

Q. What is our aim?

Our aim is to provide a service that supports LGBT+ young people whose needs cannot be met entirely within a group setting. We recognise the diverse and changing nature of the emotional needs of LGBT+ young people and those questioning their sexuality and/or gender identity

We offer support in a one to one setting with a qualified youth worker where we work towards the following:

- Building stronger, safer and healthier relationships
- Improving communication with friends and families
- Improving emotional wellbeing
- Enabling and empowering young people to reach their potential
- Building resilience

More information

Space Youth Project
07973 405280

info@spaceyouthproject.co.uk

www.spaceyouthproject.co.uk

Referral forms are available on request.

EMAIL:hello@spaceyouthproject.co.uk



@spacedorset

sypdorset

www.spaceyouthproject.co.uk

Information, Guidance and Advice Service



We aim to promote the emotional health and wellbeing of LGBT+ young people, by supporting them to find solutions from a range of one-to-one support, guidance, advice or signposting.

Q. What is the criteria for our service?

We aim to support any young person who identifies as Lesbian, Gay, Bisexual, Trans (LGBT+) or is questioning their sexuality and/or gender identity and who is struggling with any of the following:

- Not meeting their full potential
- Victim of bullying
- In need of advice in forming appropriate relationships and keeping themselves safe
- Practising unsafe sex
- Not in education, employment or training
- Suffering from low self esteem or depression
- Isolation and/or guarding identity
- Young people with a CAF
- Experiencing emotional difficulties which impact on their lives
- Require emotional support (not mental health services)
- Need to be open and receptive to receiving support and achieving change

Q. What happens in the session?

- The time spent with the youth worker allows the young person to be in a relationship that is non-judgemental and aims to assist in empowering young people to take control of their own lives through support, guidance, advice or signposting. During the session the young person begins to develop an understanding of their feelings and life experiences. Over time they learn to deal more appropriately with situations and life's adversities.
- Session times, frequency and venue will be tailored to suit the young person's needs.
- We understand the difficulties faced by young people and have a team that are dedicated and skilled in meeting needs and expectations – through a person centred approach.

Q. How can a referral be made?

If you are a LGBT+ young person or thinking of referring one then please don't hesitate to get in touch.

When you are ready, send us a text or call. If you are referring a young person then please complete the referral available from sarah@spaceyouthproject.co.uk.

Once the referral form is received, it is verified against the initial criteria in preparation for the assessment stage.

We would encourage any questions you have and offer an initial assessment.

Our team of trained youth workers are professionals that are dedicated to assisting young people. The time spent with the youth worker is confidential and information is only shared with permission or if the youth worker assesses that the safety of a young person is compromised.

If a referral does not meet the criteria we will make contact to inform you of the reasons why the referral is not accepted.