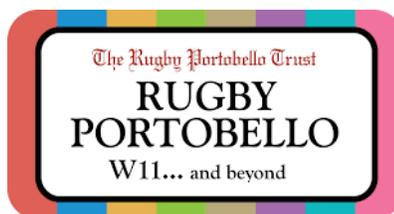


# Meeting Children and Young People's Needs

Final Report

October 2018



**justice**  
studio.

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# 1. Executive summary

## The Study

Rugby Portobello Trust (RPT) are committed to enriching the lives, and expanding the horizons, of local children and young people. Based in the Royal Borough of Kensington & Chelsea (RBKC), W11, they provide children and youth services, as well as parenting and community support. The tragic fire at Grenfell tower in June 2017 created additional needs in the local community which RPT responded to. A year on, RPT sought to understand what the current needs of the community are, establish the best use of their resources in order to avoid duplication of effort, and ensure that they are best fulfilling the needs of their core target group: children and young people.

To understand these needs and the extent to which they are being met, Justice Studio undertook a literature review of children and young people's needs across the UK and more specifically in London; a mapping of services for children, young people and the wider community in W10 and W11; creative workshops with children and young people at RPT; interviews with RPT staff members; and conducted a survey with RPT service users.

## The needs of children and young people

Children and young people in London experience multiple needs and risks. One in ten young people in England has a mental health problem, and mental health is 'one of the most widespread and deep-seated challenges' for the RBKC community following the Grenfell fire. Physical health is also becoming a major concern in young people across England, and 19% of Year 6 children in RBKC were obese in 2015/16. Young people in London are concerned about substance misuse in their communities, and reports in RBKC have suggested that some local young people are misusing drugs as a response to the trauma of the Grenfell fire. Young Londoners are also concerned for their personal safety, and RPT staff are particularly concerned about children and young people's vulnerability to gangs and crime. Finally, young people face uncertain futures, with youth unemployment at 12% in the UK.

## Rugby Portobello Trust's services

RPT provides a wide range of services for children, young people, parents and the broader local community. These services cover a variety of needs, from play services for young children, to a 'girls only' youth club, and parenting support group for mothers of young children. These services are generally well received, with several children in a creative workshop telling Justice Studio they like 'everything' about RPT.

## Programmes and services

Between 2011 and 2017, more than 30 youth centres were closed in London, and the average London council cut its youth service budget by 36%. However, RBKC remains a well-served borough, with 55 organisations providing services to children and young people in W10 and W11. Almost half of these organisations provide sporting or physical activities, with the same number providing opportunities to young people – whether educational support, skills development, employment assistance or accreditation programs.

Within these postcodes there are 15 organisations providing mental health services, seven of which were established in response to the Grenfell tragedy, however young people do not necessarily access them. Only one service specialises in supporting young people with substance misuse problems, and there is also only one organisation specialising in outreach to reduce crime and risky behaviour in young people. Of the services mapped, *Better Life Leisure Centre* and *Westway Trust* were most frequently referenced by children and young people as the services they used in creative workshops.

### Gap and opportunity analysis

RBKC is a well serviced borough, with the mapping matrix showing a wide range of organisations providing broad programmes and activities for children and young people, available to both the community at large, and specifically to minority and in-need groups. However, there are areas in which the literature review, as well as the outcomes from creative workshops, interviews and survey, show gaps between the needs of children and young people and the services provided.

### Conclusion

RPT's users are generally very positive about the services and environment provided. Service users described RPT as *'like home'*, and said, *'I love everything Rugby Portobello does...I'm blessed to have them.'* Others were particularly complimentary about the staff at RPT, with one saying *'the workers are amazingly helpful and want the best for me'*. This positivity suggests that RPT is doing a good job of meeting the needs of their service users and it is recommended that a continued focus and investment in the organisation's culture and care of the staff is made.

### Recommendations

RPT must ensure that its services continue to meet the evolving needs of its beneficiaries, and consider the changing political, social and technological landscapes influencing these needs. The recommendations below seek to assist RPT in ensuring its continued relevance to the needs of its children and young people, as well as providing holistic services to parents and the local community to strengthen children and young people's support structures and resilience.

#### Youth empowerment

Recommendation 1: Highlight the range of services available to young people through Youth Club, including employment related services, to ensure that young people are aware of, and able to take full advantage of, the broad support RPT provides.

Recommendation 2: Continue running projects such as (Amp)lify that help local young people better understand career options in engaging fields and explore running daytime activities specifically for young people not in education, training or employment, or young people identified as at-risk of gang involvement or criminality.

### Tackling specific vulnerabilities

Recommendation 3: Introduce a quiet or meditation space in RPT, including a space for 1-2-1s with staff members, iPads with access to apps such as Headspace or other guided meditation services, and information on available mental health support.

Recommendation 4: Continue with mobile outreach services and explore options to expand the services to gang involved and affected young people to help them access services that can support diversion. This could include liaising with the Youth Offending team and police to identify targeted outreach areas.

### Gender mainstreaming

Recommendation 5: Increase the number of girls only physical activities to encourage girls and young women to be active and participate in group activities in a healthy environment and explore becoming a Wildcat Centre for girls' football to provide a formal sporting league. Consider creating and publishing a rotating timetable of different physical activities and sports each term so that the girls can easily see which activity/sport is occurring.

Recommendation 6: Continue exploring a 'boys only' session during Youth Club to allow for a private space for young men to discuss issues that are relevant to them, and which may be difficult to talk about around girls and young women including:

- The transition from boyhood to manhood;
- Respectful relationships;
- Respect for women;
- Sexual health;
- Criminality and gang culture;
- Mental health;
- Alternatives to mainstream education.

Recommendation 7: Building on best practice, continue to hold and encourage mixed boys and girls conversations in Youth Club about healthy relationships, sexual health and wellbeing, and consent and boundaries in a safe and equal environment, and undertake ongoing evaluation of the content and outcome of these conversations to monitor relevance and effectiveness and to identify particular needs that may arise through these conversations.

### Increasing parental support

Recommendation 8: Introduce a programme for parents and carers on safeguarding their children from risky behaviour.

Recommendation 9: Consider creating daytime classes for parents and carers around healthy eating and food economy, separate from cooking sessions held with children and young people.

Recommendation 10: Increase parental participation and support, particularly for dads and male role models. This could include a dads' group that encourages male participation in their children's development and safety.

### Partnerships and directories

Recommendation 11: Continue working on a directory of substance misuse support services in the area that young people and other service users can be referred to. Explore setting this up as a youth-led project, including encouraging young people to take responsibility for periodically updating and refreshing the directory.

Recommendation 12: Continue exploring partnerships with other organisations providing 'girls only' services that may be of interest to RPT's users (e.g. All Stars Boxing female only boxing) to allow RPT's female users to access services at other facilities instead of introducing duplicated programmes.

Recommendation 13: Continue exploring partnerships with other organisations providing similar sporting services (e.g. Westway Trust's sports and fitness centre) to reduce duplication and increase the variety of services.

Recommendation 14: Enhance and expand partnerships with local schools to include identifying and making connections with children and young people who may be at risk because of their family situation, at risk of grooming, vulnerable to criminality, poor mental health or social isolation. Ensure that these partnerships take into account how age impacts vulnerability.

# 2. The study

## 2.1. Introduction

Rugby Portobello Trust (RPT) are committed to enriching the lives, and expanding the horizons, of local children young people. Based in the Royal Borough of Kensington & Chelsea (RBKC), W11, they provide children and youth services, parenting and community support.

The tragic fire at Grenfell tower in June 2017 created additional needs in the local community which RPT responded to. As such, the tragedy has led to an expansion of RPT services. It has also led to a proliferation of services from other organisations in the nearby area. A year on, RPT sought to understand what the current needs of the community are, establish the best use of their resources in order to avoid duplication of effort, and ensure that they are best fulfilling the needs of their core target group: children and young people.

In order to direct their efforts at children and young people, RPT commissioned Justice Studio to help them to understand:

- The needs of children and young people nationally and in the local community;
- The number and content of services in the surrounding area, as well as who these services are aimed at and if there are any gaps and duplications with their work;
- What services RPT should be undertaking in order to ensure a focus on enriching the lives and expanding the horizons of children and young people.

This report sets out the findings of the study.

## 2.2. Methodology

For this study the following methodology was used:

- a literature review of children and young people's needs across the UK;
- a mapping of services for children, young people and the wider community in W10 and W11;
- creative workshops with children and young people at RPT;
- interviews with RPT staff members; and
- a survey with RPT service users.

### 2.2.1. Literature Review

Justice Studio conducted a desk review of the existing research and evidence of the needs of children and young people nationally and in London.

The literature consulted is set out in the bibliography at the end of this report.

### 2.2.2. Mapping of services

In parallel to the literature review, a mapping of the provision of services for children, young people, and the wider community within the postcodes of W10 and W11 was carried out. The existing UK charities, not-for-profits, and social enterprises in the area offering relevant services were set out in Excel and mapped against RPT's services and beneficiary groups. The results of the mapping are set out in Appendix 1.

### 2.2.3. Creative workshops

In order to establish the needs of the children and young people, as well as to uncover their ideas of future services, Justice Studio delivered a series of creative workshops with children and young people at RPT. Two creative workshops were carried out:

- One creative workshop with boys and girls aged five to 12 years old (Junior Club attendees) held on 11<sup>th</sup> July 2018;
- One creative workshop with girls aged ten to 12 years old (Project Athena attendees) held on 12<sup>th</sup> July 2018.

The sessions began with a warm-up to get acquainted and create a relaxed environment. In order to establish the services that the young people used in their community, the participants were given A1 pieces of paper and pens or paint and asked to draw a map of their community, including local services that they use. This activity was completed in small groups of three or four.

In order to establish what services and activities the young people liked and disliked in RPT, we used an activity broadly titled 'the good and the bad'. The participants were asked to write down on flashcards what they liked and disliked about RPT. Participants were then asked to submit their flashcards, using different games for the different age groups, for example, in the girls' session participants threw their cards into a toy basketball hoop that attached to their heads.

Following a break, the last activity was intended to capture the participants' dream RPT. Pieces of paper and pens were provided, and the participants were able to free draw what facilities, activities or services they would like to see at their dream version of RPT independently.

### 2.2.4. Survey

In order to ensure the views of children, young people, staff and volunteers who could not attend the workshops were captured, a wall survey in the form of pictographs was installed in the common area at RPT. The following images and questions were depicted:



Picture 1: The wall survey in RPT's common area

Each picture had a submission box underneath it with flashcards and a pen so everyone accessing the centre could contribute their views.

#### 2.2.5. Interviews with staff

We conducted short interviews with three staff members to gain an understanding of their views on RPT's services, the needs of local children and young people, and RPT's future direction. Two of these interviews were conducted by phone, and one interview was completed independently by the participant electronically.

#### 2.2.6. Analysis and reporting

We triangulated all of the information from the research, the mapping, creative workshops, survey and the interviews to formulate recommendations as to how RPT can best meet the needs of children young people with the services they provide. The recommendations are set out in Chapter 6 and 7.

# 3. The needs of children and young people

## 3.1. Health and wellbeing: mental health

### 3.1.1. Children and young people's mental health policy

Concern for mental health has risen in prominence over the last five years with several major mental health policy documents produced. In 2014, the NHS published the *Five Year Forward View*, a policy document on the role of the NHS. It proposed a greater emphasis on integrating services, including removing the division between traditionally separated services such as physical and mental health.<sup>1</sup>

Following this, in 2015, the policy *Future in Mind* set out the Department of Health and NHS England's approach to improving children and young people's mental health and wellbeing. The report contained 49 recommendations, and set out the government's ten primary goals for improving children and young people's mental health and wellbeing by 2020, namely:

1. Improve public awareness and understanding to reduce stigma and discrimination;
2. Provide timely access for children and young people to mental health support;
3. Move the system away from a tiered model towards a model built around the needs of children, young people and their families;
4. Increase use of evidence-based treatments;
5. Increase visibility and access to mental health support for children and young people;
6. Improve care for children and young people in crisis so they are treated in the right place at the right time and as close to home as possible;
7. Improve access for parents and strengthen attachment between parent and child;
8. Increase ease of access to mental health support for the most vulnerable children and young people;
9. Improve transparency and accountability across the whole system;
10. Ensure professionals who work with children and young people are trained in child development and mental health, and understand what can be done to provide help and support.<sup>2</sup>

In 2016, the independent Mental Health Taskforce produced the *Five Year Forward View for Mental Health*. This report emphasised children and young people, reporting that one in ten children aged five to 16 years old have a diagnosable mental health

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<sup>1</sup> NHS (2014) *Five Year Forward View*. NHS.

<sup>2</sup> Lea, W. (2015) *Future in Mind: promoting, protecting and improving our children and young people's mental health and wellbeing*. Department of Health and NHS England.

problem, and identifying children and young people as a priority group for improved mental health services. The report called for the *Future in Mind* recommendations to be implemented in full.<sup>3</sup>

In late 2017 the government published a green paper *Transforming Children and Young People's Mental Health Provision*. The green paper was intended to build on *Future in Mind*, which the government states it remains committed to delivering, and sets out the following proposed next steps:

1. Encouraging all schools and colleges to appoint a designated senior leader for mental health and a link between the school and local mental health services;
2. Funding Mental Health Support Teams to be managed jointly by schools, colleges and the NHS to support children and young people with mild to moderate needs;
3. Trialling a four-week waiting time for access to specialist NHS child and young people's mental health services.<sup>4</sup>

### 3.1.2. Children and young people's mental health needs

As reflected in government policy, mental health is a serious issue for an increasing number of children and young people in England. One in ten young people have a mental health problem.<sup>5</sup> The number of young people reporting severe mental health issues is increasing, with 5.4% of 16 to 24 year olds reporting suicidal thoughts in 2014, compared to 3.8% in 2000.<sup>6</sup>

Reviews of services have also demonstrated that, despite on-going policy focus on mental health, access to mental health services continues to be an issue for children and young people in Greater London. In 2015, only 10% of young people referred to child and adolescent mental health services received immediate care, with 56% placed on waiting lists.<sup>7</sup> A further 23% of children referred to child and adolescent mental health services were turned away.<sup>8</sup>

The number of children and young people seeking mental health care has been steadily increasing. Between 2010 and 2015 the number of young people attending Accident and Emergency (A&E) for a psychiatric condition more than doubled, and between 2013 and 2015 referrals of young people to mental health specialists increased by 64%.<sup>9</sup>

Studies into the needs of young people in several London boroughs have also revealed the struggle of many young people with mental health problems. A review into the needs of young people in Harrow found that 20% of young people surveyed

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<sup>3</sup> Mental Health Taskforce (2016) The Five Year Forward View for Mental Health. Mental Health Taskforce.

<sup>4</sup> Department of Health and Department for Education (2017) Transforming Children and Young People's Mental Health Provision: a Green Paper. Her Majesty's Government.

<sup>5</sup> Frith, E. (2016) CentreForum Commission on Children and Young People's Mental Health: State of the Nation. CentreForum.

<sup>6</sup> Mental Health Foundation (2017) While Your Back Was Turned: how mental health policymakers stopped paying attention to the specific needs of women and girls. Mental Health Foundation.

<sup>7</sup> Blazey, Y., Barrett, S., Sands, C., and Colthorpe, T. (2017) Young People's Capital of the World? Understanding and responding to young Londoner's changing needs. London Youth.

<sup>8</sup> Frith, E. (2016) CentreForum Commission on Children and Young People's Mental Health: State of the Nation. CentreForum.

