I have been feeling a little jaded of late and have felt that some aspects of a domestic life might perk me up. For years I have found myself addicted to a particular soapy and weighted when dressed novel and found myself more and more ensnared in its pages. To be honest, I have never wished to, admit — but it’s the kind of thing I have always enjoyed and would never attempt to stop under any circumstances. Once you have been properly initiated you know the best way to approach a book.

Dame Louise Casey, the former head of the Government’s youth violence taskforce, has written a fascinating book that has given me something to think about, and which I suspect will do the same for anyone who reads it. The book, entitled "Youth Violence: The Real Story," is a personal account of her work with young people in Britain and her efforts to understand and respond to the challenges they face.

Casey’s work has been significant in highlighting the need for a more nuanced approach to understanding youth violence, and in promoting the importance of involving young people themselves in the development of effective strategies. Her story is shared by the vast majority of people in the UK who have worked with young people in the past, and who understand the complexities and challenges of working in this field.

Casey’s book is a powerful reminder of the importance of listening to young people, and of the need to create opportunities for them to have a voice in the decisions that affect their lives. It is also a reminder of the need for more investment in youth services, and in the support and training of those who work with young people.

I am grateful to Casey for sharing her story, and for reminding us all of the importance of working in partnership with young people to create a safer and more inclusive society for everyone.