

The background of the slide features a repeating pattern of the Mary's Youth Work logo. Each logo consists of the words "MARY'S" in a bold, white, sans-serif font above the words "YOUTH WORK" in a smaller, white, sans-serif font. The text is contained within a thin, white rectangular border. These logos are arranged in a grid across the entire slide, with a large, solid orange rounded rectangle in the center that serves as a backdrop for the main title.

# Mary's Youth Work and CPD Offer

## Who are the courses for?

We offer youth work training and continued professional development courses (CPD) for:

- young people
- young leaders
- community practitioners
- youth support workers
- youth work practitioners
- and those interested in getting into youth work

Please note that each course has a recommended target audience, but most courses can be adjusted depending on needs and demands, so get in touch to discuss

## How are the courses Structured?

Courses usually run for 2 - 6 hours

Each course can be booked as a stand-alone option, a combination of 2+ courses, or a fully Bespoke Custom Package (click [here](#) for a case study)

# Youth Work Training

Prices are based on up to 12 learners. There is an additional fee of £50pp after this

Course Title	Duration	Cost	Aimed at
Introduction to Youth Work	2	£350	Young Leaders
Introduction to Group Work	3	£350	Youth Support Workers, Young Leaders
Introduction to Reflective Practice	2	£350	Youth Work Practitioners
Introduction to coaching	3	£650	Youth Work Practitioners
Preventing Burnout in Youth Work	3	£650	Youth Work Practitioners
Introduction to Reviewing and Evaluation	3	£650	Young leaders, Youth Work Practitioners
Planning (programmes, projects and activities)	4	£650	Youth Work Practitioners
Budgeting (for activities and programmes)	3	£650	Youth Work Practitioners
Running off-site activities and day trips	4	£650-£750	Youth Work Practitioners
Risk assessments	3	£650	Youth Work and Community Centre Practitioners

<b>Safeguarding and duty of care</b>	3-6	£500-£750	Young leaders, Youth work Practitioners
<b>Ethics, Rights and Value</b>	3	£650	Young Leaders, New Practitioners
<b>Action learning sets</b>	1hr x 8wks	£50 per set	Youth Work Practitioners
<b>External Supervision</b>	1hr x 12mths	£45- ind £65- group	Youth Work Practitioners

## General CPD

Prices are based on up to 12 learners. There is an additional fee of £50pp after this

<b>Course Title</b>	<b>Duration</b>	<b>Cost</b>	<b>Aimed at</b>
<b>Active Bystander</b>	1.5	£350	Young people, Young Leaders
<b>Presenting and Public Speaking</b>	3-6	£600-£900	All
<b>Well-being yours and others</b>	2.5	£650	Young leaders, Youth Work Practitioners
<b>Certified First Aid Training</b>	6	£600	All
<b>Photos and filming for social media</b>	6	£750	All
<b>Mental Health First Aid</b>	2	TBC	All

## Introduction to Youth Work

This training is an Introduction to Youth Work, its History, Purpose and Types of Youth Work. Participants will understand the core values in youth work approaches and consider their own skills and behaviours when working with young people.

Aims:

- Have knowledge of the history of 'modern youth work' from the publication of the Albemarle report
- Understand the 'four cornerstones of youth work'
- Understand the different types of youth work and work with young people

## Introduction to Group Work

This training workshop gives theoretical context to working in groups. There's Opportunities for discussion and debate and In collaboration create and plan a activities.

Aims:

- Have basic knowledge of group work theory
- Have basic knowledge of facilitating groups: Theory and practical facilitation
- Apply knowledge to creating icebreakers and activities

## Introduction to Reflective Practice

The principles of Reflective Practice come from the cyclical models of reflection leading you through six stages exploring an experience: description, feelings, evaluation, analysis, conclusion and action plan.

We'll use a guided reflection model It allows individuals to gain a deeper understanding of their own thoughts, emotions, and reactions within professional contexts. By reflecting on past experiences, practitioners can identify strengths and areas for improvement, enabling them to enhance their knowledge and skills. It also encourages critical thinking, self-awareness, and empathy, fostering professional development and better decision-making

### Aims

Youth Workers will:

- Be better connected to a community of youth work practice,
- Reflect on their practice and professional development,
- Have a deeper understanding of the impact of their practice

Long-term benefits:

- Increase the quality of youth work experienced by young people.
- Safer practice.

## Introduction to Coaching

A mentor has been down the path that you are on and will be invested in seeing you discover your own parallel path, this approach is best suited to specific career and industry insight. A coach is excellent at helping you get unstuck in a particular situation, define your direction and take the first steps to get moving.

