



T: +44 (0) 28 9084 0555
T: +353 (0) 1 563 9402
w: www.extern.org

Provision offered by Extern Bangor Youth Engagement Service (YES)

One to One Intervention:

- Young People aged 11 - 25 can come and meet with one of our Youth Workers on an individual basis.
- Initially Young People will be offered six, one hour sessions although more sessions can be offered if required.
- The Service can provide support to Young People around any issue. The most common areas are **Mental Health Well-Being** (*Anxiety, Self-Harm & Suicidal Ideation*), **Wider Health Issues** (*Sexual Health, Sleep Hygiene & Substance Misuse including Alcohol & Tobacco*), **Social Welfare** (*Education, Employment & Housing*), and **Practical Issues** (*Advocacy, Social Isolation & Volunteering*).
- Anyone can make a referral to this service. To make a referral, someone simply needs to phone, text or fill out a referral form, including as much detail as possible.
- We also ask that if the referral is being made by a parent/guardian, a teacher or other professional, that a conversation is had with the Young Person informing them of the referral.
- This is a confidential service for Young People with our policy included on the referral form.

Safer Choices:

- This is a targeted education group for Young People who are at risk of, or already engaging in risk taking behaviours.
- As with the One to One Intervention service, our Youth Workers specialise in the topics of Substance Misuse, Suicide, Self-Harm and Mental Health, but we can also provide information and awareness around a range of different topics, depending on what has been identified as the presenting issues by the professional requesting the service.

- The primary goal of these sessions is to help the Young People identify practical ways in which they can make safer decisions and keep themselves and others safe.

After-School Drop-In:

- Bangor YES in partnership with North Down YMCA deliver an After School Youth Drop In and is facilitated at the YMCA venue on High Street, Bangor.
- This Drop In is a safe space for Young People aged 11 – 17 years old. Each session provides a different theme such as creative arts, employability, health, media, team challenges and seasonal themes/activities.
- The Drop In is open Monday – Thursday from 3:15pm – 5:45pm and is Free.
- There is also an over 18's Drop In which takes place on a Tuesday evening from 9pm – 11pm for Young People aged 18 – 25.

Education and Awareness:

- These sessions aim to provide education and awareness around a chosen topic. Sessions are interactive with a group work focus.
- An adaptive service to cover a wide range of youth related issues.

Contact

Name	Title	Email	Phone
Margy Falloon	Co-ordinator	Margy.Falloon@extern.org	07436808425
Matt Brown	Youth Engagement Officer	Matthew.Brown@extern.org	07436836647
Laura Robinson	Youth Engagement Officer	Laura.Robinson@extern.org	07483428560
Laura Smith	Youth Engagement Officer	Laurajane.Smith@extern.org	07483428554