

Project		ABL Life Skills	
Lead delivery partner		The Enthusiasm Trust	
Theme	Improving Life Skills	Priority	2
Activity	3: Young People	Budget code	191
<p><b>Project outcomes (from SLA)</b></p> <p>The Allenton Big Local outcome for this activity is:</p> <p><b>Young people fulfil their aspirations and dreams through being provided regular opportunities</b> Enthusiasm will also aim to increase confidence and self-esteem. This will be achieved by:</p> <ul style="list-style-type: none"> <li>• Delivering pop-up events at local parks such as Boulton Lane Park and youth clubs at St Martins Church</li> <li>• Taking young people on trips such as: Laser Quest, ten-pin bowling, cinema, Pizza Hit, pantomime and the ice rink in Derby</li> <li>• Through these activities provide youth worker support to the young people who participate</li> </ul> <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"> <li>• Young people are more engaged and involved locally</li> <li>• There are better opportunities for young people</li> <li>• There has been a reduction in social exclusion</li> </ul>			
Reporting period dates	Qtr 4 2018-19 Jan – Mar 19	Nr and age of people benefiting from the project during the reporting period	No: 73 Age range 11-17
<p><b>Introduction</b></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 provide a fun and safe environment for young people to come together through our weekly youth hubs, themed workshops 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.</p>			

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

- Targeted weekly outreach sessions
- Vibrant regular weekly youth hubs
- Themed evening
- Weekly dance sessions – delivered in partnership with Trinity Warriors
- Overnight residential trip to Back Dan

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.

During the last reporting period, we engaged 73 young people.

### **Activities undertaken during reporting period**

#### **Regular Weekly Youth Hubs**

During the last quarter we have continued to deliver 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 have consistent numbers of young people attending each week with our total engagements over the last quarter being 224.

#### **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 50 young people through this targeted outreach work.

#### **Games Night**

As part of our previous volunteers evening it was highlighted that the young people would like to see a games night with a twist. We planned games around different sweets – Maltesers, Skittles and lots of food tasting challenges.

### Sports Night

Sports themed nights are always a success with young people offering activities such as football, tag rugby and dodgeball.

### Knife Crime Workshop

With knife crime on the increase we arranged for a workshop to be delivered to the young people during one of our sessions. The aim of the workshop was to educate young people on knife crime, have group discussions about the reasons why people carry knives, the long-term effects of using a knife and the consequences that could be faced if you use a knife.

### Residential - Back Dan

We were able to offer our volunteers the opportunity to participate in a 2 day residential to Back Dan. The residential was planned as a team builder for young people who have been volunteering on a regular basis. This was an outdoor residential which saw young people push themselves out of their comfort zone and participate in activities which they would not normally do. The residential was also used to plan for our next 7 weeks.



### Volunteers Evening

Every 7 weeks we run a volunteers evening, this is to celebrate the hard work that our volunteers and young volunteers have done for Enthusiasm.

The evening gave the young volunteers the opportunity to have a voice, to express how they felt the last 6 weeks had gone and what they thought the next 6 weeks should look like.

### ABL Life Skills Project – Qtr 4 Jan – Mar 19

#### 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