

September 2018-2019

SOCIAL IMPACT REPORT

*Your Adventure, Our Passion... Your
Journey of Change.*

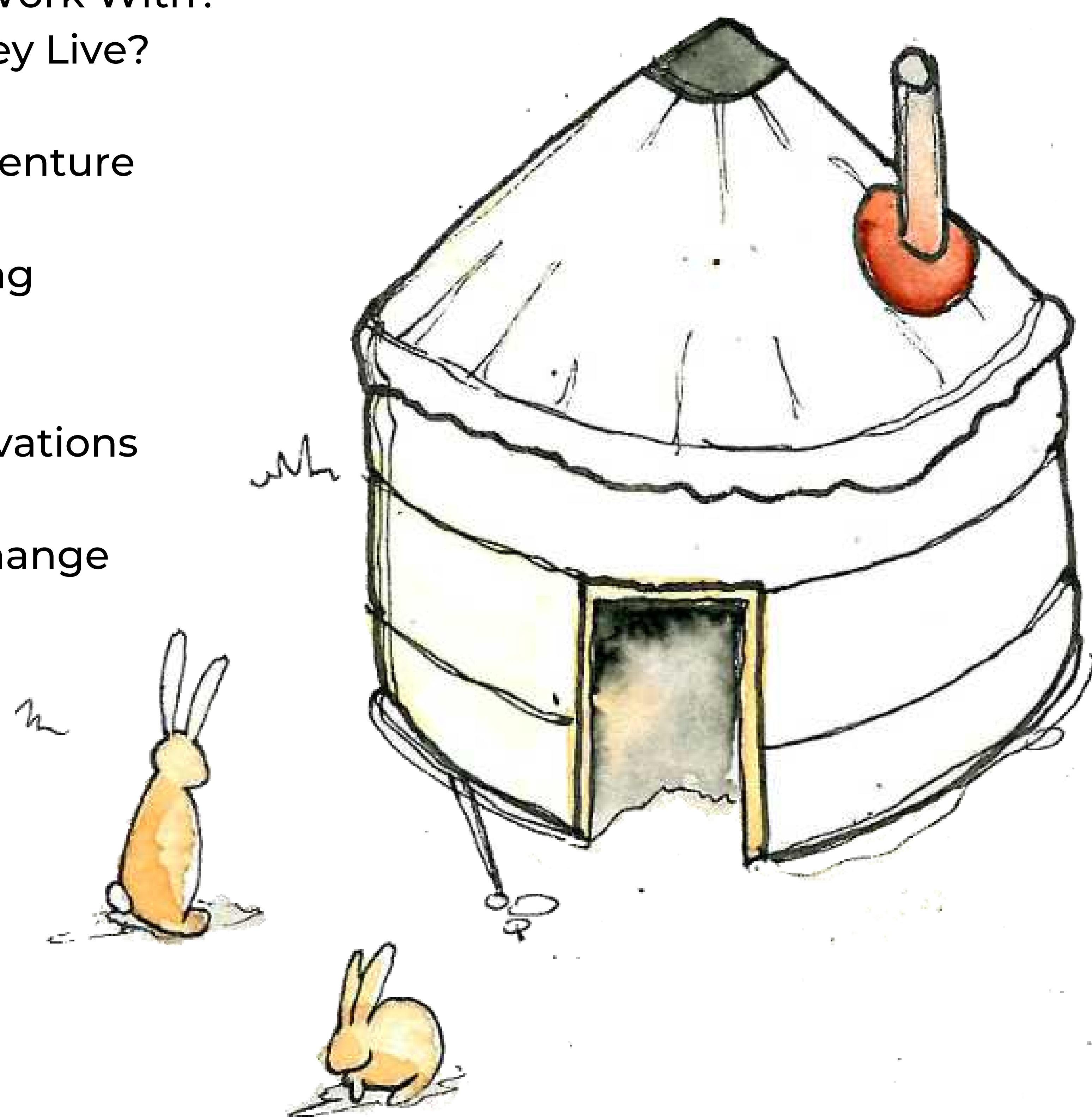


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INTRO

BF Adventure works with young people and families who often could not or would not access other services. They do transformative work using their unique outdoor environment that creates real positive change for young people, their families and the communities in which they live.

This year has seen a strengthening of the staff team, improved stability from a financial perspective, in a challenging economic climate; and the exciting development of the BF Adventure Journey of Change. The Journey of Change has been a major piece of collaborative work with input from young people, parents, referrers, staff and trustees. The resulting document supports children to understand and engage in their own journeys with the project and communicates, simply and clearly, the commitments, values and respectful approach of the organisation as a whole.

BF Adventure works with multiple referrers, through a number of different programmes. The work with young people is flexible, led by the children's interests and evolving needs and delivered with a spirit of collaboration and respect for individuals, while fostering children's confidence, self-esteem and environmental values.

This Social Impact Report presents an overview of the work of the project over that last year. It's easy to read and provides helpful and compelling information about the value of the project (which is already well-known to referrers and families). What the report cannot capture is the particular journey of individual children who have accessed the project, gained new skills, made friends, learned about themselves and their emotions and taken the benefits they have derived back into the communities where they live.

