



RE:SHIFT COLLECTIVE

RRe:Shift Collective is a youth-centred programme developed to respond to the complex realities faced by young people who are often described as disengaged, hard to reach, or at risk of exclusion.

We believe that these terms frequently reflect a failure in the systems around young people to create environments that are flexible, affirming, and relationally secure. Re:Shift was founded to offer both an alternative and a complement to current education and statutory services, a space where young people feel seen, respected, and understood on their own terms.

www.reshift-collective.org



About Us

Re:Shift Collective operates under DS Wellbeing and Development Network, alongside its sibling projects Social Care Skills and Social Sciences ADN. While our team is professionally experienced in education, social care, and youth work, what defines Re:Shift is not a job title, it's a commitment to relationships that centre young people as experts in their own lives. We are not a substitute for statutory services. We are a complementary and, for many young people, essential relational anchor at times of change, challenge, or disconnection.

The programme was developed out of both frustration and hope: frustration with systems that overlook relational connection, and hope in what happens when we give young people space to explore their identity, build confidence, and re-engage with the world around them on their own terms. Re:Shift is an invitation, to be heard, to take part, and to imagine something different.

We believe that young people thrive not when they are forced to comply with rigid systems, but when they are given meaningful relationships, environments that respect who they are, and opportunities that reflect their realities.

Our work begins with the understanding that change doesn't come from telling a young person what they should do. It comes from listening closely, noticing what matters to them, and being present enough to walk alongside them while they figure things out.



Ines Fernandes

Re:Shift Collective Outreach Coordinator

Message from **The Team**

At its heart, Re:Shift is about building trust and belonging through meaningful engagement, not compliance. We work with young people whose needs are not always met through traditional services, those navigating the care system, struggling in mainstream education, or facing emotional and social challenges that leave them isolated or unheard. Rather than asking young people to 'fit in' to services, we shape our work around who they are, what they care about, and how they best relate to others.

Our sessions are grounded in everyday connection and creative practice. Whether it's a shared walk, designing a piece of art, building a playlist, or helping customise a space, we meet young people in moments that feel real and manageable. From there, we gently build structure, reflection, and growth. Re:Shift workers are not therapists or teachers, they are consistent adults who hold space, offer curiosity instead of judgement, and create opportunities for self-expression and progress.



Vision & Mission

Vision

We want to be part of reshaping the way services connect with young people, moving from short-term fixes to long-term relationships, from top-down interventions to co-created journeys. We imagine communities where young people have safe people and spaces to turn to, where trust is built through time and presence, and where the things that make a young person different are not barriers to belonging but building blocks for growth.

Mission

To create safe, responsive, and affirming spaces for young people who have been let down, labelled, or left behind by conventional systems. We aim to support their emotional wellbeing, personal growth, and social development through consistent, interest-led, and relational engagement. By working alongside young people, not on them or for them, we build connections that foster trust, resilience, and a renewed sense of agency.

Core Principles

We work in a way that is trauma-informed, relational, and youth-led. This means we recognise that many young people have experienced environments where their voice has been ignored or where relationships have broken down. Rather than pushing young people into pre-designed programmes, we co-create the journey with them, starting where they are, moving at their pace, and responding flexibly to their interests, needs, and energy.

Relational Safety

Every interaction is underpinned by the belief that relationships must feel emotionally safe to be effective. We prioritise consistency, clear boundaries, and genuine care.

Curiosity Over Compliance

We approach behaviours with curiosity, not judgement, always asking what's happened to you? instead of what's wrong with you?

Pacing With, Not Ahead

We don't rush progress. Some young people need months of consistent presence before they're ready to reflect, plan, or connect more deeply. That's not failure, it's respect.

Everyday Moments Matter

Engagement doesn't always come through formal discussion. We see the potential for growth and regulation in quiet shared activities, small routines, and creative processes.

Adaptability and Individualisation

Sessions are built collaboratively and remain open to change based on how the young person is feeling on the day.

Practitioner Presence, Not Pressure

Our team members act more like trusted adults than formal professionals.



Our Offer



Re:Shift Collective offers a flexible, part-time, and relationship-centred programme that can act either as a complement to existing support or an alternative pathway where mainstream or full-time provision isn't the right fit, delivered on a one-to-one basis, in small groups, always through partnership work with services and settings already involved in the young person's life.

