

# 40th

## Shadwell Basin Outdoor Activity Centre Summer Project 2016

Monday 25<sup>th</sup> July to Monday 29<sup>th</sup> August

# ANNIVERSARY YEAR



ALDGATE &  
ALLHALLOWS

East End  
COMMUNITY FOUNDATION



CANARY WHARF  
GROUP PLC



## 1 Introduction

The Centre's work with young people started with a summer programme in 1976. Today it remains important to continue to provide much needed activities for young people in the school summer holidays. In 2016 a daily weekday programme took place from Monday 25 July to Friday 26 August. From Monday 22 to Monday 29 August a 40<sup>th</sup> Anniversary junior expedition took place to Aviemore in Scotland.

## 2 Preparation and Planning

The evaluation of the previous year's programmes was considered in the planning process, including the views of the young people. The programme was planned to cater for individuals and groups as follows:

	Individuals	Inclusion Programme	Groups
Week 1	60	10	0
Week 2	60	10	0
Week 3	50	10	10
Week 4	50	10	10
Week 5	20	0	10

The registration period and the way young people are organised into activities remained the same as the previous year with extra advanced bookings helping with planning and streamlining the process. Regular young people progressed through the "Pathways" Scheme prior to the project, everyone was given a level, Green, Blue or Red and a daily/weekly plan was set for them to enjoy. This aided the efficiency of the sign in and admin/registration process.

## 3 Staffing

The staff on the Project comprised full-time and part-time staff who had all previously worked on the summer project. There were also four regular members of the youth project who volunteered and further developed their leadership through the Centres Coach training scheme. The staff team had an excellent balance, with experienced, well qualified staff able to advise and guide volunteers. Providing opportunities for people to gain coaching qualifications is considered a key aspect of our staff training and development programmes. The daily staff briefings and de-briefings were very important and enabled staff to share and explore ideas, discuss individual and group situations. It also allowed the opportunity to monitor the young people's development on the "Pathways" scheme.



## 4 Programme

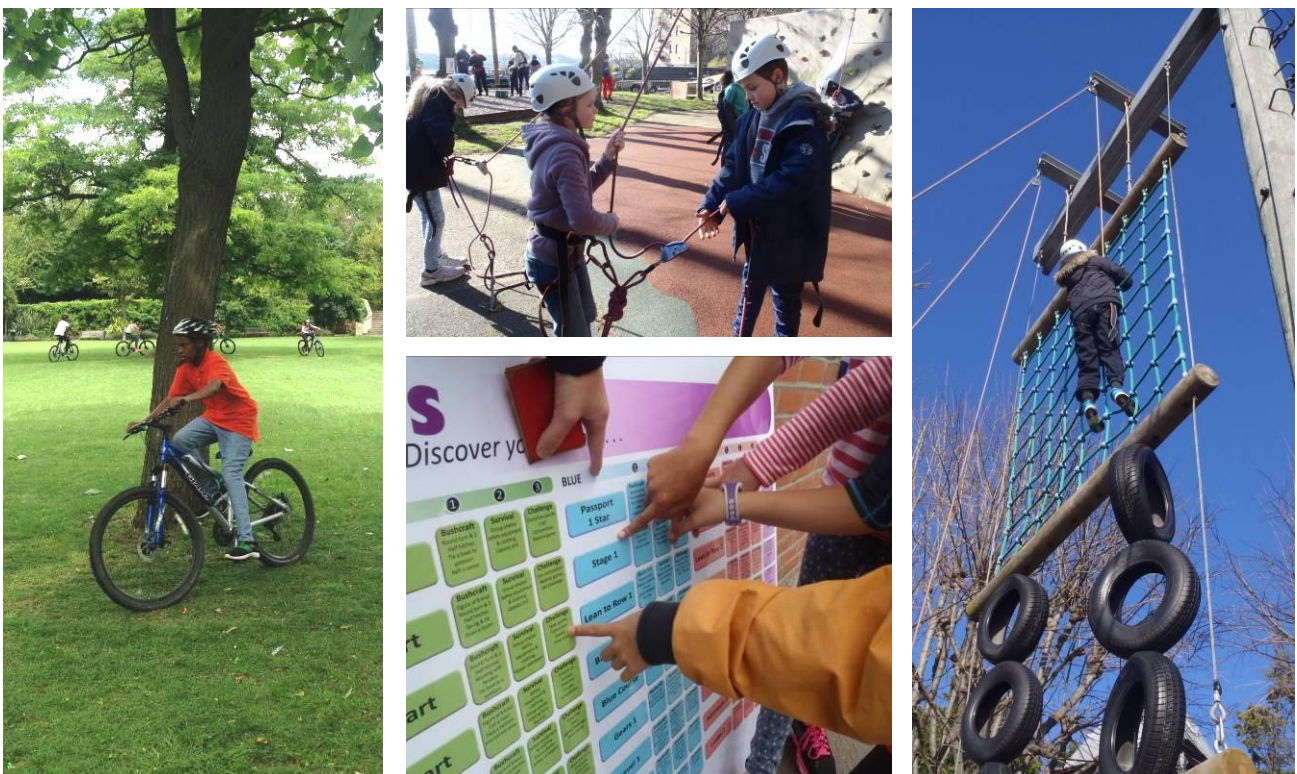
The feedback gained by regular youth club members, Centre staff and the instructors have allowed for further development of the “Pathways” scheme which was introduced in 2014. The scheme focuses on a journey of exploration and discovery, throughout the pathway the student gains experience and skills as well as progressive national governing body awards. The pathways scheme is color coded green, blue, red and purple. In between levels there are stepping stone tasks which allow young people to gain a depth of knowledge about the sport, build confidence and gain essential survival and life skills relative to the sport/activity. Here is an example of the process showing just one of the activity fields:



Apart from the outdoor activities, communication, team work and problem solving play a huge role in the scheme, it also gives the opportunity for those with lots of experience to gain even higher level awards and for them to develop leadership skills in outdoor activities.

The final programme offered the following activities: canoeing, kayaking, dinghy sailing, climbing, high ropes, orienteering and mountain biking.

The programme was a great success, later on in the report you can see the attendance analysis and outcomes of the Pathways Scheme.



## 5 Additional Activities and Projects

### 5.1 Friday Challenge

A number of team challenges were planned by different staff on Fridays. These challenges were skills based and included problem solving, decision making and leadership tasks. The young people really enjoyed working as a team and had great fun trying to succeed in the various challenges that were set.

### 5.2 Competitions

Competitions were scheduled for all the sports. This allowed young people the opportunity to understand different disciplines within the sport and to find out more about how competitions work. It allowed members to compete at a friendly level in familiar surroundings. Those at higher levels within the Pathways scheme will move up to higher level competitions such as the London Youth Games and other regional and national events if they continue to join in with activities after the summer project has finished.



There were kayak and sailing trips organised on the River Thames. The young people enjoyed the opportunity to take their skills to another level and valued the experience gained from this exciting area. Sailing the Pico fleet off the Prospect beach was particularly good.



## 6 Groups

### 6.1 Inclusion Programme

Between Monday and Wednesday on the weekly programme young people with autism, learning and emotional difficulties were introduced to our activities. Rob Edwards co-ordinated the Inclusion groups with additional support from our staff team. It was a real challenge working with young people with disabilities, but extremely rewarding to be able to provide outdoor activities in an integrated nature. This is the second year the inclusion programme has run. What was particularly encouraging was how so many of the regular members independently supported the needs of individuals with autism.



### 6.2 Youth Groups

There were group booking spaces available for other youth organisations throughout the summer. The emphasis was to introduce groups of young people to adventurous activities in the form of taster sessions in the sports we provide. Each of the groups completed the pathways Start level award.



### 6.3 Girls Can

We had begun the Girls Can project prior to the summer but felt that it was important to offer this now established group space within the summer project whereby female instructors could give time in specified sessions to develop the girls further.



## 7 Summer Residential

As part of our 40<sup>th</sup> Anniversary Celebration it was decided that we take an extended trip to Aviemore in Scotland for a summer residential expedition. The junior group started training for this back in February. This actually helped focus the group within sessions and trips whilst gaining the extra experience which would be needed to tackle activities in the notorious environment of the Cairngorms National Park.

The whole group learnt how important it was working well as a team, organising equipment, preparation of meals and camp craft duties. These are all integral parts of the trip however the real adventure are the activities and experiences they shared together.

### Canoeing on Loch Morlich and on the River Spey

Loch Morlich is beautiful with its expansive water and stunning views of the Cairngorms National Park and Cairngorm itself. The challenge of the Spey, although in moderate flow, was exciting and a rewarding experience for the group.



**Wild Bivi**

The group paddled out from Loch Morlich to find a secluded spot deep in the wilderness. The adventure was amazing followed by an outstanding sunset evening. The young people did an awesome job of setting up the bivi site and dealt with the environment very well giving the amount of challenges it posed. Wild camping like this is a great team building and leadership skill.

**Mountain Biking in the Glenmore Forest Park**

It wasn't long before the group were engulfed by the forest environment and in a solitary place. The endless trails with challenging uphill endurance riding and excellent downhill sections were fantastic for overall skill development and experience.



