

## APPENDIX B



### **Introduction:**

Insight Southwark was commissioned May 2010. Insight recruited a stable core staff team. The Insight team were based at Cator Street on a temporary basis. Insight then moved to O- Central in March 2011.

### **Services we provide:**

Insight Southwark is a free confidential support service for young people up to the age of 24, living with or affected by drug and alcohol issues, in Southwark.

### **We offer:**

- Drop In (advice and information)
- Telephone and internet access
- Complimentary Therapies
- Parental advice and support
- Group Activities
- One to One Key Work
- General advice & Support with housing; employment and education
- Support Groups
- Outreach/Satellite services
- Music Production

### **Events:**

#### **Insight Southwark Launch:**

On the 10<sup>th</sup> June 2011 – Insight Southwark was launched and opened. A total of 80 professionals attended throughout the day and evening. The Mayor of Southwark officially opened the building. Various guest speakers spoke and delivered presentations. The event was widely publicised – the South London Press came to promote and do a press release for Insight.

### **Challenge:**

The Challenge Network is the charity that designs and delivers 'The Challenge', inspiring young people from diverse backgrounds to come together after completing their GCSEs to make a positive contribution to their community. The Challenge Network is a registered charity established in April 2009.

The Challenge brings young people together from diverse backgrounds and throws them in at the deep end. They take on physical, social and civic challenges that prepare them to design and deliver a project that will make a difference in their community. The young people learn key skills such as teamwork, leadership and communication, and are encouraged to develop trust in others, responsibility for themselves, understanding and empathy.

We worked in partnership with 'The Challenge' and hosted a group of 12 over two days to make a contribution to the service. The first day 16.08.11 was an introduction to the service, looking at what we offered and activities we delivered. The group

participated in a team building exercise where they researched ideas on what they could do to contribute to the service.

On the 10.09.11, the group returned and decorated two canvases, for the service to display in the young peoples drop in. The Challenge raised £110 for Insight Southwark. The Challenge has approached Insight to host another 2 events in September 2012.

**Open days:**

20 professionals attended (DEC -11), Social services, Faces and focus, Radar, the met police, SLAM, (South London and Maudesley) Southwark Youth support housing and assessment team. On the 24th February 2012 – Insight hosted another Open day, in which 4 professionals attended. Our next Open day will be on 20th July 2012.

**AAW – Event – Oct 2010 and 2012**

Over the week we delivered Alcohol workshops at O-Central and at Bacons College, St Michaels Secondary School and Four Squares Youth Club. We designed a questionnaire to feed into the new Alcohol strategy. 400 were completed. Insight also did an animation video for alcohol awareness week. This is on our website: [www.insightsouthwark.org.uk](http://www.insightsouthwark.org.uk)

**NTA visit to Insight**

Rosanne O'Connor came to visit in November 2011

**Social Enterprise – JAN – 2012**

A small business consultancy called E=Mc2, offering a 10 week programme. 10 young people were put forward for the programme.

**Borough Partnerships:**

Youth offending services  
SILS 4  
Children looked after  
Gateway

**Peer Education and Smoking Prevention: (March 2011 – March 2012)**

Insight was approached by Susan Unger – Health Improvement Programme, to deliver Peer Education in 6 Schools. Insight worked with Harris, Notre Dame School, St Michael's College, Bacons, Harris Girls Academy and City of London Academy.

**Aim:** To give peer educators the knowledge, skills and confidence to discuss the risks of smoking in both formal and informal settings.

**Objectives:**

- Increase knowledge about the health, economic and environmental risks
- Emphasise the benefits of remaining smoke free
- Encourage in the peer educator the development of skills to promote smoking prevention and cessation among their peers
- Know where to ask for advice

**Stages:**

Nomination – A questionnaire is completed by all year 8 pupils who are considered good leaders

**Recruitment:**

School lesson to explain programme to the selected pupils

**Training:**

Usually 8-10 school lessons over 2-3 days

**Follow up and Intervention:**

Usually 4 sessions to continue to develop peer education skills and ascertain progress

**Acknowledgement and Celebration:**

Assembly Presentation of certificates, Evaluation and a Cake

**Skills gained:**

- Sharing knowledge
- Developing key messages
- Initiating conversations
- Reflecting on their performance
- Appreciating cycle of change
- Delivering a presentation

**BDA (Basic Drug Awareness Screening) and Referral Training**

We have delivered DUST training to over 80- professionals in Southwark ranging from Homeless person's unit, Alternative to Care Team, Referral and Assessment Team, Family Support Team, Royal London Society for the blind, volunteers, Nurses, Social Services, Family Support Teams, Hexagon's Townley Road Rehab, Southwark College, and Educational Welfare. We have DUST dates scheduled for

- 25<sup>th</sup> May 2012
- 27<sup>th</sup> June 2012
- 18<sup>th</sup> July 2012
- 28<sup>th</sup> September 2012
- 17<sup>th</sup> October 2012
- 28<sup>th</sup> November 2012
- 25<sup>th</sup> January 2013
- 27<sup>th</sup> February 2013
- 22<sup>nd</sup> March 2013

The feed back evaluation forms from the professionals who attend were very positive. Insight have delivered training to other organisations:

- Catch 22 training – FEB 2012
- Blind Society
- Children looked after
- YOS Parents group
- Dulwich College
- Gateway Hostel
- Parents

Insight will continue to provide external training to providers to raise the profile of the service and generate more inward referrals.

**Data and Performance**

**Ratio of Males and Females accessing the service:**

70% Male – 30% Female

**Planned discharges:**

	Q1:	Q2:	Q3:	Q4:	Total:
Treatment complete occasional user	13	15	15	17	60
Dropped out	0	5	2	0	7
Drug free	8	0	2	2	12
Transferred into custody	1	0	2	4	7
Retained in custody	2	0	1	0	3
Incomplete treatment declined by client	0	0	0	2	2

**Main Referrals Sources and clients who have entered into T3 treatment:**

Referrals Agencies	Q1:	Q 2:	Q 3:	Q4:	Total:
Self:	9	15	14	18	56
YOS:	5	20	15	16	56
CLA:	0	0	0	2	2
Targeted youth support:	0	1	1	0	2
Social services:	0	0	1	0	1
Children mental health:	1	0	0	0	1
YP Housing:	0	0	2	0	2

**New developments for 2012/13:**

18 – 24 Transitional service and LGBTQ Support service due to launch on the 1<sup>st</sup> April 2012. We will be using the Southwark CAF to assess over 18 clients; we will be networking with adults services to promote the new service. Clients are only to be referred if they are using cannabis, party drugs and alcohol. The service launch will be on the 18<sup>th</sup> May 1012.

**ETE (Employment Training & Education )Programme – for young people:**

Blenheim CDP learning and development will be developing an accreditation programme, designed to address low level numeracy and literacy. We will be starting an ETE club for the young people on Tuesday and Thursday afternoons.

**LGBTQ (Lesbian, Gay Bi-sexual, Transsexual, Questionable)**

The open access support group will run on Wednesday afternoons from 3-7pm. The Launch the service will be on the 18<sup>th</sup> May 2012. The LGBTQ flyer is now ready. All leaflets will be emailed out to all the Southwark providers. JUICE will be supporting

Insight to develop this space. Outreach to be scheduled in Soho, Vauxhall and Waterloo. The service website will be updated and additional information about the LGBTQ space will be added. Faces and Focus will be doing a 10 week satellite service here offering free counselling. We have specifically requested an LGBTQ counsellor.