

Vulnerable Young People from Melksham – 2019 Activity Days

2. Project summary: (100 words)

The Youth Adventure Trust works with disadvantaged young people aged 11-14 from Wiltshire and Swindon. The programme lasts three academic years and uses the 'Power of the Outdoors' to transform their lives. It consists of three outdoor residential camps, one Explore Day, three Activity Days and four Pathway Days.

Our Activity Days are held in the second year of the programme. They provide the young people with a chance to learn and improve skills such as art, drama, fishing and bush-craft skills. We would like support for 12 children from Chippenham on the programme's Activity Days in 2019/2020.

3. Amount of funding required:

£1001 - £5000

4. Which Area Board are you applying to? Not sure? [-check on a map](#)

Melksham

5. What is the Post Code of where the project is taking place?(If the application is for something that will move around to different locations please insert the post code for where it will be based for the majority of the time.)

SN12 7NY

6. Please tell us which theme(s) your project supports:

- 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):

- 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?

We would value your support to help **6 young people from Melksham** as they take part in their Activity Days on the programme.

The Youth Adventure Trust gives vulnerable and disadvantaged young people aged 11-14 from Wiltshire and Swindon the opportunity to transform their lives by giving them access to adventure experiences which challenge them and enable them to learn in an outdoor environment. The programme lasts three academic years and allows these young people to experience success, learn to go beyond their own expectations and grow in confidence through a combination of three residential outdoor adventure camps, one Explore Day, three Activity Days and four Pathway Days.

The programme is designed to build their self-confidence and self-esteem and emphasises the importance of teamwork, communication, social skills and resilience. These important life skills are the building blocks that help them develop aspiration and grow into individuals who are able to unlock their potential and make a positive contribution to their local communities and society as a whole.

The young people who participate in the Youth Adventure Programme come to us from a variety of deprived backgrounds, but all 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 and other risky behaviour. We aim to help young people like these escape this cycle of disadvantage. We take them at a key transitional stage of their educational and social development, aged 11, and inspire them to learn and achieve.

There are many reasons why a young person might be referred to us:

- Being a victim of neglect or abuse
- Coming from a chaotic or challenging home life i.e. acrimonious divorce, parent in prison etc.
- Lack of attention at home manifesting in issues such as attention seeking/challenging behaviour or concerns for mental wellbeing
- Coming from a significantly disadvantaged family
- Having suffered a family bereavement
- Having a significantly unwell family member
- Is on a Child Protection Plan
- Is a Looked After Child (i.e. in the care of Social Services)
- Has a caring role for a family member in the home
- Has a medical condition which is impacting on their behaviour, mental wellbeing, confidence, resilience etc, such as on the Asperger's/Autism spectrum, ADHD, dyslexia.

However, this is not an exhaustive list and can't tell you the full picture. Looking beyond this list there is a personal story of a young person who needs a little support to really make a difference to their life.

Activity Days

The Activity Days are held in the winter months and crucially provide continuity throughout these months when the camps aren't running. The children catch up with others in their group and it

enables the staff and volunteer mentors to re-engage with the children and monitor their development. They continue to complete their Personal Records of Achievement which they fill in throughout the three-year programme.

There are three Activity Days which are all completely free of charge to every young person who participates. They are provided with transport to the venue and have a fully trained activity provider in charge of the day's activity. The days include art, drama and music workshops held in Melksham youth centre and other local Wiltshire venues. Additionally, Woodland Survival and GPS Challenge Days are held in Savernake Forest in Marlborough and Brokerswood in Westbury. The GPS day has proved very popular and a successful way for the children to team build and communicate. It involves the young people taking part in hide and seek/ man hunt games and a 'Road to Survival' mission, where they use GPS tracking devices to locate each other. Using two Android apps (orienteeing and treasure hunt), players attempt to complete as many challenges as possible within a designated time frame. This game is a mixture of orienteeing, geocaching, treasure hunting and team building challenges. Teams use the orienteeing app to find the locations and the treasure hunt app for instructions on how to complete each challenge, providing photo evidence and earning points.

