

Shadwell Basin Outdoor Activity Centre Summer Project 2017



Monday 31st July to Saturday 2nd September



GRANDS PROJETS



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 2017, a daily week-day programme took place from Monday 31st July to Saturday 2nd September which included the activities programme at Shadwell Basin and an eight day residential expedition to Dumfries & Galloway in Scotland.

2 Preparation and Planning

The evaluation of the previous year’s programme 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	00
Week 2	60	10	00
Week 3	50	10	10
Week 4	50	10	10
Week 5	20	00	10

As the regular youth members progressed through the “Pathways” Scheme in sessions prior to the summer project, they were given a level: Green, Blue, Red or Horizons. A list of names and respective levels were created, which included those that were likely to turn up from previous projects and the summer before. This aided the efficiency of the Pathways administration and the education development and progress of individuals.

3 Staffing

The staff on the Project comprised of full-time and part-time staff who had all previously worked on the summer project. The staff team including volunteers had a good balance of qualifications enabling the multi-activity programme to run well. The daily staff de-briefings were very important and enabled staff to share and explore ideas as well as discuss individual and group situations. It also allowed the opportunity to monitor the development of the young people and gauge their progression on the “Pathways” scheme. Specific issues regarding young people were also discussed here and plans made to aid individual development and solve any personal issues, which were then handed over to the Youth Activities Co-ordinator to pursue and provide additional support where needed.



4 Programme

The feedback gained from 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 an educational journey of exploration and discovery; which allows the student to gain experience and skills as well as progressive certificates and National Governing Body awards. The pathways scheme is colour coded green, blue, red and purple. The awards are designed to become increasingly challenging as the young people progress from green to eventually reach purple and reflect the National Governing Body awards they also gain along their journey.



As you can see in between levels, there are stepping stone tasks which include elements of bushcraft, challenge and adventure as these 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 / adventurous activity.



4.1 Activities Programme

The final programme offered the following activities: canoeing, kayaking, sailing, climbing, high ropes and mountain biking. These skill sessions took place from Monday to Friday.



4.2 Trips

Sailing and kayaking trips were scheduled on Thursdays on the River Thames, which enabled the young people to transfer the skills learnt on the Basin to this more dynamic adventurous environment which allowed them to gain more experience and challenge them further. The new slipway enabled easy, safe access that accommodated the increased amount of sessions on the Thames.



4.3 Competitions

Competitions in a range of sports took place on Friday mornings which developed performance in different environments so as to solidify skills and broaden experience. This also gave the young people the opportunity to learn more about discipline specific boats and sample different competitive elements within their sport, such as sprint kayaking.



4.4 Friday Challenge

A different Friday Challenge was set up each week where all of the Pathway level groups merged and had to compete on multiple activity challenges using all their practical skills they had learnt on different activities. Groups were created with Green, Blue, Red and Horizon members collaborating as this encouraged team work skills, communication and leadership and this played a huge part in the success of the event.



5 Groups

5.1 Inclusion Programme

Between Monday and Wednesday on the weekly programme, young people with autism and learning and emotional difficulties were introduced to our activities. 14.1% of the overall attendees (Mon-Wed) were involved in this programme. Daniel Cantwell co-ordinated the Inclusion programme with additional support from our staff team. This year the staff team were all involved in supporting the programme, which has helped broaden their coaching experience. It is a real challenge working with young people with disabilities, but extremely rewarding to be able to provide outdoor activities of an integrated nature. This is the third year the inclusion programme has run and its success is wide-reaching. This year, four members of the Inclusion programme have progressed to independently taking part in regular youth club sessions without direct additional support and they are learning how to successfully cope in this new environment.



5.3 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. There were issues with group attendance as detailed elsewhere in the report.

5.2 Girls Can Adventure

Prior to the summer, the Girls Can Adventure programme engaged lots of keen girls participating and becoming more confident within themselves and on activity. This continued during the Summer Project whereby 90% of the places were full.



6 Summer Residential

As part of a progression from last summer's trip to Aviemore, we decided to explore Dumfries & Galloway on the west coast of Scotland for a summer residential expedition. The youth group started training for this back in March. This actually helped focus the group within sessions and trips whilst gaining the extra experience which would be needed to tackle activities in this remote environment within the Galloway National Park.

The whole group learnt the importance of teamwork, how to organise equipment, how to prepare meals and carry out camp craft duties. These are all integral parts of the trip; however, the real adventure was the activities and experiences they shared together.



6.1 Climbing at Thirl Stane Rocks

Climbing ropes were set up on the stunning Thirl Stane Rocks, which are situated on the beach at Gillfoot Bay overlooking the sea. The rock had a hollow passage under the climbs, which gave it a sense of real exposure. Whilst one group climbed, the other did an exploration beach walk out to the rocky outcrops. The group performed some really good climbing techniques practised during sessions on the indoor and outdoor walls at the Centre prior to the trip in order to succeed on the challenging climbs.