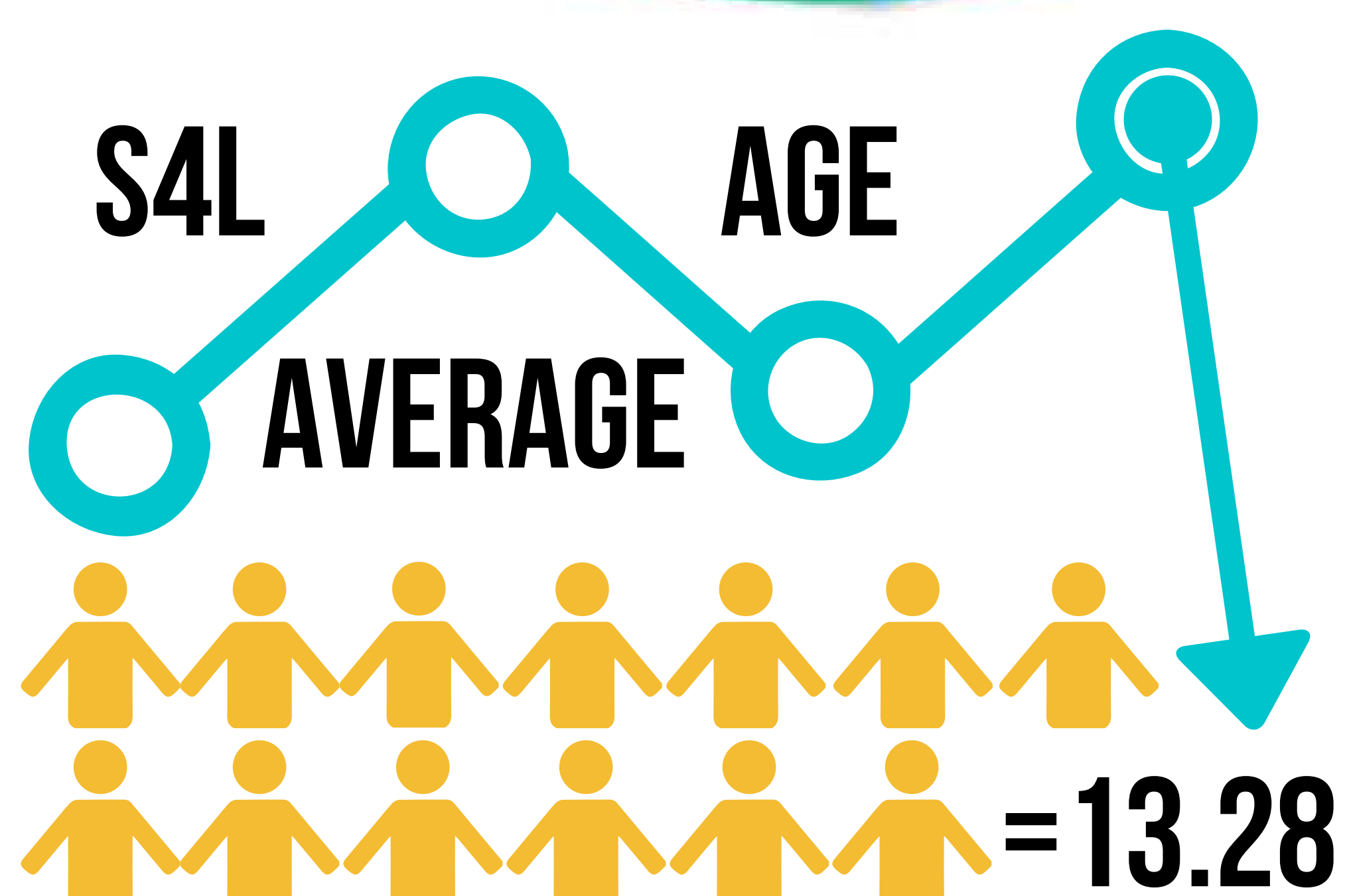
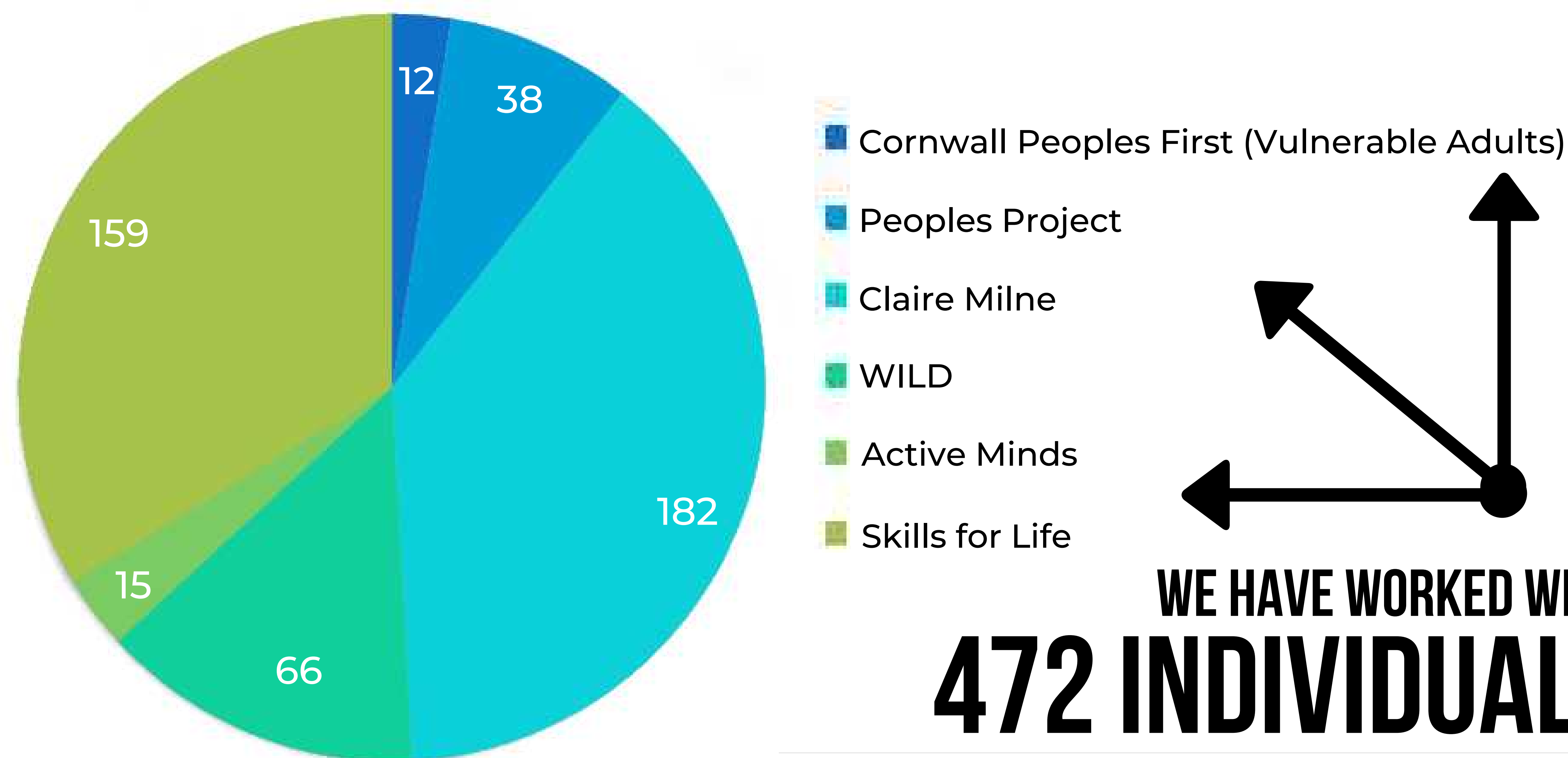
BF Adventure can justifiably be proud of their work and the impact they have in so many young lives.

- Dr. Ben Laskey
Consultant Clinical Psychologist
The Psychology Partnership

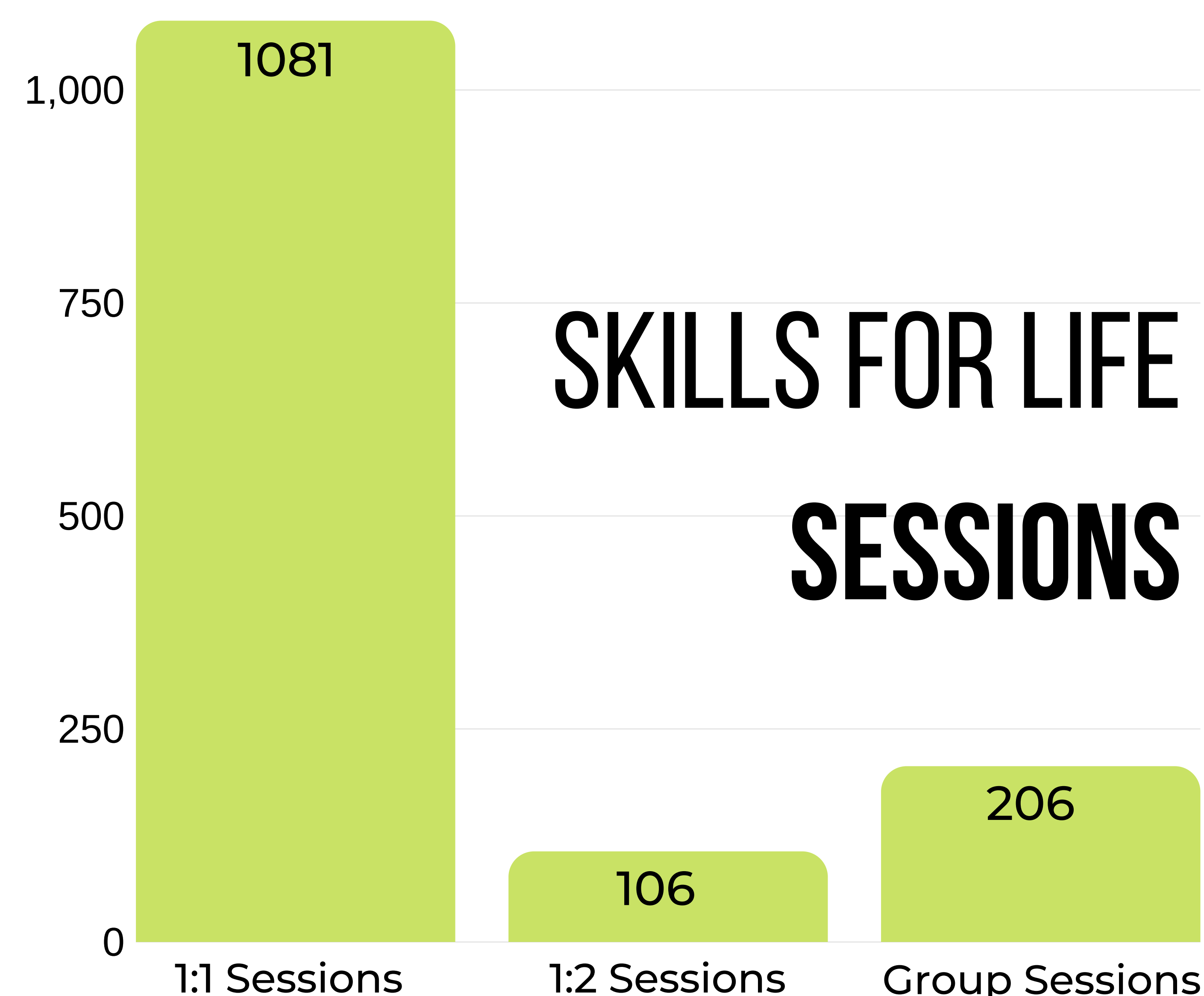
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STATISTICS

