

Summer 2023

Newsletter

ISSUE 1

Shine

**CREATING BRIGHTER FUTURES
FOR YOUNG PEOPLE**



WELCOME

Barnaby Norris

Young People's Service Manager



Welcome to this very special first edition of our newsletter where we will share the voices, strengths and interests of young people involved in Shine

In this issue, we tell you all about Shine and answer some important questions:

- What is participation?
- Why is it important?
- Why are SJMT working with young people again?

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GOING BACK TO OUR ROOTS

A POTTED HISTORY OF SJMT

We don't want to fit young people into a tick box or give them labels. We want them to be themselves and feel able to participate and influence decisions at all levels of the Shine service. The leadership team at SJMT is totally committed to this.

Today, the young people Sir Josiah Mason supported more than 100 years ago would be recognised as having faced adverse childhood experiences, stuck in a pattern of service-led interaction. Ours is an amazing story and we can build on our proud history to drive the work we will do through Shine.

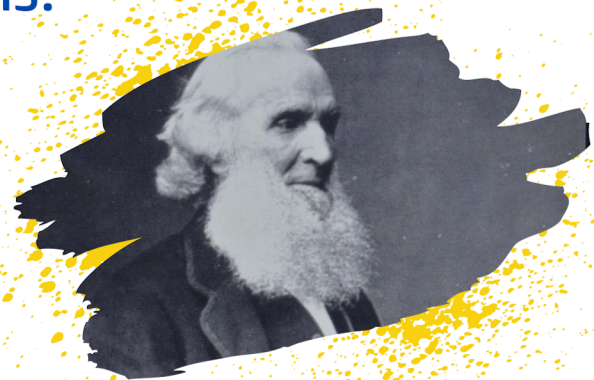
SO, FROM THE 1850's TO 2023

Our new service for young people is ready. Shine will offer support to young people aged 13-25 to improve wellbeing, learn new skills, change thought patterns and increase engagement with education, training or work.

Since starting my role with SJMT, I have been given the time to read and learn from our history and research – and the opportunity to listen to different young people and professionals. One message has always been clear – listening, participation and involvement are an ongoing process. Connection, meaningful opportunities and choices are especially important. The realities of two young people will never be the same.

Moving forward, this online newsletter will capture how young people have participated and been involved in Shine. It will give them the opportunity to share what is important to them.

Are you a young person who wants to edit our next issue?
Get in touch now!



WHAT IS PARTICIPATION ?

AN INTERVIEW WITH BARNABY NORRIS

Q1. IS PARTICIPATION A RIGHT?

Yes! Our participation and involvement strategy is led by the United Nations Convention on the Rights of the Child.

Article 12 Says that every child has the right to express their views, feelings and wishes in all matters affecting them and to have their views considered taken seriously

Article 23 Says that a child with a disability has the right to live a full and decent life with dignity and, as far as possible, independence and to play an active part in their community

These rights always apply, for example, during immigration proceedings, housing decisions, during decisions about day to day home life or when someone is working with you to help you be safe.

Q2. WHAT IS PARTICIPATION?

To us, participation means that people have every opportunity to take part and see changes happen when they give us feedback. Participation is all about people being given a sense of belonging and to be involved in the decisions that most affect them.

Q3. HOW DOES PARTICIPATION HELP?

Participation gives people the opportunity to have a say on things that matter to them. It also gives people a chance to learn new skills, especially around taking ownership and making decisions. We want participation to happen across generations and help people of different ages understand each other better, exchange skills and learn new things. When people are involved, they are able to make new friends, try new things and build up experiences that will help them in their future.

Q4. WHAT WILL YOU DO TO MAKE PARTICIPATION THE BEST POSSIBLE EXPERIENCE FOR ME?

The most important things we can do is listen to you. We want to develop some individual 'Shine pledges' with young people over the next year. These will become the standards that we follow to make sure all our individual participation is meaningful and a positive experience for you.

Q5. WHAT'S IN IT FOR SHINE?

It's so important we listen to and get an understanding of the strengths, needs and feelings of the young people involved in Shine. A balance of professional experience, lived experience, research and theory can help us make the very best decisions. If we can stay connected to young people, we will have a better understanding of how Shine needs to work.

Q6. FINALLY, HOW WILL YOU KNOW IF YOU'RE DOING IT WELL?

The most important measure is the opinions of young people. Whether it's immediately after they have taken part in a project or activity, or later down the line, the voices of young people matter and must be heard. We're always looking to hear what young people think!



Individual participation...

The 'smaller stuff'

We know models and research on their own don't make participation happen. But we do think if we do the small things well, they will help with the bigger 'participation and involvement' picture.

Saffron Hill is a lived experience leader and director of Children of a Revolution. She got us thinking about the way we 'do' participation at Shine. We will do more work with young people to develop some Shine pledges around individual participation, but to start with:

- We won't wear our work badges and lanyards when we are out with young people
- We won't carry round piles and piles of paperwork or be typing away on our laptops when we are with young people
- We won't make young people feel like another case and will value time with young people
- We will always try to make sure young people understand and are given opportunities to ask questions in different ways
- We'll always take the time to get to know young people's strengths
- There is a process to follow because of GDPR, but we will always be happy to share what we record about you, with you



MEET MONIQUE!

AND FIND OUT WHAT'S IN STORE FOR SHINE

Welcome, Monique! She says:

I am an outgoing, bubbly and friendly person whose goal is to reach out and help as many young people as possible. I am proud to work in a role where I can put the needs of others first and make a difference in someone's life.

In my spare time I have a passion for playing football, listening to music and writing my own songs.

NOW SHINE IS WORKING WITH YOUNG PEOPLE, THIS IS WHAT THE YEAR AHEAD LOOKS LIKE



Create and publish an online newsletter edited by young people



Hold a Shine event designed by young people



Find different opportunities for young people to be involved, like coming to events with us and designing resources with us



Continue to develop our 'Shine participation pledges' with the help of young people



Involve young people in future recruitment, induction and training processes

Thank you for reading!

BUZZWORDS EXPLAINED

Operational - the different activities that we do as a charity

Strategic – a set of plans used to achieve something

Service-led interactions – a way of working that doesn't always offer people the right help at the right time in the right way

Model – used to help people understand something complicated more easily

Evaluation – a tool for judging if something works well or not

CREDITS

Dr Camille Warrington is a social researcher at the University of Bedfordshire with a special interest in participation

Laura Lundy is a professor of children's rights at Queens University Belfast

Saffron Hill is a lived experience leader and Director of Children of a Revolution

Want to know more about Shine?

Get in touch with Barnaby and Monique!



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Shine

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SJMT 
people at heart