

# SERVICE CATALOGUE

*An overview of our services, what they involve and how to access them.*



**WWW.LANDED.INFO**

# **LANDED PEER EDUCATION SERVICE**

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## ABOUT LANDED

LANDED is a young persons' charity based in Lanarkshire, Scotland.

We work with young people to promote harm reduction messages on topics such as; drugs, alcohol, cannabis, tobacco and sexual health. We do this by facilitating topic-based workshops to groups of young people and training courses to adult volunteers and staff members working with young people.

Young people play a significant role in our organisation; we regularly consult with current and past volunteers and partner organisations when developing or improving our services to keep them relevant, exciting and engaging. We focus on recruiting young people from various social backgrounds, including young people with lived experience of substance use, care experienced young people, and young people who are carers themselves.



## WHAT WE DO

**04**

### Harm Reduction Workshops

Our harm reduction workshops cover a wide range of topics and aim to address the consequences of risk-taking behaviours. We don't condemn or condone; it's a non-judgemental, research-based, informal and participatory approach to health education in the community.

**05**

### Training Courses

Our staff training is participatory and engaging. We aim to provide staff working with young people the tools and knowledge to talk to young people openly and confidently about their risk-taking behaviours.

**06**

### Peer Educator Training

Are you looking to get your peer educator program off the ground? We're experts in peer education and can assist you in this process.

**07**

### Consultancy

Our staff team has a combined experience of over 25 years of direct engagement with young people in the youth and community work sector, and our volunteers contribute a unique perspective providing clients with a realistic, constructive and comprehensive evaluation of your project.

**08**

### Educational Resources

Each of our educational resources is designed alongside our volunteers, partner organisations and young people who use our service to make sure they are relevant, interesting, engaging and up to date.

## HARM REDUCTION WORKSHOPS

Our harm-reduction workshops cover a wide range of topics and aim to address the consequences of risk-taking behaviours. We don't condemn or condone; it's a non-judgemental, research-based, informal and participatory approach to health education in the community.

The topics we cover are:

- Drugs
- Alcohol
- Cannabis
- Tobacco & e-cigarettes
- Sexual Health
- Positive Relationships
- Sexting

Each workshop can be tailored to the individual needs of your group and is delivered in a participatory way to ensure that all young people involved take something away from the session.



## HOW TO BOOK

Our workshops, on average last about an hour and a half. However, we are happy to adapt the duration if appropriate. They can also be facilitated online.

Before you book us in, we will need to find out a little bit more about you, your organisation and the young people taking part. This is just so that our staff can prepare appropriately.

**Each workshop is priced at £150.**

**Please visit our website for more information on the content of individual workshops.**

**[WWW.LANDED.INFO/WORKSHOPS](http://WWW.LANDED.INFO/WORKSHOPS)**

## TRAINING COURSES

Our staff training is participatory and engaging. We aim to provide staff working with young people the tools and knowledge to talk to young people openly and confidently about their risk-taking behaviours.

LANDED uses a 'harm-reduction' approach to risk-taking behaviours, we don't condemn or condone. We recognise young people are going to engage in risky behaviours and we aim to provide them with non-biased information in an effort to promote positive lifestyle choices.

The topics we cover are:

- Cannabis & Synthetic Cannabis Training
- Tobacco & E-Cigs Training
- Alcohol Awareness Training
- Drugs Awareness Training
- Sexting Awareness Training
- Onlyfans - *A new risk?*

Each training course is tailored to the needs of your staff team and area of work. We aim to make sure staff leave the courses with a toolkit to engage effectively with young people on these topics.



## HOW TO BOOK

Our Training Courses on average last about six hours including comfort breaks. Online courses are slightly shorter.

We ask that organisations source a suitable venue for the training, we can assist with this if necessary.

**Each course is priced at £350.**

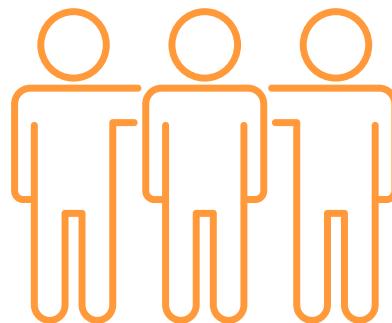
**Please visit our website for more information on the content of individual courses.**

## PEER EDUCATOR TRAINING

**Peer Education is an empowering process.** It involves young people taking a lead role within their community. Whether that is a geographical community, school or youth group, it's an approach to promote health and well-being information amongst peer groups, where young people take the lead.

