

March 2022



Kernow connect

Update from Children's Services Manager Kayleigh Stringer

At Kernow Connect, we're working hard to keep you up-to-date with 'What's On' for young people across the county.

Welcome to the 'Connect Newsletter'. A quarterly update for staff across all services. Providing information about our offer, useful links, future plans and helpful updates from us. If there's anything you would like to see in future newsletters, please get in touch.

Kernow Connect has supported young people aged 11-19 and 19-25 with SEND since April 2021. Those ten months seem to have flown by. The team have been working hard to set up the new services. They've built relationships with young people, professionals and communities to ensure services are meeting the needs of young people. It hasn't always been easy or straightforward.

I want to take this opportunity to thank you all for your support. Working in partnership makes a huge difference to the support young people receive. So, thank you.



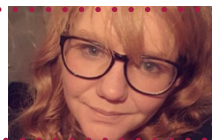
Meet the team



Kayleigh Stringer
Children's Services Manager



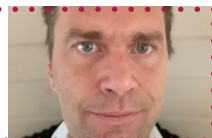
Kate MacArthur
Participation Co-ordinator



Donna Hobday
Targeted Co-ordinator



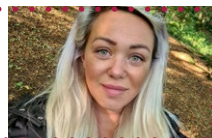
Rob Moule
Universal Co-ordinator



Alice Lee
Wellbeing Practitioner



Dee Elding
Wellbeing Practitioner



Lynsey Matthews
Wellbeing Practitioner



Lee Martin
Wellbeing Practitioner



Theresa Brooks
Wellbeing Practitioner



Nathan Grealy
Wellbeing Practitioner



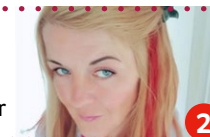
Alyn Curtis
Young Person's Practitioner



Dave Edmonds
Young Persons Practitioner



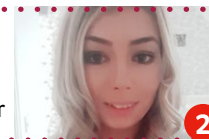
Bronagh Perry
Carrick Young Person's Practitioner



Jamie Wright
Young Person's Practitioner



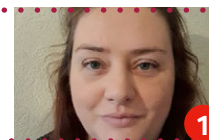
Karys Vanstone
Restormel Young Person's Practitioner



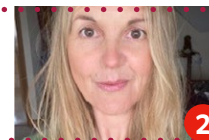
Amanda Stowe
Young Persons Worker



Adele Pellow
Young Persons Worker



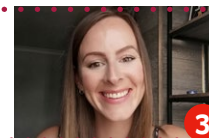
Claire Bellamy
Young Persons Worker



Taylor Allen
Young Persons Worker



Carla Bennett
Young Persons Worker



Jayne Mann
Young Persons Worker



Rosie George
Young Persons Worker

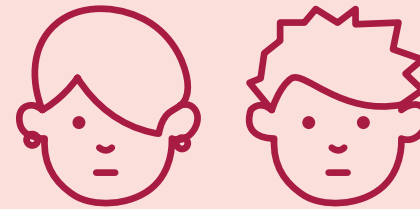
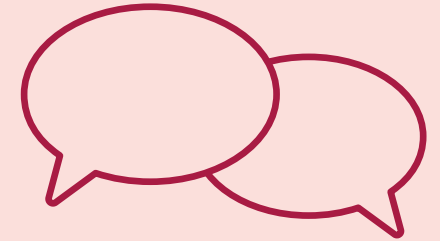




Year so far

2,185

The number of young people seen universally at schools, youth groups, outreach and activities

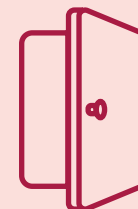


258

The number of young people who have accessed counselling from Dreadnought

194

The number of young people who have accessed cognitive behavioural therapy from a Wellbeing practitioner



86%

The percentage young people have reported in improved outcomes

Service Offer

Kernow Connect has been delivering services to Young People aged 11-19 and 19-25 with SEND across the County now for nine months.

The contract has been successful in meeting, and in some areas exceeding, the majority of its Key Performance Indicators.

This includes the Universal element, delivering Youth Groups and Activities and the Specialist element, providing Low Intensity Cognitive Behavioural Therapy (LICBT) and Counselling.

We recognise that there have been some periods of waiting for Young People to access services within the Targeted and Specialist elements of the contract due to the high volume of referrals. We have ensured regular discussions with Commissioning Managers and Heads of Service to ensure we are considering the most effective way to reduce these wait times.

As a result of the high number of referrals being received for the Specialist element of the contract, **since the 24th January we have put a pause on referrals for Low Intensity Cognitive Behavioural Therapy provided by our Wellbeing practitioners**, this is to ensure Young People do not receive a longer than necessary waiting period. We will update you as soon as we are in a position to receive further referrals.

We are introducing a new pathway for Young People to access support. This is with an aim to reduce inappropriate referrals, reduce administration time, increase capacity and reduce waiting times for Young People. This pathway will be developed over the coming six weeks.

