

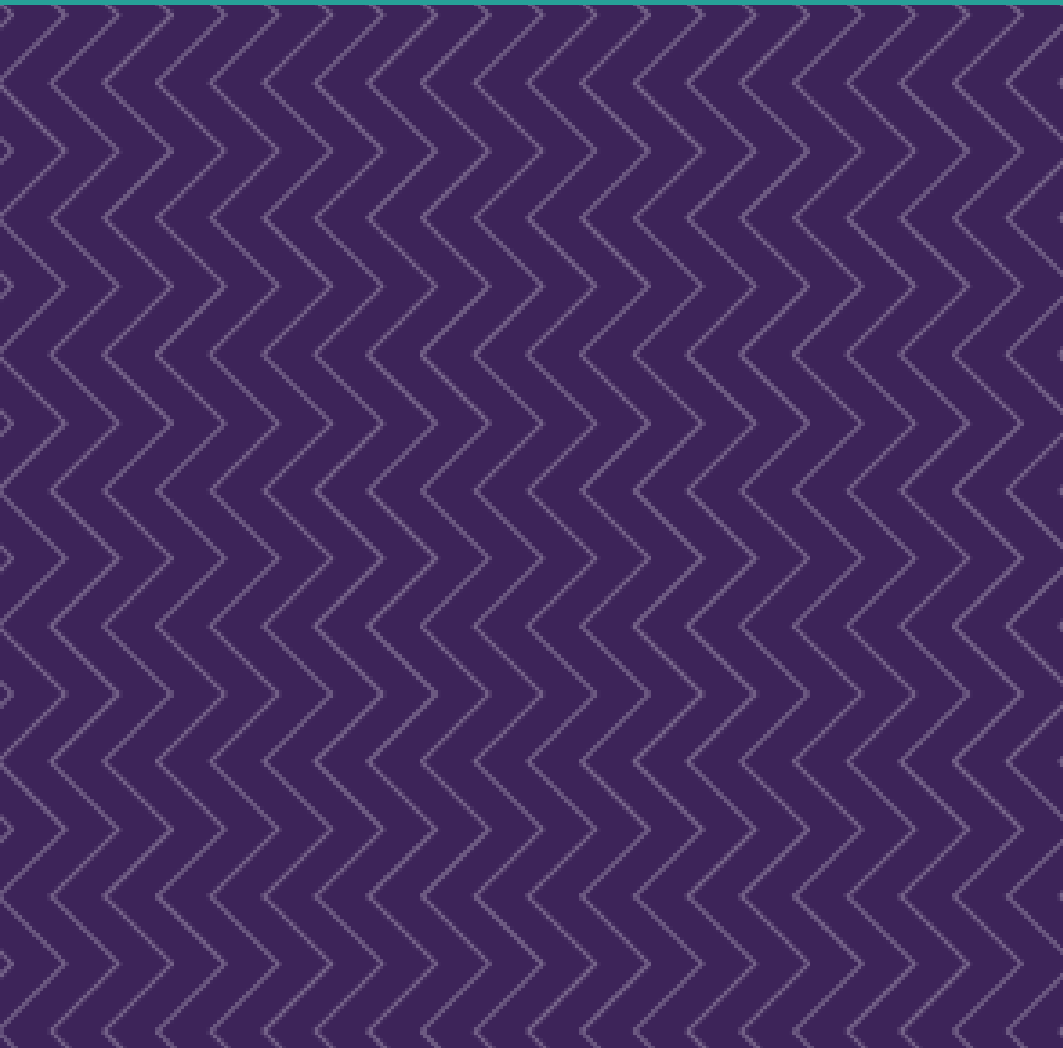


REFLECTIONS

BEN CONROY



WHAT I'VE LEARNT





CONNECTING WITH YOUNG PEOPLE

GOOD AND BAD HELP

The concept of good and bad help has **informed all that I've done at OTR**. Learning this early on helped me feel confident the work I did and the interactions I had are helpful.

POP-UPS

These were some of the first experiences I had interacting with young people for OTR. Eventually, I was **planning and running my own** through the links I had made.

HUBS

For me, the Hubs were all about finding different ways to engage YP with OTR, be that through **games, art or an honest conversation**. This meant that, as Peer Reps, we had to be very **adaptable** in what we did and how we communicated.

THE LOUNGE

As a workspace, the Lounge saw so many different forms of communication. Through **email, over the phone and face-to-face drop ins**. All of these present their own challenges and advantages when connecting with young people.



PROFESSIONAL SKILLS



KEY CONTACT

Becoming a key contact early on in my placement helped me to develop professional **communication** as well as the 'etiquette' around stuff like meetings.

BOOK FIRST, PLAN LATER

A trap I noticed I would regularly fall into was **anxiety about doing projects** meaning they get stuck in the planning phase. Having a date confirmed helped get things moving.

INTO LEARNING MEETINGS

Aside from giving me a great insight into the work that goes into supporting NEET young people, these meetings helped me practice **networking** and **public speaking**.

SUPERVISION

I was new to the style of supervision we got at OTR but once I learnt how to make the most of it it was an **invaluable resource**.



It was so good to hear what the attendees were saying. They had great points and I felt like I learnt a lot from them and was honoured to hear their **lived experience.**

It was really exciting to see what I had planned come together and see people really **engaged** with what we were doing. I was new to this kind of thing so I felt like I was learning a lot on the job.

Following the workshop I had follow up conversations with young people through their support workers at the Trust. The workshop was a **good first step** for young people who were already engaged with the Trust.

MY OWN WELLBEING

WORK-LIFE BALANCE

Due to the nature of youth-work, we can't always follow a 9-5 schedule. Something I've developed in this being able to **set boundaries** for how much I do and not just going until I can't anymore.