<sup>9</sup> Frith, E. (2016) CentreForum Commission on Children and Young People's Mental Health: State of the Nation. CentreForum.

reported that they either needed mental health support, or knew someone who did.<sup>10</sup> Similarly, youth work practitioners in Westminster reported in 2018 that the number of young people in the borough with mental health needs has been increasing, ascribing this to factors such as increased exam stress, online bullying and social media.<sup>11</sup>

Several factors may make a young person more likely to develop a mental health condition. Studies have shown that young women have the highest rates of suicide attempts of any group,<sup>12</sup> and in Westminster, young women are three times more likely to have mental health needs than young men.<sup>13</sup> Poverty and socio-economic disadvantage can also be a contributing factor to poor mental health, and with the burden of austerity measures falling disproportionately on women, young women and girls from disadvantaged families may be particularly at risk.<sup>14</sup>

Trauma can also impact mental health. Young people's mental health needs may be more acute in RBKC given the on-going impact of the Grenfell tower fire. Muslim Aid's one-year review of the response to Grenfell reported that mental health is 'one of the most widespread and deep-seated challenges' for the community following the fire.<sup>15</sup> The Kensington and Chelsea Foundation's Grenfell Tower Fund Listening Project also found that some young people affected by the Grenfell fire are not accessing counselling or speaking with their parents. This project has raised concerns that some of these young people are at risk of 'falling over the edge.'<sup>16</sup>

Mental health problems are both an immediate and long-term struggle for many children and young people, with research showing that young people with an emotional disorder are more likely to fall behind in school, develop habits such as smoking, drinking alcohol and using drugs, and experience unemployment.<sup>17</sup> Therefore addressing youth mental health can have long ranging impacts on both an individual and at community level.

## 3.2. Health and wellbeing: substance misuse

### 3.2.1. Drug and alcohol misuse services

In 2015-16, 18% of 16 to 24 year olds reported using drugs. The government's 2017 Drug Strategy included preventing drug use as a primary goal and putting young people at the forefront of this aim. Though the strategy is primarily concerned with

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<sup>10</sup> Young Harrow Foundation and Harrow Council London (2018) This is Harrow: understanding the needs of young people in Harrow. Young Harrow Foundation.

<sup>11</sup> Young Westminster Foundation (2018) A City Within a City: understanding the needs of young people in Westminster. Young Westminster Foundation.

<sup>12</sup> Mental Health Foundation (2017) While Your Back Was Turned: how mental health policymakers stopped paying attention to the specific needs of women and girls. Mental Health Foundation.

<sup>13</sup> Young Westminster Foundation (2018) A City Within a City: understanding the needs of young people in Westminster. Young Westminster Foundation.

<sup>14</sup> Mental Health Foundation (2017) While Your Back Was Turned: how mental health policymakers stopped paying attention to the specific needs of women and girls. Mental Health Foundation.

<sup>15</sup> Muslim Aid (2018) Grenfell, One Year On: a review of the voluntary sector response. Muslim Aid.

<sup>16</sup> The Kensington & Chelsea Foundation (2018) The Kensington & Chelsea Foundation Grenfell Tower Fund Listening Project update and next steps 08.05.2018 [unpublished]. The Kensington & Chelsea Foundation.

<sup>17</sup> Frith, E. (2016) CentreForum Commission on Children and Young People's Mental Health: State of the Nation. CentreForum.

drug use, many areas also apply to alcohol, as it recognises that drug and alcohol misuse have significant cross-over, including prevention strategies, treatment plans and social impact through anti-social and criminal behaviour. The strategy has four key themes:

1. Reducing demand;
2. Restricting supply;
3. Building recovery;
4. Global action.

Of these, the first theme is particularly aimed at young people. The government aims to build resilience and confidence among young people to protect them against developing drug and alcohol dependencies. Schools have a significant role to play in reducing demand, and the strategy includes investing in evidence-based programmes as part of Personal, Social and Health Education to teach children and young people confidence, resilience and risk-management skills.

The strategy also specifically identifies vulnerable young people as a high priority group. Young people with drug and alcohol dependencies require a specialist response that focuses on preventing increasingly problematic use and takes into account the other risk factors that are often present with young people who access treatment services. For these reasons the strategy emphasises the role of multi-agency responses for vulnerable young people.<sup>18</sup>

### 3.2.2. Children and young people's substance use and dependency

There are many reasons young people use substances, including for fun, to self-medicate, or out of curiosity or a desire to rebel.<sup>19</sup>

National surveys conducted by the NHS with the Office for National Statistics suggest that across England, drug and alcohol consumption may be increasing, though the number of young people smoking is steadily declining. A 2016 survey of over 12,000 11 to 15 year old students in England on smoking, drinking and drug use found that rates of smoking have steadily decreased since 1996. Only 3% of pupils reported being regular smokers, though 19% have tried smoking at least once. There has also been a general decline in positive attitudes to smoking since 2003, with only 9% of students thinking it was okay to smoke once a week.<sup>20</sup>

Unlike smoking, the NHS's national survey on smoking, drinking and drug use among young people found higher numbers of pupils drinking alcohol and taking drugs. Of the pupils surveyed, 24% of 11 to 15 year old pupils reported that they had ever taken drugs. When asked about alcohol, 44% of pupils reported they had ever drunk an alcoholic drink.

Factors associated with drinking alcohol and taking drugs were similar. Though 44% of pupils reported ever having had an alcoholic drink, only 10% said they had drunk in the last week. The factors associated with drinking alcohol in the last week were:

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<sup>18</sup> Home Office (2017) 2017 Drug Strategy. Her Majesty's Government.

<sup>19</sup> Drug Wise (2017) Why Do Young People Take Drugs? <http://www.drugwise.org.uk/why-do-young-people-take-drugs/>.

<sup>20</sup> NHS Digital and the Office for National Statistics (2017) Smoking, Drinking and Drug Use Among Young People. Health and Social Care Information Centre.

- Family do not discourage drinking
- White or mixed ethnicity
- Truancy
- Smoking
- Taking drugs
- Older pupils
- Drinkers at home

These factors are very similar to the factors associated with having taken drugs in the last year, of which 18% of pupils reported that they had. These factors were:

- Family do not discourage drug taking
- Black or Asian ethnicity
- Truancy or exclusion from school
- Drinking alcohol
- Older pupils
- Smoking

The survey suggests that attitudes to drinking and drug use have become less tolerant among young people. In 2016, 50% of pupils thought it was okay to try alcohol to see what it is like, compared to 67% in 2003. Far smaller numbers were tolerant of drug use, with only 11% of pupils thinking it was okay for someone their age to try cannabis to see what it was like. These figures were even smaller for sniffing glue and cocaine, with only 8% and 3% respectively thinking trying those drugs was okay.<sup>21</sup>

Despite these trends, young people in London appear to continue to be concerned about drug and alcohol use in their communities. Over two thirds of young people surveyed in Westminster thought drugs and alcohol were a problem in their community.<sup>22</sup> Young people in Harrow also reported drugs and alcohol as a struggle, with almost 14% of young people surveyed by the Young Harrow Foundation saying that either they, or someone they knew, needed help with alcohol, and almost 9% saying they, or someone they knew, needed help with substance misuse.<sup>23</sup>

Drug and alcohol misuse may also be a particular issue in RBKC, with Muslim Aid identifying increased drug abuse as a manifestation of poor mental health following the Grenfell tower fire.<sup>24</sup> This has also been raised in the Kensington and Chelsea Foundation's Grenfell Tower Fire Listening Project.<sup>25</sup> It is consistent with reports regarding the interaction between mental health and substance use, with 'to forget my problems' being the third most commonly reported reason for taking drugs in pupils aged 11 to 15 surveyed by the NHS,<sup>26</sup> and stress being the second most common reason for taking drugs and drinking alcohol provided by young people in Westminster.<sup>27</sup> These reports show that substance misuse is not a stand alone issue, and should be considered within the broader context of youth health and wellbeing.

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<sup>21</sup> NHS Digital and the Office for National Statistics (2017) Smoking, Drinking and Drug Use Among Young People. Health and Social Care Information Centre.

<sup>22</sup> Young Westminster Foundation (2018) A City Within a City: understanding the needs of young people in Westminster. Young Westminster Foundation.

<sup>23</sup> Young Harrow Foundation and Harrow Council London (2018) This is Harrow: understanding the needs of young people in Harrow. Young Harrow Foundation.

<sup>24</sup> Muslim Aid (2018) Grenfell, One Year On: a review of the voluntary sector response. Muslim Aid.

<sup>25</sup> The Kensington & Chelsea Foundation (2018) The Kensington & Chelsea Foundation Grenfell Tower Fund Listening Project update and next steps 08.05.2018 [unpublished]. The Kensington & Chelsea Foundation.

<sup>26</sup> NHS Digital and the Office for National Statistics (2017) Smoking, Drinking and Drug Use Among Young People. Health and Social Care Information Centre.

<sup>27</sup> Young Westminster Foundation (2018) A City Within a City: understanding the needs of young people in Westminster. Young Westminster Foundation.

## 3.3. Health and wellbeing: physical health

### 3.3.1. National Obesity services

A *Plan for Action on Childhood Obesity* was released in August 2016 to significantly reduce childhood obesity levels in England by 2026. The plan identifies children and young people from low-income backgrounds as being at the greatest risk of becoming obese, with five year old children from the poorest income groups twice as likely to be obese as five year old children from the highest income group.

The plan contains 14 actions for reducing childhood obesity:

1. Introducing a soft drinks industry levy;
2. Taking out 20% of sugar in products;
3. Supporting innovation to help businesses to make their products healthier;
4. Developing a new framework by updating the nutrient profile model;
5. Making healthy options available in the public sector;
6. Continuing to provide support with the cost of healthy food for those who need it most;
7. Helping all children to enjoy an hour of physical activity every day;
8. Improving the co-ordination of quality sport and psychical activity programmes for schools;
9. Creating a new health rating scheme for primary schools;
10. Making school food healthier;
11. Clearer food labelling;
12. Supporting early years settings;
13. Harnessing the best new technology;
14. Enabling health professionals to support families.<sup>28</sup>

### 3.3.2. Obesity in children and young people

Childhood obesity has become a major policy concern in England, with nearly a third of children aged two to 15 years old classified as overweight or obese.<sup>29</sup> London has a higher percentage of obese children than the national average, with 23% of Year 6 children in London classified as obese in 2015/16, compared to 20% nationally. Both of these figures increased slightly, about 1%, since 2010/11.<sup>30</sup>

Research in Harrow found that though 74% of 11 year olds are getting at least 30 minutes of exercise per day, for 18 year olds this has reduced to only 15%. As well as contributing to physical health, exercise can have a positive impact on mental health, with young people in Harrow who exercise everyday being far more like to report being happy 'all of the time'.<sup>31</sup> In RBKC, 19% of Year 6 children were obese in 2015/16, a reduction of 2% from 2010/11 and 4% below the London average.<sup>32</sup> However, this is still a high figure, particularly considering young people are becoming obese earlier,

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<sup>28</sup> Cabinet Office (2016) *Childhood Obesity: A Plan for Action*. Her Majesty's Government

<sup>29</sup> Cabinet Office (2016) *Childhood Obesity: A Plan for Action*. Her Majesty's Government.

<sup>30</sup> Tinson A., Ayrton C., Barker K., Born T. B. and Long O. (2017) *London's Poverty Profile*. Trust for London.

<sup>31</sup> Young Harrow Foundation and Harrow Council London (2018) *This is Harrow: understanding the needs of young people in Harrow*. Young Harrow Foundation.

<sup>32</sup> Tinson A., Ayrton C., Barker K., Born T. B. and Long O. (2017) *London's Poverty Profile*. Trust for London.

staying obese for longer, and the links between obesity and serious health issues in adult life.<sup>33</sup>

Concerns about young children's health and lifestyles were also reflected in the interviews Justice Studio conducted with RPT staff members. All staff members interviewed believed that one of the key needs of children aged five to eleven in RPT's local area were services that allow them to play and have fun, and two of the three staff members emphasised that these services should encourage healthy living and teach children about healthy lifestyles. Only one staff member raised this as a prominent concern with older children and young adults.<sup>34</sup>

## 3.4. Personal safety

### 3.4.1. Violence and exploitation

Following the Tottenham riots in August 2011, a cross-government report on *Ending Gang and Youth Violence* sought to provide a detailed response to ongoing problems with gang violence in England.<sup>35</sup> As part of this response, the Home Office ran an Ending Gang and Youth Violence (EGYV) Programme in 52 local areas across England from 2012 to 2015. The programme was voluntary and had an emphasis on helping local areas understand the specificities of their gang problem and tailoring solutions for the area.<sup>36</sup>

The programme also raised the prominent issue of 'county lines' activity, when drug affiliated groups exploit children and young people through deception, intimidation, violence, debt bondage, grooming and trafficking. These children and young people are then made to act as runners, moving illegal drugs and money from urban to suburban, rural and regional areas.

In 2016, following the completion of EGYV, the government released six priorities for ending gang violence and exploitation informed by the outcomes of the programme. The priorities are:

1. Tackle county lines;
2. Protect vulnerable locations;
3. Reduce violence and knife crime;
4. Safeguard gang-associated women and girls;
5. Promote early intervention;
6. Promote meaningful alternatives to gangs such as education, training and employment.<sup>37</sup>

The government's 2017 Drug Strategy also emphasised the problem of county lines, and proposes taking action to address it, including:

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<sup>33</sup> Cabinet Office (2016) Childhood Obesity: A Plan for Action. Her Majesty's Government.

<sup>34</sup> Interviews with Rugby Portobello Trust staff members, August 2018.

<sup>35</sup> Home Office (2011) Ending Gang and Youth Violence: A Cross-Government Report including further evidence and good practice case studies. Her Majesty's Government.

<sup>36</sup> Harding, S. (2016) Ending Gang and Youth Violence Programme: independent review. Home Office United Kingdom.

<sup>37</sup> Home Office (2016) Ending Gang Violence and Exploitation. Her Majesty's Government.

- Establishing a new Home Office-led working group to develop and deliver a coherent set of actions across the police and key sectors to tackle county lines;
- Enhancing police capability to respond to this issue, including the introduction of new legislation to close down mobile phone lines being used for drug dealing;
- Measures to raise awareness of the county lines threat amongst frontline staff including in education, health, children's services, housing and jobcentre staff;
- A further assessment of the threat from county lines.<sup>38</sup>

In 2018 the *Serious Violence Strategy* recognised that homicide, knife crimes and gun crime are increasingly committed by young people, as well as the link between serious violence and drugs. The strategy has four key themes:

- Tackling county lines and misuse of drugs;
- Early intervention and prevention;
- Supporting communities and partnerships;
- Effective law enforcement and criminal justice response.<sup>39</sup>

The Mayor of London's *A Safer City for All Londoners: Police and Crime Plan 2017-2021* also raises children and young people's safety as a major concern. It is one of three priority issues identified in the Plan. This concern is driven by increases in knife crime and serious youth violence, child exploitation, trafficking and abuse, and the emergence of new threats to young people such as online grooming. The Plan aims to address children and young people's safety by reducing the frequency of crimes that cause the most harm to children, including knife crime, gang-related crime, sexual abuse, grooming and exploitation, as well as intervening when young people become involved, or are at high risk of becoming involved, in criminal activity. Young victims of crime are also a priority in the Plan, particularly victims of child sexual exploitation.<sup>40</sup>

### 3.4.2. Violence against women and girls

In 2016 the government released its *Ending Violence Against Women and Girls Strategy 2016-2020*. The policy includes a number of strategies specifically targeted at children and young people, aimed at reducing their vulnerability to violence as well as reducing the likelihood of them perpetrating violence against women and girls.<sup>41</sup>

Educating young people about respectful relationships is identified as a primary prevention measure in the strategy. The government has committed to ensuring that schools have access to resources on healthy relationships, abuse and consent, and improving Personal, Social and Health Education. The government is also running national campaigns aimed at teenagers relating to abusive relationships, including campaigns that focus on online issues, and campaigns that aim to highlight the role of men and boys in preventing violence against women and girls. The strategy also identifies the prevalence of online pornography as a challenge to protecting children from violence, due to both the rate of children accessing inappropriate materials on the internet and the distribution of child abuse materials online. The strategy commits the government to taking both legislative and practical steps to protect children online.

