



Splash Overview for Trowbridge LYN

Splash forms part of Youth Action Wiltshire the 'Youth Arm' of Wiltshire charity Community First (Registered Charity number 288117). Splash provides structured, free to access positive activities during school holidays for young people aged 9-16 years who are vulnerable and at risk of social exclusion who live in Wiltshire.

We prioritize young people facing 'challenges in their lives', for example those with special educational needs or disabilities, on child protection plans, in care, experiencing emotional and behavioural difficulties, young carers, victims/witnesses of crime or from families experiencing mental health issues, a parent in prison or financial hardship.

We aim to raise young people's self-esteem and confidence, divert from risky and anti-social behaviour, develop an acceptance of others, reduce peer on peer bullying and empower young people to make independent, positive and safe choices and recognise their own capabilities.

What do we do?

Splash provides positive activities during every school holiday period. Our activities range from woodland/conservation days to computer coding, cookery, photography, adventure sports and lots of other exciting, engaging activities. All activities are delivered free of charge and include free central minibus pick ups in a bid to enable young people to take part in activities that they would not otherwise be able to access.

The focus of Splash activities is to work with young people to increase their 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 activity 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, getting active or reducing peer on peer bullying. We can deliver projects both locally and further afield to give young people the opportunity to experience activities 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 teamwork, communication and social skills.



What makes Splash different from other youth provision?

Splash days accommodate 12 young people with minimum adult ratios of 4:1. These staff: young person ratio enables our Youth Support Workers to give every participant the time and attention, support and care that they need to ensure that their Splash experience is a positive, successful day for them. Many young people that access Splash cannot access mainstream activities due to the challenges that they face. High staff ratios enable Splash to manage behaviours, aid interaction, defuse potential conflict in the early stages and really give time to the participants which then makes them feel valued, liked and accepted.

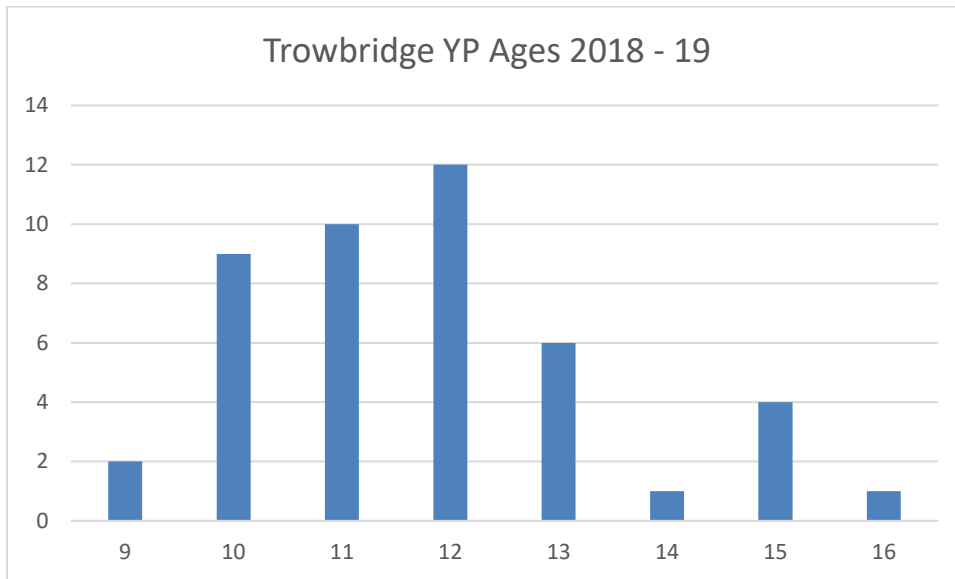
We are able to work on a 1:1 basis with individuals prior to them attending their 1st Splash activity if anxiety, confidence and self-esteem issues are likely to hinder their ability to attend.

As part of Youth Action Wiltshire, we are able to sign post young people to our in house targeted provision where appropriate e.g. Wiltshire Young Carers Service, Splash young victims of crime programme, Inspire NEET programme and our Young leaders training programme. In addition, as a member of Wiltshire Children and Families Voluntary Sector Forum we have close working relationships with member organisations and work together to provide specialist support when a need is identified.

