

Project		ABL Life Skills	
Lead delivery partner		The Enthusiasm Trust	
Theme	Improving Life Skills	Priority	2
Activity	3: Young People	Budget code	191
<p>Project outcomes (from SLA)</p> <p>The Allenton Big Local outcome for this activity is:</p> <p>Young people fulfil their aspirations and dreams through being provided regular opportunities</p> <p>Enthusiasm will also aim to increase confidence and self-esteem. This will be achieved by:</p> <ul style="list-style-type: none"> • Delivering pop-up events at local parks such as Boulton Lane Park and youth clubs at St Martins Church • Taking young people on trips such as: Laser Quest, ten-pin bowling, cinema, Pizza Hit, pantomime and the ice rink in Derby • Through these activities provide youth worker support to the young people who participate <p>Enthusiasm will aim to work with in excess of 500 young people over the 12-month funding period. We will know we have made a difference when young people, their families and those working with them tell us that:</p> <ul style="list-style-type: none"> • Young people are more engaged and involved locally • There are better opportunities for young people • There has been a reduction in social exclusion 			
Reporting period dates	Qtr 2 2018-19 Jul – Sept 18	Nr and age of people benefiting from the project during the reporting period	No: 25 Age range 11-17
<p>Introduction</p> <p><i>Tell us basic information about the project and its outcomes and aims for reporting period.</i></p> <p>Over the last reporting period, The Enthusiasm Trust has been dedicated to the planning and delivery of our targeted summer programme for young people in Allenton. Engaging young people over the school holidays is a vital part of our work as, without the regular structure, routine, distraction and intervention of school, young people in Allenton could</p>			

experience a greater risk of being exposed to and potentially becoming involved in anti-social and criminal behaviour.

Many young people in Allenton are affected by local issues including poverty, generational joblessness, exclusion and criminality, as highlighted in a recent (Feb 18) Local Insight profile of Allenton – this report indicated that:

- 40% of children are living in poverty in Allenton compared with 19% across East Midlands
- 34% of children in Allenton live in 'out of work' households compared with 15% across East Midlands
- 43% of children in Allenton live in lone parent households compared with 26% across East Midlands
- 33% of people have no qualifications in Allenton compared with 25% across East Midlands
- The overall crime rate in Allenton is higher than the average across East Midlands
- The % of people 'satisfied with their neighbourhood' in Allenton is lower than the average across East Midlands

For those young people who may be experiencing chaotic and difficult home circumstances, the long summer school holidays can be a particularly challenging time, and having the opportunity to participate in positive, social activities away from the home environment can help benefit their overall confidence, self-esteem and mental wellbeing, as well as help to prevent social exclusion during this period.

Our aim over the last quarter was to provide a targeted programme of free, regular activities over the summer including:

- Weekly Detach sessions
- Summer trips – including Carsington Water; Waterworld; 3-day camping trip to Drum Hill
- Sleepover sessions – specifically designed and targeted for boys and girls
- Outreach – at hot spots in Allenton centre and social housing estates, Boulton Lane Park and Osmaston Park

We provided young people in the area with free, fun diversions to engage them positively, build their confidence and motivation and deter them from engaging in anti-social behaviour during the summer holidays. The wider benefits that we aimed to achieve through these targeted activities included:

- better communication skills
- increased self-esteem, mental health and emotional wellbeing,

- increased social skills
- Exposure to new opportunities and activities.

In total, during the summer programme, we engaged 25 young people.

Activities undertaken during reporting period

Detached work

We continued to provide weekly outreach sessions in the Allenton areas. We were responsive to information of hotspot areas and were able to talk to young people and sign post them onto positive youth activities that were happening in the area.

Summer Trips

Carsington Water

This trip provided a fantastic opportunity for the young people to spend the day in a completely different environment and try out a new activity – canoeing. The activity involved the young people putting on wetsuits and going out into the water in canoes, 2 young people to a boat. One of our youth mentors reported that:

‘it was good to get the young people out of their comfort zone and to try something new.’

The young people were supported by three dedicated youth mentors during this activity to overcome their fears of being in deep water and encouraged to apply teamwork, communication and motivation. Following their initial apprehension, the young people grew in confidence throughout the activity and were subsequently comfortable enough to have races in the canoes, swim in the deep water and jump off the middle platform.

We believe that the deep sense of accomplishment that comes when the young people try and succeed, with our support, in doing something very new and challenging, is incredibly valuable for increasing their self-esteem and developing their realisation of their own potential. Such experiences have a lasting impact which will ultimately help them to raise their own aspirations and goals for the future.



Waterworld, Stoke on Trent

The trip to Waterworld gave the young people the opportunity to have fun and socialise together away from Allenton in a new environment. Again, some young people found the activity itself to be challenging and there were a few fears about going on the slides, but all of the young people were ultimately able to overcome these with the support of our youth mentors. The feedback from the trip was extremely positive, with all of the young people saying that they would like to go back to Waterworld because it was so much fun. One of our youth mentors reported that:

'All the young people had fun and went on most slides – the vibe was good and there were no issues. Everyone participated well and got involved and they all said that they would like to go back it was that fun.'