2018-2019

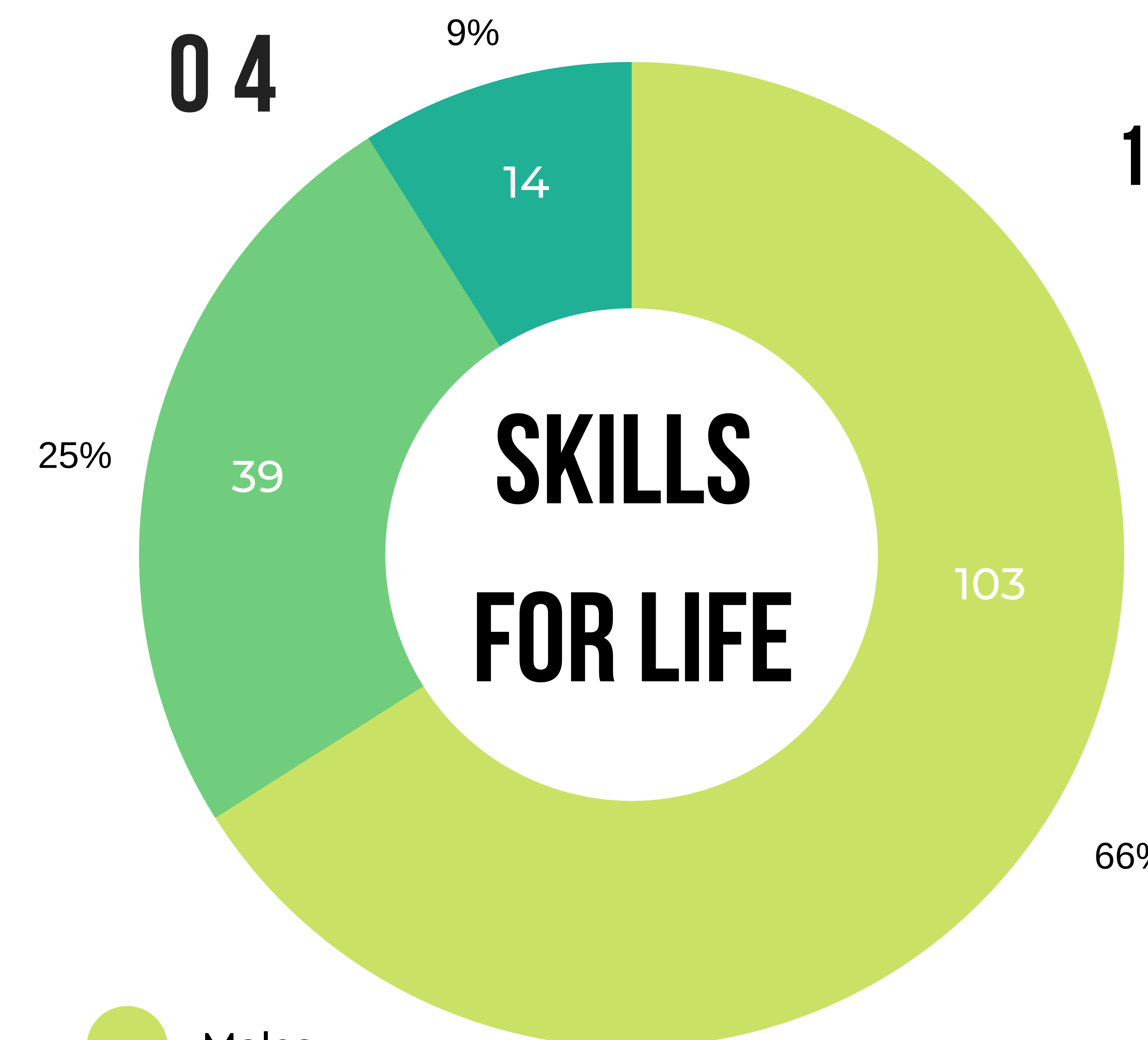


100% OF YP FEEL THAT BFA HAS HELPED THEM BECOME BETTER ROLE MODELS.

