

**Healthy Life Choices for Young People- -Sexual and Mental Health Project Summaries****1. Peers Educators project, Herrington Burn YMCA  
(March 2014 to September 2014) £4,918**

Herrington Burn YMCA will work with 8 young people aged 15-19 years to train them to become peer educators for other young people around issues relating to sexual, mental, physical and emotional health and wellbeing.

The project will culminate in a day event available to young people across the Coalfields area, specialist services and local community residents which will include activities and workshops to promote a healthy approach to sexual, mental, physical and emotional health.

**Recommendation from People Board****Approve with conditions:**

- Evidence of how the peer educators would target/achieve 150 people and what support they would have to be provided before the project commences.
- Information requested in order to monitor the progress of the project must be complete and submitted by the specified deadlines.

**2. Space 4 Care, Houghton Le Spring PCC (February 2014 to February 2016) £4,318**

To provide 35 places in year 1 (55 year 2), for young people between 11-25 years, who have survived sexual, physical or domestic abuse, to receive free counselling and therapy on an individual or group basis for as long as required within the Coalfields Area.

This is a new service in the Coalfields Area to be run in partnership with Someone Cares. Since 1989 Someone Cares has provided specialist counselling and have existing clients from the Coalfields Area, who travel to North Shields for counselling and a waiting list. In Space 4 they believe they will be working with the best partner for the area to bring hope and support to the survivors of abuse. This project will accept self and professional referrals.

**Recommendation from People Board****Do not approve:**

A range of counselling services, accessed via GPs or self-referral are commissioned by Sunderland Clinical Commissioning Group (CCG). Several voluntary organisations provide the services, co-ordinated by Sunderland Counselling services. As the commissioner of these specialist services the CCG maintains governance and monitoring, in terms of checks, safeguards, and quality.

**3. Mythbuster Fact Finder Roadshow, Groundwork  
(March 2014 to July 2014) £5,000 x 2 = £10,000**

We propose to undertake both sexual and mental health road shows aimed at pupils in year's 10 11 12 in the coalfield area. The road shows will undertake five separate deliveries of the same project in three different venues for approximately two- three hour durations. 5 Sexual Health and 5 Mental Health. The purpose of the road shows would be to undertake interactive and especially designed hands on collection of activities and discussion, supported by the relevant resources to reduce myths, stereotypes and provide up to date information and facts around sexual health and mental health. It will look at how risk taking and associated behaviours can affect mental and sexual health.

**Recommendation from People Board****Do not approve:**

- The road shows are one off events and do not offer value for money
- Information and materials are those already provided by existing delivery partners
- Role of youth worker is not clear as no youth work will take place

**4. Looking After Yourself, SNCBC (March 2014 to March 2015) £4,318**

A rolling programme of Looking After Yourself Workshops will be delivered over a 4 week duration.

Sessions will include eat well – feel better, sexual health, exercise and mental health, believe in yourself and take time out, all aimed at young people aged 11-19 years. In addition sessions will cover issue based work around drugs and alcohol and the related risk taking behaviour. 16 courses – 4 per ward

**Recommendation from People Board**

**Approve with conditions:**

- Evidence to be provided on how many 'new' young people are engaged
- The project to be delivered separately from the 'high five' health project for young people, and commissioned youth work

**5. Healthy Young Minds, Washington Mind (January 2014 to December 2014) £4,950**

This project will offer a variety of training opportunities that will complement the existing mental health services available locally. The project will

- Increase awareness of the services and support available to young people, via awareness raising events and promotional activities
- Deliver activities and services to young people (and those working with young people) to reduce risk taking behaviour through mental health first aid training, suicide prevention and stress awareness
- Provide peer support workshops including increasing self esteem, self harm support and promoting emotional resilience

**Recommendation from People Board**

**Approve**

**6. I am ME –Power Up, Continuum CIC (April 2014 to May 2014) £3,260**

Workshops for 12 young people over an 11 week period will be held. Workshops are positive and solution focused where we believe in the young people and their ability to change their own behaviours. Workshops are intended to:

- Inspire and increase self-confidence, self-direction and self-responsibility
- Reduce or eliminate needless dependence on parents or other adults
- Foster family living based on mutual respect and democratic processes
- Assist youth in finding their own solutions to their problems
- Facilitate open, honest and sensitive communication in all relationships
- Support respect for the needs of self and of others
- Support effective and socially acceptable methods of coping with frustration and conflict

**Recommendation from People Board**

**Do not Approve:**

- Duplication of current provision
- Does not represent value for money – a one off 11 week programme with existing group

**Additional recommendations for all projects approved**

All successful projects to attend a joint induction meeting (with the Area Community Officer, Assistant Head of Community Services (Sport and Leisure) and Scrutiny and Area Support Officer) to ensure they are:

- Delivering a consistent message
- Aware of each other's service
- Not duplicating provision/Signposting and working in partnership
- Co-ordinating marketing
- Reaching a wide audience

Where relevant, a check is made that organisations have relevant skills and qualifications to deliver the project.