

Report from Romsey Mill and Shelford & Stapleford Youth Initiative

Residential 27th to 31st July 2017



I wanted to take the time to update you on the outcomes from our recent residential and sincerely thank you for invaluable support. The trip was undoubtedly a team effort and although led by Romsey Mill and Shelford & Stapleford Youth Initiative, it was absolutely underpinned by your support and other key community supporters. In no particular order, we would like to give our huge thanks to Sawston Parish Council, Trumpington Church PCC, Stapleford Parochial Charity, Shelford Parochial Charity John Huntingdon, Trumpington Parochial Charity and 'Friends of SSYI'. Without these partnerships, the stories and outcomes of this residential would not have been possible.

Overview

The residential took place on the 27th to 31st July 2017 in Cumbria, just outside the Lake District, at Ormside Mill residential centre for 4 nights and 5 days. We took 12 young people, 6 boys and 6 girls, from the areas of Trumpington, Great Shelford, Stapleford, Sawston and Duxford. It was led by myself (Lead Youth Development Worker), Zac Britton (Assistant Youth Worker) and Tina Mogg (Assistant Youth Worker). The trip was designed for those young people who we identified as individuals who needed support in building resilience, self efficacy and confidence.

We did this through various ways, one of which was taking the young people to an unknown environment. This proved to be effective because young people were not only amazed by the beauty of their surroundings, for some, it was incredibly challenging being away from home and their environment they know so well. Another way was through adventurous activities such as kayaking, climbing, archery, abseiling, ghyll scrambling, mountain walking and mining. Its an excellent opportunity to push young people out their comfort zone and teach them that they can overcome their fears and that they flourish when they put their hearts and minds to a task. It also is an excellent way to draw out team work and leadership skills. As well as the adventurous activities, they all had daily responsibilities and tasks they had to undertake such as cooking and washing up. Not only was this practical, we wanted to develop some life skills within the young people and also educate them on the importance of undertaking tasks they may not be so willing to do, and

understand how their actions can either positively or negatively impact themselves and others. And finally, spending significant time with one another, both through activities and simply being around one another can put unexpected pressures on relationships and communication. We taught them the importance of being a team and importantly, being a community of people and how we interact with one another.

Outcomes

The outcomes of this residential have been overwhelming. We wanted to monitor the impact of this residential so we had the young people complete a 'Distance Travelled' survey before and after and below are the results.

Before	After
<i>My Communication Skills With Others</i>	
Average Rating: 6.0 out of 10	100% Improvement
<i>My Ability To Get Along With Others</i>	
Average Rating: 6.1 out of 10	100% Improvement
<i>My Confidence</i>	
Average Rating: 6.2 out of 10	100% Improvement
<i>My Confidence To Try New Things</i>	
Average Rating: 5.7 out of 10	100% Improvement
<i>My Ability To Over Come Challenges</i>	
Average Rating: 6.3 out of 10	100% Improvement
<i>My Hope For The Future</i>	
Average Rating: 6.5 out of 10	100% Improvement

As you can see, every young person expressed they improved in all areas with significant progression. The young people loved the residential and gave it an average rating of 9.3 out of 10. Many of them have already asked when is the next one and can they go again!

Quotes from Young People:

"Thank you so much youthclub for the amazing residential the best one ever and I over come my fears because of these people for encouraging me Ollie O'Meakin Zac Britton and Tina thank you all so much"

(Reece from Duxford)

"The residential was a lot of fun some of the activities such as the abseiling were challenging for me as I don't particularly like heights but the main challenge was mining because the mines were very small although that made it more exciting. I learnt to believe in myself when trying new things like climbing a mountain. This residential has improved my confidence quite a lot and it helped me believe in my capabilities more and I now know that with a bit of hard work and dedication you can achieve anything you set your mind to"

(Louise from Stapleford)

Quotes from Parents:

“An absolutely massive thank you to Tina, Ollie and Zac for taking them all. She has not stopped talking about the amazing things they’ve done this weekend! X”

“And a huge thank you to Ollie, Zac and Tina for all your hard work. You’re a fantastic team and inspiration to all the kids x”

Please see the next page for our photo album!

Our Photo Album!