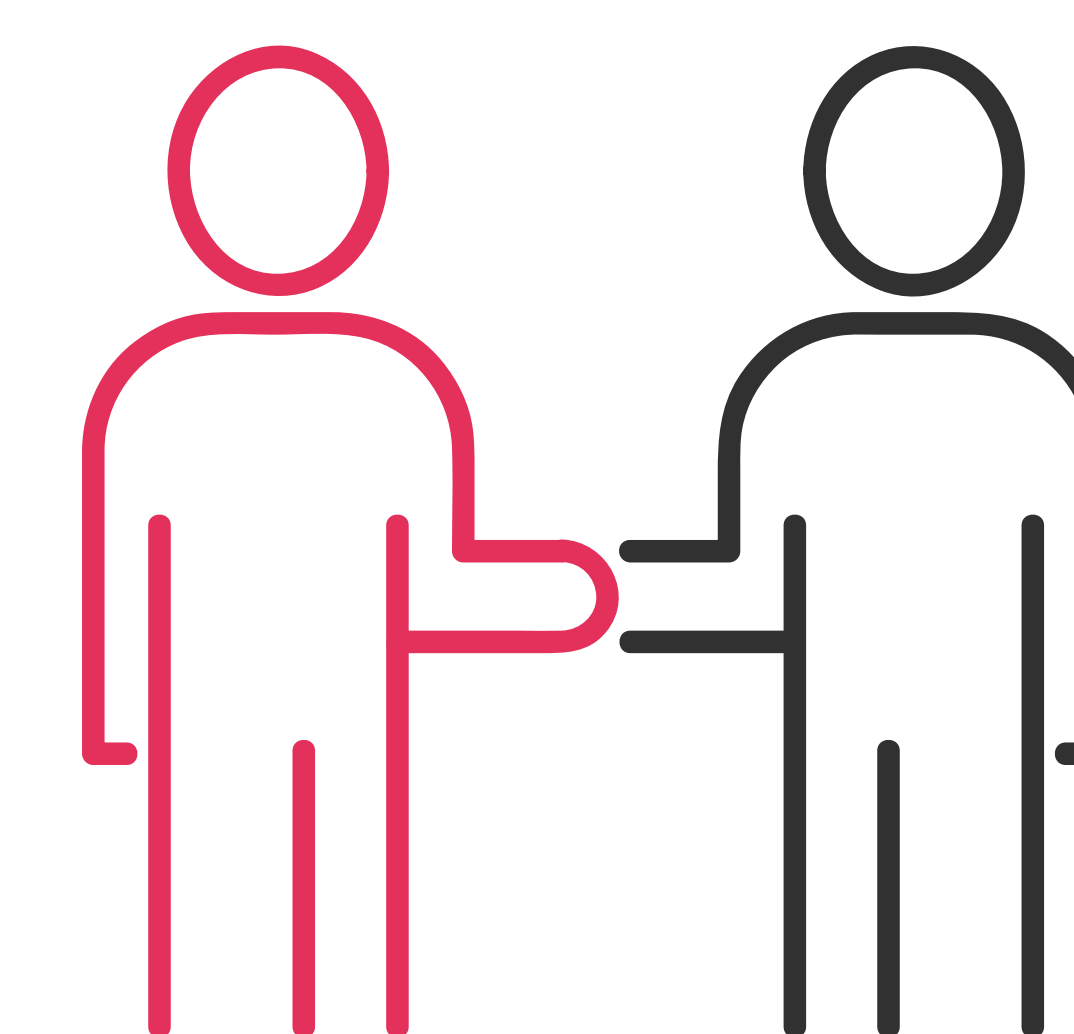


Your Adventure, Our Passion.

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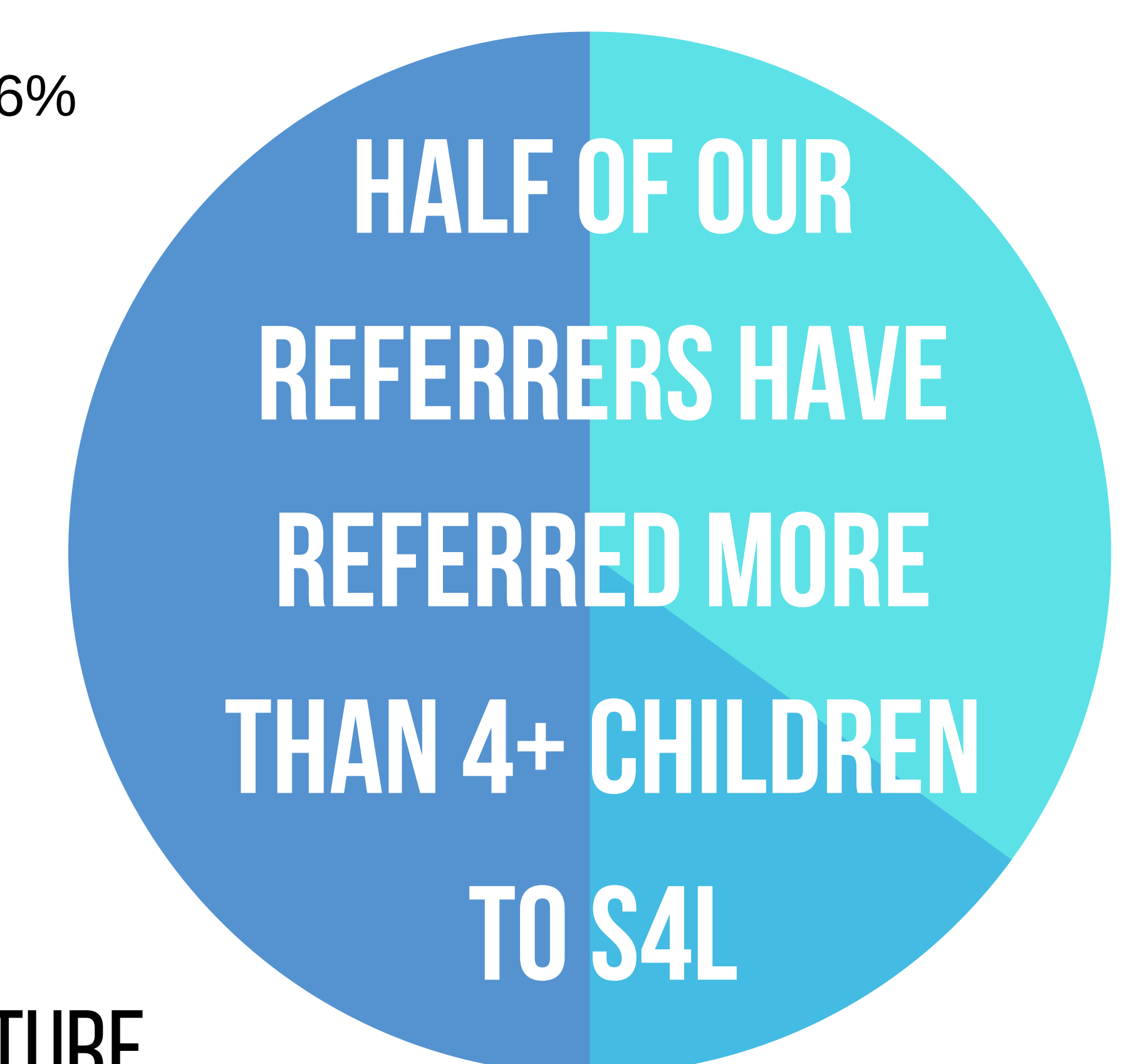


- Males
- Females
- Transgender (catagorised as 'other')



100% OF YOUNG PEOPLE TOLD US THAT BF ADVENTURE HAS HELPED THEM AND THAT THEY WOULD RECOMMEND TO A FRIEND.

100% OF PARENTS AND REFERRERS TOLD US THAT BF ADVENTURE HAS MADE A POSITIVE DIFFERENCE TO THEIR PUPIL/CHILD.



- 1 Child
- 2 Children
- 4+ Children



BF Adventure uses the outdoor environment to support our clients on their journey of change. Is outdoor learning important for children and young people?



Your Journey of Change.

05

ABOUT US



141 REFERRAL AGENCIES

159 YOUNG PEOPLE ON S4L

1581 SESSIONS

Our mission is to inspire, challenge and empower people, especially young people, to develop their life skills and to bring about positive change - at BF Adventure we are committed to empowering children and young people to learn differently in the outdoors. It's the unique outdoor setting at BF Adventure that provides the perfect backdrop for our work, enabling our visitors to immerse themselves in nature.

Our site comprises of 60 acres of heathland, woodland and five flooded granite quarries providing a habitat for a rich variety of flora and fauna, insects, reptiles and larger species of wildlife. Over the years we have conscientiously developed the site to enable us to deliver a huge range of activities including paddle sports, outdoor climbing, archery, quarry steering, zip wire, abseiling, low ropes and problem solving. Throughout the site there are bush-craft areas, perfect for campfires, den building and conversation. We strive hard to ensure our activities are accessible to all and we have a purpose-built wheelchair abseil ramp, kite harness and all-terrain wheelchair. We have recently installed "Changing Places" facilities.

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OUR VALUES

We work in line with a set of core organisational values. To deliver our mission we focus on two key areas; Adventure and our Core Charity.

Our Adventure group bookings team supports schools, colleges, uniformed organisations, individuals and families to access our activities, led by qualified and experienced instructors through day visits and residentials. This team also lead our birthday party bookings and Holiday Activity Days. All profits from our activity centre support our core charitable programmes. This social impact report will highlight the work of our Core Charity.