In the past, we have worked alongside organisations across Lanarkshire and beyond to help develop peer education projects. We can deliver our Peer Educator Training to your volunteers or offer advice on establishing your project.

The list is endless, and we are happy to help.



## HOW TO BOOK

As leading experts in peer education, with over 18 years of experience, working alongside young people and organisations from a plethora of different backgrounds and communities.

Each of our Peer Education Training Packages is bespoke. Contact us for pricing.

**If you would like more information, please get in touch.**

## CONSULTANCY

LANDED staff members and volunteer peer educators have consulted on a wide range of local and national projects.

Our staff team has a combined experience of over 25 years of direct engagement with young people in the youth and community work sector, and our volunteers contribute a unique perspective by providing clients with a realistic, constructive and comprehensive evaluation of your project.

### Previous Projects

#### **ASH Scotland**

LANDED ASH Scotland asked volunteer Peer Educators to review their BE FREE posters. An anti-tobacco campaign aimed at young people and the ASH Scotland 'cost of smoking' project where the volunteers were asked to review a resource called 'coping and richer'.

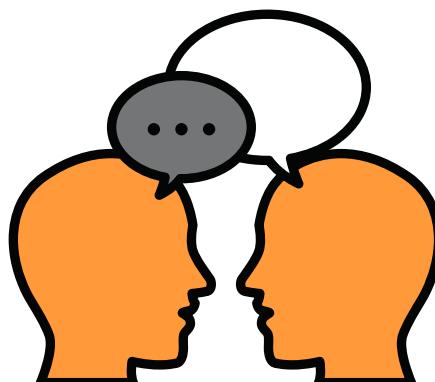
#### **NHS Lanarkshire**

During the lockdown, NHS Lanarkshire contacted us to assist them with the development of their Condoms By Post social media campaign. Our volunteers were consulted on the aesthetics of the campaign. One of our staff members also provided the voice-over for the dancing condom advertisement.



## HOW TO BOOK

If you would like to organise a bespoke consultancy package, please contact us to discuss.



## EDUCATIONAL RESOURCES

Each of our educational resources is designed alongside our volunteers, partner organisations and young people who use our service to ensure they are relevant, interesting, engaging and up to date.

Our staff regularly use these resources to teach young people (and staff) across Lanarkshire about different health-based topics.



Our resources provide a visual and kinesthetic element when teaching, which helps to break down barriers to engagement.

## HOW TO BUY

You can browse the resources in more detail and the prices on our Online Shop.

We also provide staff training on how to use the resources effectively.

**If you would like further information on our Educational Resources please contact us.**

**WWW.LANDED.INFO/SHOP**

## TESTIMONIALS

### TRAINING COURSE EVALUATIONS

in 2021, **89** attendees rated our training



**4.91 OUT OF 5 STARS!**

And said that their knowledge and confidence on the training subject increased by **OVER 33%**!

When asked if our course would have an impact on their future work with young people **98%** answered YES!

### WORKSHOP EVALUATIONS

in 2021, **719** young people rated our workshop



**4.61 OUT OF 5 STARS!**

And said that their knowledge on the workshop subject increased by **OVER 30%**!

The three most common words used to describe our workshops were:

**INTERESTING   FUN   GREAT**

## A WORD FROM OUR VOLUNTEERS

"LANDED is more than an organisation.

LANDED is a home from home, a place where I always felt belonged.

I absolutely loved my journey there and I would recommend volunteering to anyone."

Written by Dylan.  
Past Volunteer at LANDED

"At LANDED I've gained many life skills.

One major skill that I have improved in has been my confidence, which has helped me so much in my current job.

I now work for the Scottish Fire and Rescue Service, which I really enjoy.

The staff at LANDED do a brilliant job and I couldn't praise them anymore than I already do."

Written by Demi.  
Past volunteer at LANDED





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