Each child attends three Activity Days. All activities are designed to challenge the young people to reach personal goals, build confidence and self-esteem, and develop resilience and aspiration. We encourage resilience and give them practice in making appropriate decisions, setting personal goals, perseverance and overcoming obstacles.

We have 240 disadvantaged young people participate on the programme every year and in the past 26 years we have helped over 3,900 vulnerable and disadvantaged young people across the whole programme. In 2019 we will be introducing a new stream of young people to participate on the programme allowing 280 children to benefit every year.

We would value your support for **6 young people taken from Melksham Oak school** to participate in their Activity Days

Local Needs Addressed

Significant areas of Wiltshire are in the 5 most deprived in England. Chippenham Hardens suffers particular deprivation, along with Salisbury Bemerton, Devizes North, Amesbury East, Trowbridge Adcroft and Trowbridge Park. 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.

Disadvantaged young people are at particular risk of becoming NEETS (not in education, employment or training) and the employability of young people remains both a local and national priority. In Wiltshire the NEET figure is 4% with 4.9% destination unknown.

Being NEET is associated with negative outcomes later in life, including unemployment, reduced earnings, poor health and depression. These outcomes have a cost for both the individual and the economy. The Princes Trust Macquarie Youth Index shows NEETS are significantly less happy across all areas of their lives with increased mental health problems due to unemployment. The Index reports that 37% of NEETS lack a sense of identity, 34% feel isolated all or most of the time and more than 1 in 4 claim they do not have a positive role model.

The Youth Adventure Programme is ideally placed to help deter our young people from becoming NEETS. Long term and early intervention are key to our success. Not only do we increase the young people's confidence and self-esteem and improve their communication and leadership skills, but we offer them alternative, positive pathways, working with positive role models and mentors, encouraging resilience and raising their aspiration.

Our young people apply the skills the programme gives them within their school and home environments, enabling them to make constructive changes in their lives and aspire to a more optimistic future. 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.

How are the young people involved?

We regularly review our provision and that of others to meet the changing local picture and we regularly collate feedback from the young people, their families, teachers and other referral agencies to allow us to make improvements to the service we offer the young people. We meet each young person before, during and after each year of the programme, to set targets, review progress and obtain feedback. In 2011 we undertook a major review consulting with the young people, as well as with parents, referral agencies and volunteers. This consultation took the form of questionnaires, focus groups and interviews and led to systematic change with the young people helping to introduce the Pathway Days at age 14.

Following recent feedback from the young people participating on the programme we have added an extra Pathway Day and have developed a Mentoring and Bursary Scheme for the 14-year olds as they come to the end of their time with us.

Inclusion

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 and social workers 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.

This year we will be taking our new additional stream of 40 young people, allowing us to work with **68% of schools in Wiltshire** and 50% of Swindon schools.

We aim to further engage these additional 40 young people on the Give Back days (one of the

Pathway Days) when they reach their final year with us and aim for them to consistently, reliably and positively engage with the volunteering aspect of their time with us.

*“Youth Adventure Trust are reaching the young people that we can’t reach”
(Chippenham Council Locality Youth Facilitator, Richard King)*

How many do we reach and who will benefit?

From 2019, we will be helping **280 young people per year** and for this programme we are asking for your help to fund **6 children from Melksham**.

The main group of beneficiaries are the young people, with additional benefits also experienced by their families, communities and schools.

1) 280 young people per year benefit, with increases in self-confidence and self-esteem, improved behaviour at home and school, improved engagement at school and increased resilience and aspiration. Specifically, 12 Chippenham children will benefit from the Activity Days in 2019/20.

2) Families benefit, with improved communication and better behaviour at home, improving family cohesion.