Branded under "Skills for Life", these programmes primarily support children and young people who face challenges in engaging with mainstream education. We also work with adults and families within some of our programmes.

BF ADVENTURE VALUES

JOURNEY OF CHANGE

CHANGING PERSPECTIVES



We embrace diversity and recognise everyone has a part to play in life. No one should face discrimination and we challenge both its roots and its impact.



TRUST

At BF Adventure we believe that our environment, should be a safe space for all, igniting positive relationships based on trust and respect.

EMPOWERING

We listen to you and value your opinion. We enable you to face challenges and make informed decisions.

COLLABORATING

We believe working together achieves the best results. We actively explore new partnerships with those who share our values.



INTEGRITY

We welcome a culture of honesty and openness that allows us to learn and grow together. We do what we say!



SUSTAINABILITY

We seek to create lasting change and to consider future generations in all of our decision making.



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SKILLS FOR LIFE

We have developed our Skills for Life programmes to meet needs identified through our clients, referrers and partners; as a learning organisation committed to delivering change, we are able to adapt our provision as demand changes. During the 2018/19 academic year we delivered 1581 Skills for Life sessions across a range of programmes. Our current programmes include:

SKILLS FOR LIFE - LEARN DIFFERENTLY

An alternative education programme for children and young people aged 5-16 years.

SKILLS FOR LIFE – TOTEM

10-week well-being programme for young people who identify as LGBTQ+

SKILLS FOR LIFE – FAMILIES

Bespoke programmes to support communication and positive relationships within families.

SKILLS FOR LIFE – HEAD OUT

10-week well-being programme for young people who are experiencing low level mental ill health.

SKILLS FOR LIFE – ACCESS TO ADVENTURE

Fully inclusive activity programmes for children, adults and families with physical and/or learning disabilities.

SKILLS FOR LIFE – ACTIVE MINDS

A pilot programme run in partnership with Carrick Mind to provide wellbeing sessions for 17 – 25 year olds.

Your Adventure, Our Passion.

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WHAT DO WE DO?

During the last 18 months we have focused on an organisation-wide review on determining the purpose, methods and outcomes of our provision. This resulted in a pictorial representation, our Journey of Change, which underpins all our work. We use this to enable our children, young people and families to develop improved understanding of their own journey.

We support our clients on their personal Journey of Change through a programme which is designed to meet their identified needs. Our Journey of Change highlights 5 key outcomes that our provision can support our clients to work towards.

DEVELOPMENT OF
POSITIVE RELATIONSHIPS

IMPROVED
COMMUNICATION SKILLS

INCREASED
CONFIDENCE

INCREASED
PERSONAL
WELL-BEING

SENSE OF EMPOWERMENT



Your Journey of Change.

WHAT DO WE DO?

We work with the young person, their referrer and their families to identify which of these they feel they would most benefit from working towards. We measure this development through discussions centred on our “I Can” statements, through their learning journals and through feedback from referrers and families.

We recognise the synergy between personal development and its wider impact on the world around us. As such we want to encourage all our clients to have the opportunity to develop a love of education, a passion for the environment, the opportunity to give something back to society and an understanding of the importance of positive social change.

“The staff at BF Adventure are highly skilled in engaging with children and young people, helping them to express their wishes and feelings. They help them to see themselves differently and to see their futures differently. They help children to reintegrate into their families, their schools and their peer groups.”

- Jack Cordery Service Director for Children's Social Care in Cornwall



**LOVE OF
EDUCATION
PASSION FOR THE
ENVIRONMENT
GIVING SOMETHING BACK
TO SOCIETY
POSITIVE SOCIAL
CHANGE.**

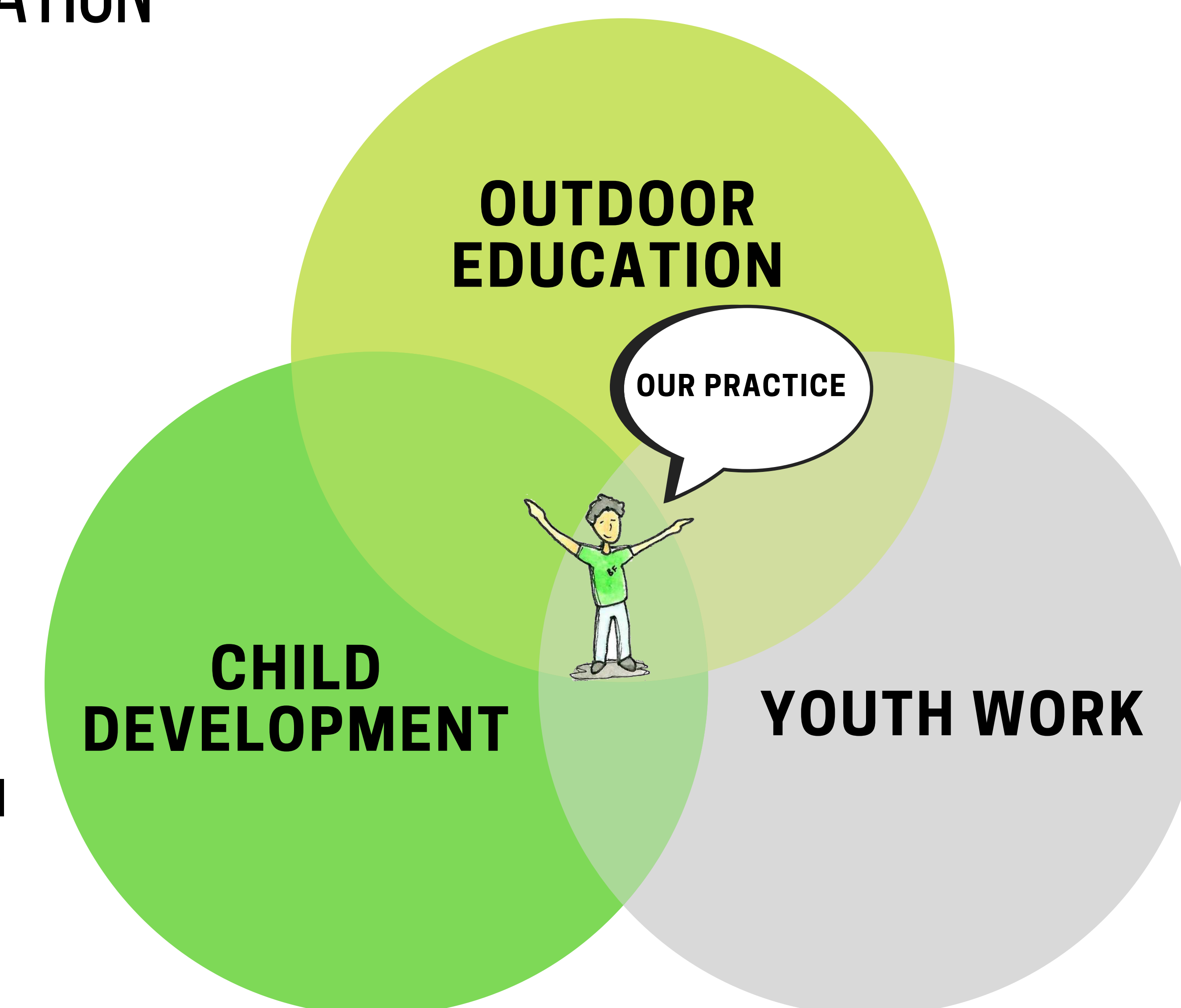
OUR APPROACH

The team at BF Adventure bring a huge range of skills and experience to our provision which has enabled us to develop a unique approach to our delivery. Professional development opportunities, placement students and our partners enable us to reflect and inform our quality improvement.