Trip to Leeds -Twisted Ceramics

Due to circumstances out of our control we were unable to do the trip to Leeds to collect the Ceramic highland cows that the group had done during the previous quarter. However we now have these and they will be on display at the grand opening of St Martins Church.

3-day Camping Trip to Drum Hill

One highlight of the summer planner was the opportunity to go on a 3-day camping trip to Drum Hill. The experience developed the young people's self-sufficiency and coping strategies as well as enabling them to learn new skills such as putting up tents, activities which required team-building, communication and cooperation. This experience benefited the young people by improving their confidence and self-esteem as well as providing a programme of fun and social activities which improved their overall emotional wellbeing including:

- Assault courses
- Water games

- Sports sessions
- Team games
- 'Manhunt'
- Chill-out time – hot chocolate and marshmallows



Sleepover Sessions

The summer holidays provided a great opportunity to engage more intensively with some of the older girls and boys (age 15+) in the relaxed environment of a single-sex sleepover at our base in Cotton Lane. We held 1 dedicated session for the girls and one for the boys, supported by same sex youth workers.

Girls' Session

The aim of the session was to get the girls to think about where they would like to be in 5 years' time. The sleepover created a relaxed environment for the girls and included activities such as singing, dancing, beauty treatments and discussions.

The youth mentors created a time line where all the girls wrote down their names, where they were now and where they saw themselves in five years' time. This was a really positive activity that gave the girls the opportunity to express their hopes, aspirations and goals for the future and the youth mentors were able to build on this activity by leading subsequent discussions.

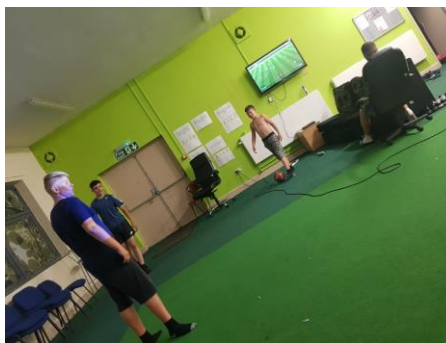
As our youth mentor reported:

'the girls love sleepovers – this is their time to catch up with their mates and get anything off their chest that is bothering them.'

Boys' Session

The boy's session provided an informal environment for the young people to engage in fun activities such as playing on the computer, watching films and playing games, whilst giving our youth mentors the opportunity to engage them in informal discussions around areas such as careers and health education. The feedback was very positive, with our youth mentor commenting

'All loved it – we need to plan another one soon'



Outreach

Throughout the summer, we have continued to carry out regular detached outreach sessions in Allenton, specifically focusing on vulnerable locations including Boulton Lane and Osmaston parks, Allenton centre and the local social housing estates. Outreach is an essential part of the programme to allow staff delivering activities to build up relationships with young people that may not reach the programme. Over the summer, our youth mentors engaged a total of 17 young people through this targeted outreach work.

ABL ;Life Skills Project - Qtr 2. Jul – Sept 2018

Outcomes the project has contributed to

Tell us what difference you have made in relation to the SLA outcomes and more widely in the area.

Priority 2 – Improving Life Skills

The Allenton Big Local outcome for this activity is:

Young people fulfil their aspirations and dreams through being provided relevant opportunities. Enthusiasm will also aim to increase confidence and self-esteem.

Through our programme of activities and outreach work over the last quarter, we have provided continuous support to young people in Allenton, engaging them in positive and enriching activities which have provided them with opportunities to grow and develop, have fun, socialise, learn and adopt positive behaviours and acquire new skills, whilst also steering them away from crime and anti-social behaviour. This has widely benefitted both the young people and the Allenton community as a whole.

Our activities are designed to increase the self-esteem, confidence and emotional wellbeing of the young people we engage. We have really focused on exposing young people to new experiences and opportunities over the summer and we have continued to encourage a 'young-person' led approach, with young people actively engaged in designing the activity sessions and volunteering. We are delighted that one of our ABL volunteers has now embarked on a Youth Work apprenticeship with us over the last quarter.

We have continued to work in partnership with local anti-social behaviour and housing officers from Derby Homes, local police, Derby City Council and social services to ensure that our work is reaching and impacting the most vulnerable young people in our community.

Timescales

Is project on track? If not what are you planning to do to address the issues?

The project is on track to hit all outcomes. As we go into the next reporting period, we are preparing to deliver our new 7-week youth activity planner.

Plans for next reporting period

What are you going to do next? Are there any activities we should know about?

We will continue with our existing programmes of youth work in Allenton with our newly designed planner for the weeks up until Christmas. Our aim to continuing engaging young people in Allenton. Activities that will be on offer during the next quarter will include:

- Weekly outreach
- Relaunch of our youth club at St Martins
- Weekly dance sessions
- October Half Term Activities
- Trip to Scream Feast
- Overnight residential to Shining Cliff