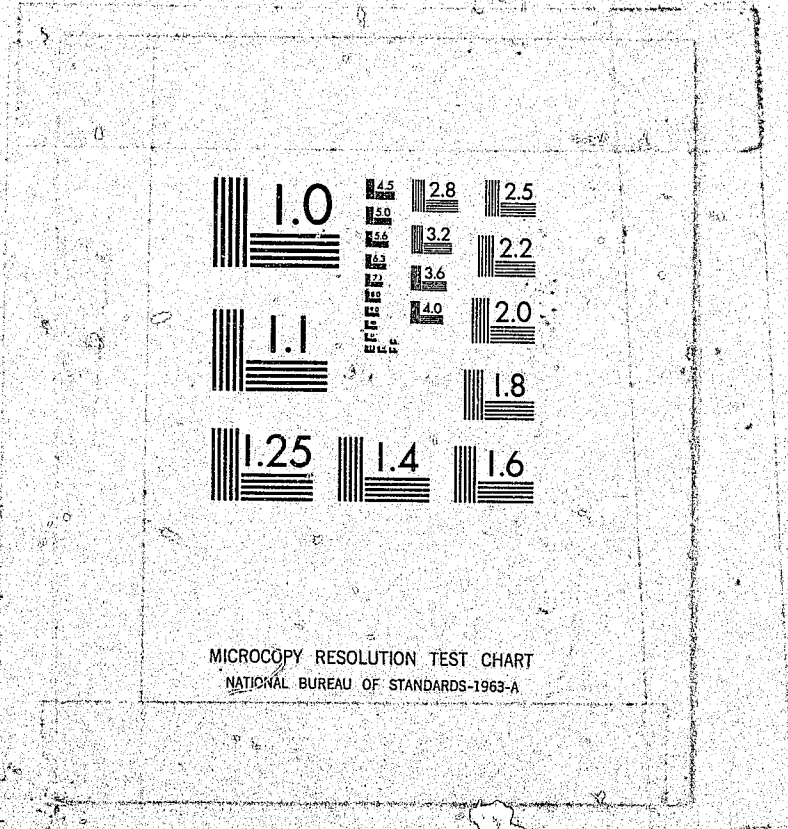


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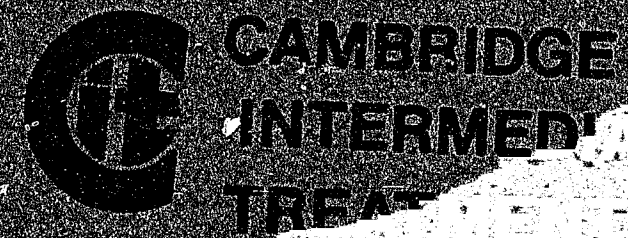
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Cambridge Alternatives

A

Joint Venture

between

Voluntary Community Management Committee

Trevor Daff, Hon Chairman

Julie Kavanagh, Hon Vice Chairman

David Tucker, Hon Secretary

Anya Wasilewska, Hon Treasurer

Michele Hagard, Ron Rolph

Margaret Barton

AND

Cambridge Social Services

with

Support and Participation by

Probation Service, City Division

Save the Children Fund, Cambridge Project

Community Education, Cambridge Area

Education Welfare, Cambridge Area

Special appreciation and acknowledgement

TO

Julie Kavanagh, Jackie Grisham, Sue Scott  
and the many other Intermediate Treatment  
volunteers for their help and perseverance  
in developing the concept of the Cambridge  
Alternatives.



NCJRS

FEB 16 1982

ACQUISITIONS

CONTENTS

I	Introduction
II	Aims & Objectives
III	Programme
IV	Eligibility & Criteria for Attendance
V	Appendices

Cambridge Alternatives - An Introduction

Cambridge Alternatives is a newly-initiated intermediate treatment scheme aimed at diverting and rehabilitating 14-17 year old juveniles who have persistently taken part in delinquent activities.

The scheme, which began in the summer of 1981 was the product of an initiative put forward by the Social Services Intermediate Treatment Development Officer in conjunction with a voluntary management committee whose members are all involved in various ways with youth in the community.

