



**STREET
YOUTH**

**BEAT
PROJECT**

STREETBEAT YOUTH PROJECT



WHO WE ARE

OUR VISION

OUR VALUES

Streetbeat Youth Project is a registered charity based within the Greater Shankill area, working primarily with young people aged 11-25yrs. Streetbeat offers a wide range of services such as Group Work, One to One Mentoring, School programmes, Counselling, Drop-in, Outdoor Adventure Activities and Volunteering & Training Opportunities.

'Helping Young People Fulfil Their Potential'

Streetbeat Mission 'Creating spaces for young people to realise their potential and then provide them with opportunities for this potential to develop and flourish. Engaging with young people in a way that will challenge them positively, aiming to facilitate learning and development through new challenges and experiences.

Valuing informal education, providing space for young people to learn and develop new skills, and obtain relevant training and qualifications that will further their future opportunities.

Valuing engagement with young people in an environment that builds them up and encourages them to succeed in every aspect of their lives. Widening young people's awareness and understanding of the world around them and helping them to discover what their role is within it.

Group Work

Streetbeat runs personal and social development groups on a weekly basis, primarily working with young people aged 11-19yrs. Within the group work process, we create a space for groups of 8 or more young people to come together on a weekly basis to engage in a specifically designed programme aimed at meeting the individual needs of the young people participating.



Our group work process is designed to promote the active participation of the young people taking part within the programme. The youth workers will work closely with the young people to develop a programme that is designed by and for the young people participating.

We also offer a number of groups specifically focused on supporting young people on the Autistic Spectrum. Our youth workers have been trained to support these young people and will develop programmes focusing specifically on helping them develop social skills, communication skills and other areas of personal development. A diagnosis is not necessary for a young person to participate within this programme.

School Programmes

Currently we offer several informal education services within a number of the local secondary schools including Belfast Boys' Model, Belfast Girls' Model, Hazelwood Integrated College and Belfast Royal Academy.

Our services within the formal education sector provide an alternative approach to learning built on the principles of youth work.

Our schools work consists of weekly group work and mentoring sessions with students aimed at personal and social development, OCN qualifications, good relations and citizenship.

We also provide programmes based on developing resilience and wellbeing.

This work provides young people with an alternative option to learning and developing within their school, aiming to help young people fulfil their potential in and out of the education system.

Counselling

We currently employ a full-time counsellor within the project who works morning sessions within two of our partner schools and then afternoons and evenings within Streetbeat.

The counselling offers young people the opportunity to explore issues and challenges in a safe and comfortable environment.

The counsellor also facilitates family support sessions and parent groups which allows us to offer our young people support within all aspects of their life outside of the project.

Our counsellor creates a warm and relaxed atmosphere within the sessions, often drawing on mindfulness and other relaxation techniques to support the young people we engage with.





Drop In

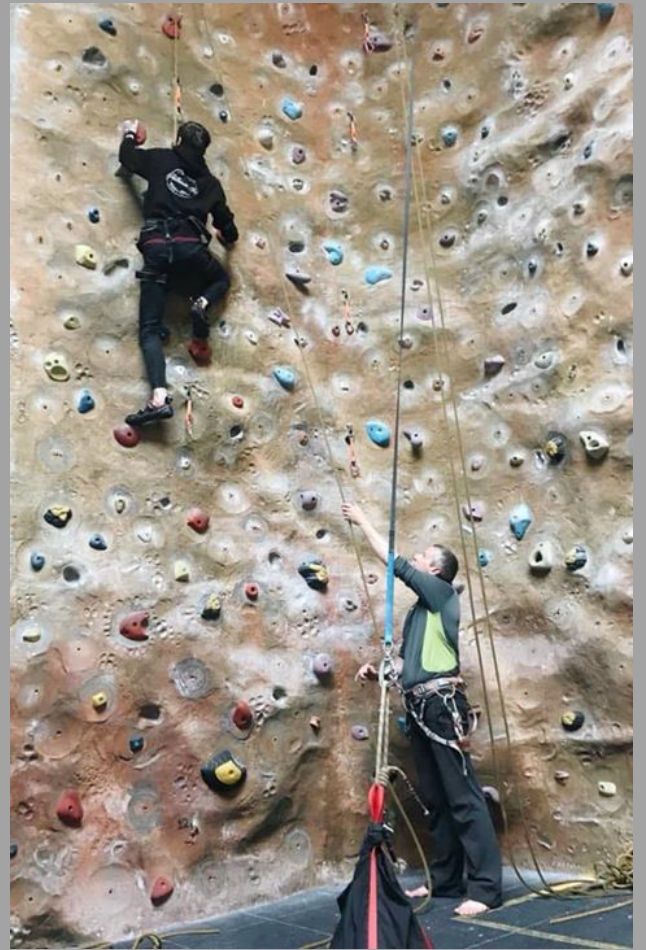
Our drop-in is an open service available on Friday nights for young people aged year 8 and above. The programme is designed for young people to come into the project and take part in the activities and services available. Our youth workers will engage with the young people within this setting, creating a safe and relaxed environment that will encourage the young people to feel comfortable and welcome.

