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Applicant

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Youth Adventure Trust  
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Current Status: Application Submitted

Project title? (Max. 8 words Eg. Tinkleton Village Youth Transport Project) \*required field  
Vulnerable Young People 2018 Forest Camps

1. Project summary: (100 words) \*required field

The Forest Camp is the final residential adventure camp on the Youth Adventure Programme and continues the aims of building confidence self-esteem resilience and aspiration. It is a 6-day camp held in the summer holidays in between Year 8 and Year of school. It takes place in the Forest of Dean where the children camp on a river bank taking part in group living. They take part in lots of different activities including archery an overnight river canoe journey a ropes challenge course rock climbing and traversing as well as building their own shelter and cooking over a campfire.

3. Amount of funding required: \*required field

£0 - £1000

£1001 - £5000

Over £5000 (Please note - our grants will not normally exceed £5,000)

4 Which Area Board are you applying to? Not sure? -check on a map \*required field

Westbury

6. Please tell us which theme(s) your project supports: \*required field

- ✓ Informal education
- ✓ Youth work/development
- ✓ Sport/Leisure
- ✓ Residential

Arts/Culture

Employment or training

1:1/group work

Community Project

Community Safety

- ✓ Volunteering

Environment

Health

Other

If Other (please specify)

7. About your project

Please tell us about your project (a strong application will address all of the following):

\*required field

- How does your project support local needs and priorities?
- How have young people been involved in your project so far?
- How many young people do you expect to benefit?
- How will your project be accessible and affordable?
- How will you encourage volunteering and community involvement?
- How will you ensure your project is accessible to everyone (Disabled, low incomes, vulnerable, etc.)
- How will ensure your project is inclusive?
- How will you work with other community partners?

Supporting 6 young people from Westbury on their final camp the Forest Camp on the Youth Adventure Programme.

We work with disadvantaged young people aged 11-14 from Wiltshire and Swindon. Many of them are struggling at school hate being in the classroom have no positive role models, no aspirations or chaotic and unstable home lives. Some are young carers looking after a parent they may be in foster care on the brink of getting an ASBO or being excluded from school. Their circumstances make it all too easy for them to make poor choices that will affect the rest of their lives. We aim to help them escape this cycle of disadvantage and inspire them to reach their full potential by taking them at a key stage of their educational

and social development and introducing them to outdoor adventure through our Youth Adventure Programme a combination of outdoor residential adventure camps and day activities over a 3 school year period. 80 children per year start the programme 240 children on it at any one time.

The programme includes for each child an Explore Day a Mountain Camp Coastal Camp Forest Camp 3 Activity Days and 3 Pathway Days. All activities are designed to challenge them to reach personal goals build self-belief trust in others and develop important life skills such as team building communication and leadership. The Forest Camp is the last residential camp that the young people attend aged 13-14. The Forest Camp is designed for bigger adventures as the young people have already been on two camps on the programme and are more emotionally equipped to deal with bigger challenges. One challenge is to spend a day kayaking down the River Wye then camping overnight on the river bank using their kayak as shelter before canoeing back to base the following day. They also have a bush craft day where they spend time building fires and use knives to whittle fire supports and build shelters which they then sleep under overnight in the woods. The way the young people organise themselves within their teams on this camp is much more mature and organic. On the previous two camps Mountain and Coastal a member of staff or volunteer organizes them into roles and helps them solve problems whereas now the young people quickly assign roles within the group for example one will automatically become team leader. They also solve problems with little or no adult intervention and set their aims for the camp more specifically for example saying that they would like to make an effort to talk to everyone on the camp rather than just the people they are friends with. By the time they get to the Forest Camp they also know and understand the rules and boundaries and act accordingly doing chores straightaway without having to be instructed or persuaded. The staff and volunteers also know them very well by this point understanding their personalities and dynamics and the young people's behaviour is much better as a result of this because they trust the adult mentors. 'You guys are certainly a life giver changing people'. Perspectives of themselves and others. Giving them ambition and drive for new things- Parent.

Why do we provide the programme and what problems are the young people facing

The young people on our programme have a host of problems. Some are young carers looking after a parent or other family member they may be in foster care or face being excluded from school. Some have behavioural problems or learning difficulties some are being bullied some have parents with drug, alcohol abuse issues and the majority come from low income households and are experiencing rural isolation or urban deprivation. Their circumstances make it all too easy for these young people to make poor choices that will affect the rest of their lives. They are severely disadvantaged in terms of educational attainment life skills and future prospects and are particularly prone to risks such as youth offending substance misuse unsafe sex and poor friendship choices.

Disadvantaged children often follow a typical path from age 11 when they become hard to control with poor achievements at school to age 14 when the problems often increase to truancy petty crime anti-social attitudes and deviant peer groups.