Following the appointment of a Project Leader in September 1981, a programme was formulated and volunteer project workers - from the community as well as from professional agencies - were recruited to the scheme. Rented premises for the project were secured in the grounds of the Cambridge College of Further Education, although it is hoped to secure an exclusive site in the near future.

The scheme can be seen as a resource which has extended the existing programme of intermediate treatment in Cambridge. In both a quantitative and qualitative sense it offers more intensive provision than other groups, although it is still founded on the community-based models already existing in the Cambridge I.T. network.

The relationship between the community and the Cambridge Alternatives project is maintained through the two-way interaction between volunteer project workers from the community and the placement of adolescents on the scheme in conventional clubs and societies. Opportunities for placements through other community action agencies in various community work settings will also be provided and, where available, placements in conventional work situations.

Each programme, which lasts for 12 weeks, will take place over three-hourly sessions on four evenings a week and on Saturday afternoons. The programme has been designed to confront the young person with his/her delinquent activity but it is hoped that through individual attention, group supervision and placements, a positive change in attitude and behaviour will be effected and the adolescent will be better equipped to take a place in the community.

It is hoped that the first referrals to the scheme will have been accepted by February 1st 1982 by which time funds from the Social Services Department together with a charitable organisation will have enabled the purchase of project equipment and will cover running costs.

## Aims & Objectives



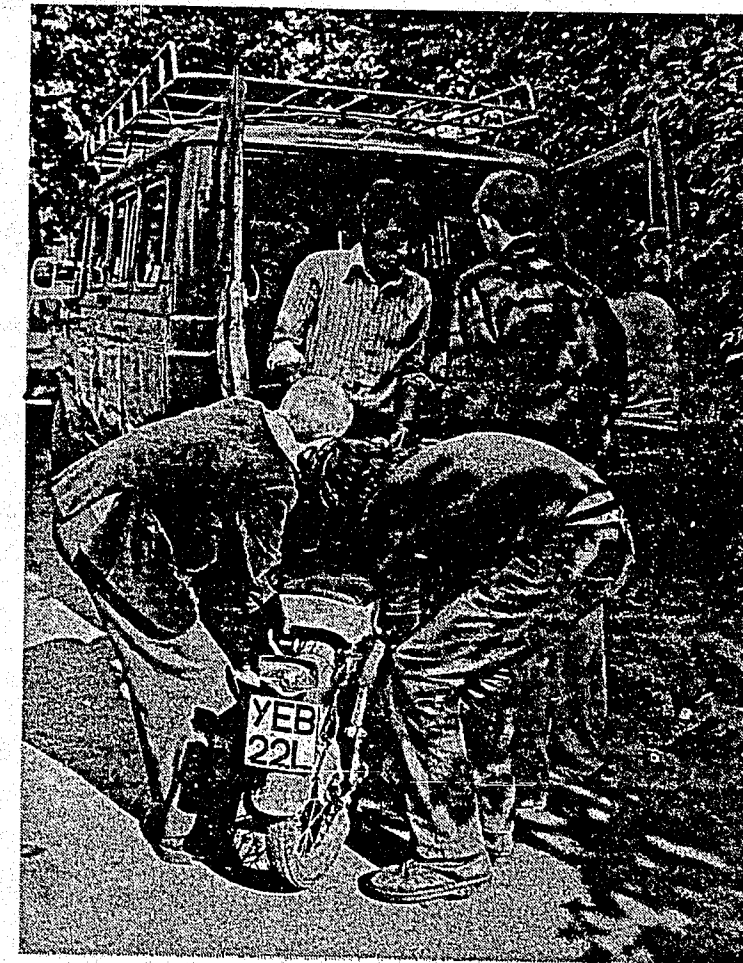
### General Aims

- A) The aim of the project is to provide a community resource available to young persons aged 14-17 whose pattern of offending would, except for placement in I.I.T., be seen to warrant a custodial sentence or placement in residential care.
- B) The project aims to effect a significant change of attitude and behaviour in the young person, stimulate them into seeking non-delinquent activities and equip them better to assume a higher degree of responsibility for their actions and behaviour.