3) Schools benefit with improved school work and behaviour. Teachers tell us that the improved behaviour of one participant impacts on their class at school, resulting in the behaviour of that whole class improving.

“It turned Daniel around from a boy at risk of permanent exclusion to a boy thoroughly engaged in his schoolwork who is now a pleasure to teach”

(Headmaster, Kingsdown School, Warminster)

4) The lives and environments of local communities benefit, as the young people become more engaged and responsible, make better friendship choices and become less likely to become involved in petty crime and anti-social behaviour.

5) The programme benefits our volunteers, who derive satisfaction and personal growth from their time as mentors to the young people.

*“I have no doubt if it wasn't for the YAT with the support, guidance, challenges and team work skills he has gained over the past 2 years, Paul would not have the confidence to make the choices he is now making. Paul has not only grown in confidence with the physical challenges in life but has turned around his life at school recently receiving an award for Resilience and Success”
(Parent)*

Children living in poverty and those with complex needs are much more likely to develop mental illness and people living in a deprived community are 6 times more likely to have had no previous experience of outdoor activity than in more affluent wards. Additionally, early exposure to outdoor activities can make a lasting impression. More people who are introduced to outdoors activities as children and adolescents grow up to choose an active outdoors lifestyle. *(Sport England Getting Active Outdoors, 2015).*

We deliver a sustained, long-term impact and early intervention programme that is a valuable pathway process onto other youth organisations within Wiltshire and Swindon. Before joining the

Youth Adventure Programme, many of our beneficiaries didn't have the confidence to join sports clubs, drama groups, cadets or the Duke of Edinburgh scheme for example. Our programme equips them with the skills and resilience they need to face their challenges in a much more positive way and to explore new possibilities and try new experiences in the form of complementary youth services within their communities and our new bursary scheme further enables this.

So, although, we cannot help ALL the disadvantaged young people in Wiltshire, we are reaching a substantial proportion and providing them with the opportunities and skills they need to become engaged within their communities and society through a more intensive, integrated experience, as recommended by many highly respected research bodies.

Volunteers

We have 200 fully trained volunteers from a range of backgrounds. The use of volunteers is not just cost-effective. They are the backbone of our organisation and are the positive role models our young people look up to and learn from. Their dedication, hard work, energy and enthusiasm of our volunteers ensures that we can make a lasting difference to the lives of vulnerable young people. Many of these young people find it hard to believe that the people they work with are giving up their time for free.

All volunteers undertake the challenging activities alongside the young people, sharing experiences such as caving and canoeing. This creates a strong bond and trust. It is the positive support and encouragement of the volunteers that facilitate the changes in our young people. They provide the positive mentorship these disadvantaged young people need.

The young people have very positive things to say about the volunteers when asked what was the best thing about the programme:

“The volunteers have been one of the best things. They helped me.” “Making new friends and spending time with the adult leaders.” “Having a good time and having a laugh with the leaders.” “Meeting new friends and having the leaders as adult friends.”

Partnerships

We work with a representative from Wiltshire Young People's Support Services on an advisory basis and we work with local youth organisations such as Duke of Edinburgh Scheme, Cadets, Scouts, Prince's trust etc on our Pathway Days in the final year of the programme. In addition, we have recently completed research into other youth organisations and activities in the local area, their provision and how we can work together to plug any gaps. We are hoping that this will help to cement some of the working relationships we have already formed and also create new ones.

“The Youth Adventure Trust gives young people such an amazing array of experiences... They develop skills in team-building, empathy and resilience amongst many others. Skills that will help them deal better with the challenges they face in their day-to-day lives.”
(Teacher)

8. Safeguarding

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

- 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?

Child Protection: We have child protection policy available on request. The volunteers receive Child Protection training on their training weekend and they are all sent an updated safeguarding policy annually. The staff receive Child Protection training every 2 years and are updated annually.

The policies and training are provided by Safe Network (safenetwork.org.uk) and they keep us up to date with any changes which are then disseminated to staff and volunteers.

