

Furness For You – Youth Project



Furness For You – Youth Project is a targeted and holistic programme, providing support to alleviate social isolation and loneliness for young people aged 11-16 years. The programme has three different delivery strands – determined at the entry point –

- 1:1 support via an experienced project worker (youth worker)
- Talking Therapy via a person-centred counsellor
- Social Group – bringing like-minded young people together facilitated by our youth worker team

Furness For You is best focussed on young people who are identified as at risk of social isolation or loneliness due to a range of vulnerability factors.

Programme Information

- Single entry point – appropriate support is determined via initial assessment.
- 1:1 and counselling can be offered both in school or outside of school (Brathay Hub, located at Project John)
- Supported pathway – young people will have tailored support through 1:1, counselling and the social group – step up/ step down support to reach identified outcomes
- 3-6 months of support for each young person – followed by the drop-in social group.

Programme Structure

- Weekly 1:1 or counselling for participants
- Weekly Social Group – starting in January 2024
- Key Worker communication with extended family and referrer (contributing to multi-agency approaches such as EHA)

Referral process

- Referrals can be made by professionals and by Parents/ Carers directly.
- All referrals will be triaged – we will contact you to discuss your referral
- A referral submitted is not a guarantee of a place on the programme.

Programme Criteria

- Identify a range of vulnerability factors – as highlighted below

Vulnerability Factors

- Disengagement from Education or social activity
- Not currently in school or education due to health concerns (e.g EBSA)
- Low self-esteem or self-confidence
- Reduced wellbeing
- Low level anxiety
- Poor mental health
- Additional support needs
- Lack of social connections – peers or adult support

Brathay Trust, Brathay Hall, Ambleside, Cumbria, LA22 0HP
t: 015394 33041 e: hello@brathay.org.uk w: brathay.org.uk

The above list is not exhaustive, and school professionals may identify additional individual vulnerability factors for each young person referred.

Each referral received will be carefully considered, with professional judgement applied in respect of suitability for the programme. Please provide as much detail as possible within your referral. If you know that the young person being referred requires access to the counselling service then please contact us for a counselling specific referral form.