

# UK YOUTH

Avon Tyrrell Emotional Well-Being Weekends 2016/17

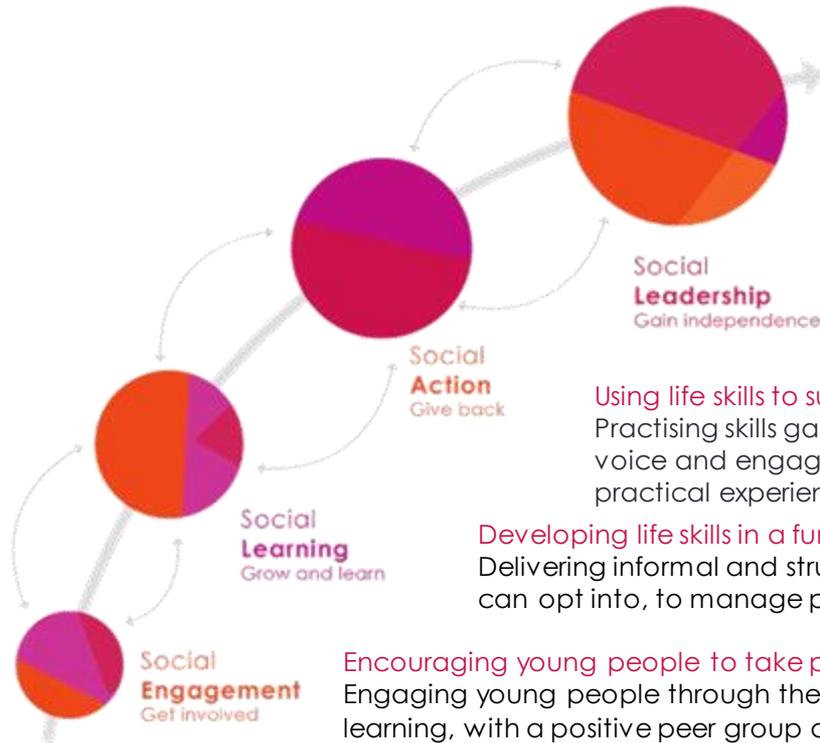
Supported by

**The Dulverton Trust**

# Introduction

- With approximately 830,500 young people in our network we understand the phenomenal strengths of young people right across the UK, and the many and diverse challenges they face as they transition to adulthood.
- As a national organisation we are able to observe differences and similarities in services for young people across the UK and we have used our knowledge and experience to develop a common set of values, a framework for delivery and a suite of awards that youth organisations and young people across our network can buy into.
- Our Social Development Journey is intended to provide a framework for youth professionals and organisations to work with young people to progress, without imposing any pre-determined outcomes, to support their chosen journey towards an independent and self-supporting adulthood.
- In creating this framework it has been vital to be mindful of maintaining the foundations of good youth work practice, so the Social Development Journey should be approached with an understanding that it is based upon the concepts and practice of positive relationships, voluntary participation, equality, opportunity and youth empowerment.

# Our Social Development Journey



Applying life skills to access training, employment and other leadership roles

Finding a role in the community and becoming an empowered, positive and contributing member of society

Using life skills to support the community

Practising skills gained by learning through doing, supporting the community, youth voice and engaging in democracy, failing in a safe environment and acquiring practical experience

Developing life skills in a fun way

Delivering informal and structured non-formal learning opportunities that young people can opt into, to manage personal circumstances and develop skills for life

Encouraging young people to take part

Engaging young people through the provision of a safe space, fun activities and informal learning, with a positive peer group and building ties with the community

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# Programme Outcomes

As a result of the programme, young people would have:

**1. Increased emotional and social capabilities,** using UK Youth's seven emotional and social capabilities

**2. Increased emotional well-being,** using the Warwick-Edinburgh Well-Being Scale

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# What we delivered over the weekend programme

# Dulverton Well-being Weekends

- Our 'Dulverton Well-being Weekends' were designed using the social development journey and the intended programme outcomes for young people.
- Each weekend provided opportunities for ten disadvantaged young people, enabling young people to gain a better understanding of themselves, adopt a more positive attitude and believe in their own potential.
- Each group of young people worked with two experienced programme facilitators and engaged in a variety of outdoor activities designed to build their confidence, resilience and improve their well-being:
  - Outdoor activities included: Canoeing, Climbing, Archery and High Ropes
  - Well-being workshops which young people chose included: Food and Mood, Healthy Relationships and Supporting Friends.
- An additional skills workshop was added in partnership with Microsoft and the UK Youth Generation Code programme to inspire and encourage young people aged 10 – 16 to engage with computing and get creative, get connected and ultimately, get coding. This meant we were able to engage young people in well-being workshops interactively and practically, whilst teaching them a valuable skill, the foundations of coding.

