

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 3 2018-19 Oct – Dec 18	Nr and age of people benefiting from the project during the reporting period	No: 75 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>During the last quarter, The Enthusiasm Trust has continued to deliver a wide range of regular, engaging activities, trips and experiences free of charge for young people in Allenton. We have provided fun and safe environments that have brought the young people together through our weekly youth hubs, themed workshops, outings, residential</p>			

trips and volunteering opportunities, underpinned by regular weekly local outreach sessions. Our Life Skills programme is designed to help young people in the area to build positive relationships and improve teambuilding, confidence and motivation, whilst also making the young people less likely to engage in harmful and negative behaviours.

We have planned and delivered a range of complementary activities over the last reporting period, including:

- Targeted weekly outreach sessions
- Vibrant regular weekly youth hubs – relaunched at St Martins for Q3
- Weekly dance sessions – delivered in partnership with Trinity Warriors
- October half term schedule of activities – including Halloween trip to Twin Lakes
- Overnight residential trip to Shining Cliff
- Trip to Winter Wonderland
- Derby Theatre trip to see Hansel and Gretel and Heavenly Deserts
- Volunteers’ Reward Evening and trip to Laser Quest

We have continued to provide young people in Allenton with a targeted programme of activities that are designed to build their self-esteem and develop whole life skills including resilience and day-to-day coping strategies, communication and increased social skills, as well as improve their overall self-esteem, mental health and emotional well-being. Our youth programmes offer more than just something to do, they give positive guidance and help young people aspire to reach their potential.

The young people we work with often experience chaotic and difficult home circumstances, and having the opportunity to participate in positive, social activities away from the home environment is beneficial to their overall confidence, self-esteem and mental health, as well as helping to prevent social exclusion. Our Life Skills programme helps to reduce instances of anti-social behaviour and low level criminal activity by encouraging young people to work together on positive activities in safe, friendly, accessible environments.

In October 2018 we carried out a survey to get a better understanding of what impact our youth provision has on the young people, looking at three main areas - social, physical and emotional well-being. As part of this, we used an electronic online survey, which allowed young people to access the survey through their phone and answer independently.

The survey provided us with the following feedback about the impact of our youth provision from the young people who participated:

- 71% of young people surveyed said they were less aggressive and got into trouble less since attending Enthusiasm
- 85% said that their self-esteem and confidence have improved
- 80% were less interested in joining a negative/violent peer group
- 88% said that their behaviour in the local area has improved
- 45% said that their substance use (weed, drugs or alcohol) has reduced significantly
- 86% said that Enthusiasm has changed or challenged the way they think and behave.

During the last reporting period, we engaged 75 young people.

Activities undertaken during reporting period

Regular Weekly Youth Hubs

During the last quarter, we relaunched our vibrant weekly youth hub at St Martins, offering a wide range of free open-access activities including sports, games, music and creative arts to all young people in Allenton. We are delighted that our relaunched youth hub is progressing really well, with consistent numbers of young people attending each week totalling 256 engagements over the last quarter.



Weekly Outreach Sessions

We have provided targeted weekly outreach sessions at Merrill Academy as well as focusing on vulnerable locations including Boulton Lane and Osmaston parks, Allenton centre and the local social housing estates. This outreach work has enabled our youth mentors to build trust and relationships with vulnerable local young people who may not otherwise be reached by and benefit from our programme or other relevant services. Over

the last quarter, our youth mentors engaged a total of 40 young people through this targeted outreach work.

October Half Term Outing to Twin Lakes

As part of our October half term planner, we were able to take the young people to Twin Lakes in Melton Mowbray to experience the theme park's Halloween 'Extreme Scream Park' event. This was a great opportunity for the young people to have fun and socialise together away from Allenton.



2-Day Residential Trip to Shining Cliff

Following on from our successful residential trip to Drum Hill during Q2, we were able to provide another fantastic opportunity for the young people to experience an overnight residential, this time at Shining Cliff Woods. The young people were able to participate in a range of outdoor activities, widening their experience and developing their confidence, self-esteem, social and team-building skills.



Trip to Winter Wonderland

Before Christmas, the young people enjoyed a trip to Winter Wonderland in Derby, where they had the opportunity to try out ice skating as well as experience live music, interactive workshops and other activities.



Trip to Derby Theatre & Heavenly Deserts

We provided the young people with the opportunity to see 'Hansel and Gretel,' a Derby Theatre original musical production, enabling them to experience live theatre together.

After the theatre we took the young people out to Heavenly Deserts for a luxury pudding which was thoroughly enjoyed.



Volunteers Reward Evening and trip to Laser Quest

We were able to positively reward the young people for their volunteering contribution over the last quarter by providing them with a reward night and trip to Laser Quest. As well as celebrating their positive volunteering contribution, the trip provided the opportunity for the young people to socialise with other young volunteers from our Nottingham programme, further developing their social skills and experience.



ABL Life Skills Project – Qtr 3 Oct – Dec 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.

During the last quarter, we have provided an engaging, targeted programme of regular youth hubs, activities, and outreach work, implemented and facilitated by our experienced youth mentors, which has aimed to widen the young people's experience, develop their whole life skills and give them the confidence to make positive choices.

Our programme of activities and outreach work is designed to enable the young people to grow and progress, develop their social skills, and increase their confidence and self-esteem. We have provided a varied range of opportunities and experiences to help the young people to broaden their horizons, adopt positive behaviours and develop new skills whilst also deterring them from negative lifestyle choices.

Over the last quarter, we have continued to have regular multi-agency matrix meetings with local agencies including Derby Homes, Derby City Council, local police and social services, to ensure that we are engaging and targeting those young people who may not otherwise benefit from our programmes.

We have continued to adopt a 'young-person' led approach, using a variety of tools including electronic surveys, questionnaires, consultation and 'Youth Voice' sessions to ensure that our work continues to be relevant and appropriate for the young people we work with.

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 have started 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?

Activities that we are planning to include in our programme of youth work for young people in Allenton over the next quarter include:

- Continued weekly youth hubs at St Martins with targeted 7-week youth activity plan
- Continued weekly outreach sessions
- Continued weekly dance sessions
- Volunteer Nights
- Programme of knife crime workshops in youth club
- Residential trip during February half term