Splash Statistics for the Trowbridge Area

Statistic	2015/16	2016/17	2017/18	2018/19
Number of Young people engaged from Trowbridge Area Board Geographical area	25	30	38	45
Contacts with young people from Trowbridge	88	74	128	101
Average number of sessions attended	3.5	2.5	3.5	2
Number of Projects delivered in Trowbridge	22	15	13	9
Cost of provision provided	£7040	£5920	£10,240	£8080

The above statistics show an increase in demand for Splash activities within the Trowbridge Area Board/LYN area. However, they also show a decline in the number of activities that we have been able to deliver in the local area over the past 2 years.



The above graph shows the age breakdown of Trowbridge young people that accessed Splash during 2018-19. A number of these young people are below the Area Board youth funding age threshold, however by working with young people from an early age we are able to work with them to develop in confidence and self-esteem and develop resilience and social skills that helps to prevent them from accessing services during their teenage years.

Funding

Splash is funded from a mixture of non-statutory sources - grants from trusts and foundations, businesses, local organisations, donations and fundraising events. Splash has previously been commissioned by other Area Board's/LYN's to deliver positive activities specifically for young people from the localised area. Splash receives funding from the Wiltshire Police and Crime Commission specifically to support young victims and witnesses of crime.

To meet the level of demand for Splash activities for young people facing challenges in their lives who live in the Trowbridge Area Board area Splash propose to deliver 5 diverse positive activities locally providing 60 contacts specifically for young people from the area. A further 30 contact sessions on Splash positive activities chosen by the individual young people from the area will also be available. In total proposed funding would provide 90 contact sessions on positive activities for young people from the Trowbridge Area Board area who are 'facing challenges in their lives'. The total cost of this programme is £7,200 however with match funding of £2200 (30% of total programme costs) already secured by Youth Action Wiltshire and Splash the cost to Trowbridge Area Board would be £5,000.

In addition to the £2200 match funding secured this proposal will be further enhanced by opportunities for local young people to access activities through our "Our Bright Futures" project – outdoor environmental/conservational activities, Residential opportunities and through our work with young victims and witnesses of crime. Young people will also have the opportunity to progress to our Peer Mentor and Ambassador programmes.

Evaluation

We carry out 6 monthly parent/referrer feedback surveys in a bid to ensure that our activity days continue to successfully impact on those young people engaging with Splash. The results of our March 2019 parent/referrer feedback survey returns recorded the following increases in those that had participated in Splash activities in the previous 6 months:

100%	Self-esteem - feeling of pride and self-worth
100%	Self-confidence - belief in themselves and their abilities
98%	Attitude & behaviour - towards you & others
98%	Knowledge - level of learning
100%	Social skills - communication & interaction with yourself & others
100%	Happiness
96%	Home Life
76%	Attendance at School
96%	Taking part in exercise
96%	Time playing outside

Proposed Activity Programme for Trowbridge Area

The Splash proposal is to provide 90 places on Splash activities for young people facing challenges, from the Trowbridge Area Board geographical area. We propose that Splash provide 60 places on activities delivered within the Trowbridge area and 30 places on activities further afield with free transport available as required.

We will deliver 5 of our most popular activities locally which are:



Adventure Quest; Working in partnership with the Wiltshire Outdoor Learning Team (WOLT). Adventure Quest is an exciting activity day where young people complete a trail and undertake challenges along the way including axe throwing, archery and laser quest. These activities often provide a number of new experiences for young people, and promote team building, supporting one another, working together, taking turns, empathy and praise. The sessions are fun and challenging and provide the perfect opportunity to get young people active, working together and developing positive friendships.



High Ropes; Again, working with our partners at WOLT the High Ropes activity challenges young people by getting them to complete high rope trails and team challenges at height. This often challenges participants to work outside of their comfort zone and enables them to push themselves to achieve. Confidence and happiness are as high as the ropes by the end of the session.