# Dulverton Well-being Weekends

- For each 'Dulverton Well-being Weekend' we worked with the young leaders prior to the groups' arrival, and using our learning objectives matrix developed bespoke programmes tailored to the needs of young people in attendance.
- The weekends were all based at Avon Tyrrell Outdoor Centre in the New Forest National Park, providing young people from deprived urban areas the opportunity to experience a safe, secure rural setting.
- Weekends included full board accommodation in one of our large lodges; creating an environment for young people to socially engage with each other, live independently, appreciate being tolerant of others and develop maturity.
- The whole weekend provided a holistic approach to the social development journey, providing opportunities to participate, engage, experience, learn and develop.



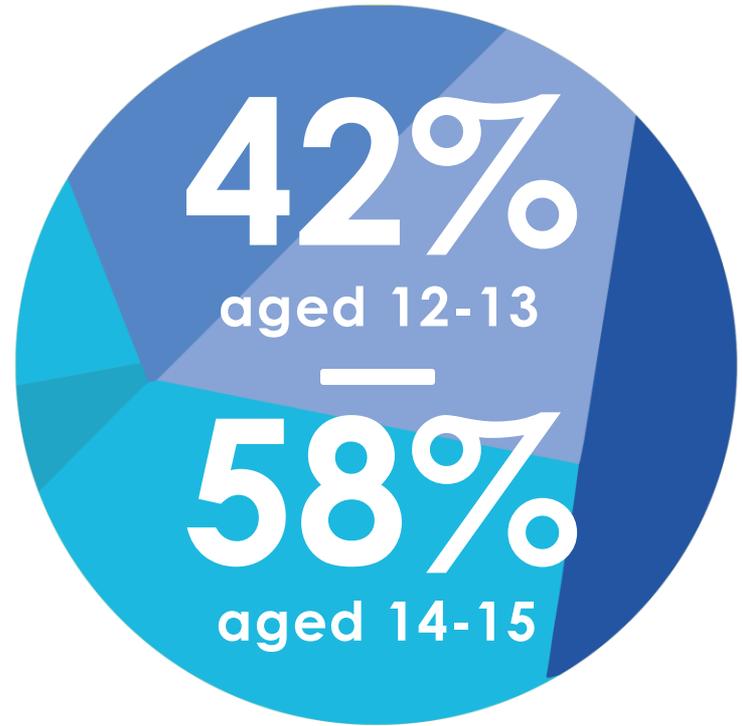
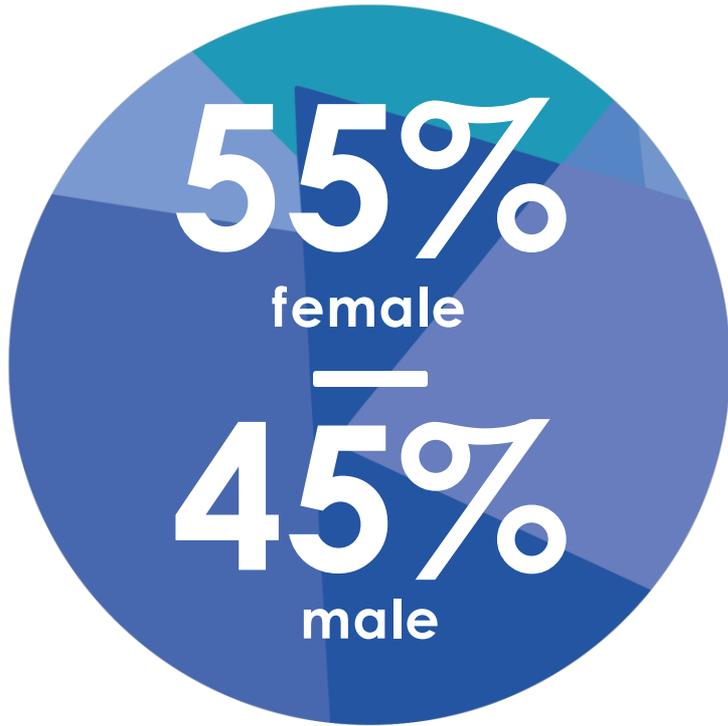


