



**NATIONAL  
CHILDREN'S  
BUREAU**



# **Health & Wellbeing**

## **Learning from Empowering Young People Grant Holders**

**Cruse Bereavement Support**  
Somewhere for Us 2021-2024

*Cruse*  
Bereavement  
Support



# The voice of young people





# Support around children and young people

## Cruse Bereavement support

*"There was never a scenario where [project staff] wasn't able to explain and offer strategies to support her. When she was upset, I was able to understand where she was coming from. I knew she was emotional for a reason, and that really helped me be patient and support her. I didn't see things until [Project staff] explained, cos I'm grieving too." (Parent)*

*"I don't know what I would have done if there had been no support available when I phoned up the helpline and got put through to [Project staff member] - and I don't know what my daughter would have done either." (Parent)*

*"Since the work with Cruse, we're more tuned in to transition years now - we ask question about new pupils coming to our school." (Teacher)*

*"When something like this happens, children are sometimes afraid to talk about it and bring it up, cos they see Mum and Dad are very upset, when they bring it up when parents are dealing with their own emotions. I know Cruse supported us to create a safe place for the children to talk about their emotions." (Teacher)*

## Peer support

- Group Support
- Activity Days
- Bereavement Buddy
- Grief Ally

*"I've now shared my story with hundreds of pupils in school and it has truly been uplifting." (Young person)*

*"I was reassured by the fact that even small practical things can help to support someone grieving." (Young person)*

*"I'd put these two as my mates now, that's one of the good things that came out of it - I never spoke to them before the group." (Young person)*

*"I was nervous at the start but everyone was really nice. I really enjoyed time with other young people and my own space away from my siblings (younger). And I liked that it was somewhere that I have never been before and had new experiences." (Young person)*



**For further information  
contact Eleanor Ellerslie  
[Eleanor.Ellerslie@cruse.org.uk](mailto:Eleanor.Ellerslie@cruse.org.uk)**



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**Victim Support NI**  
**Phoenix Youth Project**



# Phoenix Youth

- **One year of Creative Arts therapy to children and young people, aged 8-21, across the Northern HSCT**
- **Directed towards those who have experienced aggression related trauma and/or crime**
- **Four Creative Arts Therapists offering music, play, clay work and art**
- **Six workshops for parents: on the impact of trauma and how creative approaches help healing**



# Learning

- **Staff turnover and recruitment**
- **Support for family units**
- **Expansion of service geographically**
- **Maintaining children and young people's voices**

# Impact: 2023-24

- **671 appointments were booked: attendance rate of 68%**
- **24 clients successfully completed therapy**
- **70% of clients who completed therapy reported:**
  - ✓ **increased use of healthy and sustainable coping strategies**
  - ✓ **decrease in self-harming behaviours and/or suicidal thoughts or ideation**
  - ✓ **a reduction in risk taking behaviours**

# Stories

*"Phoenix youth has been great for me because I get to talk about my problems without being judged" (young person)*

*"It has been good for me as I am starting to regain a relationship with my parents and have learned to respect myself." (young person)*

*"Helped me realise my feelings are justified and I can't change other people's actions. Helped me get my confidence back and not to be afraid to stick up for myself" (young person)*

# Stories

*"Daughter came out of each session happy and calmer. She has gained tools, help and advice which has helped overcome some things she was struggling with and has gained more confidence" (parent)*

*"Son has felt better getting things off his chest. Thank you" (parent)*

*"Both my sons have benefitted from the service received. My eldest has improved immensely and has reduced nightmares and sleepwalking as well as reduced thoughts of self-harm. My other boy is having less aggression outbursts and openly admits that therapy is helping." (parent)*

*"I am starting to see more and more of my children's personalities come back. The Art therapists listened to our concerns as parents and made us feel at ease that our children would be looked after" (parent)*



# Thankyou!



**Jolena Flett**

Head of Advocacy and New Projects

Victim Support NI

[jolenaf@victimsupportni.org.uk](mailto:jolenaf@victimsupportni.org.uk)

[Sexual Violence: ChISVA service - Victim Support NI](#)



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## **Learning from Empowering Young People Grant Holders**



**Action for Children**  
Young Adult Carers Service

# Action for Children: Young Adult Carers Service

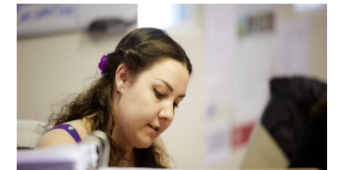
- **Adult Carers aged 18-25 living in Northern Ireland**
- **Covered all 5 HSCT areas: a staff member allocated to each area**



**Young Adult Carers  
Service - aged 18-25**  
Northern Ireland

**Do you care?**

- have additional responsibilities compared to that of your peers
- provide practical, physical or emotional support to someone
- perform all sorts of tasks around the home



# Action for Children: Young Adult Carers Service

***"This is something we worry about, particularly as we near our 18<sup>th</sup> birthdays. We all get a lot out of the Young Carers Service we take part in but we are aware that when we turn 18, we need to move on from the service, we know there are some adult carers services but worry that these might be too old for us."***