6.2 Kayaking

Two trips were organised to challenge both groups' paddling skills. The first was an exciting adventure paddling eight miles of the River Ken, through stunning countryside. Water levels were low, adding a challenge to some sections, whilst other parts had small rapids to navigate and play on. A sea kayak journey brought the group out of Brighthouse Bay to the stunning cliff scenery, where the group learnt to navigate their boats on an exciting rock-hopping section. Being on the sea brought real adventure to their experience.



6.3 Mountain Biking in the Galloway Forest Park

Both groups were engulfed by the forest environment and in a solitary place overlooking the forest park as they embarked on their mountain biking routes. The blue and red trails with difficult uphill endurance sections challenged the group's fitness. There were excellent downhill sections on both routes which were fantastically fast, requiring overall skill and the use of accurate lines in order to stay in control of the bike. This gave both groups an ability to test themselves and their skill and also learn new skills for this dynamic environment.



6.4 Cultural Day

The groups merged for a day to get an experience of Scottish culture and to give them a well-earned rest from the activities. Everyone had a great day out visiting a remote Scottish castle, which was on an island and reached by boat, and a local town for some shopping. Everyone then took part in the Highland Games back at camp and finished by sampling a traditional Scottish supper of neeps, tatties and haggis.



6.5 Wild Bivi

The group kayaked out from the campsite on Loch Ken and paddled an hour out to Long Island. We arrived about thirty minutes before the light fell, giving just enough time to build the group Bivi using ropes, trees, canoes and tarpaulin sheets. The group spent the evening trying to make a fire with limited resources. Wild camping like this is a great team building and leadership exercise, providing an amazing memorable experience.



6.6 Galloway Outdoor Centre

A visit to the Galloway Activity Centre meant that we could plan sailing and windsurfing into the trip, however there was no wind so the water park provided huge bouncy inflatable challenges including slides into the water, catapults from huge airbags through the air into the water, jumps, dives and flips off the water trampoline. There was also a land slide race, laser tag in the woods and the giant swing which set us plummeting from a height of 40ft.

6.7 Benyellary Summit and local walks

The group started in a remote car park then soon were off the beaten track aiming for the summit along the way to Benyellary. The whole group took part but split up into smaller groups and took part in navigation along the way. Spectacular views surrounded the group on the ascent.



6.8 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 Galloway National Park really opened up so many adventures and opportunities. Apart from the very challenging adventurous activities, whereby the young people felt a real sense of achievement, memories of our bivi, the most amazing camping spot overlooking the beautiful Loch Ken, the meals and social moments we shared together all made the trip a wonderful experience for the young people and the leaders. The effort in planning and taking a group so far from home in a remote spot such as this is enduring and demanding on everyone involved but also very exciting in the moment of adventure.



It is certainly worth all the effort to come to these remote destinations and to see how much the young people flourish when pushed to their adventure threshold.

The other fantastic thing is the way in which this experience creates confidence and independence. For some people it was their first trip away from home and the young leaders were a big part of how comfortable they felt being so far from home for so long, it was great to see young people supporting each other in this way. Many friendships were made and made stronger being in this environment and many life-changing experiences took place.

7 Attendance Analysis

Attendance	Summer 2016	Summer 2017	Male	Female
Individuals Attending	259	174	94	80
Attendances	3324	2662	1358	1304

The number of individuals and participation overall went down from the previous year. This may be partially linked to the cuts in the borough that took hold over the summer as there were less group bookings than anticipated and those that did book cancelled last minute or just did not attend.

Individuals who did attend this summer came back more times than previous years 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 gender ratio, last year there were 57% boys to 43% girls and this year there were 54% boys to 46% girls. This year's figures show girls attend more sessions which we are particularly pleased with. Historically we have always been pleased with the numbers of girls attending, which have increased year on year.

Attendance Breakdown			
Asian or Asian British		Black or Black British	
Indian	1.7%	African	1.7%
Bangladeshi	8.4%	Caribbean	2.2%
Pakistani		Somali	1.1%
Other Asian	1.1%	Other African	1.1%
Dual Ethnicity		White	
Asian and White	6.3%	British	46%
Black African and White	4.6%	Irish	1.1%
White & Black Caribbean	6.9%		
Other dual ethnicity	4.6%		
Chinese or Other Group			
Chinese		NB – Other includes Eastern Europeans	
Other	13.2%		

7.1 Summer Project Survey

During the project 31 young people were surveyed regarding the activity programme.