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<sup>38</sup> Home Office (2017) 2017 Drug Strategy. Her Majesty's Government.

<sup>39</sup> Home Office (2018) Serious Violence Strategy. Her Majesty's Government.

<sup>40</sup> Mayor of London (2017) A Safer City for All Londoners: Police and Crime Plan 2017-2021. Greater London Authority.

<sup>41</sup> Home Office (2016) Ending Violence Against Women and Girls Strategy 2016 – 2020. Her Majesty's Government.

Girls in the UK can also be vulnerable to practices such as female genital mutilation and forced marriage. In 2014 the Female Genital Mutilation Unit was established within the Home Office, and the strategy highlights a number of programs runs by the Unit, including partnerships with community groups, faith groups and the NHS, to reduce the number of girls subject to the procedure. The Home Office also has a Forced Marriage Unit, which will continue running outreach programs as part of the strategy.

Gang activity is highly connected with violence against girls. Sexual violence and exploitation can be a significant issue for girls associated with gangs. The importance of identifying and providing support, and safeguarding vulnerable girls against becoming involved with gangs, is raised in both the *Violence Against Women and Girls Strategy* and the government's *Ending Gang Violence and Exploitation* policy.<sup>42</sup>

Finally, violence against women and girls is also a priority issue in the Mayor of London's *2017-2021 Police and Crime Plan*. The plan aims to:

- Encourage more domestic abuse victims to come forward, and to reduce repeat victimisation;
- Encourage more victims of sexual violence to come forward, and to reduce repeat victimisation;
- Reduce the rates of attrition in cases of violence against women and girls as they progress through the criminal justice process;
- Encourage more victims and harmful practices such as female genital mutilation, 'honour' based violence and forced marriage to come forward and report.<sup>43</sup>

### 3.4.3. The safety of children and young people

Young people in London are concerned about being the victim of serious crime, however they also face risks of exploitation or recruitment from gangs and criminal groups and becoming the perpetrators of crime. For young Londoners who do become involved with gangs, their involvement can be influenced by a number of push and pull factors. Poverty, family problems and lack of opportunity for education and employment can push young people towards gangs, while perceptions of protection, wealth and belonging can act as pull factors.<sup>44</sup>

Young people are also the most likely group to be the victims of violent crime, with the Office for National Statistics reporting that 16 to 24 year olds in London are more likely than any other age group to be the victim of a violent crime.<sup>45</sup> Gangs are the most commonly held fear for young people in Westminster,<sup>46</sup> and in some areas across London issues of gang territory affect young people's ability to move freely and access services.<sup>47</sup> Research by the Greater London Authority in 2012 also found that young

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<sup>42</sup> Home Office (2016) *Ending Gang Violence and Exploitation*. Her Majesty's Government.

<sup>43</sup> Mayor of London (2017) *A Safer City for All Londoners: Police and Crime Plan 2017-2021*. Greater London Authority.

<sup>44</sup> Mayor of London Office of Policing (2014) *Identifying the Strategic Ambitions for London Gangs and Serious Youth Violence: findings from the literature review and consultation*. Mayor of London.

<sup>45</sup> Office for National Statistics (2017) *Overview of Violent Crime and Sexual Offences*. ONS.

<sup>46</sup> Young Westminster Foundation (2018) *A City Within a City: understanding the needs of young people in Westminster*. Young Westminster Foundation.

<sup>47</sup> Blazey, Y., Barrett, S., Sands, C., and Colthorpe, T. (2017) *Young People's Capital of the World? Understanding and*

people involved with, or at risk of involvement in, serious violent offending present poor mental health and emotional wellbeing. This research also found that two in three young Londoners who were involved with, or at risk of involvement with, serious violent offending had been the victim of at least one crime.<sup>48</sup>

Much of the policy regarding gang crime and other forms of violent crime focus on the prevalence of young people as perpetrators of violence, and seeks to minimise the involvement of young people in criminal activity. However, the majority of young people are not involved in violent crime and feel their concerns may be lost in the focus on young violent offenders.<sup>49</sup>

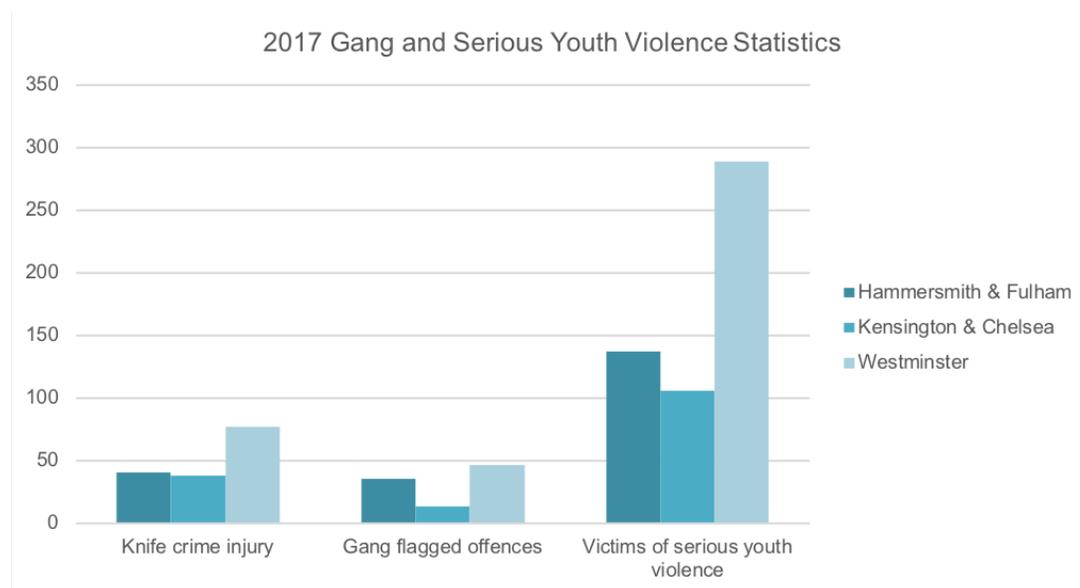


Chart 1: Year-ending December 2017 statistics on gang and serious youth violence in RBKC and neighbouring boroughs<sup>50</sup>

The graphs above and below depict year-ending December 2017 data from the Mayor of London’s Gang and Serious Youth Violence Dashboard. This data shows that incidents of gang and violent crime are lower in RBKC than the neighbouring boroughs of Westminster and Hammersmith and Fulham, though public perception of these problems in RBKC does not always reflect this. Chart 1 does not include data relating to gun discharges in the three boroughs, as in all cases there were fewer than 10 discharges in 2017, meaning the dashboard did not report an exact figure.<sup>51</sup>

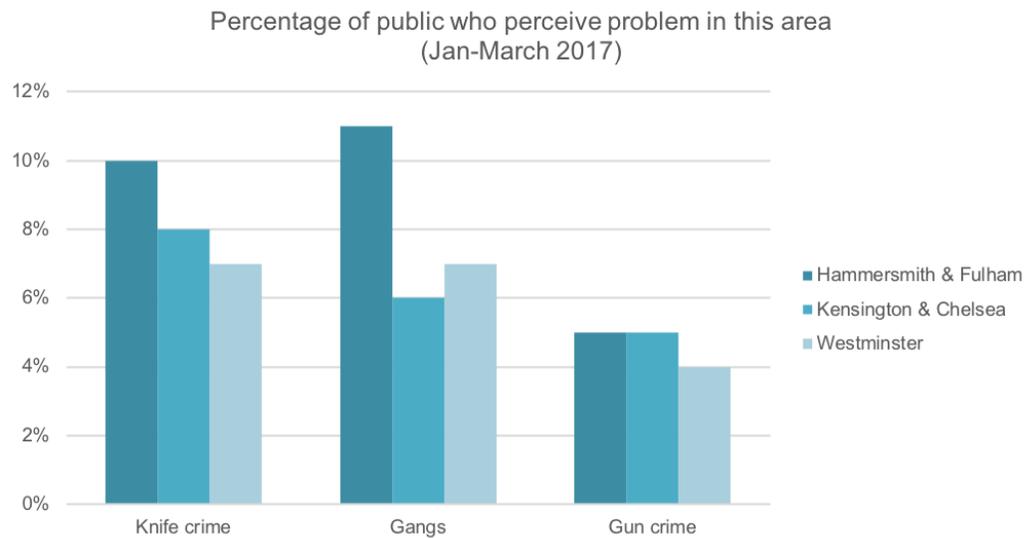
responding to young Londoner’s changing needs. London Youth.

<sup>48</sup> Mayor of London Office of Policing (2014) Identifying the Strategic Ambitions for London Gangs and Serious Youth Violence: findings from the literature review and consultation. Mayor of London.

<sup>49</sup> Blazey, Y., Barrett, S., Sands, C., and Colthorpe, T. (2017) Young People’s Capital of the World? Understanding and responding to young Londoner’s changing needs. London Youth.

<sup>50</sup> Mayor of London (2018) Gang Crime and Serious Youth Violence Dashboard. <https://www.london.gov.uk/what-we-do/mayors-office-policing-and-crime-mopac/data-and-statistics/crime%20gangs-dashboard#>.

<sup>51</sup> Mayor of London (2018) Gang Crime and Serious Youth Violence Dashboard. <https://www.london.gov.uk/what-we-do/mayors-office-policing-and-crime-mopac/data-and-statistics/crime%20gangs-dashboard#>.



*Chart 2: Public perception of gang and serious youth violence problems in RBKC and neighbouring boroughs for period January to March 2017<sup>52</sup>*

County lines groups are also an area of growing risk for children and vulnerable people.<sup>53</sup> A 2017 report from the National Crime Agency revealed the pervasiveness of child sexual exploitation in England and Wales.<sup>54</sup> The exploitation of children is extremely common in county lines, with 65% of police forces across England and Wales reporting county lines activity in their area was linked to child exploitation. This figure is likely to be even higher, as the National Crime Agency recognises that the true scale of the abuse is an intelligence gap in many parts of the country, so a complete national picture of the rates of child abuse linked to county lines cannot be determined. Based on the information that is available, 42% of police forces reported evidence of children being used to run drugs, with the youngest child being 12 years old, and 26% of forces reported groups sexually abusing children, with a further 7% reporting possible child sexual exploitation.

Children and young people in London may be particularly vulnerable to exploitation by county lines scenarios, with a conservatively estimated 283 lines originating in London, making it the dominant urban hub. The majority of young people being recruited are 15 to 17 year old boys, and they are often recruited through promises of earnings or designer goods. The National Crime Agency found that grooming often happens in parks, or other open community spaces, and county lines groups usually use younger members to target other children through personal connections or social media.<sup>55</sup> Young people targeted by county lines groups are usually vulnerable or in crisis. Similarly to gang recruitment, many of the children groomed by county lines groups have mental health issues, come from a broken home or have been reported missing.

<sup>52</sup> Mayor of London (2018) Gang Crime and Serious Youth Violence Dashboard. <https://www.london.gov.uk/what-we-do/mayors-office-policing-and-crime-mopac/data-and-statistics/crime%20gangs-dashboard#>.

<sup>53</sup> Drug Threat Team, National Crime Agency (2017) County Lines Violence, Exploitation and Drug Supply. National Crime Agency.

<sup>54</sup> Drug Threat Team, National Crime Agency (2017) County Lines Violence, Exploitation and Drug Supply. National Crime Agency.

<sup>55</sup> Drug Threat Team, National Crime Agency (2017) County Lines Violence, Exploitation and Drug Supply. National Crime Agency.

Once young people are recruited, they are often trapped in a cycle of exploitation where they are then required to recruit other young people.

### Case Study: St Giles' County Lines Pilot Project

On 1<sup>st</sup> October 2018, St Giles Trust released an evaluation report into its County Lines Pilot Project that had been running in Kent since September 2017. The pilot was funded by the Home Office as a means of testing what might assist with diverting or exiting at-risk young people from involvement with county lines groups.

The pilot involved providing one-to-one, in person, casework support to 38 children and families in Kent and London, trailing SafeCall, an in-depth phone service, with seven children and 20 family members, and training nine people with lived experience of county lines or gangs as Peer Advisors.

The evaluation found that the pilot had provided very effective support for children involved in county line activities in a cost-effective way. The evaluation resulted in six recommendations to develop national and local responses to supporting vulnerable children involved in county lines activities:

- Further delivery, development and expansion of one-to-one casework support for children and families delivered by voluntary sector organisations such as St Giles Trust that have specialist skills in supporting vulnerable children and young people involved in county lines, in partnership with statutory services and drawing on the key success factors identified in the pilot;
- Provision of nationally available specialist phone support for children and families affected by county lines, building on the SafeCall pilot experience and ensuring that all staff have the relevant expertise and knowledge;
- Specialist training for professionals (statutory and voluntary sectors);
- Specialist awareness raising sessions for children and young people, in schools/pupil referral units and community/leisure settings to provide early intervention that may prevent children and young people becoming involved in county lines activity;
- Provision of accurate information and support to raise awareness for parents and community leaders/activists;
- Continuing evaluation of the impact, effectiveness and learning from the delivery of services, including sharing results, to maximise learning from the interventions delivered and provide a robust evidence base to inform ongoing service development locally and nationally.<sup>56</sup>

Though males make up a majority of gangs and county lines members, young women and girls face particular vulnerabilities. Gang members often view girls as disposable, and girls associated with gangs are commonly victims of sexual violence. Girls and young women who become involved in relationships with gang members commonly say protection, status and love were their reasons for joining gangs, however in practice they can be more vulnerable within gangs and many are disrespected and

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<sup>56</sup> Hudek, J. (2018) Evaluation of County Lines Pilot Project. JH Consulting.

abused.<sup>57</sup> Similarly, girls groomed by county lines groups are often passed between group members, and the National Crime Agency reports incidences of young women being sexually exploited by their partners.<sup>58</sup>

Concern for young women's vulnerability to intimidation and exploitation was also raised by RPT staff who were interviewed by Justice Studio, with two staff members emphasising that young women aged 12 to 19 in RPT's local area need to have their confidence and sense of self developed and enriched to reduce their vulnerability to intimidation or manipulation.<sup>59</sup>

All staff members interviewed raised gangs and criminality as a primary issue for young men aged 12 to 19 in RPT's local area. A staff member was particularly concerned about young men's desensitisation to violence and the glamorisation of gang culture in popular culture such as rap music. Grooming was also raised as a concern, particularly for boys in the 12 to 13 year old age range by drug affiliated groups, and the need to protect young children in the five to 11 age range from exploitation by some of the older children in the area.<sup>60</sup>

Peer pressure was raised as a concern, particularly for young men, by two interviewed staff members. Both felt that young men need to have opportunities as alternatives to criminality, and to have services that increase their confidence to resist the peer pressure to become involved in gangs or criminal activities.<sup>61</sup>

### 3.5. Poverty, opportunities and aspirations

In 2016/17, 4.1 million children were living in poverty in the UK. Of these children, 67% lived in a family where at least one person works, meaning that work alone does not guarantee security from poverty. Child poverty has a huge impact in childhood and into adult life, and London has the highest rate of child poverty in the UK.<sup>62</sup> According to Trust for London data, 29% of children in RBKC were living in poverty in 2015.<sup>63</sup> RBKC's child poverty rate was lower than the London average of 37%, though this may be due to the fact that income inequality is higher in RBKC than any other borough in London.<sup>64</sup> The graphic on the next page illustrates the multifaceted impact of poverty on children.

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<sup>57</sup> Apland, K., Lawrence H., Messie J. and Yarrow E. (2017) Children's Voices: a review of evidence on the subjective wellbeing of children involved in gangs in England. Children's Commissioner.