### Objectives

1. To provide a programme of activities which will divert attention away from delinquent activity and into the pursuance of constructive vocational and leisure pastimes.
2. To confront the young person with his/her offending and recognise the motives and the consequences of delinquent activity.
3. To bring and keep the young person in contact with the community through placements in existing community agencies, clubs and societies and to work with the community and volunteers within the project.
4. To provide, where appropriate, individual guidance, counselling and befriending to help a young person overcome specific personal problems.
5. To provide opportunities, by means of craft, project work, vocational, leisure and sporting activities, to form constructive relationships with adults, young people in the community, and people involved in the project.
6. To assist, where appropriate, the young person in coping with the transition between school and working life and to attempt to identify any special skills which might be developed and utilised at a future date.

## PROGRAMME



Cambridge Alternatives aims to provide a range of activities which attempt to stimulate interest in various constructive practical skills and leisure pastimes.

The programme comprises five different components - groupwork, craft and project work, vocational and practical skills, community project work and leisure and sporting pastimes. Certain of these components will take place within the Project's premises, other elements will involve the young person in taking part within the existing community provision thereby bringing him/her into contact with a variety of people in the locality.

Responsibility for the implementing of the programme will be shared between volunteer project workers and the project leader. In situations where the young person is taking part in activities on placement in other institutions, clubs or societies, monitoring and recording will take place and constant liaison with these agencies will be maintained.

The programme is designed to meet the needs of each individual as well as the group and the project aims to stimulate the young person into pursuing certain activities even after he/she has completed the programme, either within the community or possibly through one of the community-based intermediate treatment groups.



Session: Groupwork I  
Area: Understanding the Law and Your Rights Within It  
Day: Monday  
Time: 6-7.30 pm

Specific Objectives

- 1) To make known the principals and moral basis upon which relevant sections of criminal law are founded.
- 2) To identify the causes or reasons behind the anti-social and delinquent behaviour of the young person.
- 3) To make the young person aware of the effects of delinquent behaviour both on the community and on those who take part.
- 4) To help the young person assume ultimate responsibility for his own actions within the community.

Suggested Topics:

A "Why do I do it?"

Wants and Needs

Persuasion

Excitement, Risks and Regrets

Hate

Prejudice

B Police

Courts

The Public

The 'Law' - Rights of Young People

Activities:

Critical Incident Analysis

Video Plays

Socio-drama and Role plays

Discussions

Questionnaires

Quizzes, Problem-solving activities

Films

Visits

Session: Groupwork II  
Area: Social and Life Skills  
Day: Tuesday  
Time: 6-7.30 pm

Specific Objectives

- 1) To attempt to counteract, where appropriate, the negative aspects of the young person's self image.
- 2) To attempt to increase the young person's awareness of the way he is seen by friends, peers, adults and people who act in official roles within the community.
- 3) To offer opportunities for discussion, self-expression and guidance on problems which the young person feels to be connected with his delinquent activities.
- 4) To attempt to place the young person in situations conducive to forming constructive relationships with other young people and adults.

Suggested Topics:

Young People in the Group

Family

Friends

Young People

Cults

The Opposite Sex

School/Work

Appearance

Money Management

Activities:

Video plays

Role Plays and Socio-drama

Trust Games

'Honesty' Sessions

Discussions

Games requiring co-operation

Individual counselling

Guided discussions

Informal chats

Session: Groupwork III  
Area: Remedial Education (Basic Numeracy/Literacy)  
Day: Thursday  
Time: 6-7.30 pm

Specific Objectives

- 1) To supplement where relevant and appropriate existing formal educational provision.
- 2) To attempt to enable the young person to reach a standard of numeracy and literacy commensurate to his/her future practical social, personal and domestic requirements.
- 3) To help the young person to reach a standard of general education which will enable him/her to seek, apply and fill a position of employment.
- 4) To encourage or develop any particular skills or activities which may be relevant to the pursuance of further training.

