

# DIRECTION FOR BEDFORDSHIRE

## JANUARY 2020



**Direction**  
for Bedfordshire

### YOUTURN FUTURES NATIONAL SEXUAL TRAUMA CONFERENCE 2020

Youturn Futures are hosting another national conference on 23<sup>rd</sup> April 2020; this time around the theme of Sexual Trauma. This all-day event will provide a wealth of knowledge in a number of areas around this topic. The selected guest speakers have invaluable expertise to share on this sensitive subject, and they include:

**Zoe Lodrick** is attending as a guest speaker and to lead the day. She is recognised for having specialist knowledge in sexualised trauma, victim behaviour and sexual offending.

**CYP First Helen Matthews and Andy Thompson** will be discussing the impact of sexual trauma in gangs.

**Sara Rowbotham** played a key role in the Rochdale sex abuse ring and helped bring the perpetrators to court. She is attending the conference to share her experience of this.

**Dr Lisa Thornhill** will be exploring sexual offending from the perspective of the offender and their motive. She will also address child sexual abuse and how the internet is impacting this further.

**Tickets are £100 per person**  
**Please follow the link below to book:**  
<https://www.centralbedscpd.co.uk/safeguarding/cpd/default.asp>  
**For any booking enquiries please contact**  
[LSCB.Training@centralbedfordshire.gov.uk](mailto:LSCB.Training@centralbedfordshire.gov.uk) or call 0300 300 6676

**Also find out more on the Youturn Futures Website:**  
<https://youturnfutures.com/youturn-national-conference/>

This newsletter is an overview and update for partners of all that has been going on with regards to the Direction for Bedfordshire Offender Hub in January 2020.

Written and Edited by: Lauren Cox (Offender Hub Coordinator, YouTurn Futures)

We have welcomed in a new year and decade in January 2020. 2019 was an excellent start for Direction for Bedfordshire, providing us with endless opportunities to interact with professionals and service users from across the county. We are very excited to see what new horizons 2020 brings!

## So, what have we been up to?

- **KINGSBROOK AND CAULDWELL MONTHLY DROP IN** – A Hub in the centre of the community where local residents can drop-in and access support and information from a number of organisations including: Beds RCC Social Prescribing BPHA, One Support, Direction for Bedfordshire and Mind BLMK. Please encourage residents in this area to come along on the first Monday of each month!
- We linked up with **Active Luton** and **Total Wellbeing Service** at the start of this month to discuss the support they provide to people in Luton to enhance their physical and mental health. The social prescribers from TWS described how they work with people for non-medical issues and with those who have low level mental health problems. TWS help fund gym memberships and other activities and can also provide people with access to a company that can work on housing and benefits issues. When working with young people they provide bespoke support to cater for their individual needs and interests, and will provide funding to break any barriers a young person may face to engage in activities. Active Luton deliver the Hart Hill Youth Club Monday to Friday, giving young people a comfortable setting to interact with professionals through games and activities. They can also refer people to free training and development opportunities through the Community Led Local Development programme.
- To understand what is on offer for the rest of the county, we met with the **Bedfordshire Wellbeing Service** team. They will assess individuals to see if they need low or high intensity support. For those on low intensity, they deliver support in 4-6 sessions through groups, online and over the phone. High intensity patients will typically have a 12-week programme with one to one support and possibly some group work depending on their preference. BWS' purpose is to deliver guided self-help and they encourage their patients to be proactive in their treatment.
- I popped into the **Leighton Linlade Homeless Service** at Black Horse House to introduce *Direction for Bedfordshire* to the staff and service users. In just the short conversations I had there with people it was evident that they could benefit from our service. We want to be more visible in Central Bedfordshire, and so we hope to organise a drop-in session with this service in the near future.
- **REMEMBER** the **Women's Aid in Luton** weekly drop-in session starts Thursday 6<sup>th</sup> February 2020, 10-11:30am. Please encourage women from all backgrounds to attend if they need to get in touch with services.

# CASE STUDY

We received a referral from Luton Early Help Team in regard to a child whose father and uncle are currently in prison. The child had been presenting with emotional distress and did not want to leave their mother. Their participation in school was declining and was distancing themselves from peers. The child had accessed drawing and talking therapy. The family were also struggling financially with there being a temporarily absent parent. The Early Help Coordinator turned to us for any ideas for further support. They wanted us to use our knowledge of and contacts at **Ormiston Families** to see if they could support this child and family. They recognised that this case would benefit from their *Breaking Barriers* programme. *Breaking Barriers* provides support for children and young people affected by the imprisonment of a close family member. The tailored one-to-one support reduces anxiety around prison, supports emotional wellbeing and school attendance. They want children to explore their feelings and promote maintain positive ties with the imprisoned family member. Creating this link between these two services allows the child's needs to be addressed, which creates space for the Early Help Team to help the mother and other family members.



**Do you need any student volunteers? Can you offer work experience to young people from Luton or Bedfordshire?**

Att1otive works with schools and colleges to enhance the learning experience for young people. We are looking for a range of opportunities which could be a varied number of hours for students.

For an initial conversation please contact Montell Neufville at

[Att1otive@gmail.com](mailto:Att1otive@gmail.com)



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- **NOAH** is an invaluable asset to vulnerable people in Luton, so it was great to meet to understand the extent of their work. Their Welfare Centre provides their service users with a laundry service, showers, weekly dentist and doctor facilities. They also cater 3 meals a day for those in need. Their MiJob Project works with a small group of people who have no recourse to public funds, and their Housing First Project works closely with homeless people who have extra needs. Their Academy provides both social and skills courses to enhance a person's development whatever stage they are at. They also offer work experience and volunteering opportunities to assess individual attitudes and skills. They continue support beyond courses with weekly Job Clubs, which are evidently successful as they roughly get 150 people into work a year.
- We attended the **Safer Central CSP Exploitation Conference** towards the end of this month. This provided an excellent networking opportunity and speakers to share their knowledge on exploitation in Central Bedfordshire and the wider area. We got to hear from Jermaine at Directional CIC and his work with young people who need extra support in making positive choices, being proactive about their future and staying away from gang relations. Slavica Tobdzic, Central Bedfordshire SPOC in this area, gave some insight into the exploitation picture in the area. She emphasised that professionals need to continue to ask young people questions, and myth busted ideas around gender, young people exploiting their peers still being victims, and the language professionals use around these topics.
- We met with management of **Liverpool Road Health Centre** in Luton to discuss how we can better work with those being released from prison into the area, especially those who have no other support network. We began to brainstorm ways to streamline the integration process back into the community, including medication and GP registration being set up beforehand. We will continue these discussions to find the best way to deliver this.
- **Luton All Women's Centre** delivered a **Harmful Practices Training** session to give an introduction to important but sometimes overlooked subjects such as forced marriage, honour based abuse and female genital mutilation (FGM). This training provides the rare opportunity to discuss these topics and have a better understanding of them. As there were professionals from various different specialisms in attendance, we were empowered and encouraged to go back into our working remits and normalise discussions on these matters. This training highlighted that these practices can be eradicated if people start being more vocal and promote re-education on the beliefs surrounding them.
- To round off the month I spent some time with **Groundwork Green Team** in one of their classroom sessions to introduce *Direction for Bedfordshire* to the participants. Their course not only teaches horticultural skills but also puts a big emphasis on planning and future goals.

*"Your response to signposting was really good. I will continue to recommend your service to colleagues as you have been prompt with responses and very helpful"* –  
Luton Adult Social Care

*"Amazing you guys are killing it"* –  
NHS Social Prescriber

