

Splash Overview for Tidworth LYN

Having been established by Wiltshire Police in 1989 to divert young people from anti-social behaviour the decision was made in 2014 for Splash to move from the management of the police to Community First, a Wiltshire charity focussed on helping to improve the quality of life and economic well-being of people and local communities throughout Wiltshire and Swindon. Splash falls within the youth arm of the Community First charity, known as Youth Action Wiltshire. The full merger between Splash and Community First was finalised in April 2016. The merger has enabled Splash to evolve and to support a much broader range of young people in Wiltshire who are finding life tough. Splash now encompasses young people facing a wide range of challenges in life, for example those with special educational needs or disabilities, on child protection plans, in care, at risk of anti-social behaviour, young carers, victims of crime/bullying, or from families facing bereavement, breakdown or financial hardship. We work hard to engage families from military and civilian communities and from some of the most rural areas of the county to really make Splash accessible to all. Splash provides specifically designed and highly structured out of school activities for around 250 young people aged 9-16 in Wiltshire.

The Splash programme gives young people the opportunity to experience new, challenging, positive activities during school holidays. The focus of Splash activities is to work with providers to increase participants' self-esteem, self-confidence, communication skills and leadership skills. Experiential, hands-on learning sessions provide an excellent environment for young people to express themselves and learn from one another. Splash and our partners provide positive role models who listen, encourage, mentor and coach the young people. This positive interaction raises aspirations and self-belief and helps the young people to identify a positive future for themselves.

Our excellent Youth Support Workers support, encourage and challenge the young people before, during and after activities as appropriate. Often the young people do not know each other beforehand and it is rewarding and beneficial for them when they develop new, positive friendships. Securing a place on a Splash project gives a young person something to look forward to, plan for and something to enjoy.

Splash is adaptable and can therefore work to specific locally identified issues such as healthy living, peer on peer bullying, military/civilian cohesion, rural isolation. We can deliver projects both locally and further afield to give young people the opportunity to experience opportunities on their doorstep and by offering further challenges by taking them to activity venues across the county. Many of our project days take place outdoors in the natural environment which not only can provide a new experience for those attending but can relax and calm young people whilst giving them the opportunity to learn new skills, uncover new interests and really flourish. For those that perhaps prefer an indoor environment we offer music and animation activities which use computer technology and tap into the young people's imaginations and creative sides whilst also focussing on team work, communication and social skills.

Projects Statistics 2015-16

Days of projects delivered:	79
Number project places attended:	893
Average % places oversubscribed:	47%

Evaluation

We carry out 6 monthly parent/referrer feedback surveys in a bid to ensure that our project days continue to successfully impact on those young people engaging with Splash. The results of the September 2016 survey returns recorded increases as follows:

Self-esteem - feeling of pride and self worth	88%
Self-confidence - belief in themselves and their abilities	91%
Attitude & behaviour - towards you & others	81%
Knowledge - level of learning	82%
Social skills - communication & interaction with yourself & others	79%

“Thank you for helping me in your Splash projects. Over the last 3 years, quite a lot of my decisions have been made or altered because of Splash. Splash is an amazing charity that helps many people like me overcome the many challenges in life. Again thank you.”
12 yr old girl

Funding

100% of Splash delivery costs are funded from non-statutory sources - grants from trusts and foundations, businesses, local organisations and fundraising events.

Proposed Activity Programme for Tidworth Area

We have successfully piloted a number of different projects with our partners over the past 3 years and have selected the most popular for the Tidworth LYN to consider:

Wiltshire Wildlife Trust deliver the hugely popular 'Forestry Days'. Each day has a different theme but all relate to conservation, preservation and the environment. These flexible and dynamic sessions can include building and safely lighting camp fires, tree climbing, pond dipping, shelter building, foraging and team tracking games. The multitude of wildlife at each of the reserves gives young people a real opportunity to experience and enjoy the great outdoors. WWT have several reserves in the East and South of the county.





Wiltshire Outdoor Learning Team (WOLT) deliver a number of outdoor activities for us including 'Catch It, Cook It, Eat It' and "Wet N Wild". Both of these activities involve using the most basic items to build the appropriate equipment to complete the task. For Catch it Cook it Eat it this means building a fishing rod from a bamboo cane, a short length of fishing twine, a hook and float. The young people then set to work to catch a fish. They then move on to build a fire, gut and fillet a fish and then have a taste of that fish. For the "Wet N Wild" sessions young people

have the opportunity to use raw materials to make a floating raft. Once built they then face the challenge of paddling and steering it on the River Avon, will it float or sink?

WOLT also deliver our High ropes and Mountain biking sessions. High Ropes includes climbing, abseiling, zip wiring and swinging through the treetops at Brokerswood with Mountain biking an option at a number of locations. Each of these sessions are fun and challenging and provide the perfect opportunity to develop team working, communication and leadership skills, trust, celebration and empathy.



