

## **WHAT IS TACTIC? - INTRODUCTION**

### **TACTIC = Teenage Advice Centre/Teenage Information Centre**

TACTIC Teenage Advice & Information Centre is a specialist young people's service for 12 to 19 year-olds based in the centre of Leighton Buzzard/ Linslade Town. The centre has been operating in the town for sixteen years and is well established as a safe place for local young people.

Young people can gain free advice and information on a variety of topics, meet new people, receive one-to-one (121) support, volunteer in their community and take part in positive activities.

Young people can 'drop-in' Monday to Friday to speak with one of our Youth Workers or specialist agencies when they need help, advice or support with for example:

- Anxiety and emotional wellbeing
- Anger Management
- Bullying
- Friendship and relationships
- Family relationships/changes
- Jobs and employment
- Problems relating to drug use
- Risky Behaviour
- School and College
- Sexual health matters
- Sexual orientation or questioning
- Youth Volunteering

Qualified Youth Workers offer 121 mentoring support to young people in a confidential setting and this allows space for exploring concerns and issues that may be affecting young people from reaching their goals or achieving their potential.

TACTIC also works with specialist agencies/partners that provide support, advice and information, including:

- CHUMS – Emotional wellbeing service
- BROOK - Sexual health service
- 4YP - Education, training and employment advice service
- Amicus - Work Club

Positive activities for young people to engage with range from weekly themed awareness information and arts activities. TACTIC also organises Easter and Summer holiday activities for teenagers as well as Play schemes for 8 -11yr olds. The holiday projects can involve a variety of activities such as Arts, Sports, Trips and Training.

We also offer a Youth Volunteer Scheme for ages 14yrs –19yrs where young people can get involved in their local community and gain new skills/experiences.

We run a weekly integrated disability youth group called TANG, (TACTIC Additional Needs Group) at Mentmore Pavilion on a Monday evening as one of our established satellite provisions. Our developing second satellite project is currently focusing on Sports in the Park over the summer months ahead.

The TACTIC Youth Forum are a group of young people that come together to develop projects that other young people may be interested in and or community social projects such as an annual Christmas meal for Older People. Their current puzzled minds project focuses on peer educating for mental health awareness.

The TACTIC team also offer workshops to schools as part of our 'Schools Offer' based on personal, health and social knowledge and awareness topics (PSHE).

The centre facility is hired out during the day to community/charity groups or individuals and this generates a small income.

The TACTIC team is a team made up of 3 full-time staff, 2 part-time staff and one day a week, admin support. Four of the key staff are qualified Youth Workers.