Safeguarding the Young People

We safeguard them at all times in a variety of ways. For example, they have 2 adults with them at all times, there is no solo working at all. Adults are not allowed in tents on camp unaccompanied. Adults do not go in the toilets or showers on camp when the young people are in them. The children apply their own suncream etc.

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. If we had a child protection concern our Operations Director would refer it to Social Services

Disclosure and Barring Service. Staff and Volunteers DBS checks are repeated every 3 years. We hold a central record of these and details of references.

Our Director of Operations, Tessa Woodrow is ultimately responsible for all safeguarding.

Online Policies: Web based technology risks. The Youth Adventure Trust has no Facebook page and we have no forum for the children to communicate online. Staff and volunteers are not permitted to 'friend' the young people on Facebook or other social media and vice versa. Our Twitter feed is monitored by 3 key staff and they receive notifications when something is posted they can remove or shut down anything inappropriate that a young person may post.

No smartphones, tablets etc are permitted on camp, activity days or pathway days.

9. Monitoring your project

How will you know if your project has been successful?

We regularly collect information to measure impact and assess feedback. We meet each young person before, during and after each year of the 3-year programme to set targets, review progress

and obtain feedback. We meet parents/carers, teachers and referral agencies at least twice a year for the same purpose. Our young people continually complete a 'Personal Record of Achievement' where they record their personal goals, aspirations and achievements.

We use the Impact Measurement Tool, MTQ48 which provides data to demonstrate the impact the Youth Adventure Programme is having and also provides data to **help support the young people**. The results of the measurements are directly fed back to the young people and play a part in their development on the programme.

MTQ48 measures 'mental toughness' including character, resilience and grit. The four key components of Mental Toughness are the 4 Cs – **Control, Commitment, Challenge and Confidence**. MTQ48 assesses Mental Toughness in terms of these 4 Cs and measures the young people through a unique 48 item high-quality psychometric measure. The Measure demonstrates the distance the young people have travelled. We translate the measurement information and feed it back to the young people to help them set aims as they move through the programme. The young people complete their first set of questions before their first camp. They are then measured again halfway through the programme and at the very end of their programme, at the final Pathway Day. Using the MTQ48 measurements along with our existing feedback we have a clear indication of the impact of the programme on the young people.

Because we are the only organisation in the area undertaking such an innovative and long-term programme it is of value to other youth organisations to learn from our work. The Wiltshire Community Foundation have committed to helping us disseminate any of our key data, allowing local groups to learn from us. We also disseminate our findings to youth providers we work with, such as the D of E, Scouts, Cadets etc.

We have received some very positive and encouraging feedback from our young people, who tell us that they thoroughly enjoy the programme and that they make real progress with the personal aims and challenges that we set them. The statistics show that:

- 88% of participants feel more confident
- 94% trust others more
- 88% feel better at teamwork
- 100% feel better at managing their emotions
- 100% feel able to communicate
- 100% would recommend the Youth Adventure Programme.

BUDGET:

It costs **£165.70** per child to attend their 3 Activity Days (18 Activity Days in total for 2 streams

1) Your Organisations Finance:

Your Latest Accounts:
Date: December 2018

Total Income:
1,007,484

Total Expenditure:
952,503

Surplus/Deficit for the year:
£54,981

Free reserve currently held:
Total Reserves £251,000

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

The Boards required target level of reserves is equivalent to six months operational expenditure. This is to ensure that we can continue to give the young people on the programme the chance to finish their current year of activities if the worst case scenario occurred.