Universal Offer

Youth Groups, Activities, Online Groups, Information, Advice and Guidance. Young People can be directed to our Website **Kernow Connect | Action for Children** and our social media pages where they can find information about what is on in their area. Young People can drop in or complete a booking link if required. Referrals for this aspect of the service will not be required.

Targeted Offer

1:1 Support, Targeted Group Work and Silver Cloud. We are seeing high volumes of Young People stating they did not wish for a referral to be made on their behalf and do not wish to engage in support. To ensure we are providing a needs led service for Young People and enabling them to have the responsibility for their own support we are making some changes. Young People will contact the service direct to request support through a number of 'Contact Us' options; phone, text, email or live chat. Young People will be asked a series of questions which will enable us to identify their needs and provide a service that best meets these needs. A Young Person can be supported by a family member or agency to contact us. Referrals for this aspect of the service will not be required.

Specialist Offer

Low Intensity Cognitive Behavioural Therapy and Counselling. A referral form is required for this service. Our new online referral form will enable us to gather accurate information to determine if our service is suitable for a Young Person being referred for either LICBT or Counselling. This will reduce a great deal of referral follow ups due to lack of information. Referral forms can be completed by agencies supporting a Young Person however they must fully consent to the referral being made.

The development of these changes is under way and a clear process will be shared with you all once established, via a video training session. For now please continue to refer as normal.

I would like to Thank You for your ongoing support in enabling us to develop a service that best meets the needs of Young People across the county, your feedback and support is paramount in this happening and is greatly received.

Service Offer

Providing a range of universal, targeted and specialist services to Young People aged 11-19 and those up to 25 with Special Educational Needs and Disabilities (SEND) in Cornwall.

Providing support that enables Young People to meet friends, have someone to talk to and be listened to, whilst having fun and feeling happy

Local Youth Groups and Activities



Information Advice & guidance plus online groups & support via our Website



Employability



1:1 Youth Work



Targeted Group Work




SilverCloud


Wellbeing Practitioners

Dreadnought Group Work



Dreadnought 1:1



Schools Based Blues Programme



What's on

Location key **West** **Mid** **East** **County Wide**

Monday

Connect Online
Youth Group
5-6.30pm

Tuesday

Penzance Connect Club
Penwith College,
St Clare St, Penzance,
Cornwall, TR18 2SA
5-7pm

Wednesday

Connect Online Youth Group
7-8pm
Callington Blues Programme

Camborne Connect Club
Camborne Community Centre,
9 South Terrace, TR14 8SU
6-8pm

Thursday

Torpoint Connect Club
Torpoint Family Hub, PL11 2NH 4.30-6.30pm

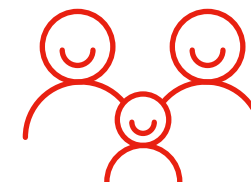
Torpoint Blues Programme

Penryn Connect Club
Temperance Hall (Teetotal Hall),
Lower Market Street, Penryn TR10 8BH 6-8pm

Roche Connect Club
Roche Methodist Church, Chapel Road,
Roche, PL26 8JE 7-9pm

Friday

Pool Academy Blues Programme

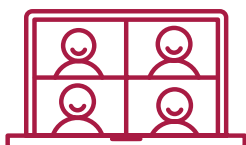


March

Monday

Connect Online
Youth Group
5-6.30pm

Connect Activity
– **Escape Rooms**
Penzance 18th April



Tuesday

Penzance Connect Club
Penwith College,
St Clare St, Penzance,
Cornwall, TR18 2SA
5-7pm

Connect Activity
– **Horse Riding**
Perranporth
12th April

Wednesday

Connect Online Youth Group
7-8pm

Camborne Connect Club
Camborne Community Centre, 9
South Terrace, TR14 8SU 6-8pm

Connect Activity – Flow Rider Challenge 13th April

Connect Activity – SUP and Kayaking Fowey 13th April

Connect Activity – Horse Owners Experience Helston 13th April

Connect Activity – Aqua Park and Pool Zorbs St Cumn 20th April

Connect Activity – Carting and Zip Wire Adrenaline Quarry 20th April

Thursday

Torpoint Connect Club
Torpoint Family Hub, PL11 2NH 4.30-6.30pm

Penryn Connect Club

Temperance Hall (Teetotal Hall),
Lower Market Street, Penryn TR10 8BH 6-8pm

Roche Connect Club
Roche Methodist Church, Chapel Road, Roche,
PL26 8JE 7-9pm

Connect Activity – Off Grid Almost Wild Camping
Bodmin 14th April

Connect Activity – Virtual Reality Escape Room
Truro 21st April

Connect Activity – Off Grid Almost Wild Camping
Bodmin 21st April

Connect Activity – Paintballing
Scorrier 21st April

Friday

Connect Activity – Locked in Escape Room
Camborne 15th April



April

iDEA programme, industry recognised awards and certificates for Young People

Inspire IT, in partnership with Dell, have a new and exciting e-learning offer – the digital equivalent of the Duke of Edinburgh Awards – which is now available for all young people to gain industry recognised qualifications, accessible from any device.

