



Felixstowe Youth Development Group

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www.leveltwo.org

Registered Charity No. 1102380

Registered Company No. 04125056

Report for Felixstowe Town Council 2023

We continue to be grateful to Felixstowe Town Council for its ongoing support which enables us to provide a wide range of support services for young people & families than would otherwise be possible. Level Two's Vision is "to promote the welfare of local Young People age 7-25 through supportive relationships and positive experiences designed to enhance their personal and social development." We are committed to developing provision to make a significant improvement in the life chances of all young people, focusing particularly on the more vulnerable.

Our town centre Youth Hub provides a safe place where, through open-access sessions, young people are supported to become healthier, more engaged with their communities and more able to fulfil their potential.

Our experienced and qualified staff are well respected both by young people, parents and other professionals working with young people. Their ability to engage in positive and supportive relationships empowers young people to take responsibility for their own development.

Provision	Overview
Counselling	These sessions are weekly. The length of the intervention can vary according to need; however, it is a minimum of 12weeks. The aim of our Counselling provision is to enable clients to make sufficient progress in understanding and coping with their complex mental health challenges. They then feel resourced within a supportive network & not so reliant on the ever-diminishing statutory mental health provision. After the intervention the client will be contacted to check that outcomes have been sustained & to explore whether a re-referral is needed. Referrals are made by GPs, health professionals, social care team & schools. Young people & families can refer themselves. We work in partnership with local NHS mental health service. We support the extremely underperforming Norfolk Suffolk Foundation Trust by filling the gaps & offering young people support before & after clinical intervention.
Mentoring	This mental health intervention is person centred, for vulnerable young people age 7 - 25yrs. This is also offered weekly. The length of the intervention depends on individual need, varying from a minimum of 12 weeks to more than a year. The outcomes achieved & referral pathways are very similar to that of counselling. In addition, as a result of these new ways of working we have also expanded our reach to Young People across Suffolk, providing services via audio and video links.
Family Support	We offer support for parents in an informal way by being open for parents to drop-in for a chat or to make an appointment to meet with one of our workers. Currently this is mainly done over the phone. From time to time based on need we also run parent





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	support group sessions. We also facilitate a monthly Family Carers group session from our Youth Hub. We have also recently started running monthly family sessions. These have been really popular.
Hub Based Sessions	Weekly sessions at our Youth Hub, during term-time & in school holidays. Our early intervention programme looks at different topics on a wide variety of issues, highlighted to us by the young people. Staff encourage young people to engage in activities, access resources with information, advice and guidance through visual aids and fun interactive activities to maximise the learning.
Primary School Support	We are working in all 10 Primary schools in Felixstowe, both the Trimley's & 3 neighbouring villages. We work with children in Key Stage 2 (age 7+) with particular emphasis on Year 6 and the transition to High school. Work is undertaken in small groups, 1:1, whole classes and via whole school assemblies. Specific topics are offered to the schools, such as friendship, anger management and anxiety, but a steer is also taken from the school so that the needs of individuals are met. Young people have also benefited from the presence of youth workers in the playground, at the beginning of the school day & at break/lunchtime. This has built up strong professional relationships between the young people, staff, parents and youth workers.
Felixstowe High School	In addition to the delivery of Mentoring & Counselling, we offer a weekly drop-in for young people, staff and parents can chat through concerns and access information about our services. This includes LGBTQ support & Sex & relationship advice. Our staff are trained by the Terrance Higgins Trust and offer the C-Card scheme to those in Yr. 9+. We also contribute to the PHSE curriculum by supporting enrichment days.
Additional Needs	We encourage young people with additional needs to attend our mainstream open access sessions. We have also worked closely with Stone Lodge Academy offering regular Cheerleading sessions, PHSE days and enterprise week - these are linked to their Life Skills curriculum learning.
Detached & Outreach	From March - October we support young people out in the community, taking free hot chocolate, resources & services to young people who are less likely to access centre-based provision. Also, we are currently offering a weekly Sexual health & well-being Outreach session in partnership with the Grove Medical Centre.
Non Mainstream School	Our Hub is open for tutors to work with young people who are not in mainstream education. We have also offered outreach session at the PRU's in Ipswich.
Holiday Activities	We offer a variety of activities, trips & visits, Hub based & further afield.