As a result of  
Dulverton support

107

young people have  
attended an emotional  
well-being weekend

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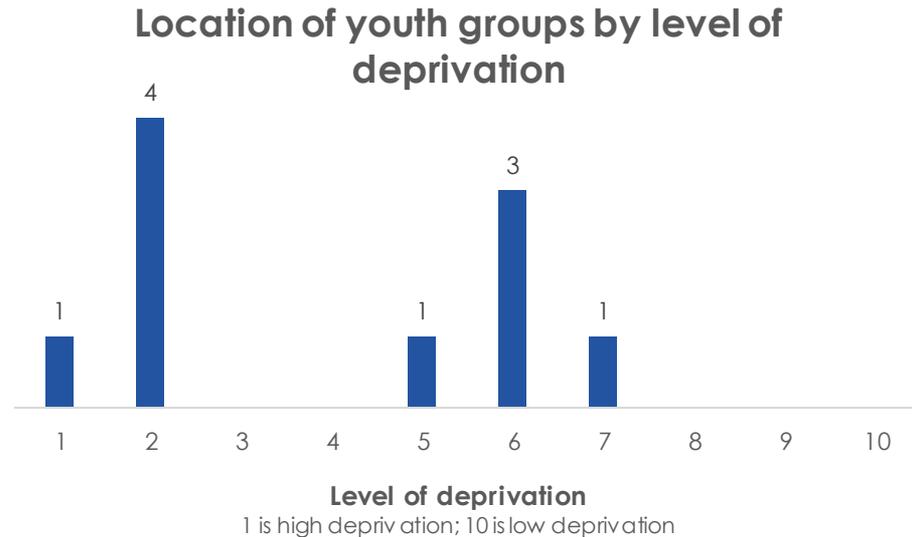


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# Which types of young people did we support?

The graphic shows that 50% of the youth groups who attended the weekends were from the 20% most deprived areas of England, and no-one from the 30% most affluent areas.

This shows that **we were successful in primarily targeting young people who were most in need of support and opportunity.**





# The immediate impact of the programme



**“Our group dynamic has changed, friendships have been built, the young people are happier!”**

# What impact did we have on their emotional well-being?

## Young people's emotional well-being increased across the weekend at Avon Tyrrell

1 is lowest, 5 is highest



The graphic shows that on average overall emotional-well-being **increased by 13%** across the group (from 3.4 to 3.9) on the Warwick-Edinburgh Emotional Well-Being scale.

This increase came from all seven indicators of emotional well-being, but especially young people feeling relaxed and feeling useful.

It shows that **the weekend achieved its primary outcome.**

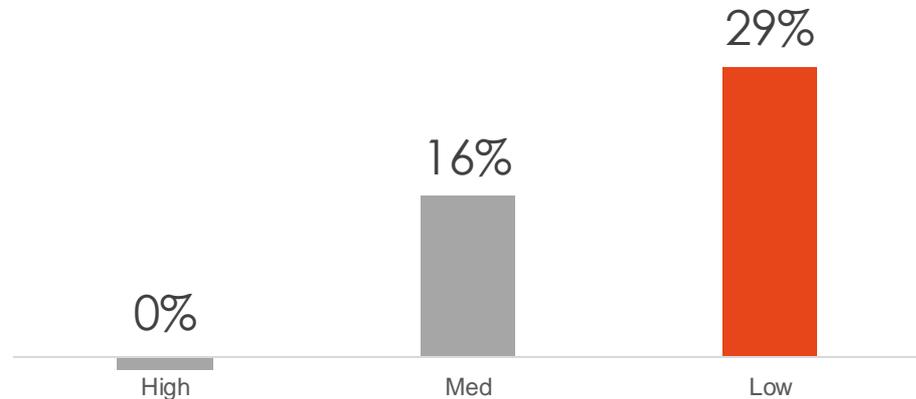
# What impact did we have on those most vulnerable?

The graphic shows that **those young people who began the weekend with the lowest emotional well-being gained the most.**

This increase of 29% (2.6 to 3.4) is twice the average increase.

