACCREDITED COURSES

**We offer a range of accredited courses for both you're team, community and young people.**

Courses are all designed to be delivered in person. The length and costs for each vary which is outlined on the individual courses page.

Some of these courses are delivered regularly throughout the year - please check our Eventbrite page for upcoming courses. Alternatively, you can contact us directly to deliver in your setting. This could be just for your organisation or you may wish to partner with another group.

There are fixed dates for the Young Leaders Course. Please contact the us for more information



# L3 EMERGENCY FIRST AID AT WORK

**Basic requirement for nominated first aiders in small or low risk working environments.**

All youth work sessions should aim to have 2 qualified first aiders present where possible. This course includes:

- |                     |                            |
|---------------------|----------------------------|
| • CPR & AED         | Cost                       |
| • Burns             | £140pp (non-Changemakers)* |
| • Wounds & Bleeding | £40pp (Changemakers)*      |
| • Seizures          |                            |

Training length

3.5 - 4 hours (inc. break)

£400 up to 12 places for organisation.

Only available to Changemaker

\*We hold regular training sessions throughout the year. Please contact us to find out when our next one is.

## L2 GENERALIST SAFEGUARDING

**For practitioners who have contact with children for 3 hours or more per month\***

This course will give delegates an opportunity to:

- Consolidate learning covered in the 'An awareness of child abuse and neglect' eLearning course
- Raise awareness of current national and local safeguarding themes
- Reflect on how to listen if a child wants to tell you something
- Confirm the process of what to do if you are worried about a child and who to talk to

\*Excluding those in early years settings.

Training length - 2 hours

Cost - free



## L2 AWARD IN YOUTH WORK

This qualification embraces the National Occupational Standards for youth work. It supports the skills and knowledge learners need to become a competent Assistant Youth Support Worker. Learners will complete this qualification with an understanding of:

- The key purpose and role of youth work including the skills, knowledge, qualities and values required to practice
- Safeguarding in a youth work setting, including how to protect young people when using contemporary technologies
- Young people's development and how youth work can support young people during adolescence

Training length: I CANNOT FIND    Cost: £750  
LEARNING TIME ON INFORMATION

## L3 DIPOLMA IN YOUTH WORK

The SEG Awards ABC Level 3 Diploma in Youth Work Practice (England) has been developed with industry experts including, embraces the National Occupational Standards for youth work and is JNC recognised. It supports the skills and knowledge learners and practical experience required to become a competent Youth Support Worker. Learners will complete this qualification with a concrete understanding of the following:

- The values, core principles and current policies relating to youth work
- Intervention strategies in youth work settings
- The principles, knowledge and skills needed for work-based practice
- Working with Behaviour that challenges
- Reflective Practice and Work based-Practice

Qualification learning Time:  
370 hours

Cost: £1,000



# MENTAL HEALTH TRAINING

## Youth Mental Health First Aid - Half Day 4 hours

Our half day course is an introductory three-hour session to raise awareness of young people's mental health. It is designed to give:

- An understanding of some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- Skills to work more effectively with young people living with mental health issues
- Ways to support young people with a mental health issue and relate to their experiences

Cost - Youth Sector

Changemaker £30 per person

non-Changemaker £60 per person

Cost - Non-Youth Sector

£75 per person

## Youth Mental Health First Aid - 1 Day

Our one day course qualifies you as a Youth MHFA Champion.

Youth MHFA Champions have:

- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Cost - Youth Sector

Changemaker £50 per person

non-Changemaker £100 per person

Cost - Non-Youth Sector

£140 per person



# MENTAL HEALTH TRAINING

## Youth Mental Health First Aid - 2 Days

An in depth understanding of young people's mental health and factors that affect wellbeing covering practical skills to spot the triggers and signs of mental health issues. Build confidence to reassure and support a young person in distress and develop enhanced interpersonal skills such as non-judgemental listening.

Course content includes:

- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

Cost - Youth Sector

Changemaker £65 per person

non-Changemaker £120 per person

Cost - Non-Youth Sector

£200 per person

## Children and Young People's Mental Health Awareness session for Parents and Carers

A 90 minute online session that is free for Oxfordshire residents. It entails a combination of presentations and group work and aims to help parents and carers feel confident to:

- Identify emotional distress and learn practical strategies to help with listening to, and supporting children and young people.
- Know where, and how to signpost children and young people if you, or they have a concern.
- Develop an understanding of the wide range of factors and variables that can impact children and young people's mental health.

