



SSYI and Romsey Mill took a group of young people aged 13-17 on a 4 day Residential in July 2018 in Norfolk.

17 young people and 5 Youth workers stayed at the Horstead Centre, just outside Norwich and took part in a number of challenging activities including Raft building, Climbing, Zip wire, Crate stack and Canoeing. We also ran more relaxing activities in the mornings such as baking, spray painting and making 'survival bracelets'. Evening activities included a Night walk, a games night and a Bonfire. On the final full day we went to Sea Palling beach where we played games, went into the sea and enjoyed fish and chips for lunch.

What the Young people said

Your highlight?

- ✧ "Jumping in the river and rock climbing. Everything."
- ✧ "Being encouraged to face my fear of heights and challenged to try different things when rock climbing and actually going down the zip wire."
- ✧ "Everything..... It WAS AWESOME
😁😁😁"
- ✧ "Having a good time with my friends"



What are you most proud of?

- ✧ "Doing all of the activities"
- ✧ "Getting on with everyone"
- ✧ "My spray paint picture"
- ✧ "Facing my fear of heights and giving everything I did my best effort"



Any other Comments?

✂ “Thank you for everything”

✂ “It's was an amazing trip”

✂ “The trip was a lot of fun and everyone was incredibly kind. They all encouraged everyone to try something new or improve on a skill they already know”

✂ “The residential was great fun, would love to go again”

Distance travelled

- 100% expressed an improvement in their ability to overcome challenges
- 100% expressed an improvement in getting on with others
- 92.9% expressed an improvement in their confidence
- 86.7% expressed an improvement in their hope for the future
- 93.3% expressed an improvement in their communication skills with others
- 100% expressed an improvement in their confidence to try new things

- The young people rated the Residential 8.8 out of 10.