Literacy:

1. Receiving and interpreting information in written form
2. Receiving and interpreting information in oral form
3. Communication in written form
4. Communication in oral form

Examples of material:

- |                                       |            |
|---------------------------------------|------------|
| A) Books                              | B) Notices |
| Magazines                             | Forms      |
| Newspapers                            | Charts     |
| Advertisements                        | Diagrams   |
| Catalogues                            | Maps       |
| Letters, memoranda and messages       | Plans      |
| Use of telephone, making appointments |            |
| c) Instruction Manual                 |            |
| Directories                           |            |
| Official Communications               |            |

Numeracy:

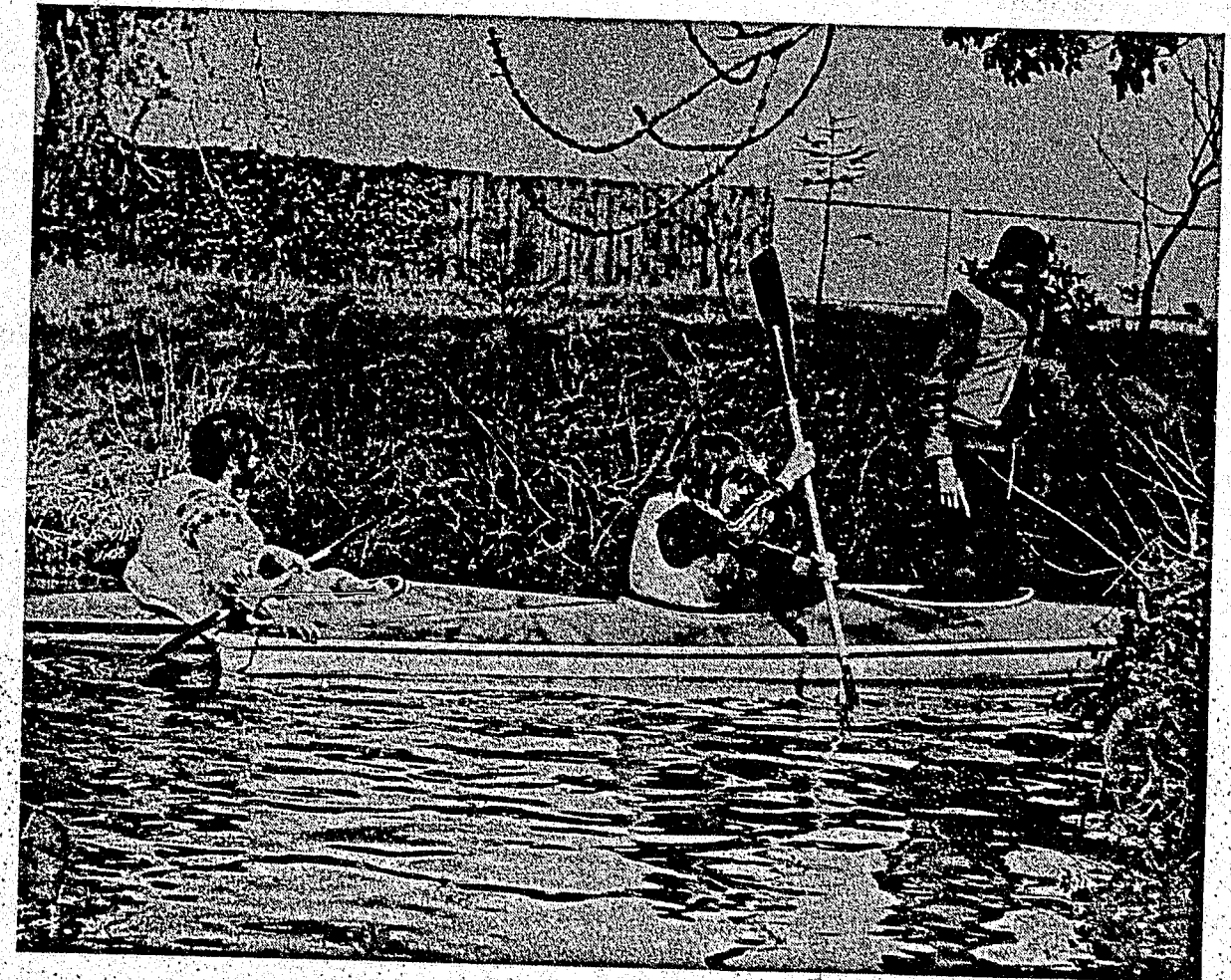
1. Basic arithmetical calculations relevant to the performing of specific domestic tasks.
2. Basic calculations necessary for the management of income. (Saving & Spending).
3. Specific items in school/training curriculum or work duties where the young person requires additional help.

