

## Your notes

Please use this space to write any notes or details you wish to keep.

For more information  
about Youth and/or  
Transition support please  
contact our Community  
and Family Support  
Services team (CFSS)

Email [caffs@helenanddouglas.org.uk](mailto:caffs@helenanddouglas.org.uk)

Call 01865 794 749

[hdh.org.uk](http://hdh.org.uk)



Helen & Douglas House is a registered charity  
and no payment is requested from families or  
those who come for care and support.



Registered Charity No: 1085951

Helen & Douglas House, 14a Magdalen Road,  
Oxford, OX4 1RW (Registered address)



  
Helen & Douglas House  
your local children's hospice



Youth and  
Transition  
at  
Helen & Douglas House

# What is Youth and Transition?

The Youth and Transition Workers at Helen & Douglas House support young people with their lives, enabling them to be the best they can be and to achieve the best out of their life.

The youth worker achieves this by creating supportive, positive and trusted relationships with young people and their families. They enable people to find out what is important to them, and what they would like to achieve in life.

The youth worker encourages socialising, trying new activities, group work, being with peers, creating friendships, allowing opinions, developing life skills and giving young people a voice.

Their support enables and encourages young people to gain confidence and increase their independence and self-esteem.



The music room is the chance to make noise and get creative with peers



## Youth Work

### One to one sessions



- For those who are 13+, who have the capacity, and who want to engage with another person. It's for those who may be struggling more in certain situations and may need extra support.
- It's about having someone to listen, to support, to hang out with, to do activities and to talk to about things that they may not want to talk to their family about. It is confidential between the youth worker and the young person, unless there are safeguarding issues.
- The decision to have the support lies with the young person.
- The sessions take place in Helen House, at home, in school, in hospital and in the community. This can include chatting, undertaking activities together, going out and about and playing games etc.

### Youth group

- It's a full day of social activities with your peers and without your parents!
- You can have 'pick and choose' activities throughout the morning: board games, art/crafts, sports, music and appropriate active games etc.
- There can be a group activity in the afternoon: quizzes, scavenger hunt, ice cream trip, themed days, external speakers, ice breakers, animals and boccia etc.
- This also includes lunch together. It's such a great atmosphere - you will love it!



## Transition Support



- The ages of 16-19 are crucial turning points in young people's lives as lots of things can change including their support networks as they move from the children's services into the adult world.
- Our Transition Workers support the young people of Helen & Douglas House and their families. They can offer information and advice, refer-on to other services, advocate, listen, and offer emotional support through a difficult time.



Local a capella group Out of the Blue entertained teens with their songs