



Blether Programme Dumfries and Galloway

Youth workers in Dumfries and Galloway supported 361 young people through their targeted 'Blether' programme between March and August 2020. The young people participating in the project had many identified needs, and faced multiple barriers to engaging with youth work. Young people were referred to the programme by schools, Social Work and a range of youth work services. All were identified as requiring support with one or more aspects of their life such as mental health, bereavement, or difficult home circumstances.

Young people from 16 participating secondary schools had already signed up for this programme prior to lockdown. As soon as restrictions were enforced, face-to-face meetings were replaced with one-to-one support either by phone or online as often as young people needed it - which, for some, meant daily. The project supported young people to learn more about themselves, develop coping strategies and improve their social and emotional wellbeing.

Direct Impact

All participating young people saw improvements in their health and wellbeing and made progress in relation to engaging in, and overcoming barriers to learning. All felt better prepared to return to school as a result.

Youth worker

"There were several unintended outcomes for young people. Many have gone on to engage in other youth work opportunities including digitally and through Youth Work Hubs. Others, have found the confidence, through support to engage with other service providers such as LGBT Youth, which shows massive confidence growth. In addition, several individuals have engaged more fully in their education and are taking active steps to get involved in youth democracy and the local youth council."

Young Person

"I can cope with situations better now. The sessions have made me feel calmer and I have got some useful coping strategies, they have been really helpful."