Training length

1.5 hours

Cost

Free - Oxfordshire Residents

£15 outside of Oxfordshire



# MENTAL HEALTH TRAINING

## An Introduction to Children and Young People's Mental Health

This training embraces the idea that positive mental health is everybody's responsibility. It has been designed to support frontline staff to promote their part in our national culture shift which embraces social and emotional wellbeing and responds early to signs of mental health problems. The training is delivered as a full day session or as two parts over two evenings. It includes presentations and group work, providing the opportunity to speak with other professionals and volunteers about young people's mental health.

It takes a non-clinical approach and is designed to upskill and support staff and volunteers by giving them the tools to:

- better recognise and respond to early signs of mental health problems of children and young people
- reflect on their own mental health and how this could impact upon the children and young people
- reflect on any improvement opportunities within their own work setting, growing their knowledge and understanding of other services available.

### Training length

Full Day – 7 hours including lunch break (6 hours if delivered online)

Twilight – Two – 3 hour sessions (2.5 hour if delivered online),  
maximum 3 weeks apart

### Cost

Free to all Oxfordshire Professionals

Free to all Academies and State Schools in Oxfordshire



# TRAINING OFFERS FOR YOUNG PEOPLE

Oxfordshire Youth continues to seek ways in which we can empower, equip and develop young people. One way in which we are doing this is to offer as much of our training provision to young people as possible.

All of our core modules can be developed in a bespoke nature for delivery to young people. This may be those with an interest in pursuing a career in youth work, or as life-skills training.

L3 Emergency First Aid at work can be offered on a bespoke nature for those over 14.

Anyone over the age of 16 can enrol on the L1 or L2 Award in Youth Work or L3 Diploma in Youth Work.

Those over 16 can also register on Youth Mental Health First Aid training.

For more information on these options, please do contact us directly at [info@oxfordshireyouth.org](mailto:info@oxfordshireyouth.org)

We are proud to offer a unique training option for young people in our L2 Award in Leadership and Team Skills. More information on this course is on the next page.



# YOUNG LEADERS

## L2 Award in Leadership & Team Skills

This programme is the first leadership training of its kind which caters for young people aged 14 – 21.

The course is engaging and delivered in a fun and friendly manner.

The learners will be required to complete a log book and undertake their own leadership activity.

The course is split up into three parts

- Part One: Introduction Session - 2 hours

A short session that allows participants to meet their peers and have a relaxed start to the course

- Part Two: Residential - 2 nights, 3 days

Filled with activities, workshops and discussions that all feed into the training.

- Part Three: Study Day - 4 hours

Approximately 3 weeks after the residential, the group come back together where they can finish off their log books and take part in one final activity together. Between the residential and study day, the learner will have completed their Leadership Activity.

Training length

Approximately 24 hours over  
6 weeks

Cost

£350ppp - Changemakers  
£750pp - non-Changemakers



# BUILDING RESILIENCE PROGRAMME

bLURB REQUIRED

Training length  
???

Cost  
Free?



# CHANGEMAKER NETWORK TRAINING

Our network across Oxfordshire is full of organisation and professionals with a wide breadth of knowledge in topics relevant to young people and those who engage with them. This list offer the names of members who provide training at a reduced cost or free to fellow changemakers on a variety of important issues

<b>Course Title</b>	<b>Provider</b>	<b>Cost</b>	<b>Contact</b>
Drug and Alcohol Awareness	DAMASCUS	X/session	email
FGM, HBA	Oxford Against Cutting	Xpp	number
Greif Support	SeeSaw	Free	website
Mental Health Awareness	Oxford Discovery	Contact FYI	email
LGBTQI+ Awareness	College	Free/Donation	number
Working with yp with additional Needs	Topaz Yellow Sub	Free/Donation	website



# CHANGEMAKER NETWORK TRAINING

Our network across Oxfordshire is full of organisation and professionals with a wide breadth of knowledge in topics relevant to young people and those who engage with them. In future editions of this document, we wish to include the training opportunities available from across the network. To include training provided by your organisation, please email [members@oxfordshireyouth.org](mailto:members@oxfordshireyouth.org) with the title of the training, a brief description, the cost, and a contact person including email and phone details.



# OXFORDSHIRE YOUTH TRAINING PROSPECTUS

December 2021

 Bury Knowle Coach House, North Place, Oxford. OX3 9HY

 01865 767 899

 [info@oxfordshireyouth.org](mailto:info@oxfordshireyouth.org)

