



Training

**'There is no end to education. The whole of life,
from the moment you are born to the moment you
die, is a process of learning'**
Jiddu Krishnamurti

'It was great to think about our own values and beliefs and the impact they have on our conversations with young people'.

'The delivery was great, I loved it. The sessions are led by the right values and offer you great tools plus lots of possibilities'.

'Our trainer was brilliant. All the information was relevant to my work and delivered in an engaging, interactive way. The lower cost training was also crucial to us as a charity'.

We love learners and it looks like the feeling is mutual...



'A great opportunity to discuss the potential difficulties of safeguarding. Our trainer was very knowledgeable and able to answer any questions that came up'.

'The training was really interactive and there was time and space to listen to the group - space to challenge how we currently do things'..

'I felt there was a personalised approach and the trainer delivered what could have been quite a dry session with energy and knowledge'.

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Our courses strengthen understanding **and invigorate your youth work practice**

Oxfordshire Youth celebrates the expertise and exemplary practice of everyone involved in the youth work sector. You are the drivers of positive change. And to make meaningful differences in the lives of those you work with, you need brilliant training. From youth workers to volunteers, trustees to children and young adults' staff, you are there supporting young people, enabling employees and educating families and carers.

Engage with us for career enriching experiences that will allow you to bring the best possible version of yourself to your work, in order to deliver top outcomes for the children and young people you support. Our courses deepen knowledge and provoke thought. They can build solid foundations for people at the start of their career journey, refresh an individual's knowledge, or create the opportunity for a team to reflect.

We offer introductory training and workshops and accredited training and development programmes including first aid and safeguarding. Need something you can't see here? Our wonderful training team will enjoy creating a bespoke course tailored to fit your organisation.

Find out more, email: training@oxfordshireyouth.org

Happy learning everyone!



OXFORDSHIRE YOUTH BESPOKE TRAINING

We love to work in tandem with organisations to create bespoke training courses and workshops designed to fit your staff team, your company ethos and your young people perfectly.

Training that emerges from this process of co-creation is intensely relevant to the individual organisation, whilst simultaneously covering all the core aspects of youth work.

Courses are tailored to meet the needs of learners, and participants are encouraged to reflect upon their own practice in the unique settings where they are engaging with young people.

Modules take around four hours to deliver, however, if required, it is possible to deliver condensed versions covering up to two modules in one session.

Let's work together, email: training@oxfordshireyouth.org

£25 per person Changemakers

£45 per person non Changemakers

PRINCIPLES AND PRACTICES OF YOUTH WORK

Fundamental aspects of youth work

Explore the various theories underpinning all your professional interactions with young people and how to integrate them into your work:

- what is youth work?
- exploring its key principles
- developing an understanding of the core values of youth work and how they influence an individual's practice
- examining and deepening your understanding of how young people learn
- describing how our own values can impact on the youth work process.

A Principles of Online Youth Work course is also available.

UNDERSTANDING CHALLENGING BEHAVIOUR IN YOUNG PEOPLE

Why do some young people adopt challenging approaches to situations?

Examine possible causes of challenging behaviour and equip yourself with the skills required to manage difficult situations:

- identifying what we mean by challenging behaviour
- exploring some of the causes of these behaviours
- identifying how we might begin to manage them
- considering how to engage in restorative practice.

PLANNING AND EVALUATING YOUTH WORK SESSIONS

Helping learners to integrate youth work principles when planning sessions

This course enables participants to think strategically about their youth work and take it to the next level:

- identifying different learning styles
- planning how to cater for each one
- appreciating Kolb's learning cycle
- exploring how to keep young people at the heart of our practice and how best to engage them.
- practising planning sessions
- reviewing how to plan sessions
- putting learning into practice



HAVING DIFFICULT CONVERSATIONS WITH YOUNG PEOPLE

Anyone developing professional relationships with young people will inevitably find themselves in conversation about a sensitive topic.

This course helps you and your team to feel more confident when managing difficult and upsetting conversations and will cover active listening skills applied directly to the role of respected adult. Course content covers:

- informed decisions
- signposting
- safeguarding
- topics you are likely to encounter.
- self-awareness
- continued support
- practice conversations

INTRODUCTION TO GROUP WORK SKILLS

Foundation training on approaches to working with young people in groups

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

- creating a safe and trusting group environment
- learning how to gain trust
- understanding group processes and dynamics
- exploring learning styles and your role as a facilitator.

YOUTH VOICE TRAINING



Youth voice and influence champions

This training empowers 11-21 year olds and teaches them how to have their voices heard, affect change, and to have their say on decisions that are important to them, their peers and their communities. The workshop is delivered in two parts, in consultation with the young people and the leaders in their setting.