Aims:

- The difference between Counselling, mentoring and coaching
- Establishing, reviewing and ending a coaching relationship
- Using the wheel of life
- Goal setting
- Using a Personal Development Plan

## Preventing Burnout in Youth Work

Please be aware that this is not an accredited mental health first aid course

Discover practical ways to manage the challenges of youth work and maintain your wellbeing. This interactive workshop will help you pause and plan, equipping you with tools to stay resilient and create a positive, sustainable work environment.

Aims:

- Recognising compassion fatigue (signs of burn out)
- Understanding Contributing factors
- Practising Practical Self-Care Strategies
- Creating a healthy workplace
- Individual Sustainable Action Plans

## Introduction to Reviewing and Evaluation

This training is an introduction on how to review and evaluate sessions and programmes in youth work. This workshop can stand alone or be used to enhance the planning training sessioning, In this Workshop learners will be introduced to MEL, Monitoring, Evaluation and learning.

Aims:

- Understand the difference in monitoring data and impact collection data
- How to use tools to measure impact against objectives
- Understand the process of reflection and evaluation in youth work
- Know how to conduct a 'What Went Well' review

## Planning (programmes, projects and activities)

This workshop looks at planning Programmes and activities that meet the Needs of young people. In this 2 hour training we will look at methods to identify the needs of young people, setting Objectives, for programmes and sessions, and Resource mapping

Aims

- Describe ways to find out what young people need and want
- Know how to create objectives linked to needs and aspirations
- Know how to structure a session based on objectives



## Budgeting for Activities and programmes

This training supports youth work practitioners who are responsible for programme budgets. Learners will come away with confidence : in understanding essential information, and skills required in financial management

### Aims

- Become proficient in recognising and comprehending basic financial terminology
- How to create a project Budget
- How to monitor budget spending ,
- Developing effective contingency plans
- The Basics of financial reporting

## Running Off-site activities and day trips

Off site trips should be a big part of any club programme but they do require more care and attention at the planning stage. This training will take you through everything you need to consider from meeting points, using public transport, and keeping in touch with parents and guardians.

### Aims:

- How to conduct a site visit
- Obtaining consent to take part
- Residentials and over night stays
- Contextual safeguarding in an off site Environment

## Risk Assessments

This interactive training which steadily builds on participants knowledge. Learn how to effectively control and mitigate risks - reducing the potential for accidents and injuries

Session Objectives:

- Understanding the legal requirements for organisations.
- Understanding 'Consent'.
- Understanding the risk assessment process.
- Get familiar with risk assessment terminology.
- Understanding and considering other relevant factors when conducting risk assessments, such as financial, transport, and insurance arrangements.
- Understanding the necessary arrangements and research required when using partnership, host organisations, and other providers.
- Conducting evaluation, review and debriefing.
- Developing contingency plans in case of unforeseen circumstances.

## Safeguarding and Duty of Care

This is a 2 hour best practice workshop that uses activities and case studies to explore safeguarding and duty of care within Youth Work settings, This training can be accredited with additional 3 hours CPD on Tes online learning platform.

Aims

- Know how to recognise signs of abuse
- Know how to respond to a disclosure
- Understand the basics of risk assessment
- Understand Duty of Care in a Youth Work setting

## Ethics, Rights and Values

Ethics, rights, and values are integral to youth work. Ensuring that it is conducted in a manner that is respectful, protective, and empowering for young people. These principles help create a supportive and effective environment that nurtures the growth and development of young people. In this 2 hour training we will explore the ethics rights and values that underpin Youth Work.

### Aims

- Create a values map exploring individual and organisational values
- Have knowledge of the IYW Code of Ethics and Values and how they apply
- Have knowledge of the UN Convention on the Rights of the Child (UNCRC)
- Understand how Ethics Rights and Values underpin Youth Work Practice

## External Supervision

Supervision is a collaborative process with professional boundaries involving the exploration and sharing of practice. The process is mindful of the expectation of a duty of care and the need for ethical, effective, efficient, and so safe delivery of services. Supervision is a means of reflection and an organic form of practice assurance, holding in mind the benefit, safeguarding and well-being of practitioners, clients and the organisation.

Supervision sessions will typically take place on teams

Each session lasts one hour and must occur once a month (with the option to skip August).

Supervisees will arrange with their supervisor the times and dates which suit them best.

The programme is for twelve months, and repeatable.

## Action Learning Sets

### Formation:

Participants are grouped into small sets of 4-8 people.

Each set ideally consists of individuals from different organizations or backgrounds.

### Regular Meetings:

Sets meet regularly (e.g., monthly or bi-monthly) to discuss challenges or projects.

Meetings are facilitated, and each participant has an opportunity to present their issue.

### Reflection and Analysis:

- Set members actively listen, ask questions, and provide feedback to the presenter.
- The group collectively analyses the issue, exploring potential solutions and strategies

### Aims

- Professional Development:
  - ALS offer opportunities for personal and professional growth.
  - Participants can enhance their problem-solving and critical thinking skills.
  - Youth workers gain valuable insights and perspectives from their peers.
- Peer Support:
  - ALS provide a supportive environment where participants can share experiences and challenges.
  - Youth workers can receive feedback, advice, and guidance from their peers.
  - The group dynamics foster a sense of community and belonging.

