

## SSYI and Romsey Mill Summer Residential 2019



Towards the end of August 2019 SSYI and Romsey Mill took a group of young people away on a 3-day residential in Upminster.

18 young people aged 13-17 attended the residential at Stubbers Adventure Centre alongside 5 youth workers. The trip was packed with activities including Jet Skiing, Tunnelling, Raft Building, Laser Tag and more. It also included going to a Jump Evolution trampoline park for 2 hours of bouncing, swinging and dunking on the way. These

activities helped to challenge the young people to overcome their fears and push themselves. Alongside this we had two bonfires, a BBQ and plenty of opportunity to chill, play games and explore what the activity centre had to offer. At the end of the residential the young people were encouraged to look back on what they had done and achieved and think about how they can use their experiences to help them later in life. They also spent some time encouraging each other and writing each of their peers a positive note to take home.

The group surpassed our expectations and took on each activity with great enthusiasm, they are certainly keen to return to Stubbers again.

### Some feedback from the young people:

#### Highlights

- “Overcoming my fear of small dark underground spaces and managing to go through all of the tunnels as well as overcoming my fear of heights by abseiling.”
- “When we had the fire and everyone around it”
- “The jet skiing, abseiling, everything really”
- “Everything wouldn’t change it”



#### What are you most proud of?

- “Going in the tunnels”
- “Trying new things”
- “Overcoming my fears and having ago at all of the activities no matter how scared I was”
- “That I managed to overcome my fears”
- “Winning the most politest award”



### Other comments?

- “Very fun”
- “I loved it and I respect all the leaders for doing this”
- “It was a very good trip”
- “I really enjoyed the residential and all of the activities”



### Distance travelled

- 90% expressed an improvement in their ability to overcome challenges
- 90% expressed an improvement in getting on with others
- 80% expressed an improvement in their confidence
- 90% expressed an improvement in their hope for the future
- 100% expressed an improvement in their communication skills with others
- 80% expressed an improvement in their confidence to try new things



- The young people rated the Residential 9.2 out of 10.