Session: Groupwork III (continued)

Numeracy continued:

Examples of material:

- |   |                |
|---|----------------|
| A) Payment of Bills   | B) Wage slips  |
| Shopping Lists  | Bank Accounts  |
| Payment of Rent   | Saving Schemes |
| Hire Purchase Agreements  |                |
| Subscriptions   |                |
| C) Knowledge of Weights and Measures in order to perform specific practical skills (Decimal and Imperial) |                |
| e.g. (i) cooking  |                |
| (ii) measuring floor area   |                |
| (iii) calculation of materials requirement (paint, carpet, anti-freeze, medicine)                         |                |





Session: Practical Skills  
&  
"Introduction to Work"

Day: Wednesday

Time: 6-9.30 pm

Specific Objectives

- 1) To bring the young person (if approaching school leaving age or unemployed) into contact with a work environment.
- 2) To maintain links with the community through placements with local concerns or on work schemes.
- 3) To attempt to improve the young person's future employment prospects and to offer guidance in his/her choice of job application.
- 4) By offering practical advice, to help the young person seek, apply and fill a position of employment, secure a place on a training scheme or alternatively claim unemployment and other benefits accruing to him/her.

Method:

Placements  
Workshop sessions  
Visits  
Discussions  
Questionnaires  
Group Activities (e.g. role play)  
Films

Skills, Topics and Areas of Attention:

- A) Practical Skills; (depending on availability of resources) domestic, secretarial/clerical, manual, semi-skilled, skilled
- B) What job?  
Where to look?  
Training Schemes  
Applying  
Interviews
- C) Contracts and Conditions of Employment  
Rights and Benefits for Unemployed People  
Wages, Redundancy and Getting the Sack  
Insurance, Tax and Social Security allowances
- D) Relationships:  
Workmates  
Foreman  
Officials  
Shop Stewards

Session: Craft/Project Workshop

Day: Monday

Time: 8-9 pm

Specific Objectives

- 1) To provide opportunities for developing relationships between the young person, other young people and adults through a mutual interest.
- 2) To help the young person occupy himself/herself actively and creatively during periods of time not spent in school or at work.
- 3) To stimulate interest in activities and pastimes which the young person might choose to continue after leaving the project and within the existing community clubs and societies.
- 4) To identify any special skills that a young person has and offer motivation and encouragement for those to be developed.

Possible Activities

Photography - Craft  
Screen Printing - Craft  
Jewellery-making - Craft  
Modelling - Craft

---

Canoe building - Project  
Weekly Newsletter - Project  
Bicycle Renovation - Project  
Furniture Restoration - Project

Session: Community Project Work

Day: Saturday

Time: 2-4 pm

Specific Objectives

- 1) To provide an opportunity for young people to find out about the community and its resources and make a constructive contribution to community life.
- 2) To provide an opportunity for the young person to form a working relationship with adults and peers.
- 3) To provide an opportunity for the young person to gain an insight into the workings of certain institutions within the community e.g. homes, hospitals.

i) Placements in Institutions

e.g. i) Centres for Mentally Handicapped

ii) Centres for Disabled

ii) Placements with existing community work organisations

i) Cambridge Community Action Project

ii) Youth Action

iii) Placements on specific projects

e.g. i) Windmill Restoration

ii) House renovation

Session: Leisure/sport

Days: Tuesday and Thursday

Time: 8-9 pm (except for specific placements)

Specific Objectives

- 1) To stimulate the young person into finding out about, and taking part in a variety of constructive leisure, sporting and recreational activities thus diverting attention away from delinquent activity and attempting to promote a continued interest in particular activities offered within the community.
- 2) Through placements in existing clubs and societies, links with the community will be maintained and the young person's awareness of community provision increased.
- 3) To provide opportunities for forming positive relationships with adults and peers through a mutual interest.

i) Placements (subject to availability)

e.g. Boxing )

Table Tennis )

Netball )

Weight-training )

Aikido )

6-a-side )

