

Service Update

The Young People's Sanctuary service delivered by Barnardo's in partnership with OneYMCA, provides a range of trauma informed interventions for young people, to improve their emotional mental and wellbeing and build up their self – esteem and resilience from the refugee and asylum seeker population residing in Hertfordshire.

Our Offer

- Targeted one to one support, either face to face or virtual. This consists of either a one off session or weekly sessions.
- Signposting and supporting young people to access universal & targeted services.
- A safe place. Group activities to reduce isolation, meet others with similar experiences, learn from each other and rebuild confidence.
- One to one counselling.
- One YMCA's well-being programme. Designed to provide young people with the opportunity to learn more about themselves and the world around them. It will equip them with the tools to overcome everyday obstacles and focus their energy on the things that matter most to them. Experienced Youth Workers deliver this programme over a 6 week period and provide opportunities to meet other young people.

The service started in January 2023, so far we have:

- ✓ Supported 33 young people from the refugee and asylum seeker community, 5 of these from the Ukrainian community.
- ✓ Provided weekly afterschool drop ins in Stevenage and Watford.
- ✓ Linked with Stevenage Football Foundation & Watford Sports Community Trust to provide regular sports sessions in Stevenage and Watford.
- ✓ Met with young people in Hemel.
- ✓ Provided group focussed sessions during school time at a school in the south of the county.
- ✓ Run a weekly support group for young people and their families residing in the Hitchin area
- ✓ Referred 3 young people to our counselling service.
- ✓ Planned well-being programmes to run in focussed areas across the county.
- ✓ Received funding from Barnardo's Refugee Response Fund to support transport costs for wellbeing activities, visit to Whipsnade zoo, sketch books & pencils.

Young People's Sanctuary

The young people we are supporting have shared so many positive comments 

"I trust you, you are beautiful people and I love you coming each week"

"I am so happy that I meet you in these three weeks. Thanks for coming here, I would like to see you again."

"I love this group and love coming"

"I get more information about football and it was enjoyable time."

" I have learnt a new name this week" (of someone else in the group)

We also receive feedback from local schools 

"Thank-you ever so much for your help and supporting our students, they have been very complimentary. It is great that further referrals have occurred as a result"

Next Steps

We would like to reach out and continue to support refugees and asylum seekers aged 11 to 16 years living in Hertfordshire. If you have a young person(s) who you feel would benefit from our service please contact us now or make a referral via the link below.

We are also offering to support young people from the Ukrainian community and other asylum seekers and refugees, who will be transitioning into secondary school in September 2023. Our provision will give the opportunity for young people to talk about their worries, develop skills to improve their confidence and resilience and build support networks. Please contact us if you would like us to work with anyone in your school who meets this criteria.

If you have resources in place to support all young refugees and asylum seekers in your school and you do not currently need to access any part of our service, please let us know so we can evidence this.

Finally, please can you provide a specific contact who is able to share future information relating to our service.

 Email: youngpeoplessanctuary@barnardos.org.uk

 [Referral form & Parental Consent](#)

