

ASAFEWELCOMING &CONFIDENTIAL ENVIRONMENTFOR YOUNGPEOPLE12-25YRS

SERVICESINCLUDE:
MEDICAL
LEARNING SUPPORT
COUNSELLING
HOUSING ADVICE
BENEFITS ADVICE
FAMILIES

PRACTICALSERVICES:
CAFÉ LAUNDRY SHOWERS
CLOTHING STORE
ACTIVITIES AND
ACCREDITED LEARNING
OPPORTUNITIES
INCLUDING BASIC SKILLS

"...I'm so relieved to talk to someone today, I imagined I'd have to wait... and my head feels like explode."

"Base 51 are very open and welcoming"

"On my first session, I felt at ease and felt like someone understood me..."

"...Talking to you made a lot of sense ...I'm getting my act together now."

BASE51 CENTRE FOR YOUNG PEOPLE



"Great help over the years... thanks to Base 51 staff for helping me sort out my life..."

"...Help with anything and everything..."



SERVICES AVAILABLE :
MON, WEDS & FRI 9AM-4:30PM
TUES 12NOON-4:30PM
THURSDAY 4-7PM
OFFICE OPEN: MON-FRI 9AM-5PM



BASE51ANNUALREVIEW07
 centre for young people12-25 www.base51.org.uk

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**CENTRE FOR
YOUNG PEOPLE**

"Good central location."

CONFIDENTIALITY: Base 51 is a confidential service that will not give out information to other agencies without your permission. However, if Base 51 thinks there is a risk of any harm to yourself or others then we may contact other relevant agencies to help.

MESSAGE FROM CHAIR AND CHIEF EXECUTIVE

Welcome to this year's Base 51 report – a new format which will also double as a poster with useful information for both young people and agencies. Please display as a poster (after reading about this year's activities!).

As with everyone working with Children and Young People, this year has been busier than ever! Base 51 is working in partnership with Crime Concern, Nacro and the Teenage Pregnancy Strategy Board in delivering the Quality Assurance Standards for Sexual Health Services and Relationship and Sex Education (non school settings). The Chief Executive has been appointed as a Voluntary and Community Sector representative on the Be Healthy Sub Group and Local Safeguarding Board and is actively involved in the Workforce Development in Children's Services. Involvement at this strategic level has informed how we develop services for young people using Base 51.

A development this year includes opportunities for young people to participate in accredited learning with Base 51 becoming a Global On Line Assessment (GOLA) testing centre. Young people continue to be involved in the recruitment of workers with positive feedback from both young people and candidates!

A positive outcome from the PCT review has meant the continuation of our Open Access Coordinators post – this and the continued funding of the Base 51 Counselling Service sustains the ethos of holistic support for young people.

Everyone is asking about our relocation – we are working with Nottingham City Council to identify city premises from which to continue and expand our services.

The Base 51 website is constantly being updated – all our news is here – please visit www.base51.org.uk and send any queries or comments to: info@base51.org.uk Carolyn Shield – Chair Janet Lewis – Chief Executive

OPEN ACCESS SERVICE

By supporting young people aged 12–25 years from the city and county of Nottingham we target the area's most vulnerable and disadvantaged. For a variety of reasons many of our clients do not use mainstream services. They may not know how to, may not trust what is offered, or may feel unwelcome or uncomfortable. Working holistically and offering services under one roof, the open access sessions act as the gateway, enabling the multi-disciplinary team to assess needs, provide timely support and build relationships with young people.

COUNSELLING SERVICE

The Base 51 Counselling service has continued to go from strength to strength this year, with the full time counsellor and 6 volunteer counsellors providing a 5 day a week service to 12–18 year olds. The service is managed to be as accessible as possible to young people offered through "drop-in" times or appointments. (Wherever possible waiting lists do not operate). Over the last year 85% of sessions offered have been attended. Referrals have come from: CAMHS, MALTS, School Nurses, Nottingham Education Service, Nottingham Justice Service and GP's.

current issues are:

- Binge drinking and difficulties arising from alcohol misuse
- Relationship difficulties (including parental separation) within the family unit resulting in homelessness for the young person
- Bullying within schools
- Difficulties arising from interaction with IT – particularly MSN and Internet Chat rooms. This is an increasing trend where young people are interacting and socialising in an unregulated and isolated way which results in issues such as bullying, and lack of social and personal interactive skills.

case study

Michael started using this service through the counselling drop-in sessions – involved in crime, drug use and dealing he had "fallen through the net" of provision and would not engage in other services. Despite this he has continued to attend counselling for over 9 months and feels his confidence has grown and that he has a better relationship with himself. As a result of this he feels he has now the springboard to move on to other, more positive outcomes.