<sup>58</sup> Drug Threat Team, National Crime Agency (2017) County Lines Violence, Exploitation and Drug Supply. National Crime Agency.

<sup>59</sup> Interviews with Rugby Portobello Trust staff members, August 2018.

<sup>60</sup> Interviews with Rugby Portobello Trust staff members, August 2018.

<sup>61</sup> Interviews with Rugby Portobello Trust staff members, August 2018.

<sup>62</sup> Child Poverty Action Group (2018) Child Poverty Facts and Figures, <http://www.cpag.org.uk/content/child-poverty-facts-and-figures>. (Department for Work and Pensions (2018) Households Below Average Income, Statistics on the number and percentage of people living in low income households for financial year 1994/95 to 2016/17. Her Majesty's Government.)

<sup>63</sup> Trust for London (accessed 31 July 2018) London's Poverty Profile: Kensington & Chelsea.

<https://www.trustforlondon.org.uk/data/boroughs/kensington-and-chelsea-poverty-and-inequality-indicators/>.

<sup>64</sup> Trust for London (accessed 31 July 2018) London's Poverty Profile: Kensington & Chelsea.

<https://www.trustforlondon.org.uk/data/boroughs/kensington-and-chelsea-poverty-and-inequality-indicators/>.



Figure 1: Child Poverty Action Group – the impact of poverty<sup>65</sup>

Many young people in London have concerns about their futures, with London Youth reporting that gentrification was a common concern among the young people they spoke to for their *Young People’s Capital of the World?* report. Young people in London are worried about housing affordability in gentrifying neighbourhoods, as well as possible social exclusion as the demographics of their areas change.<sup>66</sup> Concerns about affordability may be particularly pronounced for young people in RBKC as the borough records the highest rent as a proportion of lower quartile monthly gross earnings across London’s boroughs.<sup>67</sup>

These concerns are also reflected in the survey of young people conducted by the Young Harrow Foundation, which found that 34% of young people said they needed more support to know what they wanted to do with their life.<sup>68</sup> A similar review in Westminster found that worries about the future was the most common concern reported by young people. These concerns may be influenced by a combination of high poverty rates and low perceived opportunity. Westminster has the third highest rate of child poverty in London, and one in five young people surveyed saying they were not at all aware of opportunities in Westminster.<sup>69</sup>

<sup>65</sup> Child Poverty Action Group (accessed 31 July 2018) The Impact of Poverty. <http://www.cpag.org.uk/content/impact-poverty>.

<sup>66</sup> Blazey, Y., Barrett, S., Sands, C., and Colthorpe, T. (2017) *Young People’s Capital of the World?* Understanding and responding to young Londoner’s changing needs. London Youth.

<sup>67</sup> Tinson A., Ayrtton C., Barker K., Born T. B. and Long O. (2017) *London’s Poverty Profile*. Trust for London.

<sup>68</sup> Young Harrow Foundation and Harrow Council London (2018) *This is Harrow: understanding the needs of young people in Harrow*. Young Harrow Foundation.

<sup>69</sup> Young Westminster Foundation (2018) *A City Within a City: understanding the needs of young people in Westminster*. Young Westminster Foundation.

Despite the prevalence of these concerns, there appears to be a gap in services provided to young people in Westminster. For example, 20% of young people stated that they do not get any career advice, and 60% of those who do, receive it at school.<sup>70</sup> This issue was evident in Harrow as well, where the top five scoring options to a question about the kinds of services young people in the borough would like to access all related to work or careers.<sup>71</sup>

Many young people in London have high aspirations, and youth practitioners surveyed by London Youth across all boroughs emphasised the need to give young people opportunities to explore their interests and develop a sense of identity.<sup>72</sup> The rate of young people remaining in education or training is high, with 81% of 16 to 18 year olds in education or an apprenticeship between 2016 and 2017.<sup>73</sup> RBKC has particularly high levels of educational attainment, being in the top three boroughs across London for 19 year olds holding Level 3 qualifications. In RBKC only 25% of 19 year olds lack Level 3 qualifications.<sup>74</sup> Disadvantaged students in RBKC are also performing well, with only a 10.5% gap between disadvantaged pupils and other pupils attaining an A\* to C in maths and English GCSEs in 2015/16, compared to an average of 16% across London.<sup>75</sup>

Despite high rates of young people remaining in education or training, it is understandable that children and young people in London are concerned about their futures, with high rates of youth unemployment reported across the UK. In March to May 2018 12% of 16 to 24 year olds in the UK were unemployed, compared to the average rate of 4.2% for all age groups. These rates of youth unemployment are not historically high,<sup>76</sup> however it is understandable that young people perceive that they lack opportunities or are concerned for their futures, when 15% of 16 to 24 year olds who were unemployed in March-May 2018 had been unemployed for over 12 months.<sup>77</sup>

Lack of opportunity is linked to gang and youth violence, as well as poor mental health. In the review conducted by the Young Harrow Foundation, a number of young people believed that a lack of positive opportunities in their area contributed to rates of gang and youth violence.<sup>78</sup> This belief is supported by the Children's Commissioner's review on children in gangs, which found that lack of opportunity was reported by young people as a reason for joining gangs.<sup>79</sup>

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<sup>70</sup> Young Westminster Foundation (2018) *A City Within a City: understanding the needs of young people in Westminster*. Young Westminster Foundation.

<sup>71</sup> Young Harrow Foundation and Harrow Council London (2018) *This is Harrow: understanding the needs of young people in Harrow*. Young Harrow Foundation.

<sup>72</sup> Blazey, Y., Barrett, S., Sands, C., and Colthorpe, T. (2017) *Young People's Capital of the World? Understanding and responding to young Londoner's changing needs*. London Youth.

<sup>73</sup> Department for Education (2018) *Participation in Education, Training and Employment by 16-18 year olds in England: End 2017*. Her Majesty's Government.

<sup>74</sup> Tinson A., Ayrton C., Barker K., Born T. B. and Long O. (2017) *London's Poverty Profile*. Trust for London.

<sup>75</sup> Tinson A., Ayrton C., Barker K., Born T. B. and Long O. (2017) *London's Poverty Profile*. Trust for London.

<sup>76</sup> Office for National Statistics (2018) *Statistical Bulletin, UK Labour Market: July 2018, estimates of employment, unemployment, economic inactivity and other employment-related statistics for the UK*. <https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/bulletins/uklabourmarket/july2018#young-people-in-the-labour-market>.

<sup>77</sup> Ward, M. (2018) *Briefing Paper Number 5871: Youth Unemployment Statistics*. House of Commons Library.

<sup>78</sup> Young Harrow Foundation and Harrow Council London (2018) *This is Harrow: understanding the needs of young people in Harrow*. Young Harrow Foundation.

<sup>79</sup> Apland, K., Lawrence H., Messie J. and Yarrow E. (2017) *Children's Voices: a review of evidence on the subjective wellbeing of children involved in gangs in England*. Children's Commissioner.

Young people not in education, employment or training (NEET) are also more likely to experience poor mental health, according to a study by the Prince's Trust. The chart on page 25 shows responses from young people to questions regarding their anxieties, separated into responses from all young people, young people not in education, training or employment, and young people who are long-term unemployed. The chart shows that in all areas, young people not in education, employment or training were more likely to suffer from the anxiety symptom in question, with the long-term unemployed most likely to be struggling with anxiety symptoms.<sup>80</sup>

These issues may be particularly apparent in RBKC, where the Kensington and Chelsea Foundation's Grenfell Tower Fire Listening Project has found that some young people affected by the fire are lacking hope and feel that they have no future. Some of these young people have also been excluded from mainstream schools since the fire, and with nothing to do young people are out on the street without a space for them to go to. The project has heard from young people that they need to be listened to and want youth-led projects in the area.<sup>81</sup>

RPT staff members also stated concern about opportunities for young people in the local area during interviews. One staff member raised the need for improved access to education, employment and training opportunities as a key need for both young men and young women aged 12 to 19. This staff member believed that young women need to perceive that they have the same opportunities as their male peers, while young men who struggle with mainstream learning need more accessible opportunities that meet their interests.<sup>82</sup>

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<sup>80</sup> The Prince's Trust (2016) The Prince's Trust Macquarie Youth Index 2015. The Prince's Trust.

<sup>81</sup> The Kensington & Chelsea Foundation (2018) The Kensington & Chelsea Foundation Grenfell Tower Fund Listening Project update and next steps 08.05.2018 [unpublished]. The Kensington & Chelsea Foundation.

<sup>82</sup> Interview with Rugby Portobello Trust staff member, August 2018.

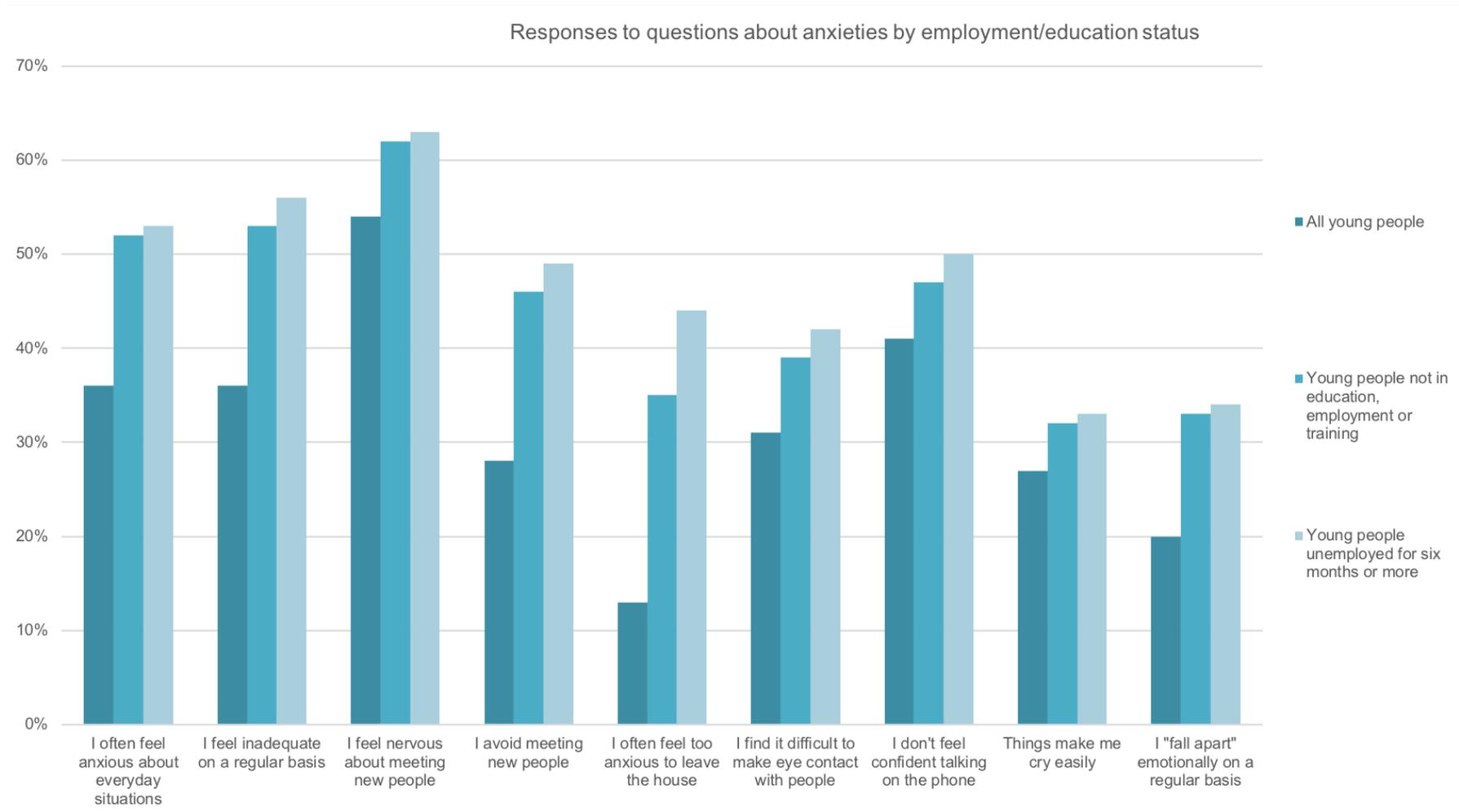


Chart 3: Anxieties experienced by all young people compared with unemployed and long-term unemployed young people<sup>83</sup>

<sup>83</sup> The Prince's Trust (2016) The Prince's Trust Macquarie Youth Index 2015. The Prince's Trust.

# 4. Rugby Portobello Trust's services

## 4.1. Children's services

### 4.1.1. Junior Club

RPT's Junior Club offers a free service to children aged six to 12 years old on Mondays, Tuesdays and Wednesdays during the school terms. Junior Club sessions run after school from 3:45pm until 5:30pm and provide a space for children to engage in activities such as arts and crafts, cooking, music, sports and fitness. Sessions can include activities such as fencing, archery, wall ball and tag rugby.

Junior Club seeks to expose children to new experiences, and RPT's youth team deliver the sessions based on new themes each term. This ensures that the children are learning about various subjects including recycling, health and well-being and social media. All activities run in Junior Club promote learning and wellbeing and take place in an environment that aims to support and nurture children as they approach adolescence. Junior Club members appreciate this environment: several participants in the Junior Club creative workshop identified love and support as the 'good' part of RPT. The children wrote '...I love my teacher friends',<sup>84</sup> 'I like friends and love',<sup>85</sup> and 'the workers are really kind and helpful'.<sup>86</sup> During Junior Club there is also a tuck shop where children can purchase snacks, this was a popular service with the creative workshop participants, with some of the children writing that 'popcorn',<sup>87</sup> 'snacks',<sup>88</sup> and 'tuc [sic] shop'<sup>89</sup> were the 'good' parts of RPT.

During some school holidays Junior Club also offers off-site trips, and in the summer the children are invited to join the youth team on week-long residential trips to Turville in Oxford. During these residential, hosts welcome the groups to take part in activities such as horse riding, farm visits, pizza making, swimming and sports. These trips offer the children an opportunity to see life outside London.

Overall Junior Club is a well-received service by its users. In the creative workshop, of the 13 responses to the question, 'what is good about RPT?', four children wrote

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<sup>84</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

<sup>85</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

<sup>86</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

<sup>87</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

<sup>88</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

<sup>89</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

'everything'.<sup>90</sup> When asked what they did not like about RPT, two children wrote 'nothing',<sup>91</sup> though some children did not like the 'rules',<sup>92</sup> for example, 'tidying up'.<sup>93</sup>

#### 4.1.2. Homework Club

RPT's Homework Club was set up in 2005 to meet the need for a free service to support children in primary school from the local North Kensington community who were living in reduced or disadvantaged circumstances. Today, Homework Club is open three days per week, and welcomes nearly 100 children a week, with an average of 30 children aged five to 11 years old in each session.

The majority of children who attend Homework Club also attend one of the eight local primary schools in North Kensington. Parents value the after-school service provided by Homework club as children are offered a quiet space and structured educational support from volunteers.

Many of the families supported by Homework Club are living in extremely difficult circumstances, some are economic migrants who do not have the language skills to support their children's educational needs, and many live in over-crowded housing. What all of the parents have in common is that they find it difficult to support their children at home and recognise the importance of education to their children's future.

Children who attend Homework Club get one-on-one help with their homework from enthusiastic volunteers who are looking to make a positive difference in the lives of young people. The Homework Club manager is the only paid member of staff for the service. The youngest volunteers are sixth-formers who are involved in community projects, and the oldest are retired professionals. There are regular briefing sessions for volunteers in which safeguarding issues are discussed and educational stratagems shared.

Once a child has completed their homework assignment they are able to attend Junior Club for the rest of the session, which runs alongside Homework Club. After each session there is a review enabling the Junior Club staff team to identify any issues concerning individual children that need to be addressed. It also ensures continuity and cohesion between Junior Club and Homework Club.