YOUTH WORK – INFORMAL EDUCATION

At the core of a youth work approach are the professional skills to build trusting relationships with young people and empower them to enhance their personal, social and educational development. Youth work uses an informal educative process, a process underpinned by inspiring curiosity to bring about wider change. Within this, young people are equal partners in their own learning; they are enabled to start from where they are at, go forward at their own pace and develop their own voice along the journey.

At BF Adventure we use conversation and activities to build relationships with our children and young people. We enable them to determine their own programme of learning through activities, make sense of the world around them (both environmentally and socially) and learn more about themselves through the process. We support them to tell others about their personal developments and achievements and to celebrate their journey.



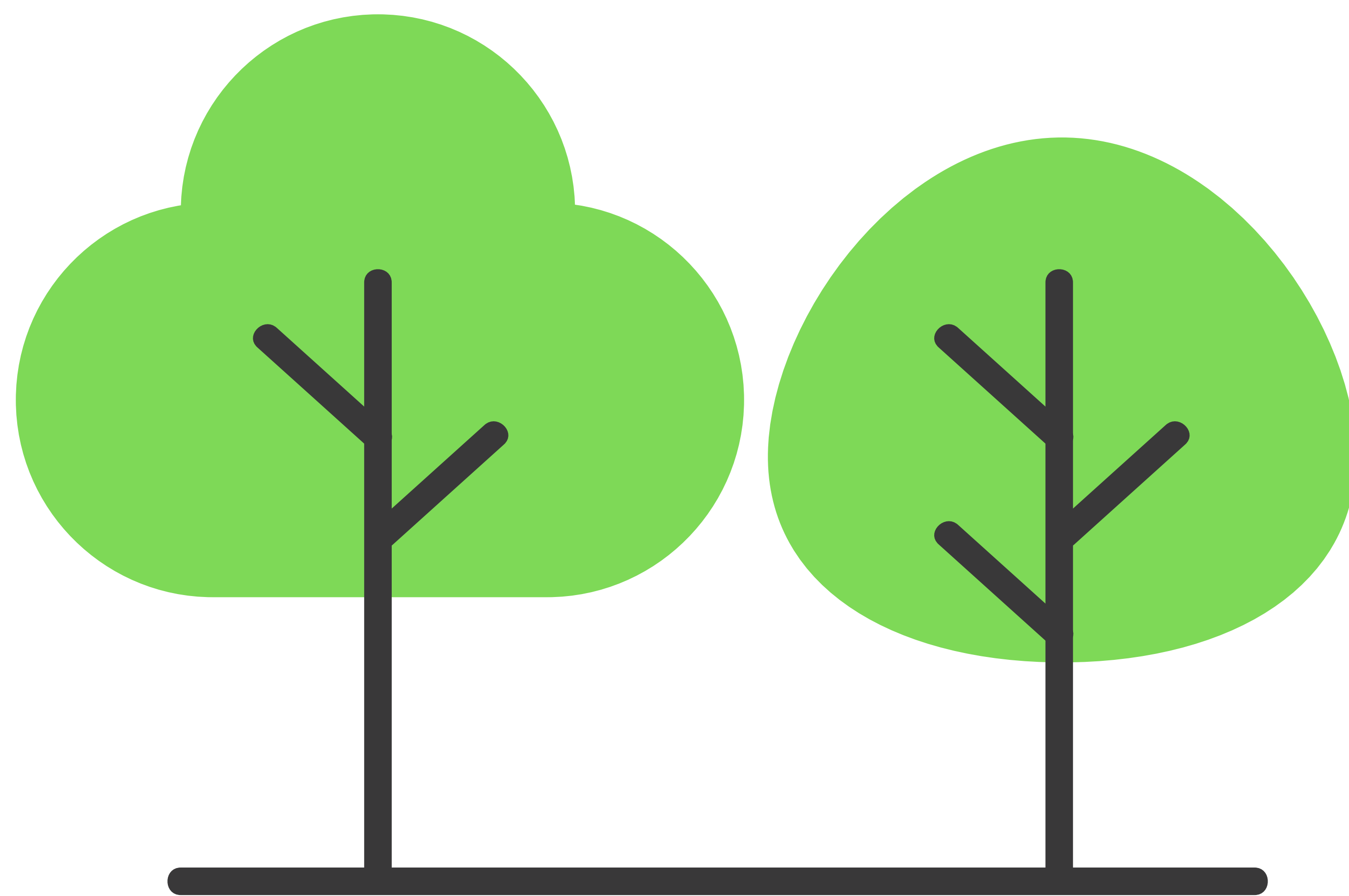
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OUR APPROACH



OUTDOOR EDUCATION AND GREEN SPACES

There have been a growing number of studies in recent years linking the benefits of the outdoors, 'green spaces', to improved health and well-being. It is believed that contact with nature plays a crucial and irreplaceable role in brain development. Simply walking through a natural environment can reduce blood pressure, reduce stress chemicals such as cortisol and support with overall well-being (Van den Berg 2017). With so many people leading sedentary lifestyles we know that all forms of exercise are good, raising fitness, releasing endorphins and promoting a sense of calm.



At BF Adventure we encourage children and young people to appreciate the natural environment around them, from sensory journeys and pond dipping to wild swimming, quarry-steering and the zip wire. We enable children and young people to immerse themselves in the outdoors.

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OUR APPROACH

CHILD DEVELOPMENT – A TRAUMA INFORMED APPROACH

Studies show that the main difference in promoting positive outcomes for young people who experience Adverse Childhood Experiences is building key relationships with trusted adults. At BF Adventure we delegate a key worker to develop a relationship with each child. We ensure that our children and young people have safe boundaries, we listen, both to their spoken needs and those which manifest through their behaviours. We engage with them through positive shared experiences and use a PLACE approach, using attunement and co-regulation to help them feel safe, modelling self-regulation and supporting them to develop this skill themselves. This approach reduces the impact of toxic stress; studies have evidenced that the build-up of toxic stress impacts negatively on the future mental and physical health of the child.

"I cannot speak more highly of this organisation. They provide a vital service which empowers and skills young people who may be highly anxious, severely depressed or traumatised. We have seen young people flourish under BF's care."

