

ISSUE 1 • AUTUMN 2024

SHINE NEWSLETTER

INTRODUCTION BY BARNABY NORRIS
YOUNG PEOPLES SERVICE MANAGER AT SJMT

Welcome to our relaunched newsletter specifically designed for the growing number of people who are supporting and taking an interest in the work that Shine does.

The previous 12 months have been action packed for Shine and it's been a privilege to begin to understand and contribute to the stories of the amazing young people we have worked with so far. [\[read more here\]](#)

National Care Leavers Week is a milestone in the year for reflection and felt like just the right time to launch this newsletter.

As we grow, we're staying totally focused on practice that drives up aspiration, progress, and outcomes for the young people we work with. Regular programs of group work, recruiting more volunteers, and developing our team are all on the agenda for an exciting year ahead.



What young people say about SHINE

'I have never had a support worker that just picks up the phone. When I call its not just fobbing me, it seems like you want to listen to me, find out what I need and support me. You have seen what I enjoy and not just what isn't working out for me. You don't just drop in every now and then – more reliable than that'

SHINE is building safety for young people.

SHINE works with young people in a strength-based way to form developmental relationships. Even when there are push and pull factors around exploitation.



Referrers described 6 young people as having a history of missing episodes. After working with Supporters for 8 weeks or more 5 young people had no missing episodes in the following 3 months.

50% of these young people have had social worker involvement reduced or closed after working with SHINE.



YOUNG PEOPLES SUPPORTERS & VOLUNTEERS



Helen

Helen started her role with SHINE as Young Peoples Supporter back in February. Helen has over 20 years' experience in public facing roles and is now using her skills with young people. A key part of Helen's role is working with young people in the community often within their own homes. Helen says, 'each young person's goals and starting points are so different its really rewarding when you see them achieve something they have aimed for.'

Simon

Simon is the newest member of the SHINE team and joined as Young People's Supporter in July. Simon has lots of experience working with people who have become disempowered by systems that should be there to support them. Simon really sees the value of our outreach work, supporting young people to navigate complex systems, reconnect socially and work on challenges in joined up ways. Simon says 'it's so nice to be able to do that little bit more and work on challenges one thing at a time.'



SPOTLIGHT ON A VOLUNTEER



Garrick

Volunteering with SHINE gives me the opportunity to truly help a young person on their path to employment, something that I feel was distinctly lacking from my own life as a young person. More than that it also allows the young person to seek support on other matters, that they may not feel comfortable discussing with their peers or other support workers. Having supported young people with their employment capabilities before, I know that positive experiences and support can be vital for their growth and development both as people and professionally and for me, giving back in this way is immensely rewarding.

Cook, Create & Connect

Developing independent living skills is a key part of what Shine does and that's exactly what 8 young people have done since the launch of our Shine Cook and Connect sessions recently.

After positive feedback from young people about 1-1 cook and share sessions, Shine rolled out a pilot of group cooking sessions over the summer. Shine Cook and Connect will now run weekly up until December 2024 from Mason Court Kitchen and Dining Room.



We are providing affordable and tasty ingredients for young people at risk of food insecurity. They are preparing and cooking their own meals, sharing skills, supporting one another and connecting.



Daybreaks Trust

Finding opportunities to challenge young people's growth and offer them new opportunities are a vital ingredient to the work we do. Recently Shine did this by brokering an opportunity for our young people to walk greyhounds at the Daybreaks Trust Greyhound and Rescue and Rehoming Chariry in Elmdon.

The Young Person said:

'I'm planning to come back in between my work schedule, it's a nice place that I wouldn't have found out about'



TRAINING, LEARNING AND COLLABORATIONS

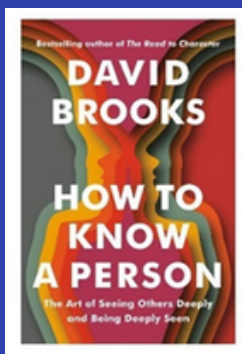
TRAINING

Learning and developing are key to the work that Shine does and the impact we have on the young people we work with.

Our Shine Supporters recently attended the Caring for Care Leavers training delivered by the Rees Foundation. This training is particularly impactful as the trainers are care experienced through lived and professional experience.

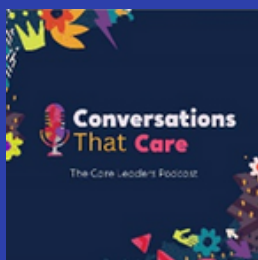
Our Young Peoples Supporter Simon said:

'Being trained by someone with lived experience gave a really unique insight into how our behaviours as professionals affect the care experienced people we work with'.



What we're reading:

How to know a person
by David Brookes



What we're listening to:

Conversations that care
- Care Leaders Podcast
with Luke Rodgers

Shine & St Basils Drop in service

At the beginning of September, we launched a SHINE drop-in service for young people in collaboration with St Basils Solihull. Shine Supporters and colleagues from the youth homelessness hub are now co-located for one day each week in Chelmsley Wood Library. This presence in the community is a new way for Shine to get alongside young people and make a difference. We know we can do this work better by working together.

St Basils & Shine Drop in Service

Support that includes young people's priorities, strengths and interests.

Drop in Service
Every Thursday
10:00am - 3:00pm
Chelmsley Wood
Library B37 5TN
(library closed between 1pm-2pm)

To find out more contact

St Basils youth hub free on 0330 332 7978
Whats app: 07442372033
Email: shine@sjmt.org.uk

What can Young People expect?

• Personalised Support:

Get one-on-one guidance and advice to help you achieve your goals.

• Life Skills Workshops:

Develop your social skills, build healthy relationships, and improve your well-being.

• Career Guidance:

Explore career options and receive support

• Mentorship Program:

Connect you with a mentor who can offer guidance and support to map out your future plans.

• Strengths-Based Approach:

Work with you to identify and build upon your strengths while also addressing any challenges you may face.



We plan to create and share a newsletter like this quarterly and we hope it proves to be a helpful way of sharing more regular updates about Shine.