

Workshops

There will be three workshops on the Saturday and one on the Sunday. Please choose five workshops (including one reserve) and indicate your order of preference – 1st, 2nd, 3rd, 4th and 5th.

Choice of Workshops – LABEL PREFERENCES CLEARLY

Building Self Esteem

How can you build young people's self esteem and confidence. A flexible workshop that aims to provide strategies for making a positive difference to the lives of young people.

Conflict Resolution

Explore behavioural issues and find strategies and solutions to help resolve conflict situations. How do we maintain our relationships and self-confidence when challenges arise day to day? Discuss every day examples and ways of dealing with conflict.

Fitness

This workshop will explore physical activity and its health benefits; giving an introduction to fitness testing that can be applied in your youth group. The workshop also gives an overview of national recommendations for physical activity giving youth workers the knowledge and skills to take this forward confidently.

Funding

What can you do to stretch your funds that little bit further? Are there financial grants and awards out there for youth groups? This workshop helps you to plan and source funding and manage your resources.

Games Games Games

This workshop will look at ways of bringing sport-friendly activities into the world of play. Ideas for those who are 'too cool' to do games.

Girls on the Move

A combination of information and fun, practical activities which will help you to introduce a programme of physical activities and sport to girls in your youth group setting.

Healthy Eating

A fun, practical workshop that provides hands on ideas for healthier snacks and drinks. Make them and taste them for yourself. Take away useful recipes for your group's tuck-shop and learn how easy and affordable it can be to adopt healthier alternatives.

Mental Well-Being

A workshop that addresses the issues around young people's mental well-being and the positive impact that youth workers can have on their lives. The workshops also signpost to information and resources available for young people locally.

Tribal Groove

An energetic, dynamic and highly enjoyable workshop which combines dance and music-making with learning communication skills. Not to be missed!

Maximum Fun Minimum Resources

Providing workers with a bank of fun activities that can be delivered with little preparation and few resources.

TOP Activity

An exciting new programme of 'alternative' sport and physical activities, designed for use in informal youth group settings and to appeal to young people who may not currently access sport and recreational activities through more traditional routes.

Sexual Health

Increase your confidence in working with young people around sexual health and raise your awareness of the support and advice available.

Sport and Inclusion

This workshop is for existing and potential leaders supporting young people with disabilities. It is a practical workshop focusing on inclusion and making physical activity sessions accessible to all.

Young People and Alcohol

An opportunity to look at young people's attitudes towards alcohol. Learn the facts and figures from the professionals and work through a range of practical case studies to help you understand the issues and help young people to make informed decisions.

Young People and Drugs

A workshop that develops knowledge and understanding of drugs and the effects they can have on the lives of young people. The workshop also looks at strategies to support young people to gain the knowledge and confidence to make informed decisions about drugs.

Youth Scotland is Scotland's largest non-uniformed voluntary youth organisation with a membership of 582 youth groups, 44,003 young people and 5,601 youth workers.

Youth Scotland is one of only four national voluntary youth organisations that operate in every local authority area of Scotland.

Our mission is to:

“ enable young people throughout Scotland to maximise their full potential through the provision of quality educational and social opportunities ”

YOUth
SCOTLAND

Practical Problems Sensible Solutions

2008

Part-time and Voluntary
Youth Workers'
National Training Conference

YOUth
SCOTLAND

LAST YEAR'S PRACTICAL PROBLEMS – SENSIBLE SOLUTIONS

The previous Practical Problems – Sensible Solutions Conference proved to be a great success, here are some of the comments made by delegates:

“Great ideas and resources! Lots of valuable information to take back to our youth group”

“An absolutely inspirational weekend. Jim Balloch and Sunday mornings an absolute must! Thank you all. Fantastic conference”

“Great to see nation-wide collaboration, and clued-up youth workers. A credit to the discipline! An excellent event, well organised and delivered”.

“I thought it was a fantastic conference, nice to see it was so well attended and people from so many different organisations”

125 delegate places are available this year, some of which are already taken, so early booking is advised.

For further information contact Mandy Paterson at Youth Scotland on 0131 554 2561.

**Saturday 1 – Sunday 2 November 2008
Hilton Edinburgh Airport Hotel**



PracticalProblems – SensibleSolutions 2008

Part-time and Voluntary Youth Workers' National Training Conference

Youth Scotland is delighted to announce the forthcoming programme for the 2008 Practical Problems – Sensible Solutions National Training Conference. Sat 1 - Sun 2 November 2008

The Conference has been specifically developed to address the practical problems faced by part-time and voluntary youth workers in the delivery of quality grass roots youth work across the country. The event will offer youth workers a range of new experiences and help them develop the skills and knowledge that will enable them to make a positive impact in their communities. Each workshop aims to provide practical, hands-on learning, and is delivered in partnership with agencies and individuals at the leading edge of their specialist fields.