Howard Mallett

Youth and Community Centre

ii) External Activities

e.g. Swimming

Ten-pin bowling

Football

Ice Skating

Kelsey Kerridge

R.A.F. Wyton

Parker's Piece

Peterborough

iii) Centre-based Activities

Table Tennis

Pool

Darts

Board Games

Group Games

Cooking

iv) Other proposed Activities

Health and Hygiene

Dressmaking



TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-7:30	GROUPWORK I LAW & ORDER	GROUPWORK II SOCIAL & LIFE SKILLS	PRACTICAL SKILLS & "INTRODUCTION TO WORK"	GROUPWORK III REMEDIAL EDUCATION	FREE	
7:30-8	COFFEE BREAK	COFFEE BREAK		COFFEE BREAK		COMMUNITY PROJECT/TRIPS/ RESIDENTIAL WEEKEND
8-9	CRAFT WORKSHOP PROJECT WORK	LEISURE/ SPORT ACTIVITY		LEISURE/ SPORT ACTIVITY		

2-4 pm



### Eligibility and Criteria for Attendance

The following sets out who is eligible for the programme and the conditions under which the young person, caseworker and project should work once a young person is accepted into the programme. This programme will fulfil the proposed Supervised Activities provision in forthcoming legislation so therefore, there may be less of an identity with what we understand Intermediate Treatment to be. However, it will fulfil our long standing objectives to achieve a continuation of I.T. resources, so therefore, Cambridge Alternatives is very much an extension of the existing community provision for young people at risk.

#### Those eligible for programme

- (1) Young persons must be between the ages of 14 years and 17 years. They must be in a residence that is conducive to, supports and permits his/her attendance.
- (2) Young persons will be at imminent risk of receiving a custodial sentence or being placed in residential care through court action.
- (3) Young people will attend the programme through their consent and parental approval and upon referral by a Social Worker or Probation Officer. All parties including young persons and parents will sign a contract on acceptance into the programme. It is expected that all children will be on a supervision order with I.T. Condition.

#### Responsibilities of Young Person, Supervisor and Project

- (1) Any young person accepted on the programme still remains the responsibility of the referring agencies. Supervisors will be provided with regular reports on progress of young person and will be consulted immediately in the event of emergency situations and will be part of all reviews held.
- (2) It is hoped that when young people complete this 12 week programme the responsible agency and supervisor will perhaps be in a position to conduct a full review of the aims and expectations of the remaining supervision period. The objective being to consider taking action to invoke proceedings to discharge Supervision Order. This is to ensure that Supervision Orders become more realistic, determinate and therefore understandable to young people.
- (3) Young people accepted onto the programme who may subsequently fail to complete the 12 week contract will also be the subject of immediate review with the object of arranging for proceedings to take place in Juvenile Court to acquire either a discharge supervision order, alteration of its conditions or prosecution for Breach of Supervision Order. Agency managers, caseworkers, parents, Cambridge Alternatives staff and young person will be part of this review.
- (4) Apart from wilful non-attendance we do not intend to exclude young people unless there are extreme examples of the following behaviour (A) Violence of sufficient severity so as to put others at risk. (B) Chronic non-co-operation and disruptiveness which may include wilful damage to facilities and equipment. Should there be offences committed by the young person while he/she is participating in the programme, an immediate review will be conducted to determine whether or not the young person should continue in the programme.

It is felt that these conditions are reasonable given the conditions and other factors that existed at the time the young person was considered eligible for the programme.



It is accepted that the programme will be, by necessity, accountable to the referring agency, Juvenile Court and family to provide for the needs of the young person as well as be accountable and responsible to the community for care and control of young offenders.

We feel it is vital to promote and maintain good will and trust between agencies and the community generally in order to provide a realistic alternative to the institutional care of offenders.



Further information about the project and individuals interested in working in Cambridge Alternatives as project workers

Contact

Vic Blickem  
Intermediate Treatment  
Development Officer  
County Hall  
Hobson Street  
Cambridge

Telephone Cambridge 311211

Peter Wilson  
Project Leader  
Intensive Intermediate  
Treatment  
County Hall  
Hobson Street  
Cambridge

Telephone Cambridge 311211

David Tucker  
Hon Secretary

Telephone Cambridge 63111



APPENDICES

- A "Cambridge Alternatives"  
Cambridge Evening News Report
- B Referral form for "Cambridge Alternatives"
- C Contract



# Cambridge Alternative to the short sharp shock

THE Cambridge scheme which aims to prevent youngsters from drifting into crime or being taken into care is to enter an ambitious new phase.