The Inspiring Digital Enterprise Award (iDEA) Thanks to Dell's continued funding we are now working in partnership with iDEA, an international and industry recognised award programme aiming to address the digital skills gap.

iDEA is the digital equivalent of the Duke of Edinburgh Awards. iDEA helps you develop digital, enterprise and employability skills for free. Our series of online challenges offers career-enhancing badges, the chance to unlock new opportunities and, ultimately, gain industry recognised Bronze, Silver and Gold Awards that help you stand out from the crowd.

iDEAs can be accessed by any young person aged 13+ and from any device with an internet connection. All you need is our unique Organisation code to access the Inspire IT/Dell iDEA Award programme.



CITIZEN badges help you to learn digital awareness, safety and ethics.

WORKER badges teach you tools and techniques which are useful in the workplace and employability skills.

MAKER badges are all about digital creativity and show you how to build and make in the digital world.

ENTREPRENEUR badges are how to help you learn to originate ideas and bring them to life.

GAMER badges help you to learn gamification techniques and teach you how to make games.

It's easy to sign up and doesn't take long simple direct Young People here [Sign up for free | iDEA](#) When they have signed up, they can click on 'Edit Profile' under their nickname and add our organisation code AFCKER-DELL-INSPIREIT (Must be typed in uppercase).

SilverCloud



SilverCloud is an online mental health and wellbeing support programme for young people and their families.

The programmes run in an e-learning style, which can be done at any time that suits the young person and their family.

Space from Anxiety

This programme can help you to manage anxiety, challenge anxious thoughts and feel better. It teaches you skills and strategies to tackle anxiety now and in the future.

You can learn to:

- Increase awareness of your moods and anxious thoughts
- Reduce avoidance, learn to face your anxieties
- Challenge anxious and distorted thoughts
- Develop coping skills

Space from Anxiety consists of seven modules, complete these in your own time and at your own pace over approximately eight weeks. Each module contains text, video and audio clips as well as interactive and engaging activities that will help you to gain control of your anxiety.

Supporting an Anxious Teen

This programme will guide you in supporting a teenager (aged 12-18) who is dealing with worry and anxiety. Help a teenager to learn skills that will enable them to identify their anxiety, and then gradually start to face anxiety-provoking situations.

- Understand how anxiety is affecting the teenager and how your response may be having an impact.
- Learn how to facilitate and maintain positive communication channels with the teenager.
- Help the teen to recognise the importance of facing their fears, rather than avoiding them.
- Learn strategies for building self-esteem and resilience.

Supporting An Anxious Teen consists of eight modules. Complete these in your own time and at your own pace over approximately eight weeks. Each module contains engaging content and interactive activities that will help you to teach your child how to gain control of their worry and anxiety.

For a Young Person to access SilverCloud a referral form is current required (this will be changing in the coming weeks). For Parents/Carers to access SilverCloud they can email Kernow.Connect@actionforchildren.org.uk for login details.

Youth Parliament



Youth Parliament in the UK is facilitated by the British Youth Council (BYC). The BYC co-ordinate meetings, sittings and the 'Make Your Mark' consultation.

Kernow Connect will be working with BYC to ensure the elected Members of Youth Parliament and Young people across Cornwall can access these services.

UK Youth Parliament's Make Your Mark gives a unique opportunity to reach out to young people who go on to be opinion formers and leaders of the future. Make Your Mark gives all young people aged 11-18 in the UK the chance to have a say on the biggest issues facing young people.

Elected Members of Youth Parliament (MYPS's) will work with Council members, MPs and Town Councils to promote and influence change for the campaigns launched from the Make Your Mark consultation and their own campaign promoted through their Manifestos.



February

Voting for potential elected members will happen throughout February. Cornwall will have an elected member of youth parliament and a deputy member for each area; Mid, East and West for a 2 year term. Take a look at this [link](#) here to view the candidates campaign videos.

April

During April we will host an event to announce the results of, Youth Parliament elections, Make your Mark and update on the Annual conversation pledges – the invites will go to Council Members, The Cornwall MPs, The Annual conversation Ambassadors, Candidates and 5 representatives from each school who have voted.



“It was very fun and I made lots of new friends too”



“I found the high ropes really scary, but felt a lot of achievement when I had managed to master them.”



“It was the highlight of my summer holidays, I can't wait for next summer now!”





Kernow Connect



@kernowconnectafc

*Action for
Children*



Safe and happy childhood



Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

Web <https://services.actionforchildren.org.uk/kernow-connect>

Phone 01872 321486