Summer Project Survey	
Figures are shown as a percentage of the answers which were marked between 1 to 10	100%
How enjoyable are the activities on the Summer Project	77.4
How healthy did you feel before you started the activities	60.6
How healthy did you feel after you had done the activities	81.2
Is the summer project good for making friends	74.5
What was the preferred activity as a percentage	
Paddlesport	60.5
Sailing	21.0
Climbing & High Ropes	18.5

The timetable accurately reflected the young people's preference of the activities, e.g. around 60% of sessions planned were paddlesport based.

8 Recognition and Qualifications

The Pathways Awards were co-ordinated by Robyn Cuthbert on a daily basis. The system that was created to record outcomes was extremely accurate so that as the instructors ran the programme they would update individual learning and this was then recorded. For daily attendees, their certificates were created from the information at the end of the day and then awarded to the young people. On the Friday afternoon of each week for weekly attendees, we celebrated young people's achievements by presenting the Pathways award certificates that they had 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. The Pathways scheme has clearly improved the ability to record young people's progress and awards. The structure of the scheme enables instructors to run high quality sessions and allows for the individual to feel connected with their coach and personal learning.

The way in which we monitor recorded outcomes has changed. These outcomes are recorded using the "Stepping Stones" syllabus, which takes place during sessions in between running the accredited awards, and are designed to broaden skills allowing for exploration in bush craft, individual / team challenges and adventure. This area of work relies on more equipment and often more staffing.

Although these in-house certificated outcomes are lower this year in comparison with the last two years, this we feel is related to repeat visitors having already gained the lower level awards as many have been coming for a few summers now.

Further to that, most of the regular youth members who attend in the summer are also at a higher level and therefore will not necessarily gain certified outcomes as in previous years.

Individuals gaining accredited National Governing Body qualifications have however decreased slightly this year. This is because the young people are developing at a higher level now, which takes longer to attain those accreditations.

Summer Project Outcomes	2015	2016	2017
New Skills /Recorded Outcomes	Not recorded in this format		160
Certificated Outcomes	170	337	303
Accredited Outcomes	200	205	164

Breakdown 2017

Activity	Start Green	Passport/Stage 1 Blue	Discovery/Stage 2 Red	Total
Accredited NGB				
Paddlesport	107	12	22	141
Sailing	N/A	14	9	23
Certificated	Green	Blue	Red	
Climbing	100	30	12	142
High Ropes	61	6	13	80
Sailing	81	N/A	N/A	81
Total	349	62	56	467

9 Comments

9.1 Summer Project Comments

Blake: "It is a good place to be and it gives good opportunities for activities. Most other places are really expensive."

Jake: "Brilliant and there is no need to change anything."

Caterina: "Gained confidence in sporting abilities by doing different activities and getting better at them."

Jack: "I have gained great experiences and always enjoy it."

Brook: "I feel strong and healthy when doing the activities and I have made new friends."

Georgina: "I have learnt a lot of things at Shadwell, before I started I was very weak but now I'm definitely stronger and becoming more confident."

Keziah: "I have learnt I might choose to be a leader and have become more confident."



Mathilda:

“I have gained better ways to deal with personal problems and situations.”

Divine:

“I have learnt how to do capsize recovery and learnt how to paddle a kayak and a canoe.”

Gargy:

“I have learnt how to tie knots and sail different boats. Sailing on the river off the new slipway was really exciting.”



- Sophia:** “It is really nice here, I always look forward to the days at Shadwell and the instructors are really nice.”
- Connie:** “Being at Shadwell taught me to tie knots and improve my sailing.”
- Sophie:** “The summer gave me a chance to improve my skills whilst having fun. I also had time to train a lot for the summer residential to Scotland, the thing I worked on most was my water confidence so learning how to support myself when falling in, how to do self rescues and how to rescue others really helped me.”
- Eugene:** “It was fun I had a good time and I enjoyed the Friday Challenge because we did a lot of fun challenges and competitions.”
- Connor:** “The summer project was really good as I learnt how to roll a kayak this helped me to progress as a kayaker and increase my skills. We also sailed on the river in high winds which increased our skills under pressure.”
- Cosmo:** “Having gained my Level 1 Paddlesport Instructor Award just before the summer it was good to see the project from a different perspective and it inspired me to become a leader.”

9.2 Comments about the Summer Residential to Dumfries and Galloway

Sophie: “The residential was good because I improved some of my friendships and I learnt new skills while I enjoyed kayaking and climbing. Being in Scotland made me appreciate the landscape and the nature as it is not something you see in London. The view from the campsite overlooked Loch Ken which was beautiful and was really nice to wake up to.”