Fun Animation; Working with a local photographer young people use their imaginations to make Lego, Plasticine and their own artwork come to life. Working in small groups this activity promotes good listening skills, sharing, helping and working together skills and friendship development as well as the technical skills of using start stop filming technology to make the animations

come to life. Finished pieces are uploaded to the internet (Consent permitting) so that participants can enjoy them, show them to friends and family, use them for school projects and replay them to remind themselves of the positive experience they had. An example of one finished piece can be found by clicking this link <https://vimeo.com/329908399>



Multi-Sports; This is one of our most popular activities. Delivered by our own staff in a local sports hall we have fun getting young people active and giving sport a go. This activity provides the opportunity for young people to have a go at indoor hockey, bench ball, dodgeball and other low-level team sports. Again, the focus is on being part of a team, having fun, working with others and showing praise and empathy to others whilst working within the rules and boundaries of various sports.



Photo Club: Working with another local photographer this session is an outdoor session where young people are encouraged to use their own cameras/mobile phones (however equipment can be provided where required). The emphasis is to educate participants to get the most out of the equipment available to them. This is another great session where young people interact together, sharing ideas, helping each other and developing friendships. It is also the perfect opportunity for conversations to be had regarding staying safe on the internet, the implications of uploading photos to the internet and the importance of consent to take someone's photo. This is a popular and very relevant activity for today's young people.

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 as they had 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 regularly attended Splash for a number of years until they progressed from Splash activities to our Youth Action Wiltshire Peer Mentor programme. After undertaking intensive training to develop the skills to support other young people who were facing challenges B then began to support Splash activities as a Peer Mentor. The training undertaken and the experiences of being a Peer Mentor further developed B's confidence and social skills and the Splash participants loved him being out on activities. B continues to support Splash as an adult volunteer and is still committed to helping those that attend our programmes.



Young Person C

C was referred to Splash as they had recently entered the care system and were new to the area. C found it difficult to make friends and trust people due to the previous experiences in their life. C struck up a real rapport with one of our fantastic Youth Support Workers and after an initial 1:1 meeting decided they would give Splash a go. Although nervous, anxious and worried about attending for the 1st time, B had a fantastic 1st day. They began smiling, mixing well with others and were able to put their troubles to the back of their mind for the few hours they were out on the Splash activity. Each school holiday for over a year C attended Splash activities, they credit Splash with accepting them for who they are, enabling them to “lose the label” they felt they had been given and meet new people and develop new friendships. Over the 12-month period C increased in confidence more and more which enabled them to engage in school more, develop friendships locally and eventually to become year prefect at their school – an amazing achievement and outcome for C

Feedback received

- **My son had such a fantastic time and is still talking nonstop about it all this morning!**
- **I'm so grateful for the great opportunities you give to my son.**
- **'Most fun I've had forever'**
- **'I don't do this stuff much, I just watch YouTube'**
- **Thank you for everything you all offer to our children, J was so overjoyed last time, he had so much fun and loved making friends thank you you're all amazing**
- **he had such a great time on this activity, and it was a real boost to his confidence.**
- **I didn't like today...I LOVED it!**
- **'If I wasn't here today, I would just be watching YouTube' like every day'**
- **I haven't got any friends but today I made 4'**
- **'I wish I could come every day'**
- **Splash makes the holidays awesome and creates memories**
- **Splash is fantastic and it's great to see everyone coming out of their shells and enjoying themselves with other young people.**
- **I wish I could come every day, I love Splash**
- **Superb...can I come again**
- **My daughter was so nervous about going but she's so glad she did. She had a fantastic experience, and the increase in her confidence has been phenomenal.**



Proposal Summary

The proposal is for Splash to deliver 90 contact sessions for young people facing challenges who reside in the Trowbridge Area Board area. The project period will run for a 12-month period from the grant award date.

5 activities will take place locally, providing 60 contacts

A further 30 contacts will be available to young people from the Trowbridge Area Board area at venues across Wiltshire, with free minibuss pickups provided.

The project proposal cost is £5000 towards a total project cost of £7200 which equates to £80 per Splash place.

£80 per place cover qualified, experienced activity leads, free transport, experienced and supportive Youth Support Worker support, Insurance, H&S, Safeguarding, Coordination of activities, marketing and recruitment, admin and post project evaluation.

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Splash is a service delivered by Community First Registered Charity number 288117