## Active Bystander

Being an active bystander means being aware of when someone's behaviour is inappropriate or threatening and choosing to challenge it. During this workshop we'll take participants through how to safely be an active bystander.

### Session Objectives

- Understand the definition of an active bystander and how they can help prevent abuse
- Identify the aids & barriers to bystander action and ways to utilise and/or overcome them
- Develop a personal toolkit of intervention strategies that equips them to keep themselves and others safe

## Presenting and Public Speaking

This public speaking 101 course will unpick the basics of public speaking and give practical tips for participants to take away. This course can be accredited by AQA, or there is a non-accredited version too. This is available as a full or half day training.

### Aims:

- Build confidence in presenting and public speaking
- Know how to prepare and structure a presentation/speech
- Understand how to maintain an audience's attention and interest
- Know how to end a presentation/speech well
- Understand how to use body language and gestures for impact
- Understand how to control nerves and handle difficult questions.

## Wellbeing- yours and others

Please be aware this workshop is not an accredited Mental health first aid course.

By using the mental health continuum participant's will gain an understanding how we can move between the different states of wellbeing; thriving, surviving, struggling and crisis. We will use the NHS pillars of wellbeing to look at practical ways to support young people and to look after ourselves as practitioners.

Aims:

- Understand what mental health is in the context of the mental health continuum.
- Recognise some of the signs and symptoms that indicate mental health issues in young people.
- Understand key risk factors that make some young people vulnerable to mental health issues.
- Pick up practical advice to help you support young people's mental health and emotional wellbeing.

## First Aid

**Certified First Aid training courses.** Courses take place in person, and will help you to meet the Health and Safety Standard for your organisation.

We run the following courses:

- Emergency First Aid
- First Aid at Work
- First Aid at Work (Re-qualification)
- Paediatric First Aid
- Sports First Aid

## Photos and Filming for Social Media

Everyone can capture the action on a smartphone but does this best tell your story and engage the audience with your project? In this training we'll review your stakeholders and the media you use to engage with them. Along with hints, tips and tricks, there will be the opportunity to practice taking photos and creating content.

This is a half day workshop (4 hours with a break) we ask participants to have access to their projects social media accounts and to have an example of content you are proud of and an image that you know wasn't Insta worthy.

Aims:

- Understanding your audience and where to reach them
- Encouraging user generated content
- Consent around photos and filming
- Practical tips for creating content
- Representing yourself and your team online

## Mental Health First Aid

Delivered by “Feeling Social.” A powerful course based around the traditional Mental Health First Aid frameworks. Taking a ‘digital first approach’, this course puts front and centre the impact of screens and social media on mental health and wellbeing in our modern day work places.

## Digital Resilience

This training focuses on the powerful relationship between technology use and wellbeing. It combines traditional Mental Health First Aid frameworks with modern understanding of how mobile phones, screen time, and social media impact our mental health. We provide practical tools for building digital resilience and fostering healthier online habits.

Aims:

- Explore 'Digital Diet' - understand how different types of digital content and screen activities affect our wellbeing, and learn to create a more balanced approach to technology use.
- Learn about digital addiction through our 'Hook Cycle' framework - recognise the psychological patterns that keep us scrolling and discover practical tools to break unhealthy usage cycles.
- Understand the 'Fragmented Self' - examine how social media shapes our different online identities and learn strategies to maintain authentic wellbeing across digital spaces.
- Develop practical strategies that combine evidence-based Mental Health First Aid frameworks with digital wellbeing techniques, creating a comprehensive approach to mental health in our digital world."



# Bespoke Custom Package

A Case Study

*AB is a sports club that runs a youth work programme 1 day a week*

*The sports club has had long term sustained success and is well regarded in its community.*

*The organisation is now keen to widen the youth work offering to a year round youth club model, and wants to engage with more young people.*

*AB was impressed with Mary's approach to youth work and the organisation reached out to request a custom package, to support their development.*

*After a consultation discussing what the growing needs of the organisation were and determining budget, the following was suggested:*

*Budget as per the Proposal*

*Support to imbed youth work values and approaches unpinned by reflective practice,  
6 Group sessions : £150 per session = £900*

*Individual Supervisions £50 per session, x 2 staff x 1 year of monthly external supervision =  
£1,200*

*Total £2,100*

If your organisation is also in need of some youth work consultation support, get in touch to discuss. All budgets and needs can be considered

**Contact us to book/discuss**

**youthclub@marys.org.uk**  
**[www.marys.org.uk/youthwork](http://www.marys.org.uk/youthwork)**