Positive Futures

Preventing Under-age Drinking

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Overview

- Lifeline Project Ltd
- Positive Futures
- The local picture
- Case study

The Lifeline Project

- Established in 1971
- One of the oldest non-statutory, non-residential drug agencies in the UK
- Services include:

Day Programmes	Prison & Criminal Justice
Young persons	Harm reduction
Research	Service user involvement
Publications	Progress2work
Family support	Community prescribing

Positive Futures:

- Positive Futures is a national activity-based social inclusion programme. There are:
  - 123 projects operating nationwide
  - Over 57,946 participants.
- Managed nationally by Catch 22
- Funded by the Home Office's Drug Strategy Directorate
- Enhanced funding from Calderdale Safer & Stronger Communities Partnership
- Provision focused on:
  - Positive activities to engage with disadvantaged and socially marginalized young people between the ages of 10 and 19.

Positive Futures Approach

Causal relationship between activity provision and drugs or alcohol misuse reduction difficult to prove and evidence

Focus on 'protective factors' has come to be more central to the approach.

Research has highlighted four broad types of protective process:

1. Reduce the impact of, or exposure to risk
2. Reduce chain reactions to negative experience
3. Promote self-esteem and achievement
4. Provide positive relationships and new opportunities

"I have a more positive outlook on life"

"The Positive Futures worker has given me advice about drinking, I now know the risks and have cut down my alcohol intake"

"Alcohol makes me happy and it gives me lots of self confidence"

Positive Futures Approach

Positive Futures has demonstrated a strong fit with these processes:

1. Broad range of activities that creates a gateway to broader support
2. Focus on achievements, delivery of formal accreditation, qualifications and courses
3. Role of Positive Futures workers on building relationships with young people and creating positive role models

Risk Factors	Protective Factors
Low income	Free/low cost activity in locality
Poor housing	Alternative places to go
Low achievement	Alternative markers of achievement
Living in a disadvantaged neighbourhood	Investment of resources
Availability of alcohol/drugs	Alternative sources of excitement

"I drink less as I am much more physically active"

"The Positive Futures worker has been a role model for me"

"Have got things like swimming, the gym and horse riding to get up for"

Local Picture:

- Locally, Positive Futures focuses on:
  - Offering alternatives to anti-social behaviour
  - Increasing access to positive opportunities in sports and other other activities
  - Linking with other services for young people
  - Developing progression routes into training, volunteering and employment

- 6 months up to September 2008, Positive Futures Calderdale :

Engaged 233 young people (66% Male, 34% female)
Delivered 300 hours of positive activities (19 schemes)
Engaged 20% ethnic minority participation (8.9% local ethnic minority population)
65% self referrals, 22% agency referrals

Local Picture:

- Outcomes achieved:

Over 400 outcomes recorded
54 young people have volunteered formally and informally
88 young people have took on leadership roles and responsibilities
80 young people have improved health and fitness
58 young people have improved relationships with Positive Futures workers
Other outcomes include; • Gained employment • Joined local club/association • Improved family relationships • Made new friends • Participated in/ learnt new activity

Football Programme:

Engagement
Weekly Football Sessions
(2 local areas)

Participation
Weekly League Football
(local adult 6-a-side league)

Leadership
Volunteer
(leadership and formal volunteer roles)

Key Aims:

1. To provide progression pathways from football sessions into community based league football and onto volunteering
2. To re-engage young people into the local community
3. To create positive relationships between young people and Positive Futures workers.
4. To develop team work and leadership skills of young people

Football Programme:

Key Statistics
Over 150 young people have participated in 2 weekly football sessions
41 young people participating in league football
144 league football Sessions delivered
271 weekly football sessions delivered

Key Outcomes
Improved health & fitness
Took on leadership roles and responsibilities
Made new friends
Improved relationship with Positive Futures workers
Joined local club

James

- Background
  - Not in education, employment or training
  - Family issues
  - Had contact with the police
  - Under-age drinking
- Positive Futures
  - Registered to Positive Futures in January 2006
  - Attended weekly football sessions and then league football
  - Became captain for league team
  - Has participated in nearly 300 hours of activity

James

- Outcomes
  - Reduced level and frequency of drinking
  - Improved health and fitness
  - Volunteering
  - Intro to Youth Work course
  - Community Sports Leadership Award
  - Gained trials for semi-pro team
  - Gained employment
  - Interviewed latest Positive Futures Apprentice

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