Eugene: “I enjoyed the Dumfries and Galloway expedition. I had a good time on all the activities. My favourite part was swimming in the lake which was right next to our camp site pitch. The view from our tents was amazing, I enjoyed being away from London.”

Louis: “The Dumfries and Galloway trip was very fun I had a great time. My favourite bit was when we went mountain biking as the trails were fast and very technical. I loved it as I gained loads of skills and I learnt how to fix my bike and service it.”



Connor: “It was a great trip as we did lots of activities. I loved the rock climbing on the coast, kayaking on the sea and walking. We also visited another outdoor centre and had fun on huge inflatable objects. This trip helped me to improve my skills and gave me life experiences I’ll never forget.”



Julia: “It was fun and exciting I became friends with people that were not my friends prior to the trip.”

Cosmo: “I had the opportunity to use my recent Level 1 Paddlesport qualification to help the younger kids on the paddling trip. I also went on the mountain bike trip and learnt lots of new skills on the exciting trails.”

10 Finance**Summer Project Finance 2017**

Income		Amount
Canary Wharf		£5,000
Clifford Chance		£4,044
London Dock Community Fund – St. Georges		£2,980
CVB Tideway		£2,022
Hermitage River Projects		£2,022
VolkerStevin		£2,022
Bench Blisters Rowing Magistrates		£2,600
User Fees		£4,345
Youth Groups		£225
	Total	£25,260
Expenditure		
Staff & Volunteer Costs		£19,410
Facility & Programming		£5,457
Certification and Logbooks		£385
Publicity and Marketing		£0
	Total	£25,252
	Surplus / Deficit	£8

Summer Residential Finance 2017

Income		Amount
User Fees		£5,600
Youth Project Fundraising		£1,800
Virgin Money Giving Donations		£1,840
	Total	£9,240
Expenditure		
Staff & Volunteer Costs		£4,313
Food		£1,059
Accommodation		£1,496
Transport and Fuel		£1,370
Activities from external provider		£852
Ancillary Costs (Parking etc...)		£157
Equipment		£0
	Total	£9,247
	Surplus / Deficit	(£7)

Summary

	Summer Project	Summer Residential	Total
Income	£25,260	£9,240	£34,500
Expenditure	£25,252	£9,247	£34,499
Surplus / Deficit	£8	(£7)	£1

11 Conclusion

- Registration: there are a number of processes that take place including receiving and checking consent forms, payment (weekly or daily payers), and selection of the activity. The use of the “Pathways” scheme and the valuable work that was put in prior to the project had 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. Young people and parents were queuing from as early as 8/8.30am in order to get a place for the day or week.
- 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 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, Learning Outside the Classroom 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 three members from the Centre Training Scheme who passed their Level 1 Paddlesport Instructor Award prior to the project who gained coaching experience by assisting staff.
- The “Girls Can Adventure” project had encouraged many of the girls to participate in the summer project with 90% of places filled.
- 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. In week five the regular spaces reduced to 20 as there was a reduced staff team due to the summer residential.
- Due to cuts borough wide affecting the summer period there was a much lower than anticipated level of group bookings. Those that did book also cancelled late and or did not show. This meant that it was difficult to plan additional attendance spaces for individual’s in particular weekly bookings. This contributed to the lower attendances overall.
- The concessionary rate offered to those from larger than average families meant that families 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 support their needs. It has allowed us to analyse young people and to make recommendations for some of the members to join in with regular youth sessions in the future. We also involved more staff within the support role of the inclusion sessions and this broadened the coaching experience of the staff team.

- The summer project truly reaches young people borough-wide with some young people coming from further afield. It brings together young people from different cultural and economic backgrounds. This is an incredible social experience and helps young people to make new friends. Young people had lots of experiences working within team situations, which helped develop communication skills. For the more experienced and/or older members, there were opportunities for leadership training. The environment creates a place that is safe for young people to collaborate with each other and the activities are a great leveller for finding potential in young people.
- The residential expedition to Dumfries and Galloway in Scotland was an extended trip and a great success with regular long-standing members as well as newer members of the youth club being challenged at much higher levels in a remote but dynamic environment. 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 bivvi. The young people had the opportunity to reflect whilst on the trip and 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 a 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 on-site summer project and residential. The whole team are a credit to Shadwell Basin. Their individual contribution and desire to enable young people to find adventure through 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.



- Adventurous activities here at Shadwell Basin and in the real outdoors are so amazing and it helps us all in so many ways to fulfil our passion for adventure and feel good about ourselves. They also positively contribute to our physical and mental health. This heightened well being also transpires into different areas of our life.
- Providing a positive environment for young people to grow in experience through adventurous activities and to succeed and excel in these sports at an affordable cost is the charitable aim of the Centre. This could not be possible without the help of our funders and we owe thanks to them for their financial support.