We work with schools in the most deprived areas of Wiltshire and Swindon as well as receiving referrals from Young Carers. Our Operations Team have close relationships with the schools who recommend the children they think would benefit most from the Youth Adventure Programme based on their circumstances and background their specific problems and the potential benefit the programme could have on them specifically. Our Operations team go into the schools and speak to the children about the programme what it involves and what benefits it can have for them. They often take a volunteer and/or a past participant who can give direct feedback on the impact the programme has had on their life.

Swindon has 8 Local Super Output Areas LSOAs in the most deprived 10 nationally Swindon Unitary Authority Indices of Deprivation 2015.

Penhill and Upper Stratton is the most deprived Swindon LSOA in the education skills and training domain and ranks 33rd in England. 98.2% of under 21 year olds in this LSOA do not enter higher education the 20th highest in England. Significant areas of Wiltshire are also in the 5 most deprived in England. The deprivation in urban areas is clearly visible especially in the market towns. This contrasts sharply with the hidden deprivation in the county's rural areas where there are high levels of poverty and very limited access to transport and services.

We take children from these areas. Some of the children we take do not even turn up to school a lot of the time and are increasingly disengaged with education but they will make the effort to regularly attend our 3 year programme turning their lives around in the process and becoming more confident and aspirational.

Schools find it hard to offer their young people the sorts of opportunities we can due to cost and risk but the Youth Adventure Trust is in a unique position being able to help disadvantaged children suffering from the effects of both rural and urban deprivation. Close links with referral agencies and the Wiltshire Intelligence Network ensure we reach the children most in need. We work with many schools in the above mentioned deprived areas going into them to meet with teachers heads of year and pastoral staff in the first instance where the teachers recommend a selection of children who would benefit from the Youth Adventure Programme those who would benefit from the challenges we set in a supportive environment with the goals of increased confidence and self-esteem better communication and independence and improved resilience and aspiration.

We then hold informal presentations with the children where the Operations team volunteers and past participants meet the children talk to them about the programme and show them videos we have of camps and activity days. We can allay any fears they may have about leaving home and mixing with other children from different schools and areas of the county.

We only take 8 children per school per year of the programme and then mix them up within the programme groups this is a deliberate decision so as to give the children a clean slate where they can start afresh and no one else in their group knows their background or problems.

We have an excellent website which is child friendly and which children and young people can visit to get more information on the Youth Adventure Programme how each part of the programme is organised and run.

Our programme is entirely free of charge to the young people and their families. We are a strong local community organisation and offer the flexibility needed to provide this essential service and to alter and tailor it in response to feedback from our beneficiaries. We obtain feedback and suggestions from the young people and their families at various points throughout the programme in order to improve and develop all aspects of it. Following feedback from the young people we have recently introduced an extra Pathway Day and are in the process of developing a Mentorship scheme for the 14 year olds as they come to the end of their time with us.

Referral agencies tell us that we deliver life-changing results for many children who have not reached their full potential with other forms of intervention and support.

One of our key strengths is our dedicated volunteer base of 180 people. Our volunteers are the backbone of our organisation dedicating over 7000 hours a year equivalent to 20 hours

per day and it is the positive support and encouragement of our volunteers and programme staff who largely facilitate the changes in our young people. They are the positive role models the young people look up to and learn from.

## 8. Safeguarding

Please tell us about how you will protect and safeguard young people in your project (You must address all of the following): \*required field

- Please evidence your commitment to safeguarding and promoting the welfare of children and young people.
- How do you make sure staff and volunteers understand their safeguarding responsibilities?
- Are staff and volunteers Disclosure and Barring Service (DBS) checked and do you hold a central record of this as well as details of staff references.
- Who in your organisation is ultimately responsible for safeguarding?
- How do you ensure that young people are kept safe online when accessing your services?

ALL Operations staff and volunteers who are in direct contact with the young people receive Safeguarding Children and Young People training. Any management and fundraising staff and visitors who visit the programme at any time are chaperoned by staff or volunteers for the duration of the visit. Staff and volunteers are given safeguarding training within their first month of joining before they work with the young people.

Staff refresh it every 2 years and update their knowledge on an ongoing basis through the NSPCC and DBS websites. Volunteers receive it annually at the training weekend. The training is currently provided by our Director of Operations Tessa Woodrow who is a qualified social worker and Angie Belcher a Freelance Trainer and Youth Outreach Consultant. Angie holds a post graduate diploma in Humanistic psychology - facilitation coaching leadership and a degree in Sociology Social Policy. She has delivered training for Fairbridge West and the Princes Trust.

Our Director of Operations Tessa Woodrow is ultimately responsible for safeguarding. In addition to facilitating the training to staff and volunteers she gives an annual overview of the training to the Trustees at a Trustees meeting where she shares the Safeguarding policy and details what the training involves. 2 members of the governing body are teachers and one is a social worker. All staff and volunteers are DBS checked and these are repeated every 3 years. We hold a central record of these and details of references.

