

Activity Agreements

Importance of Consistent one-to-one support



Falkirk Council

How consistent one-to-one support ensures the Activity Agreement model successfully enables young people to progress on to other stages of the Strategic Skills Pipeline and/or employment and which develops the skills necessary to sustain their next destination.

Consistent one-to-one support and the relationship with a trusted professional underpins the Activity Agreement model.

JF was referred for an Activity Agreement with Falkirk Council aged 16. He had a long history of non-attendance at school. After a few months JF disengaged due to mental ill health. He had built a good relationship with the trusted professionals and knew he could re-engage when he was ready. A year later he contacted the team to try again.

His main goals were to improve his mental health and wellbeing and to improve his diet and exercise as he was morbidly obese. His poor health and body image affected his confidence and self-belief. With these barriers JF felt unable to make any progress in terms of employability. JF and his trusted professional worked together to build his learning plan around these goals and the strengths identified through his self-assessment.

JF participated in activities and learning opportunities designed to take him closer to his goals. These included an eco-garden project, cooking workshops, film club and employability skills workshops. He also attended the gym. JF's trusted professional met with him weekly, to provide support, encouragement and address any difficulties. Every 3 months JF and his trusted professional held a more formal review, to agree timescales for progression and measure achievements. Options for progression were discussed and identified.

After 10 months on an Activity Agreement JF progressed onto a warehouse training programme with Falkirk Council's Employment and Training

Unit. He had lost 7 stone and stated that he had gained confidence and made new friends. He also attributed his success and re engagement with the Activity Agreement project to the relationship with the male staff who were positive male role models.

All young people leaving an Activity Agreement with Falkirk Council are offered aftercare support to help them sustain their participation. JF felt he didn't need aftercare support, however, three months after he started his training programme, his mother was diagnosed with terminal cancer. He contacted the Activity Agreement team for support and negotiated leave from his training programme. His trusted professional supported him throughout this difficult period, including signposting him to Macmillan counselling services. Once his mother died JF's trusted professional also supported him to access housing and benefits advice. Without this support JF felt he would have disengaged from his training placement and his mental health may have deteriorated again. JF's trusted professional continued to support him in the transition period when he completed his training and secured employment within the warehouse industry. JF still pops in to see his trusted professional almost two years after he has left.

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