1452 consultations with the medical service

MEDICAL SERVICE

The Base 51 Medical service continues to see an increase in the number of young people accessing medical care at Base 51.

IN 2006-07	
Total individuals seen	269
Total number of consultations	1,452
Consultations to females	1,109
Consultations to males	343

Base 51 medical service offers a full range of general medical care and health promotion. One of the main focuses of the medical service is the national teenage pregnancy targets, contraception and sexual health and the local prevention of second pregnancies with teenage parents.

As part of the urine chlamydia-screening project, Base 51 has screened 110 young people. Results show that the positive rate has reduced to 8.4% (this is below the national average).

The Base 51 Medical service embraced the message of the "Everyman Cancer campaign" and organised a friendly 5-a-side football match against Nottingham University Student Union members. This was followed by a hot meal and an interactive talk on "Testicular Cancer and the importance of examination."

Base 51's Medical service delivered outreach contraception and sexual health workshops. Primarily in alternative education environments including the Prince's Trust and Entry to Employment.



9323 visits
[1028 first visits]
[4249 female visits]
[5074 male visits]
a visit is a young person using base 51 during each open access session

VOLUNTEERING AT BASE 51

"I approached Base 51 to volunteer because I knew I wanted to work with young people but was unsure about which particular field / role I wanted to work in. As Base 51 provides various services this gave me an opportunity to explore a range of different provisions and gain experience in working with young people. I started in November 2006 after being out of a working environment for some time, I was very nervous about getting back into the swing of things but staff at Base 51 gave me lots of support within my role as a volunteer open access support worker.

I settled in quicker than I expected and although I have come across some challenging situations, the staff support has been great. My role can include, facilitating phone calls / laundry / showers / health and safety checks / assisting young people with filling in forms / providing basic support / building relationships of trust / and offering encouragement in any way for young people within an anti-discriminatory approach.

Whilst volunteering at Base 51 I have had the opportunity to access training on homelessness and sexual health including C-Card.

Base 51 continues to guide and support me in my progression towards a fulltime career in working with young people. As a single parent on benefits the thought of university would not have been possible. Whilst volunteering I have gained experience and knowledge which has been the perfect starting point for me. I am really pleased to say this work continues to be very rewarding." Lisa - Open Access Volunteer

CARE LEAVERS SUPPORT PROJECT

On average 4 young people have run the weekly editorial meetings at Base 51 in the Learning Support Suite to produce the monthly Carefree magazine in conjunction with Nottingham City Social Services Leaving Care Team. These are distributed to over 150 young people in the city.

recent articles have included:

Knives – the shocking facts, Black History Month, Work Issues, Personal testimonies including one on commitment by a Young Care Leaver in prison, and regular features such as agony aunt, recipes and puzzles. Young people can be accredited for their contribution to the project.

FAMILY SUPPORT SERVICE

The Families Support Service supports young people and parents who access Base 51. The focus of this role is to support young parents / carers and their families around their individual needs and circumstances including providing advice and information regarding a range of issues.

Young people, both male and female, lone parents or couples, or potential parents, under the age of 26 can access support. This includes those who are absent parents, those who have children in care or foster placements, those who are pregnant or who have recently miscarried.

The Families Support Worker builds and maintains relationships with young parents and their children through the provision of informal and formal individual support, working flexibly to suit the needs of individuals. Young people can access the service through daily open access sessions, via self or agency referrals.

case study

Sandy has used the Families Support Service on a regular basis and received intensive support with issues relating to her pregnancy. In addition, Sandy has received information, advice and support with her health, level of self-esteem, handling relationships and applying for benefits.

Sandy has decided to continue living at home with her family and relationships have improved. She recently stated:

"I am getting on with my mum now as we had a big talk about everything we discussed and she is spending more time with me now"

The Families Support Worker has attended health appointments with Sandy, supporting her with her phobia. She has made improvements in the ability to attend appointments independently, feeling more confident and comfortable doing so.

Sandy's confidence and self-esteem has also increased with attending Streetwise Opera sessions and participating in performances. In addition, Sandy has also been accessing Basic Skills sessions at the centre.

Sandy will continue to be supported throughout her pregnancy and in preparation of the arrival of her baby.