The event is recognised as one of the leading Conferences within the youth work sector in Scotland and has delivered training opportunities to over 1200 youth workers over the past 8 years.

This year we are pleased to announce that John Loughton, Chair of the Scottish Youth Parliament, will deliver the keynote address.

Benefits of the National Conference

- **A Wide Range of Learning Opportunities** – The Conference has been specifically developed to provide learning opportunities for part-time and voluntary youth workers who have little access to training. 15 training workshops will be offered on a diverse range of topics.
- **A Wealth of Experience** – The event is promoted nationally and draws on a wealth of experience from across the country to ensure quality, professionally run workshops.
- **Keynote Speakers** – The conference will provide a platform for several excellent speakers including John Loughton from the Scottish Youth Parliament.
- **Networking Opportunities** – a varied market place showcasing the work of a wide range of youth work organisations will be available to delegates.

This Year's Conference

Practical Problems - Sensible Solutions 2008 will start at 10.30am on Saturday 1 November 2008 and close with lunch at 1.30pm on Sunday 2 November 2008. The event will be held in the Edinburgh Hilton Airport Hotel.

The workshop programme this year offers delegates the opportunity to take part in four workshops selected from 15 key and topical issues facing youth workers and volunteers in our membership.

(Please note that places at the Conference are limited, book early to avoid disappointment)

Payment

Places at this event are subsidised by Youth Scotland for affiliated groups.

	Affiliated	Non-affiliated
a. Residential (lunches, DB&B) (shared accommodation)	£115	£185
b. Residential (lunches, DB&B) (single accommodation)	£145	£200
c. Non residential (lunches and conference)	£75	£120

Early Bird Discount

A 10% discount will apply to all booking forms returned **with payment** before Friday 29 August 2008.

Cancellation Charges

50% cancellation fees will be incurred from Monday 6 October 2008 and 100% from Monday 20 October 2008.

Additional Accommodation

Delegates requiring additional accommodation for the Friday and/or Sunday evenings can book directly with the hotel on **Tel: 0131 519 4446** or contact Tourist Information on **Tel: 0131 473 3800**

Leisure Facilities

The Hilton provides a four star service and delegates will have complimentary access to the Livingwell Health Club with swimming pool, spa, sauna, steam room and fitness suite.

Additional Information

For more information, please contact **Youth Scotland on 0131 554 2561** or visit our website at **www.youthscotland.org.uk**



PracticalProblems – SensibleSolutions 2008

Part-time and Voluntary Youth Workers' National Training Conference
Sat 1 – Sun 2 November 2008

Booking Form

PRINT CLEARLY

(Please photocopy or download this form at www.youthscotland.org.uk to book additional places)

Name:

Address:

Postcode:

Tel (day): Tel (eve):

Fax: Email:

Emergency contact name & tel no:

Youth Club/Group/Organisation:

Address:

Affiliation no: 350 Voluntary or part-time leader:

FEES – CONFERENCE FEES MUST BE PAID IN ADVANCE

	Affiliated	Non-affiliated
a Residential (lunches, DB&B) (shared accommodation)	£115 <input type="checkbox"/>	£185 <input type="checkbox"/>

Please print the name of the person you will be sharing accommodation with.

b Residential (lunches, DB&B) (single accommodation)	£145 <input type="checkbox"/>	£200 <input type="checkbox"/>
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c Non residential (lunches and conference)	£75 <input type="checkbox"/>	£120 <input type="checkbox"/>
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Groups and delegates are responsible for travel, subsistence and additional accommodation costs incurred when taking part in the Conference.

EARLY BIRD DISCOUNT

Deduct a 10% discount on the above fees, if this form and payment is **received** by 29 August 2008

I confirm I am eligible for the 10% discount and will pay a fee of £

I agree to make payment in advance of the National Training Conference and I am aware of the cancellation charges.

Signed (delegate):

Do you have any dietary and/or other special requirements? Yes No

If yes, please state:

I enclose a cheque made payable to Youth Scotland Please invoice me

Invoice address (if different):

Confirmation of the booking will be sent to delegates one month prior to the event.

Please complete and return to: Mandy Paterson, Youth Scotland, Balfour House, 19 Bonnington Grove, Edinburgh, EH6 4BL. Fax: 0131 454 3438