Our partnership with Dorset and Wiltshire Fire and Rescue Service enables us to run 5 day Salamander courses – a project already well-established within the Fire Service. The course uses fire fighter drills to highlight relevant personal and community safety topics including home safety, water safety and road safety. The hands on experience of working with operational firefighters and their equipment boosts young people and enables them to realise their own

capabilities by challenging themselves both physically and mentally. Often these courses are truly inspirational and have lasting positive impacts on those that attend and go a long way to forming positive bonds between uniformed services and our youth communities.



Music Matters, Animation and First Aid projects offer a varied range of activities in more of an indoor environment. They provide a good alternative to our more adventurous outdoor activities and it is important to the Splash team that we continue to run a varied programme with activities that appeal to a wide audience. Music Matters and Animation use computer technology to create individual and group pieces. Again team work, communication and social skills are the focus of these sessions.

In addition our Fun First Aid sessions offer an educational, life skill opportunity to learn the basics of first aid in a fun, memorable and engaging way.





Roaring Rugby is a 2 day workshop which incorporates the basics of Rugby, but also focusses on transferable skills such as ball control, boundaries, patience, team work, celebration and communication. Designed to accommodate all levels of skill and experience these workshops have previously uncovered true sporting talent which has empowered and motivated young people to a point where they are happy for Splash to signpost them to local sports clubs where they can be part of regular youth engagement provision.

Case Studies

Young Person A

Having 4 older siblings can be great fun, but when one of them has ADHD and one has undiagnosed mental health issues life can be very intense. Add to that the unexpected death of a parent and the intensity and emotional stress increases. This stress can become too much and a young person finds it hard to cope; this is often the cause of negative behaviours at school. A day out with Splash releases some of that stress, just for a few hours and injects some positivity into a young person's life. The opportunity to make new friends, learn new skills and go to new places really lifts a young person and begins to help build their confidence and self-esteem. Regular attendance at Splash embeds that confidence and those skills and enables a young person to have something to look forward when life at school and at home can be a struggle.

Young Person B

Young person B was referred to Splash aged 13. B has Special Educational Needs (SEN) which had meant B struggled to develop effective social skills and make and keep friends which had affected B's confidence and self-esteem. B has attended 12 Splash activities ranging from Forestry fun, to more challenging survival camps and most recently Fun First Aid. B's SEN has caused B some frustrations in the past and Splash has provided B with a positive environment and support to develop new skills, meet new people and gradually learn to form new relationships and recognise good behaviours. This has all impacted on B's confidence levels and boosted self-esteem. The 2015/16 High Sherriff invited nominations for a Splash Achievement award and B received nominations from several Splash staff. B is a pleasure to be around and has now become a positive role model for their younger sister who was previously allowing B's behaviours to affect her attendance at school. Now a much more confident young person B is embracing a peer-mentoring role on future Splash activities where they will be able to assist activity facilitators and support other young people to fully engage.

Young Person C

C was referred to Splash as they are on the Autistic spectrum and have ADHD, C has a SEN statement and is Dyslexic. C's family have faced several complex challenges over recent years and this has created confidence issues for C and their parents. C had low school attendance due to personal issues which had further affected self-esteem and the development of social and academic skills.

Initially C's Mum was very nervous about letting C attend Splash, we worked with the family prior to group work sessions to ensure they were confident and that C was able to fully engage.

Since attending Splash activities Mum has feedback to the Splash team about the positive impact on the whole family unit. Mum has never seen C so animated when telling other family members about their days at Splash. She says she has never seen C so enthusiastic and happy about anything before. From Mum's perspective she too has benefited from Splash as she has realised that C is an individual and is growing up and needs more independence.

Mum and other family members recognise a massive increase in C's confidence and self-esteem since attending Splash sessions. They have also seen a development in their emotional maturity and acceptance of certain personal factors.

C took part in our pilot ASDAN accredited award scheme and fulfilled all physical and personal challenges that they set. The presentation of the certificate on completion of the course marked a personal milestone for this young person.

Feedback received

- She loved it. When she got into our car she burst into tears as she was sad it was over. She said she never missed us as she was too busy having fun and she now wants to work on boats - A Parent
- "M" said this (attending Splash) was the highlight of his year - A Referring Agent
- "L" thinks the days are "awesome" I think that he gains self-confidence and self-esteem through attending Splash activities and I'm reassured by the friendliness & professional attitude the staff have always demonstrated towards both "L" and myself. Fantastic! - A Parent
- Splash is something just for "J". He feels special because he is able to go. It is away from school, family and friends and people that know his family background but he knows that he is among children that may have similar issues. He has always enjoyed the activities and really benefits from them in many ways - A Parent
- He is disengaging with all other agencies except Splash. It is important that he continues to attend Splash or he will become even more isolated- A Foster Parent
- This is such a great service for young people - A Volunteer