It shows that **the weekend achieved its primary outcome most significantly for those who needed it most.**

Young people with lowest emotional well-being gained the most



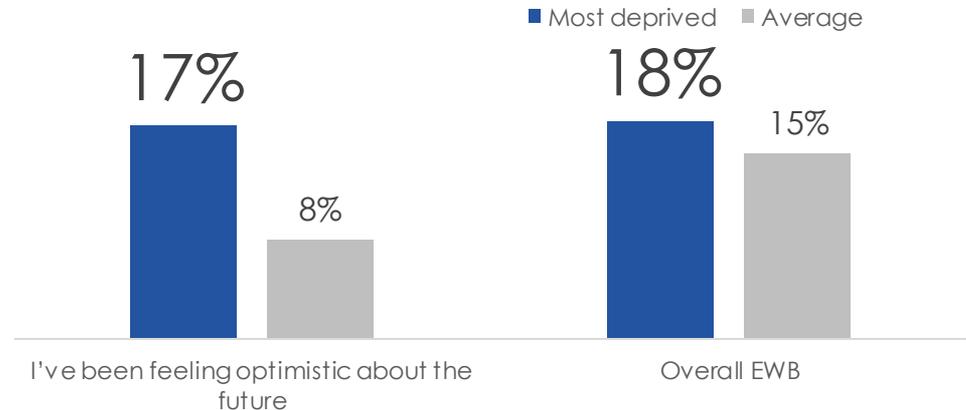
# What impact did we have on those most deprived?

The graphic shows that those young people from youth groups in the most deprived areas of England gained a little more in emotional well-being than average.

In particular, this increase in emotional well-being was driven by a much higher increase in feeling optimistic about their future.

**It suggests that the weekend at Avon Tyrrell was especially beneficial for those young people from deprived areas and backgrounds.**

## Young people from most deprived areas gained the most in emotional well-being



# What impact did we have on boys and girls?

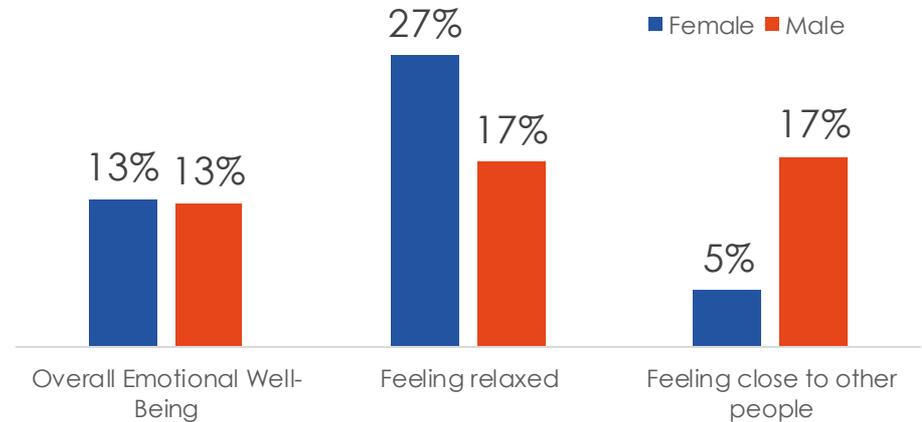
The graphic shows that although boys and girls increased their emotional well-being by a similar amount (13%), the contributing factor was very different.

For girls, the key factor was increasing their sense of feeling relaxed (27% increase).

For boys, the key factor was feeling closer to others (17% increase).

**It suggests that the emotional well-being needs of boys and girls were different, but the weekend met both needs.**

## Boys and girls showed biggest increases in different areas of emotional well-being



# What impact did we have on their emotional and social capabilities?

## Change in Emotional and Social Capabilities after Avon Tyrrell Weekends



The graphic shows that on average **young people's emotional and social capabilities (ESCs) increased across almost every area of UK Youth's framework.**

This biggest increase came in communication, responsibility, resilience and confidence.

It shows that **the weekend achieved a key second outcome of developing young people's personal skills.**

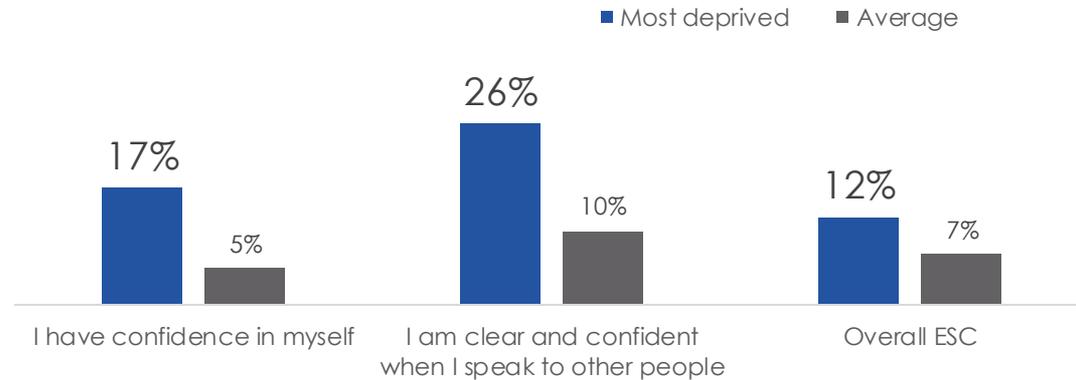
# What impact did we have on those most deprived?

