

## What is our aim?

Our aim is to provide a service that helps 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 relationships with friends and families
- Improving emotional wellbeing
- Enabling and empowering young people to reach their potential
- Building resilience

## More Information

Space Youth Project

01202 205279

hello@spaceyouthproject.co.uk

www.spaceyouthproject.co.uk

 @spacedorset

 facebook.com/sypdorset

 @spaceyouthproject

"I can easily talk to them  
about any situation"

" Somewhere I can  
be safe"

"The one place where  
acceptance is guaranteed"

"I'm able to step out of  
my comfort zone"

"Great snacks"

## Information, Guidance and Advice Service

### "Our 121 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

## Whats the criteria?

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

- Not meeting their full potential
- Victim of bullying
- 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 person with a CAF
- Experiencing emotional difficulties which impact on their lives
- Require emotional support (not mental health services)
- Being open and receptive to receiving support and achieving change

## What happens in a session?

Whether in-person or online, 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, and signposting.

During the session the young person begins to develop an understanding of their own feelings and life experiences.

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

More Information is available at  
[SpaceYouthProject.co.uk](http://SpaceYouthProject.co.uk)

## How can a referral be made?

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

When you are ready, **get in contact**. If you are referring a young person then please complete the referral form available by emailing us.

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

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

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