We do not have online services such as a public Facebook page that the young people can access. This is to ensure their online safety in relation to the organisation.

Our Twitter feed is monitored by 3 key staff and they receive notifications when something is posted they can remove shut down anything inappropriate that a young person may post.

Additionally no mobile phones or ipads are allowed on camps or activity days.

## 9. Monitoring your project

How will you know if your project has been successful? \*required field

We meet each child regularly -- before during and after each year of the programme to set targets review progress and obtain feedback.

We meet parents, carers, teachers, referral agencies at least twice a year for feedback.

Each child is given a Personal Record of Achievement where they record their personal goals aspirations and achievements. Our volunteers work with small groups on the camps and activity days through group meetings and a wrap meeting at camp end where the children reflect on their own and each others achievements.

All feedback from children parents volunteers and teachers is used for our monitoring purposes to measure impact and to help the children plan the next stages of their journey.

Resilience or the ability to bounce back will play a key part in how our young people approach their lives in the future. Our programme is all about identifying the challenges young people face and equipping them with the tools to overcome them.

We use outdoor adventure to present both physical and emotional hurdles then our young people with support from staff volunteers and other young people can overcome these in a supportive and safe environment. This builds confidence and self-esteem, both building blocks to greater resilience.

This approach builds Mental Toughness which describes the mind-set that every person adopts in everything they do. It closely relates to qualities such as character resilience and grit.

.In 2017 we spent some considerable time looking at how we could measure this element of our programme and have now chosen to adopt the MTQ48 Mental Toughness

Questionnaire - 48 Questions which covers the four main areas of Commitment Challenge Confidence and Control.

The MTQ48 measure will be used in conjunction with all our current methods of gathering data and should provide a clear picture of the journey travelled by our young people from age 11 to 16 years old

10. Finance: \*required field, if you are a new organisation and don't have accounts leave blank and tick box below

10a. Your Organisation's Finance:

Your latest accounts:  
Month 12 Year 2016

Total Income:  
£ 801741.00

Total Expenditure:  
£ 716443.00

Surplus/Deficit for the year:  
£ 85298.00

Free reserves currently held:  
£ 101032.00

Why can't you fund this project from your reserves?

Our required target level for reserves should equate to the equivalent of 6 months operational expenditure. We are close to this target and need to keep these reserves for emergency expenditure and best practice.

We are a newly formed group and do not yet have published accounts:

10b. Project Finance:

Part One: \*required

Total Project cost help  
£37064.00

Total required from the Area Board  
£3000.00

Part Two: Please itemise your project expenditure and project income \*required

Quick tips:

1. List ALL expenditure in a general format eg. Materials 10.00, Tools 5.00
2. List ALL income except the amount required from the Area Board eg. Donations 20.00 help
3. Please enter in money format with pence but no pound sign or comma or p. Eg 15000.00
4. If your organisation reclaims VAT you should exclude VAT from the expenditure
5. Please ensure you TOTAL both columns correctly.
  - Expenditure column should equal Total project cost in Part One.
  - Income column should equal Total project cost minus Total required from the Area Board.
6. Here is an example layout, including how to display in kind contributions

Itemised Expenditure	£	Itemised Income	£
Eg materials		eg reseves	
1 6-day camps: Venue Hire, Forestry Commission	3600.00	BBC Children in Need	10000.00 yes
Camp hire, Tents & water	2620.00	29th May CT	5000.00 yes
camp car & minibus hire, fuel & driver	2334.00	Trowbridge LYN	3000.00
Activity Days Venue Hire & Instructors (x 12 days. 80 yp)	17780.00	Chippenham LYN	3000.00
Food	5250.00	Small Trust Applications	5000.00
Transport (coaches & taxis)	4000.00	core funds	8000.00 yes
Volunteer travel expenses	600.00		
Staff travel expenses	300.00		
T-shirts & certificates	580.00		
<b>Total</b>	<b>37064.00</b>	<b>Total</b>	<b>34000.00</b>

11. Have you or do you intend to apply for a grant for this project from another area board within this financial year? \*required field

Yes

12. Tick all the Area Boards to which you are intending to apply, including this one.

Chippenham  
Trowbridge  
Westbury

### 13. DECLARATION

Supporting information - Please confirm that the following documents will be available to inspect upon request (You DO NOT need to send these documents to us):

Do you have the following (please tick any that apply):

Child Protection Policy

Safeguarding Children

Procedure for dealing with an allegation against a member of staff or a volunteer

Complaints Procedure

Public Liability Insurance

Health & Safety

Whistle blowing policy

Internet use policy

Constitution

Annual Accounts

Business/Project Plan (For projects where total project cost is over £50,000)

Legal declaration \*required field

The information on this form is correct, that any award received will be spent on the activities specified