10b) Project Finance:

Part One:

Total Project Cost	13256	Please enter the money format with pence but no pound sign or comma or p. Eg 15000.00
Total required by the Area Board	994.20 It costs £165.70 per child to attend their 3 Activity Days (18 Activity Days in total for 2 streams) £165.70 x 6 = £994.20	

Part Two: Please itemise your project expenditure and project income

Quick Tips:

- 1) List **ALL** expenditure in a format eg. Materials 10.00; Tools 5.00 etc
- 2) List **ALL** income **except the amount required from the Area Board** eg. Donations 20.00 etc
- 3) Please enter in money format **with pence** but no pound signs or commas or p. EG 15000.00
- 4) If your organisation reclaims VAT exclude VAT 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 Eg. Materials	£	Itemised Incomes EG. Our reserves	£	Tick if Income confirmed
6 x Creative Days (2 x Feb – 1 day per stream, 2 x April, 2 x October)	£1,982	D'oily Carte	3000	Yes
6 x Adventure days (2 x Feb – 1 day per stream, 2 x April, 2 x October)	£2,225	Younite Foundation	1000	Yes
6 x Team challenge days (2 x Feb – 1 day per stream, 2 x April, 2 x October) = £2144	£2144	Chippenham LYN	1988.40	
Venue hire (Feb, April, October)	£523	Trowbridge LYN	1988.40	
Transport x 18 days	£3,377	Melksham LYN	994.20	
Certificates x 80 at £1 per YP	£80			
Supplies	£25			
Staff travel expenses (3 staff at £15 per day x 18 days)	£810			
Volunteer travel and food expenses (3 volunteers per day at £15 per day x 18 days)	£810			
Overheads/Insurance	£1,280			
Total	£13,256	Total	£4285	

(Please ensure you total these columns even if values are 0.00)

11) Have you or do you intend to apply for a grant for this project from another area board within this financial year?

YES	x	NO	
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12) Tick all the Area Boards to which you are intending to apply, including this one (you can apply to a maximum of 3 Area Boards for the same project in a financial year:

	Amesbury
	Bradford-on-Avon
	Caine
x	Chippenham
	Corsham
	Devizes
	Malmesbury
	Marlborough
x	Melksham
	Pewsey
	Salisbury
	Southern Wiltshire
	South West Wiltshire
	Tidworth
x	Trowbridge
	Warminster
	Westbury
	Royal Wootton Bassett & Cricklade

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):

x	Child Protection Policy
x	Safeguarding Children
x	Procedures for dealing with an allegation against a member of staff or a volunteer
x	Complaints Procedure
x	Public Liability Insurance
x	Health & Safety
x	Whistle Blowing Policy
x	Internet Use Policy
x	Constitution
x	Annual Accounts
	Business / Project Plan (for projects where total project cost is over £50,000)

Legal Declaration (required field)

<input checked="" type="checkbox"/>	The information on this form is correct, that any award received will be spent on the activities specified
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Office Based interaction after bid submitted:

- 14) CAM Managed Fields
- 15) Electoral Divisions (Trowbridge)
- 16) To be considered at the meeting: (Date of the next AB in Trowbridge – Listed)
- 17) Office recommendations
- 18) Current Internal Notes
- 19) Add additional WC notes to help progression of this call(will be time stamped automatically)
- 20) Current External Case Notes
- 21) Add case notes
- 22) Current statue is funds transferred, so allowed options are: (information given below)

It costs **£165.70 per child to attend their 3 Activity Days (18 Activity Days in total for 2 streams)**

6 x Creative Days (2 x Feb – 1 day per stream, 2 x April, 2 x October) = £1,982
6 x Adventure days (2 x Feb – 1 day per stream, 2 x April, 2 x October) = £2,225
6 x Team challenge days (2 x Feb – 1 day per stream, 2 x April, 2 x October) = £2144
Venue hire (Feb, April, October) = £523
Transport x 18 days = £3,377
Certificates x 80 at £1 per YP = £80
Supplies = £25
Staff travel expenses (3 staff at £15 per day x 18 days) = £810
Volunteer travel and food expenses (3 volunteers per day at £15 per day x 18 days) = £810
Overheads/Insurance £1,280

Total cost = £13,256 (/80 = £165.70)

6 Melksham YP = £994.20