One-to-One Sessions

These sessions typically take place in a calm, youth-appropriate space, this could be a garden room, studio area, or another quiet non-clinical setting. Sessions often include a practical or creative activity (such as sketching, photography, design, music-making, or a shared walk), and are guided by the young person's energy, communication style, and interests.

Group Sessions

Re:Shift facilitates small group sessions aimed at creating safe peer spaces where young people can share experiences, develop skills, and explore topics relevant to their lives. These sessions can be open (e.g. regular drop-in style groups) or structured around specific themes such as identity, transitions, emotional health, independent skills, or relationships.

Workshops

In addition to regular sessions, Re:Shift offers themed programmes focused on topics such as emotional literacy, independence, or creative self-expression, tailored to specific settings or needs.



How We Work

1

Each Re:Shift session, whether one-to-one or group-based, is shaped by the young person's energy, interests, and pace. Sessions are delivered weekly or fortnightly, depending on what is agreed at the outset. In the early stages of engagement, we place emphasis on establishing routine, familiarity, and relational safety rather than rushing into outcomes.

2

Every piece of work begins with a referral conversation and planning meeting, usually with the referring professional and, where appropriate, the young person themselves. From here, we co-develop an initial plan, which includes: Session frequency and format; Preferred environments or activity types; Key relational needs and considerations; and Information sharing and risk protocols

3

Re:Shift sessions are delivered by a carefully selected team of practitioners with diverse backgrounds across social care, education, youth work, mental health, and the creative arts. More important than any single qualification is the practitioner's relational ability, their capacity to connect, hold boundaries, and be consistently present in ways that young people can rely on.

All Re:Shift practitioners receive trauma-informed, relational practice training upon joining the team, participate in regular reflective supervision, are fully DBS checked and follow robust safeguarding protocols, are supported to develop creative, responsive tools that align with each young person's needs



Safeguarding and Risk

Safeguarding is embedded into all aspects of our practice. While our sessions are intentionally non-clinical, we operate with the same diligence and duty of care as statutory services. Each project or package of support is overseen by a named safeguarding lead within Re:Shift, and all practitioners are trained in child and adult safeguarding procedures.

Locations and Access

We aim to meet young people in environments that feel safe, informal, and youth appropriate. This may include Children's Homes or Supported Accommodation settings, Alternative provision or EOTAS bases, community hubs, youth centres, or outreach locations, outdoor settings like parks or community gardens. We are also exploring options for hybrid or remote engagement for young people who are geographically isolated or prefer virtual contact.

Review and Communication

Re:Shift practitioners complete short narrative notes after each session. These reviews focus on relational progress, emotional regulation, engagement patterns, and co-created goals, not deficit-based assessments. We offer mid-point reviews and final summary reports for all packages of support, shaped around the needs of the young person and the commissioner. In longer-term work, regular check-ins allow for re-contracting and adjustment of the support plan to reflect the young person's evolving needs and preferences.



Impact & Outcomes

At Re:Shift Collective, we measure impact not by ticking boxes or chasing quick outcomes, but by the depth, quality, and sustainability of the connections we build with young people.

Our work is relational by design, and so too is our understanding of progress.

We know that for many of the young people we support, meaningful change often looks like small shifts over time: a conversation that didn't shut down, a week without conflict, a new willingness to try something different, or a moment of pride in something they created.

What Progress Looks Like

The outcomes we observe, and document, vary depending on each young person's context, but common areas of change include:

Improved emotional regulation

Young people becoming more able to notice and express their feelings in safe ways.

Increased engagement

Willingness to participate in activities, attend sessions, and relate more openly to others.

Strengthened relationships

Forming trusting bonds with practitioners and, over time, re-engaging with family members, carers, or key adults.

Greater confidence and agency

Making independent choices, exploring interests, and expressing identity more freely.

Reduction in incidents or exclusions

For young people involved in care or education services, improvements in placement stability and reduction in behavioural escalations are often reported.

Reconnection with purpose

Taking steps toward re-engaging with education, creative pursuits, community opportunities, or future planning.



***Connect
With
Us!***

If you're unsure whether Re:Shift is the right fit, we're happy to talk through options. We're also available to present the model to teams, attend joint planning meetings, or contribute to multi-agency care reviews as needed.

Re:Shift Collective is not just a programme, it's a way of working. And we're always open to building new partnerships that centre young people, honour their stories, and invest in the kind of relationships that make lasting change possible.

Our **Contact**



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