### Climbing at Huntleys Cave

The imposing sheer rock slabs were awe inspiring natural structures for the young people not used to this exposure and scale.



### Cairngorm Summit

Wow, the entire group made it and summited Cairngorm in all its glory with endless views from the top. On route the group climbed Fiacail Ridge in such good time that it made the summit of Cairngorm possible. It was a very proud moment indeed. We were particularly pleased with how skilled the group had become, highlighting the benefit of the training prior to the trip.



*Summiting Cairngorm*



**On Reflection**

You will read what the trip meant for the young people in the comments section. However on behalf of the staff team I can confirm that the trip was a great success in many ways. Watching the young people take on the challenge was very inspiring and most definitely quantified why we do what we do. Scotland's Cairngorms National Park really opened up so many adventures and opportunities. Apart from the adventurous activities, memories of our amazing BBQ over the lake and the Highland Games we set up on the beach were moments of absolute magic.



*Time to reflect*

## 8 Attendance Analysis

Attendance	SUMMER 2015	SUMMER 2016	Male	Female
Individuals Attending	351	259	149	110
Attendances	2579	3324	1689	1635

Even though the number of individuals attending went down from the previous year, individuals attended many more times thus giving them a better chance of progressing, making the project more sustainable and enabled the high number of awards to be achieved. Another positive is the ratio of boys at 57% to girls at 43% and of course as the figures show girls attend more sessions which we are particularly pleased with.

Asian or Asian British	
Indian	0.77%
Bangladeshi	18.5%
Pakistani	2%
Other Asian	0.4%

Black or Black British	
African	2.3%
Caribbean	3.9%
Somali	0.8%
Other Black	0.8%

Dual Ethnicity	
Asian and White	3%
Black African and White	3%

White	
British	40.15%
Irish	1.5%

Chinese or Other Group	
Chinese	0.77%
Other	11.5

NB – Other includes Eastern Europeans



## 9 Recognition and Qualifications

The “Pathways” scheme has clearly improved the ability to record young people’s progress and awards. Also the structure of the scheme enables instructors to run better quality sessions. As you can see by the table below the number of individuals gaining accreditation and qualifications has increased this year. Another development is the increase in the recorded outcomes. These outcomes are recorded using the “Stepping Stone” syllabus which takes place during sessions in between running the awards.

Outcomes	SUMMER 2015	SUMMER 2016
New Skills /Recorded Outcomes	733	1862
Certificated Outcomes	170	337
Accredited Outcomes	200	205



On the Friday afternoon of each week we celebrate young people’s achievements by presenting the “Pathways” award certificates that they have completed. Additionally other certificates such as “the most improved” and other special recognitions were presented which showed our ability to recognise not only skill but more importantly individual successes and personal achievement.



## 10 Comments

### ***Something I love about Scotland?***

Louis: *"I Love that in Scotland the scenery is beautiful and very remote."*

Avantika: *"Not anything like a city and so quiet."*

Channun: *"The beautiful views wherever you go and how calm it is when nobody is talking."*

Sophie: *"The great activities you can do and all the different types of scenery."*

Nayla: *"The views, the quietness, the soothingness."*

Connor: *"The beautiful mountain."*

Caterina: *"The residents have been very helpful, kind and welcoming."*

Ava: *"They have brilliant traditions."*

Jack: *"The scenic mountains and lakes and you feel safe."*

Eugene: *"Loch Morlich and haggis."*

Bridget: *"The beaches and loch."*

Isa: *"The people, landscape and the lifestyle."*

### ***Something I learnt in Scotland?***

Bridget: *"Midges."*

Christian: *"You have an adventure as soon as you wake up."*

Eugene: *"It is the land of Christmas trees, lochs and mountains. Also the amazing midges."*

Jack: *"How beautiful this place can be."*

Caterina: *"Staying away from your family makes you love them more."*

Connor: *"There are little huts called bothies that anyone can stay in overnight if the weather gets bad."*

Channun: *"You don't have to be the same age as someone to be their friend."*

Avantika: *"To make something happen you have to be part of making it happen."*

## **Summer Project**

*"I enjoyed meeting lots of new people and having fun with all the leaders and participants whilst taking part in lots of activities."*

*"I had so much fun, the last day was the best. I can't wait for next year's summer project."*