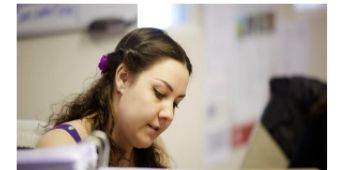
Young Carer living in the Southern Health and Social Care Trust



**Young Adult Carers  
Service - aged 18-25**  
Northern Ireland

#### **Do you care?**

- have additional responsibilities compared to that of your peers
- provide practical, physical or emotional support to someone
- perform all sorts of tasks around the home





# Learning

- The gendered profile of caring
- Need for mental health and wellbeing support for this age group
- Their needs are ever changing



# Learning

**Specific needs faced by this age group:**

- **Pregnancy**
- **Employment**
- **Housing**
- **Bereavement**
- **Sibling carers as well as parent and grandparents**
- **Budgeting for their family and themselves as they become more independent**
- **Further/ higher education**



# Impact

## 3 main outcomes:

- Young people their support networks and communities are involved in the planning and delivery of the project
- Young carers are better equipped for adult life
- Young adult carers are more aware of their statutory right to assessment and ongoing support for the duration of their caring role

Where we signpost to



- Housing
- Additional support with a caring role
- Mental health
- Education employment
- Finance
- Other\*

\* Other includes pregnancy advice, Citizens Advice Bureau, foodbank referrals and identification (passport/ driving licence).

# Impact

***"I can do anything I put my mind to."***  
21 year old carer

- **108 Young adult carers engaged across all HSCT areas**
- **1,249 One to one sessions attended**
- **43 Group activities provided**
- **375 Awareness raising sessions facilitated**





# Thankyou!

**Andrea Turnbull**

Young Adult Carer and Young Carer  
Ambassador

Action for Children

[Andrea.Turnbull@actionforchildren.org.uk](mailto:Andrea.Turnbull@actionforchildren.org.uk)





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**Advantage  
Ravine Project**



# RAVINE

Years: 2018 – 2023

Grant: £598,000

Location: Knockbracken Healthcare Park



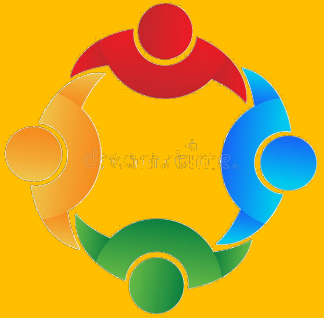
**Objectives:**  
Engagement  
Employment Preparations  
Wellbeing Enhancement



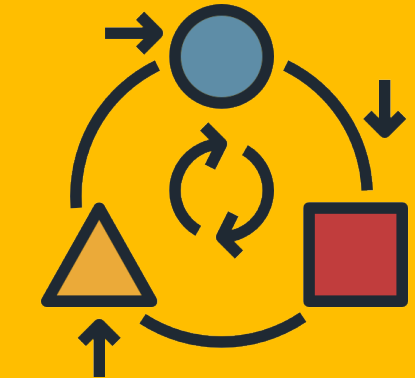
**Achievements:**  
Social Enterprise  
Participation &  
Progression  
Community Impact



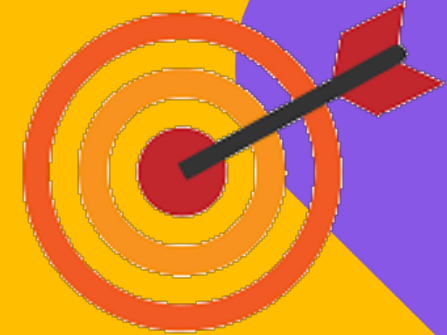
# Learning



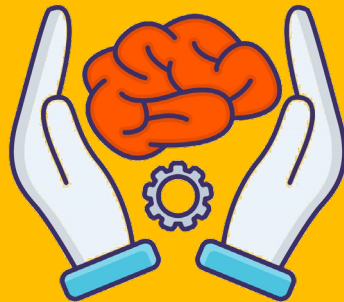
**Engagement  
&  
Collaboration**



**Adaptability**



**Measurable Outcomes**

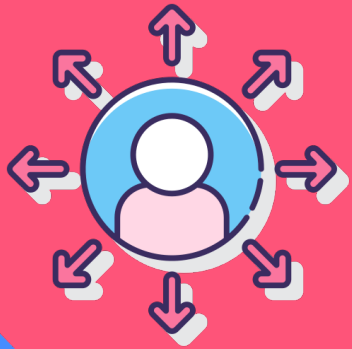


**Practical  
Experiences**



**Support Structures**

# Impact



**Extensive  
Reach**



**Enhanced  
Services**



**Results &  
Outcomes**



**Positive  
Feedback**

# Stories



**Participant  
Testimonials**



**Stakeholder  
Testimonials**



**Success  
Stories**



**Awards &  
Recognitions**

# Thankyou!

Contact Info:

Operations Director:  
**David Walsh**



Address:  
Unit 52 Knockbracken Healthcare Park  
Saintfield Road, Belfast, BT8 8BH



Email:  
[info@ravine-ni.com](mailto:info@ravine-ni.com)  
[david@advantage-ni.com](mailto:david@advantage-ni.com)



028 9335 6730



@theravineproject



@RavineProject



[www.ravine-ni.com](http://www.ravine-ni.com)



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**Bogside & Brandywell**

**Health Forum** An Fóram Sláinte