- Lucy Hayes, CAMHS Therapist and Manager

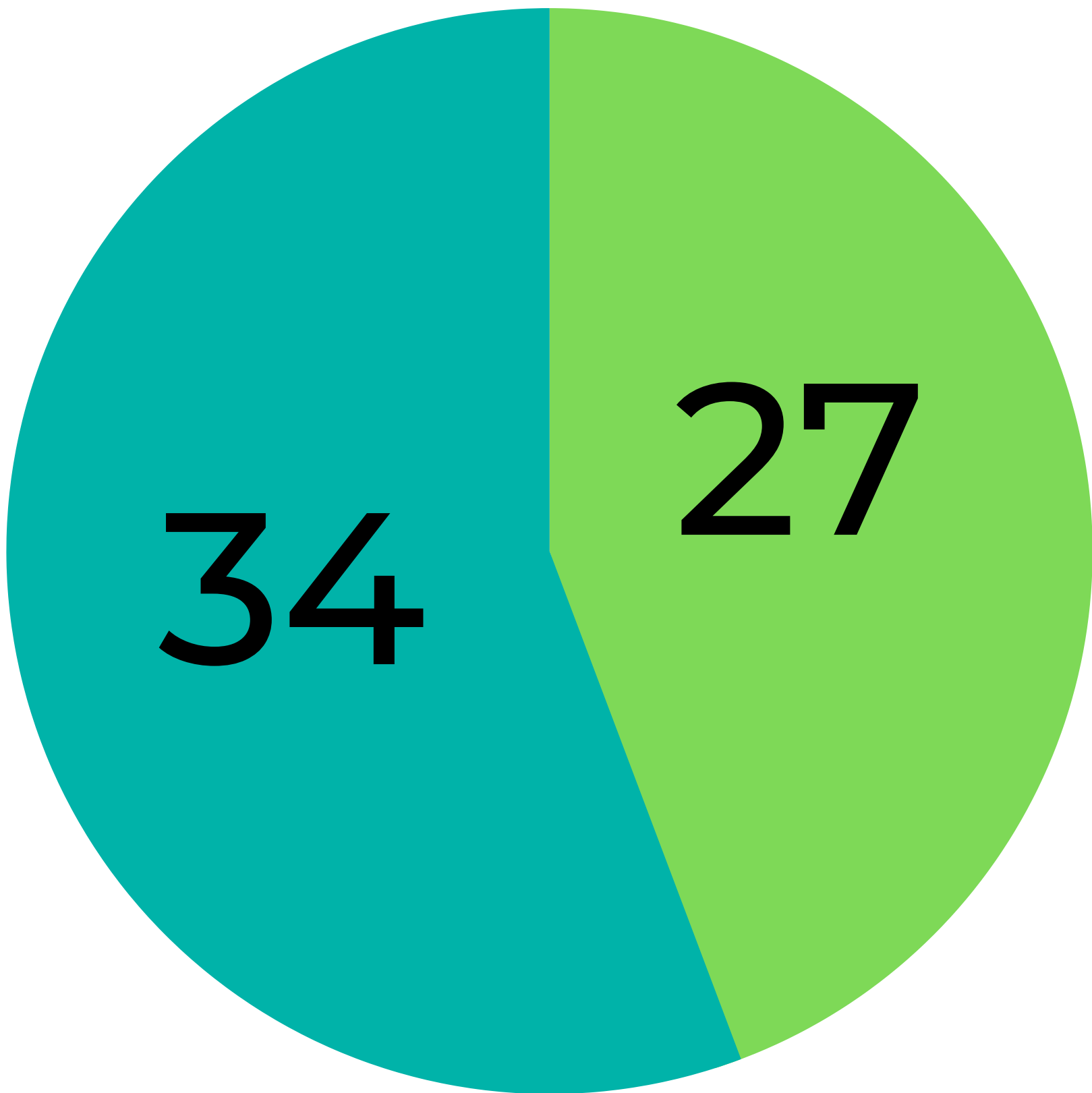


WHO DO WE WORK WITH?

Most of the children and young people we work with are referred to our programmes through Social Work, Early Help or schools and are usually already engaged in specialist support services. A growing number of parents and carers contact us directly to request provision, including parents who are home educating their child or who are concerned about their child’s mental well-being. The majority of children and young people we work with experience learning and/or physical disabilities, behavioural challenges, mental ill health and other issues associated with Adverse Childhood Experiences (ACE). Children’s services in Cornwall, including schools, have benefitted from funding to develop awareness of the impact of ACE on children’s cognitive development and research confirms that those who have experienced 5 or more ACE are more likely to develop toxic stress which impacts negatively on the future mental and physical health of the child.

It is therefore essential that a trauma informed approach, that is predicated by the need to build trusting relationships with children and young people, is intrinsic to our provision.

NO. OF CHILDREN AND YOUNG PEOPLE



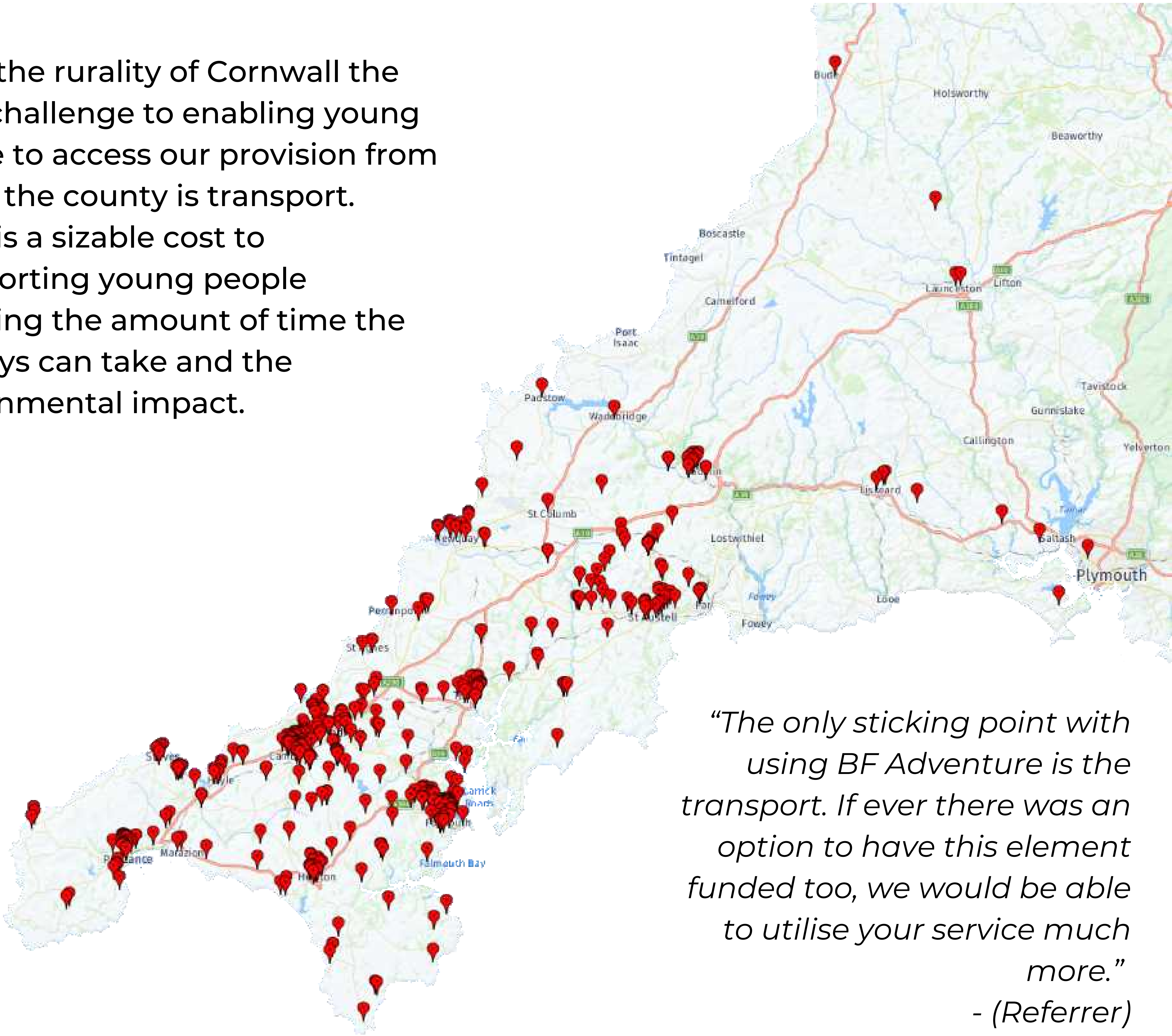
- 5 or more Adverse Childhood Experiences
- Less than 5 Adverse Childhood Experiences

TO PUT THIS INTO THE
CONTEXT OF THE
CHILDREN & YOUNG PEOPLE
WITH WHOM WE WORK,
WE TOOK A SNAPSHOT OF
ONE WEEK IN JULY
DURING WHICH WE WORKED
WITH 61 INDIVIDUALS.