The idea behind the scheme is working at present is to reach the youngsters, aged between 11 and 17, before they get into serious trouble.

Now they want to divert those much harder cases who may only be a hairsbreadth away from Borstal and who have so far been totally unresponsive.

"Working with this age group is something of a lost art," said Mr Vic Blickem, a senior social worker who began the Cambridge Intermediate Treatment scheme three years ago.

What is now planned is known as intensive intermediate treatment and the scheme is called the Cambridge Alternative.

However, don't be put off by the social workers' jargon.

Its method is far more down-to-earth than its title and relies largely on volunteers, rather than professionals, who

work with small groups of youngsters.

The aim is to break the cast of their lives with a constructive use of their leisure time in ways which range from learning to maintain motor cycles to writing letters and finding jobs.

The mother of one 15-year-old who had successfully completed the present course said: "It gave him something to do, it was an interest for him. More boys need it."

Thirteen months ago her son had been made the subject of a year's supervision order by Magistrates after he had broken into a flat with over boys and stolen bicycles.

As is so often the case he had been in with a "bad crowd" with which, thanks to IT, he has completely broken.

His course occupied some weekends, plus one night a week at Overstream House, the headquarters of the Save the Children Fund, one of the

groups that sponsored the first project.

"We stayed in, in the evenings, and played darts and snooker or we went to one of the American bases bowling or skiing; at weekends they would pick us up and we would go to Arbury Woods and learn about motor cycles," he said.

He is one of the 60 per cent who have so far not reoffended since taking part in the scheme.

He finds it hard to explain why it worked. "We all thought it was a bit of a joke to start, no-one wanted to go on trips and then they just started enjoying it. I wish there was something after it," he said.

It might sound very "cushy" but it is very effective for many youngsters whose problems stem from being deprived of a variety of things — and it is relatively cheap.

"The kids are what I call drifters who can't make up their minds about anything at

the beginning, at the end of a year they can assert themselves. They don't respond to peer group pressures which is supposed to cause so much juvenile crime," said Mr Blickem.

"Responding to peer group pressures" is the official way to describe a youngster committing a crime because his mates are also doing it.

The other important aspect of the work is not so much what they do but who they do it with.

"The kids are so absolutely deprived of adult attention," said Mr Blickem.

But how will it work with more delinquent juveniles?

"I am convinced that it will be more successful than custodial sentences would be," he said. "It's a sort of reaching out rather than waiting for them to come to you."

A management committee has been appointed to oversee the Cambridge Alternative

scheme and about half the £30,000 needed to get it off the ground has been raised through various charities and other bodies.

The courses, to be based at the Cambridge College of Further Education, will run four nights a week and Saturdays for 12 weeks.

It will be the same formula as before but with closer supervision, and Mr Blickem is at present looking for volunteers to help launch the scheme planned in the autumn.

"We are looking for those who are interested in social work and students on placement but the core will be those ordinary and everyday people who are willing to give up their time.

"They might meet youngsters who use obscene language, who don't treat them in the most considerate way and might not have respect for you or your house but often we are surprised at how polite and courteous these youngsters can be."

If you are interested in helping contact Mr Blickem on Cambridge 311211.

Chris Elliott



CAMBRIDGESHIRE COUNTY COUNCIL

SOCIAL SERVICES DEPARTMENT

CAMBRIDGE ALTERNATIVES

I.I.T. Referral Form

<b>A YOUNG PERSON &amp; REFERRER</b>			
NAME OF YOUNG PERSON:		DATE OF REFERRAL:	
DATE OF BIRTH:	SEX: M/F	NAME OF REFERRER:	
ADDRESS:		AGENCY OR ROLE:	
TELEPHONE:		ADDRESS:	
TELEPHONE:		TELEPHONE:	
<b>B FAMILY &amp; HOUSEHOLD</b>			
NAME OF FAMILY MEMBER	RELATIONSHIP TO CHILD	ADDRESS (if different from child)	
OTHER HOUSEHOLD MEMBERS			
NAME:			
<b>C PREVIOUS OFFENCES OR CAUTIONS</b>			
DATE OF OFFENCE	OFFENCE	DATE OF COURT APPEARANCE	RESULT