RPT is continually assessing its offer to ensure that Homework Club is providing what the community needs for its children. Feedback is collected from children and families using the services as well as from interested parties such as social services and local primary schools.

#### 4.1.3. Play Service

Play Service was established by P3 in November 2012 to fill a gap created by closures and redundancies to in-house play services by local authorities. The service has grown to operate in 12 primary schools. Play Service provides an affordable, high quality, play and childcare service for working parents both during term and throughout the school holidays. Parents pay a daily childcare fee for their child to attend. Attendance

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<sup>90</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

<sup>91</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

<sup>92</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

<sup>93</sup> Junior Club creative workshop participant, 11<sup>th</sup> July 2018

at the centres varies, some centres serve 25 children, while some of the larger holiday centres receive up to 110 children per day.

Play Service delivers an array of fun activities for children, including sports, games, arts and craft, cooking, dance and drama. These activities promote values such as hard work, commitment, discipline and resilience, as well as focusing on movement, general fitness, balance and agility to combat growing obesity rates in primary aged children in the UK. The service recognises Article 31 of the United Nations Convention on the Rights of the Child, which says that all children have the right to relax and play.

In General Comment No. 17 (2013), the United Nations Committee on the Rights of the Child recognised that though children ‘have a spontaneous urge to play and participate in recreational activities and will seek out opportunities to do so in the most unfavourable environments’,<sup>94</sup> certain conditions are required to ensure an optimum environment for the realisation a child’s Article 31 right to play. The factors recognised by the Committee included:

- Freedom from stress;
- Freedom from social exclusion, prejudice or discrimination;
- An environment secure from social harm or violence;
- Availability of rest appropriate to their age and development;
- Availability of leisure time, free from other demands;
- Accessible space and time for play, free from adult control and management;
- Opportunities to invest in their own space and time so as to create and transform their world, using their imagination and languages;
- Opportunities to explore and understand the cultural and artistic heritage of their community, participate in, create and shape it;
- Opportunities to participate with other children in games, sports and other recreational activities, supported, where necessary, by trained facilitators and coaches; and
- Recognition by parents, teachers and society as a whole of the value and legitimacy of the rights provided for in Article 31.<sup>95</sup>

Play has benefits for both children and their communities as depicted in Figure 2 and Figure 3 below. For a child’s development, play extends far beyond simply being fun and active, it provides a wide range of benefits to their physical, mental, social and emotional growth. Similarly, play at RPT is not confined to the Play Service, RPT encourages play across its services with children. RPT creates a space in which children feel safe, and therefore feel free to engage in play.

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<sup>94</sup> Committee on the Rights of the Child General Comment No. 17, *On the rights of the child to rest, leisure, play, recreational activities, cultural life and the arts (art. 31)* (17 April 2013), CRC/C/GC/17.

<sup>95</sup> Committee on the Rights of the Child General Comment No. 17, *On the rights of the child to rest, leisure, play, recreational activities, cultural life and the arts (art. 31)* (17 April 2013), CRC/C/GC/17.

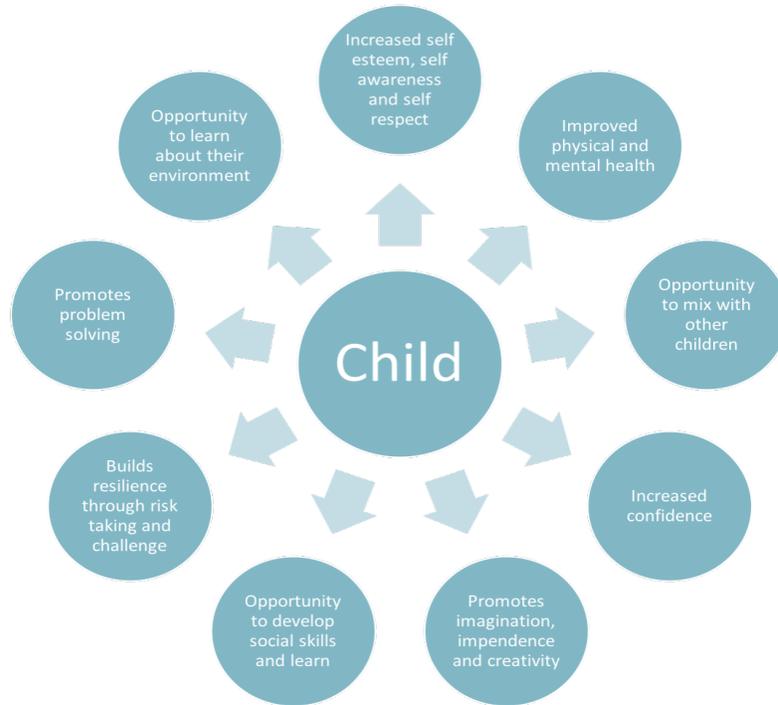


Figure 2: Play England – Why Play is Important<sup>96</sup>



Figure 3: Play England – Why Play is Important<sup>97</sup>

<sup>96</sup> Play England (accessed 2018) Why Play is Important, <http://www.playengland.org.uk/about-us/why-play-is-important/>.

<sup>97</sup> Play England (accessed 2018) Why Play is Important, <http://www.playengland.org.uk/about-us/why-play-is-important/>.

#### 4.1.4. Football Academy

RPT's Football Academy has been running for seven years, though RPT has always had a tradition of developing football teams from the local community. Currently, over 100 boys aged between 4 and 12 from local RBKC primary schools attend training sessions 2 to 3 times per week and play competitively on Saturdays in the Camden and Regents Park Football League.

The children's parents support the Football Academy, both financially and through parent representatives sitting on the football committee. Some families who find it hard to meet the cost of the Academy receive a free place, so that the child can attend.

Having the children involved from an early age helps them learn movement, balance and agility, and embeds these as important skills. Being a part of a team also encourages values such as hard work, commitment, discipline and resilience. The Football Academy also encourages regular physical exercise, which is particularly important given current rates of child obesity.

RPT's Football Academy is associated with the Middlesex Football Association and has a dedicated football secretary and a welfare officer in line with Football Association regulations. RPT has seven fully licensed football coaches who are committed to implementing the best possible football curriculum to the players. Some of RPT's players have gone on to play for professional football clubs such as Tottenham Hotspur FC, Queens Park Rangers FC, and Watford FC.

RPT is currently considering developing a girls' football program and becoming a Wildcat Centre for the delivery and promotion of girls' football.

## 4.2. Youth services

### 4.2.1. Youth Club

Youth Club is RPT's longest-running service, having been established in 1884 by Rugby School to support inner-city youth. In the past 12 months, Youth Club has supported 332 different young people aged 13 to 19 years old, offering activities such as:

- Dance;
- Music composition;
- Singing;
- Sport (football, badminton, basketball and trampolining);
- Fitness sessions;
- Arts.

Youth Club also provides advice, discussion and debate on:

- Employability;
- Sexual health;
- Body image;
- Self-care;
- Young people's role in society;

- Society's perception of young people;
- The real effects of gang violence and how to avoid it.

RPT offers off-site trips and week-long residentials to ensure the young people who attend Youth Club are being given a wide range of opportunities and experiences.

Though Youth Club offers many activities to engage local young people, the real purpose of the club is to teach young people the 'skills that they need to stay safe in an increasingly chaotic world, as well as the skills that they need for a fair chance at succeeding in life.'<sup>98</sup> Youth Club is designed as a place where local young people can feel safe, and it is often the first port of call for young people struggling with family and personal relationships. Youth Club offers 'structure, consistency and support in an otherwise chaotic world.'<sup>99</sup>

During an internal consultation, when asked 'why do you attend [Youth] Club?', some young people highlighted a sense of safety and security, responding that it helps them 'stay out of trouble' and that they attend because 'they don't wanna [sic] stay at home'.<sup>100</sup> Many young people also raised the culture and community of Youth Club, saying they attend because the 'staff are nice and approachable, welcoming', that it is a 'good place to be', you can 'meet new people', 'hang out with friends', and there is 'loyalty'.<sup>101</sup>

In Youth Club:

- young people are taught how to cook so that they understand the importance of a balanced diet and healthy lifestyle;
- they can access the fitness suite to learn about exercise and the role it plays in physical and mental wellbeing;
- they are taught to create and edit their own music in the music suite to allow them to exercise their creativity and learn technical skills to increase their employability;
- they are provided with art materials and lessons to teach them positive ways of expressing themselves.

The facilities and activities Youth Club offers were the draw for many young people to attend. During an internal consultation, several young people said that the reason they attend Youth Club is because of 'basketball', 'trampolining', 'sports' and the 'studio/gym'.<sup>102</sup>

Youth Club does not tolerate 'street talk' and takes a no-nonsense policy to racism, abuse, swearing and threatening behaviour. It aims to allow young people to be able to play, learn and explore without fear of being bullied, enabling them to be 'the kids they feel they cannot be on the street'.<sup>103</sup> As there are growing concerns about guns,

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<sup>98</sup> Rugby Portobello Trust (2018) The Rugby Portobello Trust's Youth Club Programme Overview DRAFT [unpublished]. Rugby Portobello Trust.

<sup>99</sup> Rugby Portobello Trust (2018) The Rugby Portobello Trust's Youth Club Programme Overview DRAFT [unpublished]. Rugby Portobello Trust.

<sup>100</sup> Consultation with Youth Club attendees conducted by RPT staff member, July 2018.

<sup>101</sup> Consultation with Youth Club attendees conducted by RPT staff member, July 2018.

<sup>102</sup> Consultation with Youth Club attendees conducted by RPT staff member, July 2018.

<sup>103</sup> Rugby Portobello Trust (2018) The Rugby Portobello Trust's Youth Club Programme Overview DRAFT [unpublished]. Rugby Portobello Trust.

gangs and knives in pockets of west London, Youth Club is working directly with local young people to teach them the skills they need to help themselves build a better life and make informed choices to keep them safe and crime-free.

Young people who attend Youth Club can gain various accreditations including British Gymnastics, Compulsory Basic Training, and Duke of Edinburgh Service Units. It also offers free one-on-one support for young people to get ready for the GCSEs, or to help understand a subject they are struggling with or receive mentoring in a profession in their field of interest. These 'opportunities' was a reason given by one young person as to why they attend Youth Club during an internal consultation.<sup>104</sup>

Youth Club also runs off-site trips and residential during school holidays. Off-site trips have included days out to Thorpe Park, Longleat Safari Park, mini-golf and kayaking. Residential usually involve a one week trip and allow Youth Club staff to undertake intensive work with the young people.

For young people who attend Youth Club, it is clearly a positive and valued part of their lives. When asked for one word to describe Youth Club, during an internal consultation, all 14 respondents gave a positive word:

- Chilled
- Fun
- Beneficial
- Helpful
- Amazing
- Good
- Approachable
- Interactive
- Exciting
- Engaging
- Sporty
- Inspiring
- Welcoming
- Representative

#### 4.2.2. Project Athena

Young women aged 13 to 19 are traditionally the hardest to engage in youth clubs and have the lowest retention rates once they join. RPT saw this within Youth Club and as a response, created a group specifically for young women in February 2017. Project Athena is a girls-only night for young women aged ten to 16 years old in order to help them navigate the difficult transitions between primary and secondary school, and girlhood and womanhood.

Project Athena runs every Thursday evening from 5pm to 8pm, with an average of 27 young women (and a peak attendance of 54) attending sessions designed to give them space and time to be themselves without the added pressure of young men around. All of the sessions offer young women opportunities to acquire technical or practical skills, but they also learn to speak up for themselves and voice their opinions without fear of being judged or ridiculed. Individual sessions have included:

- Fencing
- Self-defence
- Cooking
- Trampolining
- Football
- Art and graffiti workshops
- Textile and fashion workshops
- Off-site trips

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<sup>104</sup> Consultation with Youth Club attendees conducted by RPT staff member, July 2018.

- Goal ball
- Make-up and hygiene talks
- Lessons on making natural beauty products

The girls who participated in the Project Athena creative workshop identified these sessions as an aspect of RPT that they really like. One participant wrote ‘boxing, art and cooking’<sup>105</sup> as the ‘good’ aspects of RPT, while another wrote ‘I liked it when people came to share their VRs [virtual reality] with us to play with.’<sup>106</sup>

Project Athena also holds discussion on:

- Money matters;
- Whether university is the right choice;
- How to stay safe;
- Healthy relationships and boundaries;
- Sexual health and well-being.

These kinds of conversations are clearly important to the young women who attend Project Athena. When asked ‘what discussions would you like to hold at Athena?’ during an internal RPT consultation, the young women responded with matters relating to: relationships, ‘young relationships’, ‘sexual education’, ‘marriage’; personal development; ‘religion’, ‘family’, ‘manners’; and education and employment, ‘school (GCSEs)’, ‘jobs’, ‘how to spend money’.<sup>107</sup>

Fitness sessions are also run that target young women who are seen as having poor self-esteem or unhealthy lifestyles. Project Athena aims to enable young women to recognise their self-worth, so they can decide for themselves how to shape their futures. One participant in the Project Athena creative workshop identified ‘the gym and trampolining’ as her ‘good’ aspects of RPT.<sup>108</sup> When asked what developments they would like to see in Project Athena during an internal RPT consultation, six of 16 young women responded with sports related activities, including ‘football’, ‘dodgeball’, ‘boxing’, ‘hop scotch’, for the ‘trampolining time to be longer – 7:30pm’, and having the ‘gym open every week’.<sup>109</sup> A participant in the Justice Studio creative workshop wrote that ‘trips are free and food is cheap’ as the ‘good’ part of RPT.<sup>110</sup>

## 4.3. Parenting support

### 4.3.1. Magic Mums

Magic Mums is RPT’s parenting programme, which has been running since 2012. It is based on the idea that providing early support for the most vulnerable and hard to reach mothers, and helping them develop their parenting skills, will have a profound and lasting impact on them and their children.

<sup>105</sup> Project Athena creative workshop participant, 12<sup>th</sup> July 2018.

<sup>106</sup> Project Athena creative workshop participant, 12<sup>th</sup> July 2018.

<sup>107</sup> Consultation with Project Athena attendees conducted by RPT staff member, July 2018.

<sup>108</sup> Project Athena creative workshop participant, 12<sup>th</sup> July 2018.

<sup>109</sup> Consultation with Project Athena attendees conducted by RPT staff member, July 2018.

<sup>110</sup> Project Athena creative workshop participant, 12<sup>th</sup> July 2018.

The group is led by RPT's in-house Project Manager and by a professional trainer who has completed both the Positive Parenting and Strengthening Families Training and has a background in teaching and youth work. Every session is adapted to meet the needs of the group.

The programme runs three sessions per week during school terms, and off-site trips and additional classes take place during some holiday terms. Some mothers attend more than one session per week depending on what level of support they need. RPT's project manager makes herself available to support the mothers throughout the week, including home visits, liaising with social services or sign-posting mothers to other organisations for specific support, such as mental health support.

Every Magic Mums' session focuses on a different topic such as support with immigration, benefits and housing, domestic violence, self-care, how to listen to yourself and your body, how to listen to your children, and how to praise your children and create stronger, healthier bonds. During the sessions, the children are looked after in the same room by trained staff and volunteers, allowing the mother to fully focus and take part in the discussion.

The Wednesday session was established following the Grenfell Tower fire, and has a more therapeutic nature. This group is smaller and starts with one hour of relaxation and mindfulness supported by a professional therapist. For this session, due to the intense nature of the work and the depth of discussions, which often focus on abuse, the children are looked after in the adjacent room.