Embedding youth voice

This course enables practitioners to place young people at the heart of their organisation, ensuring their voices are heard and acted upon. Our training equips people with the necessary skills and knowledge to feel supported in capturing young people's voices and identifying existing and upcoming opportunities for youth engagement. It explores the role of the individual in advocating for this work and outlines the practical resources required to undertake it successfully.

Training length

Seven hours in two parts
or one whole day

Free for Changemakers

£250 for up to 16 young people
£500 for up to 16 practitioners

ACCREDITED COURSES

We offer a range of accredited courses for your team, community and young people

Courses are all designed to be delivered in person. Length and cost of courses varies and these are outlined on the individual course pages.

Some of our training is delivered regularly throughout the year - please check our Eventbrite page for upcoming courses www.eventbrite.co.uk.

Alternatively, we can come to you. Courses can be delivered in your setting, just for your organisation, or you may choose to partner with another group. To discuss the options, please contact us directly by emailing training@oxfordshireyouth.org.

L2 GENERALIST SAFEGUARDING

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

This course is accredited by Oxfordshire Safeguarding Children's Board and gives delegates the opportunity to:

- consolidate learning covered in the 'An awareness of child abuse and neglect' eLearning course
- raise their awareness of national and local safeguarding themes
- reflect on how to listen if a child wants to disclose
- understand what to do if they are worried about a child and who to talk to.

*does not include early years settings

Training length
Two hours

10

Cost - free to all

L3 EMERGENCY FIRST AID AT WORK

Basic requirement for nominated first aiders in low-risk working environments

All youth work sessions should have two qualified first aiders present. Our Nuco Training accredited course includes:

- cardiopulmonary resuscitation
- using an automated external defibrillator
- wounds and bleeding
- seizures
- burns.

Training length

Four hours (with break)

£40 per person Changemakers

£400 for up to 12 Changemaker places

£140 per person non Changemakers

We hold regular training sessions. Please contact us to find out when our next session is taking place.



L1 YOUTH WORK AWARD

Coming soon...

L2 YOUTH WORK AWARD

The Skills and Education Group Awards ABC Level 2 Award in Youth Work embraces the National Occupational Standards for Youth Work. It provides the skills and knowledge that participants need to become competent assistant youth support workers. Learners 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.

L3 YOUTH WORK DIPLOMA

The Skills and Education Group Awards ABC Level 3 Diploma in Youth Work Practice (England) has been developed with industry experts, embraces the National Occupational Standards for Youth Work and is Joint Negotiating Committee recognised. It equips participants with the skills, knowledge 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
- reflective practice
- principles, knowledge and skills needed for work-based practice
- working with behaviour that is challenging
- work-based practice.

For more information on course fees and funding opportunities please contact us

MENTAL HEALTH TRAINING

Accredited by Mental Health England

Youth mental health first aid (MHFA)-half day

An introductory three hour session created to raise awareness of young people's mental health. It provides:

- an understanding of 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.

£30 per person Changemaker

£60 per person non Changemaker

Youth mental health first aid-one day

This 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
- the ability to spot signs of mental ill health in young people and guide them to a place of support
- the knowledge and confidence to advocate for mental health awareness
- the skills required to support positive wellbeing.

£50 per person Changemaker

£100 per person non Changemaker

Youth mental health first aid-two days

An in-depth understanding of young people's mental health, and factors that affect wellbeing. Participants are provided with tools to spot the triggers and signs of mental health issues, build up their confidence to reassure and support a young person in distress, and develop enhanced interpersonal skills such as non-judgemental listening. The course covers:

- depression and anxiety
- suicide and psychosis
- self-harm and eating disorders.

£65 per person Changemaker

£120 per person non Changemaker

Children and young people's mental health awareness session for parents and carers

A 90 minute online session free to all Oxfordshire residents. It is delivered as a combination of presentations and group work and is designed to help parents and carers feel confident in:

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

Training length
1.5 hours

Free to Oxfordshire residents
£15 outside of Oxfordshire

An introduction to children and young people's mental health

This training embraces the idea that positive mental health is everybody's responsibility. It supports frontline staff and promotes their part in embracing social and emotional wellbeing and responding 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, offering the opportunity to gain insight from speaking with other professionals and volunteers about young people's mental health.

We take a non clinical approach to upskilling and supporting staff and volunteers by giving them the tools to:

- recognise and respond to early signs of mental health problems in children and young people
- reflect on their own mental health and how this impacts on the children and young people they work with
- consider improvement opportunities within their own work setting, growing their knowledge and understanding of other services available.

Training length

Full day - seven hours including lunch break (six hours if delivered online)

Twilight - two x three hour sessions (two and a half hours if online) delivered a maximum of three weeks apart

Free to all Oxfordshire professionals

Free to all academies and state schools in Oxfordshire



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