CASES PENDING		
DATE OF CHARGE/OFFENCE	OFFENCE	DATE DUE TO BE DEALT WITH
<b>D CURRENT LEGAL STATUS</b>		
IS THE YOUNG PERSON UNDER:		
A CARE ORDER	<input type="checkbox"/>	DATE
A SUPERVISION ORDER	<input type="checkbox"/>	DATES
ANY OTHER	<input type="checkbox"/>	DATE
REASON		REASON
REASON		REASON
REASON		REASON
<b>E OTHER AGENCIES INVOLVED WITH YOUNG PERSON</b>		
NAME	ADDRESS & TELEPHONE	CONTACT PERSON
<b>F REPORT OF FAMILY SITUATION</b>		
<b>G REPORT OF YOUNG PERSON'S SITUATION</b>		
(Please give details of Personality, Friends, Hobbies and Interests)		
PLEASE INDICATE ANY CURRENT MENTAL/PHYSICAL DISABILITY		
<b>H SCHOOL/WORK DETAILS</b>		
NAME OF SCHOOL/EMPLOYER:		
ADDRESS OF SCHOOL/EMPLOYER:		
TELEPHONE NO:		
CONTACT PERSON:		
REMARKS ON ATTENDANCE PERFORMANCE & BEHAVIOUR:		



<p>I WHY DO YOU THINK THE YOUNG PERSON WOULD BENEFIT FROM TAKING PART IN AN I.I.T. PROGRAMME?</p>
<p></p>
<p>J ADDITIONAL REMARKS</p>
<p></p>

CAMBRIDGE ALTERNATIVES

PLACEMENT CONTRACT

- I The intensive intermediate treatment project is administered by a voluntary management committee in conjunction with the Social Services Department and provides a programme of supervised activities for young people.
- II The project will organise various activities which will develop interests and attempt to divert the young person from taking part in criminal activities and will attempt to help improve family and school or work relations.
- III The project will run for 12 weeks on four evenings, a week from 6 to 9 pm and each Saturday afternoon from 2 to 4 pm although in addition to this, residential weekends will occasionally form part of the programme.
- IV Attendance at the Project is mandatory and failure to do so without justifiable grounds could lead to a further appearance at Juvenile Court for a breach of the Supervision Order. Upon successful completion of the 12 week programme a formal review will be conducted in order to give consideration to apply to the Juvenile Court to discharge the young person from further supervision.
- V Young persons can be referred to the project only by a Social Worker, Education Welfare Officer or Probation Officer and through an order of the Juvenile Court.
- VI The following contract represents an undertaking that parents, young persons, the Supervisor and the Cambridge Alternatives project understand and will abide by the conditions and aims of the project.



CAMBRIDGE ALTERNATIVES

PLACEMENT CONTRACT

YOUNG PERSON

I understand that I have been given a place on the Cambridge Alternatives project and I agree to attend at all times. If, for some reason I cannot attend, I shall contact my Supervising Officer or one of the Cambridge Alternatives project workers before the session. Failure to attend a session without good reason could be seen by the Supervisor as a breach of the Supervision Order.

Signed.....

PARENTS

We have discussed the Cambridge Alternatives project with the Supervising Officer and understand the reasons for our child being given a place on it. We shall help him/her attend all the sessions and will inform a project worker or the Supervising Officer if he/she has to be absent.

Signed.....

SUPERVISING OFFICER

I agree to.....attending the project and I shall explain the project to him/her and endeavour to solve any problems that he/she may have in connection with taking part in the project.

In addition, I agree to attend reviews and other meetings at the project as required. Upon successful completion of the project by.....  
I agree to conduct a formal review with the family and young person in order to consider applying to the Juvenile Court for discharge of the supervision order.

CAMBRIDGE ALTERNATIVES WORKER

I agree to.....attending the I.I.T. project for the whole of the 12 week programme.

Signed.....



**END**