The graphic shows that those young people from youth groups in the most deprived areas of England gained more in their emotional and social capabilities than average.

In particular, this increase in emotional well-being was driven by a personal confidence, generally and communicating with others.

**It suggests that the weekend at Avon Tyrrell was especially beneficial for those young people from deprived areas and backgrounds.**

## Young people from most deprived areas gained the most in emotional and social capabilities



## What did young people learn from their experience?

“to try something, even if you’re scared” – Tyrique

“courage, resilience and bravery” – Allen

“how to help my friend overcome her fear” – Amy

“that I am more capable than I thought I was” – Anthony

“new skills, new friendships and leadership” – Bethany

# What did young people learn from their experience?

“how to live without Wi-Fi” – Chelsea

“not give up on new ways of doing things” – Levi

“how to listen clearly and work as a team” – Tamzin

“how to make healthy relationships” - Caitlin

# Do youth workers think these weekends at Avon Tyrrell are important?

“Yes, absolutely. Spending an extended length of time together, completing activities that are demanding physically and emotionally, builds a greater sense of community and therefore more resilient young people.”

“Definitely, this helps them to access areas and opportunities that they do not have access to and helps build relationships with each other and staff.”

# Do youth workers think these weekends at Avon Tyrrell are important?

“Yes. It allows them to learn in a different environment and it brings a target group together for a period of time. It also allows them time out from their everyday environment.”

“Yes – it helps young people (and leaders!) to develop relationships with others their own ages and with those older than them, whilst developing confidence and willingness to try out new things and think new things through.”

“The impact the trip had were phenomenal the young people have grown in confidence and it has meant that I have been able to build relationships with them. It is so important that these opportunities are still available for those vulnerable groups of young people”



**Food and Mood**  
**Developing life skills and**  
**understanding the association food**  
**can have on emotional well-being**



**The on-going impact of the  
programme, three months on**

# What good practices have youth groups put in place since the weekend?

“Encouraging sharing of deeper things that are going on in the young people’s lives, taking time to listen and show they care for each other.”

“From the weekend we were able to talk to pupils about mood and good ways they can increase their self esteem.”

“We are setting up a steering group for our young people which will be part of the management structure of the youth club.”

“More openness and encouragement to share positives and negatives from the week. More time for them to interact with each other and share and be open with each other.”

# What have young people gained from the weekend in the longer-term?

“I learnt that making a plan is a simple way to avoid stress, and working in a team is a group effort.”

“I’ve learnt not to rely too heavily on others and the importance of developing self-independent skills.”

“I have learnt to be hopeful. At the weekend we were told: ‘believe in your life’. This made me think. Although I’m going through a lot, I find thing that can help me through it. Believing in yourself is what makes me and my life great.”

“I found out that people are in the same situation as I am. And as I created stronger friendship with people we help each other get through tough tasks.”

# What have the youth workers seen as the longer-term impact?

“The young people were talking about having peer mentors in the club and so we have introduced this as a project.”

“Their self esteem and confidence have increased since the weekend and we were able to identify further areas of need to support pupils by spending the extra time with them.”

“It’s built more unity, better friendships and more honesty amongst young people. They are more confident, more openness with leaders”

**“The impact the trips had were phenomenal the pupils have grown in confidence and it has meant that I have been able to build relationships with them.”**

Gemma , Group Leader

# Summary

As a direct result of the **Dulverton Well-being Weekends** we were able to offer 107 disadvantaged young people the opportunity to experience a high quality residential Well-being programme that achieved the set outcomes.

The Dulverton Well-being Weekends supported young people's personal development whilst creating cohesive support networks in each locality. The young people gained an appreciation that they are not alone, that others face similar challenges, but that with confidence, self belief and support they have the potential to build bright futures.

Our approach enabled us to create an environment where young people could:

- Take part (**social engagement**)
- Build life skills in a fun and engaging way (**social Learning**)
- Take their increased skills/knowledge back to their local communities and cascade their experiences out to others in their local community (**social Action**)
- To build bright futures, more confident in their own abilities (**social leadership**)

The **Dulverton Well-being Weekends** made a significant positive difference to the Young People who attended the programme. The evaluation and all feedback received was incredibly positive and we will continue to seek funding opportunities to enable us to deliver this worthwhile programme for young people.



# UK YOUTH

Thank You

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