**11 Finance****Summer Project Finance 2016**

<b>Income</b>		<b>Amount</b>
Canary Wharf		£5,000
Aldgate & Allhallows Foundation		£4,080
London Dock Community Fund – St. Georges		£3,000
CVB Tideway		£3,200
East End Community Foundation		£840
LBTH Youth Service SLA Grant		£1,812
User Fees		£4,019
Youth Groups		£760
	<b>Total</b>	<b>£22,711</b>
<b>Expenditure</b>		
Staff & Volunteer Costs		£18,413
Facility & Programming		£3,568
Certification and Logbooks		£675
Publicity and Marketing		£50
	<b>Total</b>	<b>£22,706</b>
	<b>Surplus / Deficit</b>	<b>£5</b>

**Summer Residential Finance 2016**

<b>Income</b>		<b>Amount</b>
User Fees		£3,800
LBTH Youth Service SLA Grant		£3,943
Aldgate & Allhallows Foundation		£3,943
40 <sup>th</sup> Anniversary Funding		£1,194
	<b>Total</b>	<b>£12,880</b>
<b>Expenditure</b>		
Staff & Volunteer Costs		£7,502
Food		£1,144
Accommodation		£1,267
Transport and Fuel		£2,351
Ancillary Costs (Parking etc...)		£327
Equipment		£21
	<b>Total</b>	<b>£12,612</b>
	<b>Surplus / Deficit</b>	<b>£268</b>

**Summary**

	<b>Summer Project</b>	<b>Summer Residential</b>	<b>Total</b>
<b>Income</b>	£22,711	£12,880	£35,591
<b>Expenditure</b>	£22,706	£12,612	£35,318
<b>Surplus / Deficit</b>	£5	£268	£273

## 12 Conclusion

- Registration: there are a number of processes that take place including consent forms, payment (weekly or daily payers), and selecting the activity. The use of the “Pathways” scheme has proven to reduce the time taken on activity selection. Member/parent queries and complaints were also dealt with at registration time. Registration was completed by the target time of 10.30am on Mondays and around 10.00-10.15am on other days. It is evident that the registration process is smoother and a more relaxed atmosphere has been created allowing more time for us to focus on young people which we felt improved the connection we had with them.



- We have learned that the ‘pathways’ structure will have long term development benefits to young people and provide a much more sustainable approach to outdoor and adventure activities at the Centre. It will challenge young people attending both the summer programme and the wider youth programme to push their own limits more with the activities they do. It will also give both the young people and staff a focus on direction and a focus on the long term future of the programme. Pathways has been well received by young people, staff, management, the governing bodies including AALA at our last inspection and very importantly our funders.
- The more experienced staff successfully provided support so that less experienced instructors and volunteers could develop their coaching skills. There were also four older members who volunteered to gain experience for their future Paddlesport coaching awards as they gained their Level 1 prior to the project on the Centres Training Development Scheme.
- The “Girls Can” project had set out targeted sessions for the group to work with female staff developing them further in the outdoors.
- To alleviate the historical capacity issues we did not allow any group bookings in week one or two, in week three, four and five we accepted only one group of 10 per session whereby the “Girls Can” attended on Monday/Tuesday and other groups from the borough were able to book Wednesday to Friday. In week five the regular spaces reduced to 20 as there was a reduced staff team due to the residential.

- The concessionary rate offered to those from larger than average families meant that the family could afford to have all their children participate in adventurous activities here at Shadwell. Families like these were well represented.
- The inclusion project was hard work as expected but of course extremely interesting work, especially getting to know the individuals and how best to work to their needs. It has allowed us to analyse young people and to make recommendation for some of the members to join in with regular youth sessions in the future. What was particularly encouraging was how so many of the regular members independently supported the needs of individuals with autism.
- The summer project truly reaches young people borough wide with a few young people coming from further afield. It brings together young people from different cultural and economic backgrounds. This is an incredible social experience and a steep learning curve for some young people for experiencing working in teams and leadership. The environment creates a place that is safe for young people to mix with each other and the activities are a great leveller and starting point for friendships and finding potential in young people.
- The residential expedition to Aviemore in Scotland was an extended trip and a great success with regular members being challenged at high levels. We were particularly impressed with their strength and courage that allowed them to succeed in the planned activities and the extra special night time wild bivvy. The young people had the opportunity to describe how the trip had impacted upon their lives and their feedback was quite astonishing and highlighted the importance the summer trip has on the work we do as a staff group and charity. Leadership opportunities lead to valuable experiences had by those that one day may themselves lead in the outdoors or within other job related roles.
- The experienced staff team provided over 700 hours of coaching throughout the onsite summer project and residential. The whole team are a credit to Shadwell Basin. Their individual contribution and desire to enable young people find adventure through a an exciting and fun filled activity programme is enriching of lives. When a leader can connect with a young person and help them in some way find a path that is safe, rewarding and inspiring it is truly empowering. The outdoors are great and it helps us all in so many ways that words cannot describe!