Our aim through the drop-in service is to create a space on a Friday evening as an alternative activity for young people to engage with. We also offer a drop-in service on a Monday afternoon specifically for P7 students.

Mentoring

Streetbeat provides a one to one mentoring support opportunity for young people aged 11-19yrs.

Within the mentoring process, a youth worker will work with a young person on an individual basis, meeting up for one hour once a week. Mentoring will usually last 6-8 weeks and will be catered to their individual needs determined by the young person and the youth worker.



At the start of the process, the youth worker will help the young person set several goals and targets to meet throughout the programme, and then design a weekly plan that will support the young person in meeting these goals. The aim of the mentoring programme is to help our young people develop on an individual level, offering them support to encourage development.



ADVENTURE PROGRAMME

Participants in the Adventure programme sessions are offered the opportunity to get involved in a range of adventure activities and experiences. These are delivered by our team of experienced Youth Workers or Adventure Sport facilitators.

What type of Activities?

The activities will be tailored to suit the group, examples being;

- Hillwalking & mountaineering
- Mountain biking
- Canoeing & kayaking
- Gorge walking
- Archery
- Outdoor team building
- Climbing & abseiling
- Orienteering
- Therapeutic wilderness sessions
- Adventure arts & crafts




We design the days around the group & using a range of mediums the programme co-ordinator will actively & intentionally seek to promote the following:


- Initiate positive experiential learning
- Formation and building of helping relationships
 - Greater awareness of self
 - Reducing isolation
 - Challenging concepts of self
- Promotion of mental health & physical wellbeing
 - Connection of sessions to personal journey
 - Creation of therapeutic discussion
 - Personal development
- Exploration of new wilderness-based experiences



VOLUNTEERING OPPORTUNITIES



Streetbeat offers young people aged 16+ years old the opportunity to grow and develop in a volunteering role within the project. Young people interested in volunteering within Streetbeat will take part in a group work programme aimed at supporting them through a process of learning and developing into young leaders.



This programme will challenge the young people to step outside of their comfort zones and encourage them to step up within the project, taking on more of a leadership role and gain OCN 2 in Youth Work. The volunteering element of the project is a great opportunity for young people to build up their skills whilst gaining new learning and experiences.

WHAT DO THE YOUNG PEOPLE SAY?

“ MY FAVOURITE THING ABOUT

streetbeat

IS HOW MUCH OPPORTUNITIES THEY GIVE US. I COME HERE BECAUSE THE LEADERS PROVIDE LOTS OF FUN AND HELP US LEARN NEW SKILLS. ”

“ STREETBEAT YOUTH PROJECT HAS TAUGHT ME THAT IF I IMAGINE WITH ALL MY MIND AND BELIEVE WITH ALL MY HEART THAT I CAN ACHIEVE WITH ALL MY MIGHT! ”