WORKING WITH GREAT PEOPLE

A lot of what has given me such a **positive experience** at OTR has been because of the people I have been working with.

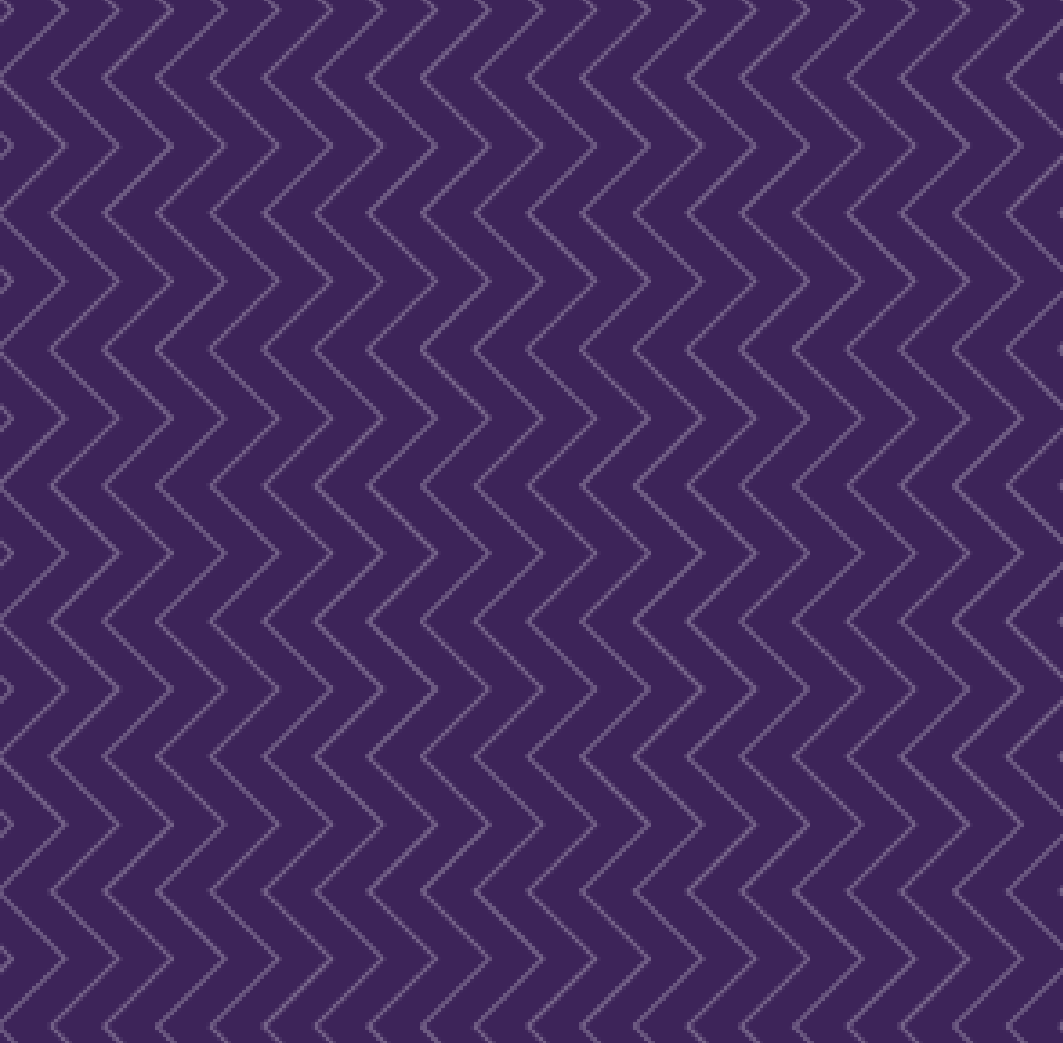
COUNTLESS TIPS

Working at OTR you get so many wellbeing tips, it's hard to keep track. An idea from these that's stayed with me is **being present** in situations and also **setting time aside for reflection**.





MOVING FORWARD



BARRIERS

For many young people, the idea of approaching an organisation is daunting, even though the organisation may seem friendly

Continue work with organisations looking at reviving and creating links. In my experience, they are really keen to get support for the young people they see and recognise the need for support.

Poor mental health is a barrier to EET, but being NEET can also be detrimental to mental health

Young people are looking for support with both. Many NEET organisations provide some MH support but many YPs would benefit from what OTR has to offer.

Young people's material deprivation impacts their ability to access support

This was highlighted during the Covid-19 outbreak when a serious challenge faced by NEET young people was lack of access to technology. Year-round, a major challenge is transport to services

***THANK YOU
OTR!***

MORE READING

BCC Post 16 Participation Team's Strategy - statistics about NEET young people in Bristol and the many factors that are linked with being NEET
<https://static1.squarespace.com/static/5be93d161137a6a8ce3cebbe/t/5d8e174ac4a77d1625fad1fd/1569593175031/FINAL+DESIGN+--+Post-16+Strategy+23-9-19.pdf>

Committed to work but vulnerable: self-perceptions and mental health in NEET 18-year olds from a contemporary British cohort, Goldman-Mellor et al., 2015- One of the many interesting studies looking about NEET young people's experiences of mental health along with the many other challenges they face
https://onlinelibrary.wiley.com/doi/full/10.1111/jcpp.12459?casa_token=WPnXPwZne1AAAAAA%3Ab81quRcV_9RMaRf_VvBscJZBGRRxt6A5b3Va7M9Lkj1CFzPr5zX0Nh-t1gUy9Kq2uQl3l8gxka6tbmw