Every Magic Mums session includes a hot lunch where the mothers, children, volunteers and staff sit down to eat together. These lunches allow the mums and carers to talk more naturally about the topic discussed in the sessions, or more generally about their daily lives. This is an 'incredibly important' aspect of the sessions as many of the attendees 'do not have the opportunity to eat a hot meal at home with their families, either due to over-crowding, not having a dinner table for everyone to sit together or not knowing how to cook.'<sup>111</sup>

#### 4.3.2. Baby Equipment & Clothes Loan

The Baby Equipment & Clothes Loan service offers lightly used or new baby clothes and equipment targeted at under-5s, as well as maternity wear. The equipment ranges from new clothes for babies to lightly used prams and other essential supplies. This allows families to access the items they need for their children without the financial burden of having to purchase them.

## 4.4. Community support

### 4.4.1. Community Cafe

In 2017 RPT launched a Community Café that is open Mondays and Fridays and offers a welcoming drop-in service and safe space with a free hot lunch, cooked on site, and

support. The Community Café aims to help isolated members of the community reconnect with society. The Café team are available to provide help and advice on:

- Housing;
- Employment;
- Wellbeing; and
- Finances.

One respondent to the wall survey question ‘what is your dream for Rugby Portobello Trust?’ answered: ‘Community Café to continue. It feels safe. I love Mondays and Fridays which gets me out of the house.’<sup>112</sup>

#### 4.4.2. Portobello Outreach

RPT also runs a Portobello Outreach Mobile Advice Unit, which offers the same support and resources as the Community Café but from a mobile hub.

# 5. Local programmes and services

## 5.1. National and local funding cuts

Across England, in the 2016/17 financial year local authorities spent 28% less on education and children and young people's services than in 2010/11.<sup>113</sup> In London these figures are even higher. Between 2011 and 2017 more than 30 youth centres were closed, and the average London council cut its youth service budget by 36%.<sup>114</sup> In many parts of the UK these cuts have resulted in redundancies in council youth services, and a reduction in specialist youth workers.<sup>115</sup>

Given the decrease in funding to children and young people's services from national and local authorities, in many areas, youth services that were previously being provided by local authorities are being provided by the private or voluntary sector.<sup>116</sup> However, local authority grants and funding to community and voluntary services has also been significantly reduced in a number of London boroughs. In 2017, data from six London boroughs showed voluntary and community sector funding decreased by an average of 35% between 2011/12 and 2016/17.<sup>117</sup> Though this is only a small sample of London's boroughs, the information provided aligns with the funding challenges being faced by youth service providers across England.

UK Youth identified a lack of funding and sustainability as one of the top three challenges for youth services across the youth sector in 2018.<sup>118</sup> Youth workers are reporting that these cuts are having serious impacts on children and young people. A survey of people working in youth services by Unison in 2016 found the following:

- 80% thought that young people feel less empowered;
- 71% said it was now harder for young people to stay in formal education;
- 65% said young people were finding it harder to get jobs;
- 77% reported increased mental health issues among young people;
- 70% reported a rise in alcohol and substance abuse;
- 83% reported an increased crime and anti-social behaviour;
- 91% said that the cuts were having a particular impact on young people from poorer backgrounds.<sup>119</sup>

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<sup>113</sup> Department for Education (2017), Expenditure by Local Authorities and Schools on Education, Children and Young People's Services in England, 2016-17. Her Majesty's Government.

<sup>114</sup> Berry, S. (2017) London's Lost Youth Services: the dramatic disappearance of support and facilities for young people in London. London Assembly.

<sup>115</sup> Unison (2016) A Future at Risk: cuts in youth services. Unison.

<sup>116</sup> Unison (2016) A Future at Risk: cuts in youth services. Unison.

<sup>117</sup> Berry, S. (January 2017) London's Lost Youth Services: the dramatic disappearance of support and facilities for young people in London. London Assembly.

<sup>118</sup> UK Youth (2018) State of the Membership 2018. UK Youth.

<sup>119</sup> Unison (2016) A Future at Risk: cuts in youth services. Unison.

## 5.2. Local services and facilities

Justice Studio's mapping of groups and facilities providing services to children and young people in W10 and W11 identified 55 organisations providing relevant services.

The full mapping matrix is attached as Appendix 1 of this report.

### 5.2.1. Mental health

The number of services providing mental health support to children and young people in W10 and W11 has increased since the Grenfell tower fire, with several organisations establishing themselves to meet this specific need.

The mapping revealed 15 organisations providing mental health services, with seven of these services established in response to the Grenfell tragedy. *The Curve*, *Core Assets Children's Service's Grenfell Support Service*, *The Olive Branch Charity*, *Grenfell Hope Project* and *Kids on the Green*, all cater to individuals and families affected by the fire. *Latimer Community Art Therapy Trust* was also established following the fire, though it provides art therapy services to the wider community, not just those affected by the Grenfell fire. Solidarity Sports established the *Hashim Family Legacy* following the death of three of their children and their parents in the Grenfell tragedy. This has included the introduction of a mentorship and positive role model programme for children who have difficulty making friends. As with *Latimer Community Art Therapy*, this service is not only for those affected by the fire, though it was created in response to it. The eight other organisations provide a range of mental health services, including art therapy, school-based counselling and group work, individual therapy for children and young people, LGBTQ support, and family work.

### 5.2.2. Substance misuse

The mapping revealed only one organisation in the area working specifically in supporting young people with substance problems. *Insight KC* offers support services to young people aged 12 to 25 who struggle with alcohol or drug problems. *Insight KC* offers a range of services to address substance misuse, including a dedicated key worker, Alcoholics Anonymous, a drop-in service, and employment and education support for young people affected by drug or alcohol issues.

There is also support for children and young people who, though not struggling with substance misuse issues themselves, are affected by familial substance problems at *EPIC CIC*.

### 5.2.3. Physical health

A large number of the organisations in RPT's area provide services that encourage physical health, such as sporting activities or cooking classes. Of the 55 services mapped, 27 included a service that addressed physical health. This means that almost half (49%), of youth services are addressing this need in RBKC. The most common services offered relate to sport and physical activities, with cooking and nutrition classes also a common service, and a small number of organisations offering health advice sessions, particularly relating to matters such as sexual and reproductive health.

Of the 55 organisations mapped, 25 offer sports or other physical activities to the children and young people they serve. Football is a very popular activity, with 15 of the organisations offering either structured football teams or football as part of play activities and sports sessions. There are also a number of organisations offering gym/personal training sessions, and boxing and/or martial arts sessions, with eight organisations offering each service. There are two organisations in the area with swimming pools, *Jubilee Sports Centre* and *Better Leisure Centre*.

Of the 25 organisations offering physical activities, six offer female only sports sessions, including football (*EPIC CIC* and the *Avenues Youth Project*), basketball (*Harrow Club*), yoga (*Harrow Club*), boxing (*All Stars Boxing Gym* and *Harrow Club*) and fitness sessions (*Making Communities Work and Grow*). There are also five organisations that offer playgrounds to cater to younger users.

Cooking and nutrition lessons are also offered by a number of organisations to target children and young people's physical health. In RPT's service area there are 7 other organisations offering cooking lessons. These services cater to a range of different age groups, with *EPIC CIC* running lessons for six to 14 year olds and the *Avenues Youth Project* for eight to 14 year olds, while *Golborne Youth Centre's* lessons are for 13 to 19 year olds and *Masbro Centre's* for 11 to 19 year olds.

Only three organisations advertise that they run health advice services, representing 5% of mapped services. *EPIC CIC* provides a health advice drop in, including relationship and sex education, while *Harrow Club* also run sex and relationships education and the *Golborne Youth Centre's* drop-in service including sex and relationships advice.

#### 5.2.4. Personal safety

Though many of the organisations and youth groups in the area contribute to young people's personal safety, for example through providing a safe space or a sense of belonging and purpose, only one organisation in the mapping included services aimed at reducing crime and risky behaviour in its purpose. *Youth Action Alliance* provides targeted projects for both boys and girls and seeks to assist young people to make positive life choices.

*Youth Action Alliance's* outreach with boys and young men is primarily conducted through sport and physical activity, with football and gym sessions for vulnerable young men. The young women's group works with girls who are engaged, or at risk of engaging in, risky behaviour, in both group sessions and one-to-one interventions. *Youth Action Alliance* also undertakes outreach and street work to engage hard to reach young people.

#### 5.2.5. Opportunities and aspirations

Activities that provided opportunities to young people – whether educational support, skills development, employment assistance or accreditation programs – were some of the most commonly provided services by youth organisations in RPT's area. Almost half (49%) of the services mapped included services that provided opportunities to children and young people.

The most commonly provided services in this area relate to education, with 12 organisations running programs supporting children and young people in their education, including seven homework clubs. These homework clubs serve a range of

age groups, with most catering for younger children such as *The Curve's* homework club, which is for children aged five to 11 years old, and *Flashpoint Centre's* homework assistance service for six to 14 year olds. The *Making Communities Work and Grow* Youth Drop-in Centre runs boys and girls clubs with 11 to 21 year olds, and homework assistance is one of the services offered. Some of these services are open to all young people in the area, while others are for specific groups, such as the *Harrow Club's* Traveller Homework Project.

Many organisations also run programs to enhance children and young people's skills in the arts, with ten of the 55 mapped organisations providing academies or workshops in areas such as music, dance, theatre and visual arts. Of these, music is the most common skills-based activity, provided by six organisations, followed by dance which is provided by five organisations.

There are fewer services relating to employability than education, with eight organisations running programs relating to job seeking. These services target the older age group, and usually involve activities such as CV development and interview preparation. While some of these services are open, such as the *Dalgarno Trust's* Job Club, which runs Mondays and Wednesdays for people over 16 years old, other services are more tailored, for example, *Golborne Youth Centre* provides a range of employability services for young mothers aged 13 to 23.

Several organisations provide employability services through job creation, such as the *Anti-Tribalism Movement's* Fellowship for local young people over 18 years old from Somali backgrounds. Similarly, the *Leadership Through Sport & Business* provides an apprenticeship programme, while *Westway's Creative Futures* project supports local creative businesses to develop entry-level job opportunities.

Beyond employment support services, seven organisations run programmes that give young people the opportunity to attain an accreditation, including four supporting the Duke of Edinburgh Award. There are also programmes in mechanics (*Scouts*), First Aid (*Air Training Corps*), accounting (*Leadership Through Sport & Business*) and IT (*Scouts* and *Clement James Centre*).

There are six organisations in RPT's local area also providing volunteering and citizenship programmes. Many of these programmes invite young people to be involved in forums and debates to be involved with, and advocate for, their interests and rights. There are also programmes inviting young people to become involved in committees, such as *EPIC CIC's* Community Youth Action programme. There are also peer mentoring and leadership programmes run by the *Avenues Youth Project* and the *Anti-Tribalism Movement* (for young adults with Somali backgrounds).

There are also 13 organisations running youth groups or clubs, which provide an opportunity for children and young people to socialise, participate in activities and learn new skills in a safe and structured environment. Of these 13 organisations, seven run girls only groups for young women.

## 5.3. Interaction of services with RPT

### 5.3.1. Services used by RPT young people

In the creative workshops Justice Studio conducted with children and young people at RPT, participants were asked to identify which services they used by drawing a map of the local area including the facilities they frequently visit. Through the two workshops, Justice Studio collected six maps that identified a range of organisations and services. Aside from the services that would be expected to be identified frequently – such as schools, shops, public transport and RPT itself – the facilities that recurred most often were *Better Life Leisure Centre*, *Westway Trust* and public parks.

*Better Life Leisure Centre* was identified in four of the six maps (two from the Junior Club workshop and two from the Project Athena workshop) and is commonly used for its swimming pool.<sup>120</sup> *Westway Trust* also appeared multiple times, with one participant in the Project Athena workshop listing services she uses: ‘Rally for Grenfell, football, wallball, swim, tennis’.<sup>121</sup> Public parks were also popular, with four maps containing an element relating to a park:

- A picture of a duck;<sup>122</sup>
- ‘Buck [sic] pond’;<sup>123</sup>
- ‘Avondale Park’;<sup>124</sup>
- ‘Avondale Park’.<sup>125</sup>

No other organisations mapped were raised by the children in the workshops, which may mean that RPT is the primary service provider that the participants visit. Based on the responses the two other organisations that were listed, *Westway Trust* and *Better Leisure Centre*, are mostly used for their sporting facilities.

### 5.3.2. Similarity of services

The following table illustrates where services similar to those RPT offers were found in the mapping:

Type of service	No. other organisations offering service
Football	13
Homework assistance	9
Junior club (children 11 or below)*	8
Youth club (children above 12)*	7
Girls only group	7
Cooking classes	7
Off-site activities	7
Residential	5

<sup>120</sup> Junior Club and Project Athena creative workshops, 11<sup>th</sup> July 2018 and 12<sup>th</sup> July 2018: community maps 1, 4, 5 and 6.

<sup>121</sup> Project Athena creative workshop, 12<sup>th</sup> July 2018: community map 5.

<sup>122</sup> Junior Club creative workshop, 11<sup>th</sup> July 2018: community map 2.

<sup>123</sup> Junior Club creative workshop, 11<sup>th</sup> July 2018: community map 6.

<sup>124</sup> Project Athena creative workshop, 12<sup>th</sup> July 2018: community map 4.

<sup>125</sup> Project Athena creative workshop, 12<sup>th</sup> July 2018: community map 5.

Gym sessions	5
Music production	4
Play services	4
Duke of Edinburgh Awards	3
Mothers' group	2
Street-based outreach	1

Table 1: Number of other local organisations offering similar services to RPT

\*The ages of junior and senior youth clubs varied across the organisations mapped. Junior clubs were classified as any club that included children below 11 years old, even if the maximum age was above 11 years old (e.g. The Avenues Youth Project 'The Zone' for eight to 14 year olds). Youth clubs were classified as any club that had a minimum age limit of 12 years old or above.

Whilst this table shows that there are a number of other facilities offering services similar to RPT, it does not necessarily mean that there is a duplication of effort. For example, *Golborne Youth Centre* runs a mothers' group with some similar services to Magic Mums. However, this group is for young mothers aged 13 to 23, so it is catering to a smaller group than Magic Mums.

Similarly, 13 organisations mapped include football in their programme, though some of these services only offer football as a causal after school activity, such as at *Flashpoint Centre Play*, where football is offered as an outdoor activity along with other team sports such as cricket, tennis and badminton. Though this is a space where children and young people can play football, it is not the structured services offered by RPT's Football Academy.

More information about all of these services can be found in the full mapping matrix in Appendix 1, including where similarities in services have been identified.

# 6. Gap and opportunity analysis

## 6.1. Service gaps in RBKC

RBKC is a well serviced borough, with the mapping matrix showing a wide range of organisations providing broad programmes and activities for children and young people, available to both the community at large and specifically to minority and in-need groups. However, there are still areas in which the literature review suggests a heightened need that is not adequately addressed by the identified organisations and services.

### 6.1.1. Mental health

As the research demonstrates, poor mental health is an issue of increasing concern among young people, particularly among young people who have experienced trauma. As a large part of RPT's community has been impacted by the Grenfell tragedy, it is likely that children and young people both directly and indirectly affected by Grenfell will experience some impact on their mental health. Indeed, during the creative workshops at least one young person identified that they could not even bear to talk about Grenfell or look at the remains of the building.<sup>126</sup> The mapping shows seven organisations that specifically cater to the mental health needs of individuals and families affected by the fire, though the Kensington and Chelsea Foundation's Grenfell Tower Fund Listening Project has found that young people are not necessarily accessing these services.<sup>127</sup>

Children and young people affected by the Grenfell fire may require assistance understanding the services available to them, or in feeling that it is okay to ask for and seek help when they are struggling. Though the actual need for mental health services relating to the fire may be met by other organisations, to encourage children and young people to access the services that are available it may be necessary to work to reduce stigma in the community relating to mental health services, and to ensure that children and young people understand what is available to them.

The literature review also highlights the vulnerability of young women to poor mental health. Though there are seven organisations providing girls only groups, statistics suggest that many young women in RPT's area would benefit from targeted mental health support, such as counselling services. Girls and young women living in poverty or socio-economic disadvantage are particularly at risk,<sup>128</sup> so a targeted service with

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<sup>126</sup> Project Athena creative workshop participant, 12<sup>th</sup> July 2018.