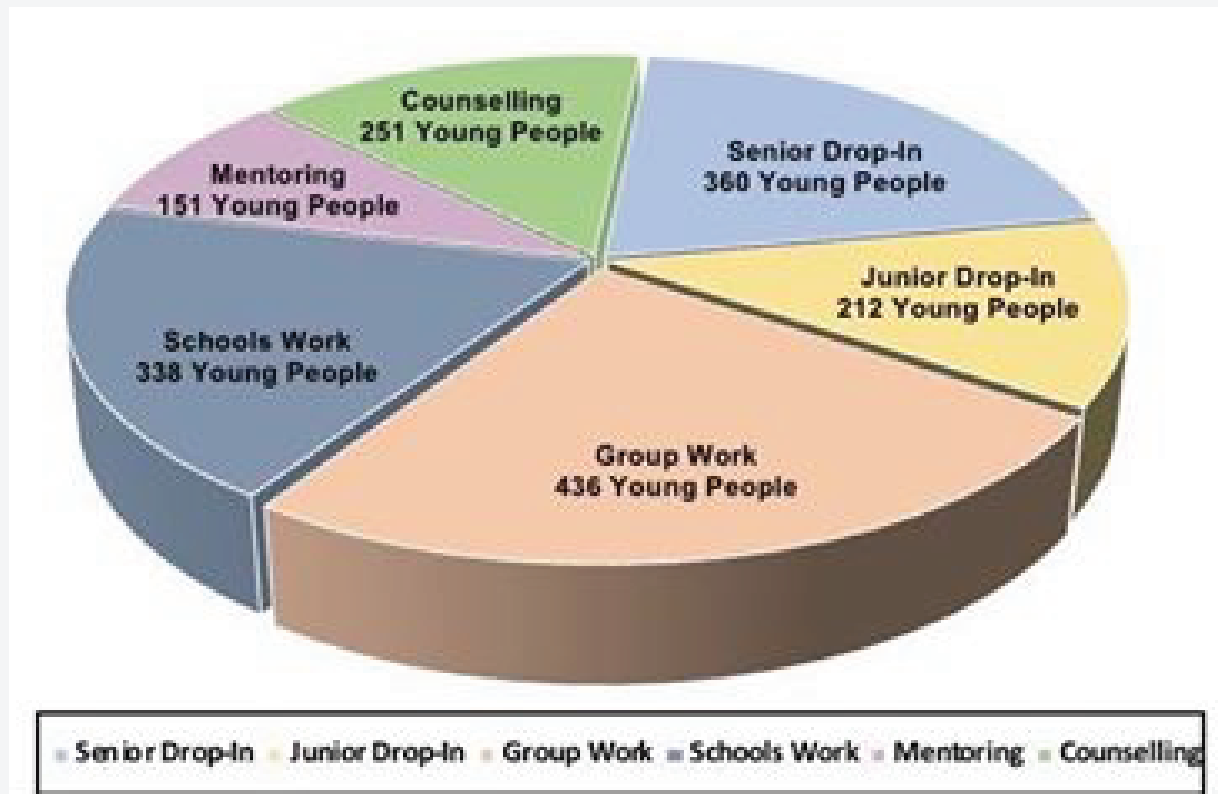
Volunteering

at Streetbeat was one of the best decisions I've ever made. It provided me with opportunities and experiences I'm forever thankful for and allowed me to find my passion for youth work. Thanks to volunteering I'm now in a job I love coming to everyday.

“*Streetbeat*

has played a huge part in building my confidence and it is a safe space for young people to interact with each other. ”

STREETBEAT STATISTICS 2019



ENGAGEMENT WITH YOUNG PEOPLE OVER 12 MONTHS

Total number of young people worked with - 1,748


The statistics found in the chart above are an overview of the young people that we engaged with through several of our services over a 12-month period. The group work statistics are made up of a number of services such as the Fresh Start, Aspire and Breakthrough programmes that we offer within the project, alongside our Personal and Social development focused groups.

MEASURING IMPACT

GROUPWORK	10.5% increase in self-esteem
	19% increase in awareness of coping skills
	32% increase in awareness of the risks of poor mental health
	12.5% reduction in likelihood of taking part in risk taking behaviours
MENTORING	21% average overall increase in self-esteem
COUNSELLING	12.5% increase in self esteem

STREET YOUTH BEAT PROJECT

GET IN TOUCH

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