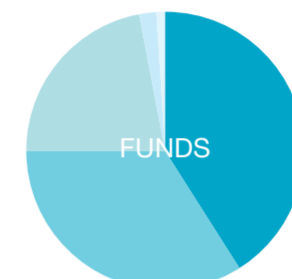
HOUSING SUPPORT SERVICE

The Base 51 Housing service provides advice to young people aged 16 – 25 years who are experiencing homelessness or who are at risk of homelessness. The service aims to provide information, signposting and support, to enable young people to, make informed choices regarding their housing needs, whilst focusing on preventing homelessness. The service is provided through open access sessions, via self or agency referrals and through outreach sessions held at appropriate agencies / organisations.

case study

Tracey aged 18 came to the Base 51 housing support service after being referred from Base 51 counselling services, she was living with her father and two younger siblings where there was constant conflict. After working through a range of family issues Base 51 organised mediation with her father in the initial stages, however when this wasn't successful an application to supported accommodation was made. The housing worker supported Tracy with her benefits and housing. Income support benefits were successfully applied for. Tracey now lives in supported accommodation, and has aspirations to go to college and in the future move on to her own independent accommodation.

FUNDING



Funders

Nottingham City Primary Care Trust
Nottingham City Council
Comic Relief
Connexions
Nottinghamshire
Foreman Hardy Trust
Stoneyholme Trust
ENABLE
Neighbourhood Renewal Fund
Brownejacobson
St Leonards Church

Donors

Sherwood Sunrises Rotary Club
Rueters
Howitts Ltd
Rachel Taylor
Active Communities
- collect for Christmas Boots
White Space
Mrs C M Charles
Jackie Wright
Physiotherapy
William Brake Trust

BASE 51 ANNUAL REVIEW 07

centre for young people 12-25

1500 counselling sessions

253 open access sessions

ROUGH SLEEPERS SUPPORT SERVICE

The full time worker supports 16 – 25 year olds who are/or at risk of rough sleeping. Many young people start sleeping rough when relationships break down, there are issues with benefits, health or domestic violence – also when released from prison. Their individual situations may prevent them being housed easily such as behaviour, drug use or their previous housing history. The service at Base 51 provides 1:1 support around the needs of the young person, referring to other internal services and external agencies as appropriate as well as providing practical support with meals, laundry, showers and clothing.

case study

Robert lost his job and because he didn't know how to claim Housing benefit, he was evicted from his private rented accommodation. After staying with friends, he then started sleeping rough when they could no longer put him up. It was then he started coming to Base 51.

On going support was given to Robert around his practical needs, while being referred to hostels – however while he was sleeping rough he was assaulted and suffered a head injury. After being discharged from A&E he still could not be housed, but due to his poor health and the cold weather he was accommodated in bed and breakfast by the Street Outreach Team.

Through the rough sleeper's worker, Robert found a private rented property and was supported in securing this. Base 51 helped him to move in providing crockery and bedding – Robert now feels ready to move on and is looking for employment.

LEARNING SUPPORT SCHEME

Base 51 supports young people through its Learning Support Scheme, offering group and individual education packages tailored around the needs of the individual with accredited outcomes through Open College Network and Duke of Edinburgh Award Scheme. Alternatively, we offer the opportunity for young people to simply talk in confidence and explore their feelings.

Base 51 aims to provide a safe environment where young people can express themselves and rediscover their motivation for learning.

Currently we are working with young people around anger management, sexual health, job searching, CV Building and making college applications. Young people can access learning through a medium they are interested in and enjoy. This ranges from creative writing, making their own video diary, role play or art work.

In addition, the Learning Support Scheme also offers a dual accredited Wood Work Group which continues to be very popular and over subscribed.

6 open college network (OCN) accreditations

25 housing workshops delivered to external agencies



RUNAWAYS AND HOMELESSNESS PREVENTION

Base 51 supports young people who may be running away and at risk of homelessness with a strong focus on prevention. Young people (12-18 years) are supported through individual 1:1 support packages; informal support through the open access sessions; ongoing liaison with other internal and / or external services to develop wider support packages, or referred on to other appropriate services.

Young people under 16 years of age who present with issues of running away, being missing, or at risk of being missing from home, care and / or school are given an initial assessment and provided with realistic advice and information regarding their options. Young people are encouraged to make and / or maintain contact with family members / carers and with other relevant agencies and organisations.

Issues can include; bullying, self-harm / suicidal thoughts, difficult relationships at home / school. School exclusions / truanting and sexual exploitation.

A total of 35 young people have been supported by the worker during 06–07.

Base 51 have continued to be involved with the development of services relating to runaways on a national level. The project has been invited to join the UK Coalition for Runaway Children, aiming to share best practice and lobby government for improved services. In addition, the project participated in a regional Stakeholder Consultation Event held by The Children's Society, exploring issues relating to runaways across all sectors.



5 duke of edinburgh skills section bronze awards