<sup>127</sup> The Kensington & Chelsea Foundation (2018) The Kensington & Chelsea Foundation Grenfell Tower Fund Listening Project update and next steps 08.05.2018 [unpublished]. The Kensington & Chelsea Foundation.

<sup>128</sup> Mental Health Foundation (2017) While Your Back Was Turned: how mental health policymakers stopped paying attention to the specific needs of women and girls. Mental Health Foundation.

mental health professionals experienced in female adolescent development may be particularly beneficial.

In the creative workshop Justice Studio ran with young women from Project Athena, one girl included counselling in her dream version of RPT, and two girls included a quiet room or meditation room, reflecting a desire for mental health support. There was also a respondent to the wall survey who wanted to see individual art therapy sessions provided.<sup>129</sup> A desire for increased mental health services from young women was also evident in an internal consultation in July 2018. When asked what discussions they would like to hold at Project Athena, two girls responded 'Grenfell' and 'anger management'.<sup>130</sup> No mental health related issues were raised in the Youth Club session.<sup>131</sup>

Whilst the research indicates that additional mental health support may be beneficial for the young people at RPT, when specially asked if this was something they wanted they said it was not. When RPT consulted Junior Club and Youth Club members about their desire for increased mental health support at RPT, both groups stated that they feel they have adequate formal mental health services available to them, for example counselling at school. The Junior Club in particular raised that they would not enjoy having therapy at RPT. However, the Youth Club agreed with the girls in the Athena Project that a quiet space would be beneficial, and this view was also supported by RPT's managers. Nevertheless, Justice Studio advise that RPT remain open to the idea of providing therapeutic services in the future as part of an evolving and holistic approach to young people's wellbeing. RPT should particularly consider this possibility for young women as the Project Athena groups raised a desire for mental health related services in both Justice Studio's workshop and RPT's internal consultation.

**Recommendation:** Introduce a quiet or meditation space in RPT, including a space for 1-2-1s with staff members, iPads with access to apps such as Headspace or other guided meditation services, and information on available mental health support.

Justice Studio understands that RPT is currently considering turning the area that was previously used for sexual health services into a quiet space.

### 6.1.2. Substance misuse

Justice Studio's mapping found only one organisation specifically targeting substance misuse among young people in RPT's local area. *Insight* offers a comprehensive service for young people living with alcohol or drug issues, however there are no services offering early outreach programmes for young people who are at risk of developing substance addictions or transitioning from recreational use to problematic use.

Drug and alcohol education and awareness services may also be beneficial for young people in RPT's area. Only three organisations in the area provide a health drop-in

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<sup>129</sup> Response to 'what is your dream for Rugby Portobello Trust?' wall survey.

<sup>130</sup> Consultation with Project Athena attendees conducted by RPT staff member, July 2018.

<sup>131</sup> Consultation with Youth Club attendees conducted by RPT staff member, July 2018.

service, and none promote substance support or advice. Curiosity about substance use is common among young people,<sup>132</sup> so services that provide clear and correct information, and can refer young people showing risk factors to support services, may assist young people to engage safely in experimentation that could otherwise be harmful.

The NHS's national survey on smoking, drinking and drug use among young people found that 11 to 15 year olds are more likely to have drunk an alcoholic drink in the past week if there were drinkers in their home, and to have taken drugs in the past year if their family did not discourage drug taking.<sup>133</sup> This suggests that awareness among parents can have a trickle-down effect to young people, so substance education programmes aimed at parents could reduce harmful habits in young people in RBKC. No such programmes were found in the mapping exercise.

### Case Study: Pling youth services directory

Pling WA is a statewide youth services directory for the state of Western Australia, and it is Australia's first smartphone app based youth services directory. The app is supported by the Youth Affairs Council of Western Australia (YACWA), a non-government organisation that seeks to address the exclusion of young people in Western Australian. Pling was released in December 2013, and users can browse youth services in 23 categories, including:

- Alcohol and other drugs
- Homelessness
- Youth centres
- Education and training
- Counselling and support
- Sexual health
- Employment
- Finance

Users can either look through these categories, or search using keywords or locations. Pling provides a service description, including the age range that the organisation serves, to help users find the most appropriate service, and then provides contact details to link the young person with the organisation. The app also includes a feature that allows users to 'favourite' services for easy access in the future and can provide directions on how to get to a service on foot, by car or on public transport. As well as being available in app format, Pling's database can be accessed online through YACWA's website, where individuals can also 'suggest a service' to be added to Pling. Pling's database currently has 1,455 services listed and can be accessed at [www.yacwa.org.au/pling](http://www.yacwa.org.au/pling).

Justice Studio is aware that RPT has begun creating a directory of substance misuse services in the local area in collaboration with young people. We recommend that RPT build on this going forward as a way to keep the directory as a living list.

**Recommendation:** Continue working on a directory of substance misuse support services in the area that young people and other service users can be referred to. Explore setting this up as a youth-led project, including encouraging young people to take responsibility for periodically updating and refreshing the directory.

<sup>132</sup> Drug Wise (2017) Why Do Young People Take Drugs? <http://www.drugwise.org.uk/why-do-young-people-take-drugs/>.

<sup>133</sup> NHS Digital and the Office for National Statistics (2017) Smoking, Drinking and Drug Use Among Young People. Health and Social Care Information Centre.

### 6.1.3. Physical health

Services relating to physical health, in particular sports and physical activity, are well represented in RBKC. Almost half of all organisations mapped provide a sports service. However, two of the staff members Justice Studio interviewed raised concerns regarding young women's participation in youth groups and highlighted that they felt that the services offered are not attractive to young women. A staff member told an anecdote of a recent off-site trip that included a visit to a trampolining centre and said that the girls on the trip were far more engaged in that part of the day than the boys. This is consistent with the creative workshop with girls from Project Athena, where two girls included a trampolining room in their dream version of RPT,<sup>134</sup> and in the internal youth consultation where six of 16 suggestion for Project Athena involved more sporting activities for the girls.<sup>135</sup> Justice Studio is aware that RPT is now offering football sessions as part of Project Athena, as well as continuing with trampolining sessions. This is a positive step towards providing increased sporting opportunities for girls.

Of the mapped organisations, there are six 'girls only' physical activities. Increasing the number of sports and/or physical activity services that cater to the interests of girls and young women may be beneficial to both their physical health and their overall participation in youth services. Anecdotes from RPT staff suggest that girls and young women enjoy being physically active, however they require services that cater to their interests. One staff member raised the importance of providing services for young women in culturally appropriate environments,<sup>136</sup> which may include gender-segregated services. Justice Studio is aware that RPT has begun collecting timetables from other local organisations and that RBKC has begun considering creating a directory of local youth services. We recommend RPT continue exploring partnerships to both reduce duplication and to increase the services available to children and young people who attend RPT.

Recommendation: Increase the number of girls only physical activities to encourage girls and young women to be active and participate in group activities in a healthy environment and explore becoming a Wildcat Centre for girls' football to provide a formal sporting league. Consider creating and publishing a rotating timetable of different physical activities and sports each term so that the girls can easily see which activity/sport is occurring.

Recommendation: Continue exploring partnerships with other organisations providing 'girls only' services that may be of interest to RPT's users (e.g. All Stars Boxing female only boxing) to allow RPT's female users to access services at other facilities instead of introducing duplicated programmes.

There is also a desire from service users to expand the sports and physical activities that RPT offers, with three children and young people in the creative workshops

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<sup>134</sup> Project Athena creative workshop, 12<sup>th</sup> July 2018: dream RPT drawings.

<sup>135</sup> Consultation with Project Athena attendees conducted by RPT staff member, July 2018.

<sup>136</sup> Interview with Rugby Portobello Trust staff member, August 2018.

including swimming pools in their dream version of RPT,<sup>137</sup> two including basketball,<sup>138</sup> and another two including a sports hall.<sup>139</sup> Further, three respondents to the wall survey responded that they wished there was golf at RPT.<sup>140</sup> During an internal consultation with Youth Club members, five of 13 responses to the question ‘what else would you like to see going on at [Youth] Club?’ related to sports, including yoga, basketball, football and access to sporting event tickets.<sup>141</sup>

**Recommendation: Continue exploring partnerships with other organisations providing similar sporting services (e.g. Westway Trust’s sports and fitness centre) to reduce duplication and increase the variety of services.**

Cooking classes are also a popular service, with four creative workshop participants including a cooking room in their dream RPT.<sup>142</sup> There are seven other organisations providing cooking and nutrition classes in RPT’s area, most of which take place as part of junior clubs or youth groups. Though this exposes children to healthy habits, it may be beneficial to provide similar skills training to parents where possible to increase the likelihood that the lessons are being used at home.

During an internal consultation with Junior and Youth Club members, the children and young people stated that they like the environment at RPT and they don’t want their parents involved in sessions with them.<sup>143</sup> However, a desire for a cooking class for parents was reflected in response to the ‘what do you wish was at Rugby Portobello Trust?’ question on the wall survey,<sup>144</sup> as well as separate cooking classes for parents (either a dads’ group and a mums’ group, or a mixed class) being included in RPT staff’s ideas for timetables at a meeting of the RPT youth teams. Parents consulted by RPT staff were enthusiastic about cooking classes and stated that a day time session would be most beneficial.<sup>145</sup>

**Recommendation: Consider creating daytime classes for parents and carers around healthy eating and food economy, separate from cooking sessions held with children and young people.**

#### 6.1.4. Personal safety

Though many of the 55 services mapped provide services relating to personal safety by offering safe spaces and structured activities to keep children and young people off the street, the mapping revealed only one organisation actively working in personal safety through outreach and services for at-risk young people. Given the level of perceived vulnerability of children and young people in RPT’s area to gangs and criminality – it was raised as a key issue by all staff members interviewed – increasing

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<sup>137</sup> Junior Club creative workshop, 11<sup>th</sup> July 2018: dream RPT drawings; Project Athena creative workshop, 12<sup>th</sup> July 2018: dream RPT drawings.

<sup>138</sup> Junior Club creative workshop, 11<sup>th</sup> July 2018: dream RPT drawings.

<sup>139</sup> Project Athena creative workshop, 12<sup>th</sup> July 2018: dream RPT drawings.

<sup>140</sup> Responses to ‘what is your dream for Rugby Portobello Trust?’ wall survey.

<sup>141</sup> Consultation with Youth Club attendees conducted by RPT staff member, July 2018.

<sup>142</sup> Project Athena creative workshop, 12<sup>th</sup> July 2018: dream RPT drawings.

<sup>143</sup> RPT recommendations consultation with Youth and Junior Club members.

<sup>144</sup> Responses to ‘what is your dream for Rugby Portobello Trust?’ wall survey.

<sup>145</sup> RPT recommendations consultation with parents.

the amount of active outreach undertaken could assist in reaching young people on the verge of becoming involved in criminal activity, or help young people exit that lifestyle.

Partnerships and outreach programmes run together with schools may also increase capacity to identify at risk young people. Developing a partnership of this kind was also suggested by two RPT staff members as a way to identify and reach young people on the fringes of criminality.<sup>146</sup> Justice Studio understands that RPT has started reaching out to local schools to build relationships, as well as delivering an assembly and workshop at Burlington Dance Academy in April this year.

**Recommendation:** Enhance and expand partnerships with local schools to include identifying and making connections with children and young people who may be at risk because of their family situation, at risk of grooming, vulnerable to criminality, poor mental health or social isolation. Ensure that these partnerships take into account how age impacts vulnerability.

A number of organisations provide 'girls only' groups, yet there are few 'boys only' activities. As young men are at an increased risk of recruitment by gangs and criminal groups services addressing their particular vulnerabilities should be considered.<sup>147</sup> 'Boys only' youth groups could provide a forum to discuss difficult issues such as gang violence, knife carrying and sexual violence. Interestingly three participants in the Project Athena creative workshop included a boys' version of Athena in their dream version of RPT, suggesting that the girls see a need for the boys to have their own space.<sup>148</sup> This idea was also suggested by an RPT staff member as a way of improving the services RPT provides to young men.<sup>149</sup>

However, during an internal consultation with Youth Group members, the young men stated that they do not want a totally separate programme, though agreed that it would be beneficial to have a 'boys only' sessions during Youth Club.<sup>150</sup> RPT's managers have begun considering a 'Man Cave' session to be held during Youth Club.

**Recommendation:** Continue exploring a 'boys only' session during Youth Club to allow for a private space for young men to discuss issues that are relevant to them, and which may be difficult to talk about around girls and young women including:

- The transition from boyhood to manhood;
- Respectful relationships;
- Respect for women;
- Sexual health;
- Criminality and gang culture;
- Mental health;
- Alternatives to mainstream education.

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<sup>146</sup> Interviews with Rugby Portobello Trust staff members, August 2018.

<sup>147</sup> Drug Threat Team, National Crime Agency (2017) County Lines Violence, Exploitation and Drug Supply. National Crime Agency.

<sup>148</sup> Project Athena creative workshop, 12<sup>th</sup> July 2018: dream RPT drawings.

<sup>149</sup> Interview with Rugby Portobello Trust staff member, August 2018.

<sup>150</sup> RPT recommendations consultation with Youth Club members.

One staff member interviewed by Justice Studio was particularly concerned about the roles of parents and other adult role models in the development of the children and young people who use RPT. This staff member believed that RPT should increase the amount of services offered to families – particularly fathers and male role models – to increase accountability and support for young men involved in violent crime.<sup>151</sup>

During internal consultations fathers stated that they would not attend services designed to engage fathers because they did not have the time.<sup>152</sup> However, Justice Studio still recommends that RPT explore increasing their offering for male parenting figures, as research shows that engaged fathers have broad-reaching positive impacts on their children, including increased school readiness, higher educational achievement, and improved mental health in teenagers. Mothers of children with engaged fathers also experience lower rates of parental stress and depression, and engaged fathers report positive benefits themselves, such as improved communication skills and confidence.<sup>153</sup>

### Best practice: engaging fathers in child development

In 2017, the Institute for Research and Innovation in Social Services (IRISS) released a review of 'Good Practice with Fathers in Children and Family Services'. The review includes a list of considerations and practices that have worked to improve father engagement in different contexts. These strategies may assist RPT to encourage fathers to partake in parenting programmes at the centre:

- Have high expectations;
- The earlier fathers are engaged the better;
- Registration and enrolment processes should record both parents' details;
- Gender-differentiation is often necessary and fathers might need to be targeted specifically;
- Consider the timing of services to enable fathers who are at work to attend;
- Communicate with both parents as a standard practice, for example, address correspondence to 'mother and father', not 'parent', as often fathers read the word 'parent' as intended for the mother;
- Fathers are more likely to attend 'briefings' or 'updates';
- Invite fathers personally to hands-on activities;
- Ensure that the building does not send the message that men are not welcome in the space, for example through reading materials or posters that are all aimed at women;
- Offer services outside of just parenting to fathers, for example help with housing or employment;
- Consider offering evidence-based approaches to problems;
- Encouragement from mothers can be crucial.<sup>154</sup>

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<sup>151</sup> Interview with Rugby Portobello Trust staff member, August 2018.

<sup>152</sup> RPT recommendations consultation with parents.

<sup>153</sup> Clapton, G. (2017) Good practice with fathers in children and family services. Institute for Research and Innovation in Social Services.

<sup>154</sup> Clapton, G. (2017) Good practice with fathers in children and family services. Institute for Research and Innovation in Social

Respondents to the wall survey at RPT also wanted to see an increase in activities for parents, including sessions on teen violence and social media.<sup>155</sup> Justice Studio is aware that RPT is currently considering running a programme to provide parents with information and resources on safeguarding their children. A number of organisations, both from across the public, private and voluntary sectors, offer courses and resources for parents to assist them to better understand their children’s vulnerabilities online. For example, *Internet Matters* is a not-for-profit that produces up to date and age appropriate advice for parents on the safety issues that children face online, and provides strategies on how to talk about and deal with these problems.

In February 2018 Internet Matters ran the ‘Set up Safe’ campaign, a campaign aimed at parents to provide them with the most up to date information available about parental control settings. They found that only 39% of parents set controls across their broadband or mobile network, and only 45% apply privacy settings to their children’s social media accounts. Therefore, to provide parents with accurate and reliable information, Internet Matters has a parental controls section on their website, including a ‘Set Up Safe’ checklist, guides on privacy settings on apps such as Snapchat and Instagram, and guides on parental controls on tablets, smartphones, gaming consoles and operating systems. These guides are free to download and could help RPT design a social media and online safety resource for parents.<sup>156</sup>

Recommendation: Increase parental participation and support, particularly for dads and male role models. This could include a dads’ group that encourages male participation in their children’s development and safety.

Recommendation: Introduce a programme for parents and carers on safeguarding their children from risky behaviour.

Recommendation: Continue with mobile outreach services and explore options to expand the services to gang involved and affected young people and help them to access services that can support diversion. This could include liaising with the Youth Offending team and police to identify targeted outreach areas.

The particular vulnerability of girls and young women to exploitation is also being addressed by many organisations through both ‘girls only’ youth groups and health advice and education services that focus on sex and relationships. However, it is vital that boys and young men are involved in these conversations as well. Both boys and girls should be educated on respectful relationships, consent, and how to engage in safe and healthy sexual behaviour, as well as developing a sense of shared responsibility for sexual and reproductive health. Involving boys and men in preventing violence against women and girls is part of the government’s *Ending Violence Against Women and Girls Strategy 2016-2020*, including educating both boys and girls on respectful relationships.<sup>157</sup>

Justice Studio understands that sexual and reproductive health services at RPT were previously provided by an external organisation, and that RPT is now planning to

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Services.

<sup>155</sup> Responses to ‘what is your dream for Rugby Portobello Trust?’ wall survey; RPT recommendations consultation with parents.

<sup>156</sup> Internet Matters (2018) Impact Report 2018. Internet Matters.

<sup>157</sup> Home Office (2016) Ending Violence Against Women and Girls Strategy 2016 – 2020. Her Majesty’s Government.

provide those services in-house. In developing an in-house sexual and reproductive health programme RPT should ensure its approach is built on a broad and inclusive concept of sexual health and respectful relationships.

### Best practice: Brook Advisory respectful relationships

In preparation of the introduction of mandatory relationships and sex education (RSE) in UK schools in 2019, Brook consulted with young people across the UK to understand what they want and need from RSE. These consultations resulted in an eleven point manifesto that young people can present to their school. Though these points are designed to improve formal RSE in schools, they can be a useful 'best practice' guide for RPT in conducting conversations on respectful relationships and sexual health and safety. The young people's manifesto on RSE is available at [www.brook.org.uk](http://www.brook.org.uk).

*Source: Brook (accessed 2018) Young people's manifesto: what we want and need from RSE, <https://www.brook.org.uk/shop/product/young-peoples-manifesto>.*

RPT may want to show this manifesto to young people in the Youth Club to see if they agree with these points, and how they could be adapted to the Youth Club format to ensure that RPT is offering young people the best information for their life stage and circumstances. Based on the manifesto it is clear that the following points are important to young people when conducting discussions on relationships. They want it to be:

- Taught by qualified teachers: young people want the person delivering their RSE to have had training, and to know how to foster open discussions and deliver great lessons. They also want the opportunity to hear from outside organisations;
- Include them: young people want to be involved and to feel safe asking questions;
- Be regular: young people want RSE to occur regularly, not just as a once off;
- Promote equal, happy relationships: young people want to learn about the positive aspects of relationships and sex, in a way that makes sense for their age;
- Include their families: young people need their parents, carers and guardians to understand RSE and to be able to support them at home. They want their families to know what is being taught and how to speak to them about relationships and sex;
- Be based on the facts: young people want to be given the truth about their rights, the law and their bodies;
- Show them where to go for help: young people want to be linked to local sexual health services and shown where they can go online for trustworthy resources;
- Promote LGBT+ equality: young people want RSE that challenges discrimination and promotes equality for all young people of all genders and sexualities;
- Consider all of their needs: young people want RSE that considers all of their different experiences and needs, including special educational needs and disabilities'
- Help them to understand influences: young people want to discuss and understand how their friends, the media and religion might shape the way they understand relationships and sex;

- Be responsive to their feedback: young people need RSE that addresses their comments and adapts to their changing needs.

Recommendation: Building on best practice, continue to hold and encourage mixed boys and girls conversations in Youth Club about healthy relationships, sexual health and wellbeing, and consent and boundaries in a safe and equal environment, and undertake ongoing evaluation of the content and outcome of these conversations to monitor relevance and effectiveness, and to identify particular needs that may arise through these conversations.

Children and young people in London are also vulnerable to grooming and exploitation by gangs and other criminal groups. The frequency of county lines originating in London increases the exposure of young people to this risk.<sup>158</sup> Education, awareness and early intervention programmes and services relating to grooming and exploitation, as well as how to stay safe online, are not currently offered by any of the organisations mapped, though these topics are covered in Junior Club at RPT. This is a valuable service that RPT provides for local children, and safeguarding should remain a priority for Junior Club.

#### 6.1.5. Opportunities and aspirations

As with physical health, the mapping suggests that there are many services providing opportunities to children and young people in RBKC. Many organisations are providing education support services, which is consistent with the research, showing that RBKC has one of the highest levels of educational attainment in London, and a low average gap between disadvantaged pupils and other pupils.<sup>159</sup>

However, there are fewer services for those not pursuing mainstream education or planning for their futures once they have completed schooling. There are only a small number of organisations offering services such as careers planning, CV assistance and interview preparation. These kinds of activities were raised by several young people in the internal consultation with Youth Club members. When asked ‘what else would you like to see going on at [Youth] Club?’ young people responded with ‘interview skills’, ‘more workshops’ and ‘CVs’, as well as with requests for more general life skills such as ‘financial advice (tax, mortgages, pensions, bank accounts, APR, VAT)’ and ‘life skills – washing machine etc’.<sup>160</sup> These services are available to young people through Youth Club, however some young people may not be aware that this support is provided.

RPT managers and members of the Youth Club also felt that increasing the number of employment related services available at RPT could help at-risk or gang involved young people. Increasing the number of workshops and activities relating to the music industry, such as the proposed (Amp)lify project, was suggested by both young people and RPT managers.

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<sup>158</sup> Drug Threat Team, National Crime Agency (2017) County Lines Violence, Exploitation and Drug Supply. National Crime Agency.

<sup>159</sup> Tinson A., Ayrton C., Barker K., Born T. B. and Long O. (2017) London’s Poverty Profile. Trust for London.

<sup>160</sup> Consultation with Youth Club attendees conducted by RPT staff member, July 2018.

Recommendation: Highlight the range of services available to young people through Youth Club, including employment related services, to ensure that young people are aware of, and able to take full advantage of, the broad support RPT provides.

Recommendation: Continue running projects such as (Amp)lify that help local young people better understand career options in engaging fields and explore running daytime activities specifically for young people not in education, training or employment, or young people identified as at-risk of gang involvement or criminality.

RPT also has the benefit of a Youth Forum, which could be an extremely valuable resource in certifying that RPT continues to engage children and young people and meet their changing needs. To ensure that RPT's management, staff and beneficiaries receive the greatest benefit from the Youth Forum, the following best practice principles should be applied to the recruitment and management of the Youth Forum:

- Ensure that it consists of:
  - Members who are well regarded within RPT whether it be by consistent attendance or exemplary leadership skills, because you need them to be community ambassadors and ensure that they are a well rounded reflection of the young people you and your organization serve.
  - Members who reflect the diversity of RPT such those who are new to the organization or represent the demographics of the overall group.<sup>161</sup>
- Be clear on the amount of time that the members need to dedicate to the forum. It is important that the young people are prepared for the time commitments necessary for the group to be more than symbolic.
- Do not let their enthusiasm die. You want to ensure that you really listen and respond to what the members suggest and to harness their care for RPT and/or the issue at stake.
- Have strategies to ensure that the Youth Forum incorporates all of the relevant voices within your organization and not just one faction. Do not try to ensure that you have every single voice, but use a consultation method so that the voices of those concerned are reflected in the overall decision.
- Plan linkages between the Youth Forum and the RPT Board to ensure that their recommendations are listened to by senior management. This could include having a representative of the Youth Forum sit in on RPT Board meetings.

# 7. Conclusion

Children and young people are generally very positive about the services and environment provided by RPT. For example, when asked ‘what do you like at Rugby Portobello Trust’ service users replied:

*Everything.*

*It is like no other centre round here. It is like home.*

*I love everything Rugby Portobello does...I’m blessed to have them.*

*It is a warm, welcoming and comforting place.*

*Rugby Portobello Trust...I love this place.<sup>162</sup>*

Other respondents were particularly complimentary about the staff at RPT:

*The warmth of those working here...*

*Welcoming and staff are friendly, they help me A LOT.*

*The community it brings together and the amazing staff.*

*...the workers are amazingly helpful and want the best for me.<sup>163</sup>*

When asked ‘what don’t you like at Rugby Portobello Trust’, almost half of respondents (43%) said there was nothing they didn’t like.<sup>164</sup> In fact, some simply want more RPT, with dreams for the centre to be open more often over the holidays, or even 24 hours a day, arising in both the Project Athena creative workshop and the wall survey.<sup>165</sup> This positivity suggests that RPT is doing a good job of meeting the needs of their children and young people and it is recommended that a continued focus and investment in the organisation’s culture and care of the staff is made.

The needs of children and young people are complex, and there are areas in which RPT could improve its response. Children and young people in the UK are facing significant challenges to their physical and mental health, their educational attainment and future prospects, and their sense of personal safety. While the government has introduced a number of policies to attempt to address these struggles, funding for youth services continues to be cut across the UK, and particularly in London, with the closure of over 30 youth centres in the capital.<sup>166</sup> This leaves children and young people with fewer services, less support and potentially nowhere safe to go.

RPT must ensure that its services continue to meet the evolving needs of its beneficiaries, and consider the changing political, social and technological landscapes that influence these needs. The recommendations provided below seek to assist RPT in ensuring its continued relevance to the needs of its children and young people, as well as providing holistic services to parents and the local community to strengthen children and young people’s support structures and resilience.

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<sup>162</sup> Responses to ‘what do you like at Rugby Portobello Trust’ wall survey.

<sup>163</sup> Responses to ‘what do you like at Rugby Portobello Trust’ wall survey.

<sup>164</sup> Responses to ‘what don’t you like at Rugby Portobello Trust’ wall survey.

<sup>165</sup> Project Athena creative workshop: dream RPT drawings; Responses to ‘what is your dream for Rugby Portobello Trust?’ wall survey.

<sup>166</sup> Berry, S. (2017) London’s Lost Youth Services: the dramatic disappearance of support and facilities for young people in London. London Assembly.

## 7.1. Recommendations

### 7.1.1. Youth empowerment

Both national and local research shows that young people in the UK are concerned for their futures and are at risk of becoming disengaged and disempowered. These recommendations seek to ensure that the young people RPT serves are offered opportunities to make the best start in life, and consulted on their experiences, opinions and needs.

Recommendation 1: Highlight the range of services available to young people through Youth Club, including employment related services, to ensure that young people are aware of, and able to take full advantage of, the broad support RPT provides.

Recommendation 2: Continue running projects such as (Amp)lify that help local young people better understand career options in engaging fields and explore running daytime activities specifically for young people not in education, training or employment, or young people identified as at-risk of gang involvement or criminality.

### 7.1.2. Tackling specific vulnerabilities

Children and young people across the UK are facing myriad challenges to their health, wellbeing and safety. These challenges are often unique to these age groups, and change over time as technology, social mores and government policy progress. Mental health, sexual exploitation and gang violence were all prominent vulnerabilities identified in this report, and these recommendations aim to improve RPT's offering for children and young people who may be vulnerable to these risks.

Recommendation 3: Introduce a quiet or meditation space in RPT, including a space for 1-2-1s with staff members, iPads with access to apps such as Headspace or other guided meditation services, and information on available mental health support.

Recommendation 4: Continue with mobile outreach services and explore options to expand the services to gang involved and affected young people to help them access services that can support diversion. This could include liaising with the Youth Offending team and police to identify targeted outreach areas.

### 7.1.3. Gender mainstreaming

Services for children and young people must consider how gender impacts the vulnerabilities, needs and experiences of their beneficiaries. Certain risks will be of greater concern for one gender, such as recruitment into gangs for young men, or intimate partner abuse for young women, while certain services may be less available, for example there are fewer football academies for girls than boys in RPT's area, but more 'girls only' spaces. These recommendations address the need to provide equal opportunities to girls and boys in a sensitive and appropriate way.

Recommendation 5: Increase the number of girls only physical activities to encourage girls and young women to be active and participate in group activities in a healthy environment and explore becoming a Wildcat Centre for girls' football to provide a formal sporting league. Consider creating and publishing a rotating timetable of different physical activities and sports each term so that the girls can easily see which activity/sport is occurring.

Recommendation 6: Continue exploring a 'boys only' session during Youth Club to allow for a private space for young men to discuss issues that are relevant to them, and which may be difficult to talk about around girls and young women including:

- The transition from boyhood to manhood;
- Respectful relationships;
- Respect for women;
- Sexual health;
- Criminality and gang culture;
- Mental health;
- Alternatives to mainstream education.

Recommendation 7: Building on best practice, continue to hold and encourage mixed boys and girls conversations in Youth Club about healthy relationships, sexual health and wellbeing, and consent and boundaries in a safe and equal environment, and undertake ongoing evaluation of the content and outcome of these conversations to monitor relevance and effectiveness and to identify particular needs that may arise through these conversations.

#### 7.1.4. Increasing parental support

Increased parental participation can make significant improvements in many areas of a child's life, as well as providing positive benefits to the family unit and parents themselves. RPT has recognised these benefits and the need to provide some parents with extra support through the Magic Mums programme. The below recommendations are designed to extend and enhance the parental outreach RPT already does to ensure that it is reaching as many parents, and therefore children, as possible with relevant and topical services and programmes.

Recommendation 8: Introduce a programme for parents and carers on safeguarding their children from risky behaviour.

Recommendation 9: Consider creating daytime classes for parents and carers around healthy eating and food economy, separate from cooking sessions held with children and young people.

Recommendation 10: Increase parental participation and support, particularly for dads and male role models. This could include a dads' group that encourages male participation in their children's development and safety.

### 7.1.5. Partnerships and directories

RPT is located within a vibrant community, with many organisations in the area providing services and programmes for children and young people. These recommendations aim to assist RPT to make use of these services, both to avoid duplication and to ensure that the children and young people who come to RPT receive access to the best possible programmes in their community.

Recommendation 11: Continue working on a directory of substance misuse support services in the area that young people and other service users can be referred to. Explore setting this up as a youth-led project, including encouraging young people to take responsibility for periodically updating and refreshing the directory.

Recommendation 12: Continue exploring partnerships with other organisations providing 'girls only' services that may be of interest to RPT's users (e.g. All Stars Boxing female only boxing) to allow RPT's female users to access services at other facilities instead of introducing duplicated programmes.

Recommendation 13: Continue exploring partnerships with other organisations providing similar sporting services (e.g. Westway Trust's sports and fitness centre) to reduce duplication and increase the variety of services.

Recommendation 14: Enhance and expand partnerships with local schools to include identifying and making connections with children and young people who may be at risk because of their family situation, at risk of grooming, vulnerable to criminality, poor mental health or social isolation. Ensure that these partnerships take into account how age impacts vulnerability.

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