WHERE DO THEY LIVE?

We work with clients from across Cornwall, drawing mainly from the urban conurbations of Camborne, Pool and Redruth, Helston, Penzance, Falmouth, Penryn and Truro. Our funded programmes have enabled us to reach out geographically and we have a growing number of young people attending our provision from Newquay and St Austell.

Given the rurality of Cornwall the main challenge to enabling young people to access our provision from across the county is transport. There is a sizable cost to transporting young people including the amount of time the journeys can take and the environmental impact.



“The only sticking point with using BF Adventure is the transport. If ever there was an option to have this element funded too, we would be able to utilise your service much more.”
- (Referrer)

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FUNDERS

We couldn't do what we do without the support of our fabulous funders.

HEAD OUT

– Awards for All, Worval, Ironmongers,

Head Out was developed as a pilot project in 2016 with funding from the Duchy Health Charity as a response to our recognition that an increasing number of the children and young people accessing our services faced mental ill health challenges. The 8-week programmes run on a half-termly basis and include 1:1 outreach and transition phases alongside group work on site. We have expanded the initial term time provision to include group work throughout the summer holidays.

EARLY INTERVENTION & PREVENTATIVE SUPPORT

7 PROGRAMMES
2018-2019

SUPPORTING

42 YOUNG PEOPLE
ON HEAD OUT



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THE STORY

THE START →

Megan is adopted and first came to BF Adventure as part of the Head Out programme in Spring 2018 but her anxiety prevented her from fully engaging.

School described her as being in a permanent state of fight or flight and she struggled to take part in activities or socialise with peers.



THE JOURNEY

Fast forward to Summer 2019 and she single-handedly organised a week long sports day event for all the core clients to take part in.



Not only was she able to socialise with others but she also facilitated and positively impacted the experience and development of other vulnerable young people.



OUTCOMES ACHIEVED

She has named BF Adventure one of the few places where she feels safe. Her mum has said "we are so grateful for the work you are doing with Megan... thank you".

'I think you give a relaxed space for young people to explore issues that affect them & their health & find a way through challenges in their own time. You help reduce the isolation that often comes with feeling different or having mental health issues. Thank you'

– Parent

HEAD OUT

– Awards for All, Worval, Ironmongers,

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FUNDERS

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ACCESS TO ADVENTURE

– Clare Milne, People's Projects

Our Access to Adventure programmes cross a wide spectrum of support for disabled children, young people, adults and their families. We have weekly 1:1 and group sessions, funded through personal direct payments where participants are enabled to take part in a range of activities and projects.

An essential element of our A2A provision is our strive to reduce inequality for families impacted by disability and the associated social isolation.



SUMMER 2018:

We were delighted to receive £40,000 from the National Lottery People's Project to provide: family activity days, independent residentials for 16-18 year olds and fully funded family holidays for disabled children, young people and their families.

SUMMER 2019:

The Clare Milne Charity funded us to provide Family Activity Days for 40 Families enabling us to continue to support our existing families and to reach out to new ones.

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THE STORY

PARENTS FEEDBACK

"I have watched both my boys grow in confidence this year. Taking on personal challenges and feeling success in a world where they normally struggle, and feel that they fail, was just amazing. As we were lucky enough to access BF 5 times this year, including 3 family days, I have witnessed that growth on every return visit.



THE CHALLENGE

For a boy with a fear of heights doing the zip wire on his second attempt was incredible. Him sitting being happy to make the choice not to join in the climbing wall but knowing that was ok rather than being angry that he was there was a new experience for us all. Seeing my little man try and try again until he finally reached the top of the climbing wall. Not giving up not getting angry, just going for it. The joy on his face was priceless.



OUTCOMES ACHIEVED

But the most amazing thing was to watch my boy with social anxiety and social communication difficulties take lead on a team task. Showing others how to do it, working together, talking to other young people he did not know, stopping and checking on the younger children and helping them across reassuring them about the anxiety he had only a few months before.

Challenge by choice, no pressure, complete acceptance by the staff and the wonderful facilities at BF have enabled my boys to succeed, have fun and to just be who they are."

ACCESS TO ADVENTURE

– Clare Milne, People's Projects

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FUNDERS

We couldn't do what we do without the support of our fabulous funders.

TOTEM

– Private Donor

Our TOTEM programme was devised in partnership with a private donor, the Intercom Trust and groups of LGBTQ+ young people. It follows a similar model to our Head Out provision with a combination of workshops and outdoor activities.

SINCE SEPTEMBER 2018 WE HAVE SUPPORTED:

30 YOUNG PEOPLE
THROUGH TOTEM

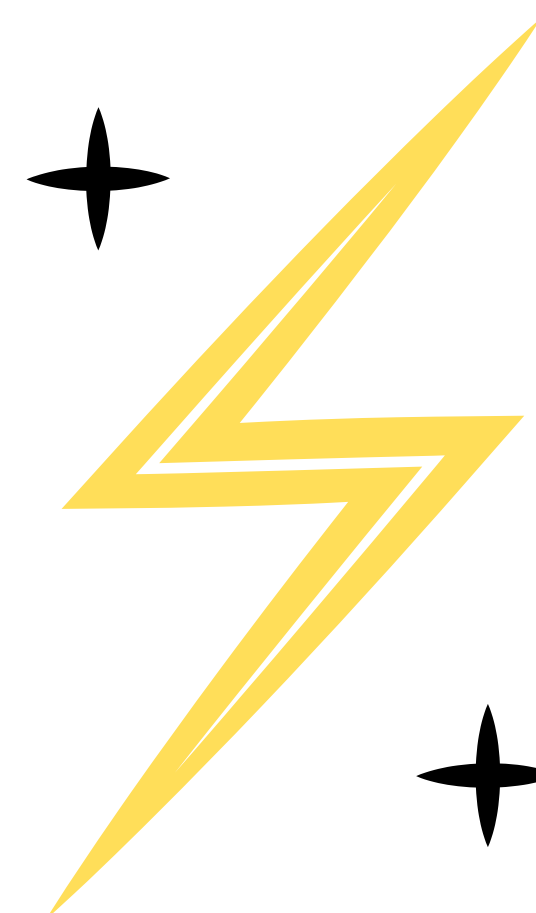
Each group plans their own themes for workshops such as:

CONFIDENCE BUILDING

REDUCING ISOLATION

SEXUALITY

IDENTITY



"BF Adventure put the smile back on my son's face. He was lonely and isolated and had experienced terrible homophobic bullying at school both from pupils and staff. BF Adventure and the TOTEM project expanded his social circle and gave him the confidence to withstand this bullying. He has been more resilient since attending and I can honestly say I am so grateful for all the good work the staff at BF Adventure do. Thank you so much. He is no longer socially isolated and has friends from the group who support each other long after the group had ended."

– Parent

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THE STORY

THE START →

Lewis has historically experienced domestic abuse and had attachment difficulties with his mum. He was struggling with attendance at school for the past year because of his high levels of anxiety. He had come out as transgender over the past year and though he had changed to using a male name and pronouns in school, often struggled with gender dysphoria and felt he would not be accepted.



After an initial taster session, Lewis joined TOTEM. Over the programme Lewis' confidence grew hugely. Lewis was able to be honest with the rest of the group about the difficulties he has around his gender identity and supported others who were going through similar experiences.



OUTCOMES ACHIEVED

His teacher fed back that the programme "has been a huge success... It has given him more confidence and the opportunity to meet other young people with similar experiences. He has made new friendships and has now got the confidence to have asked the school for a LGBTQ support group which is starting soon" (Pastoral Lead).



THE JOURNEY

When we met with Lewis in school after the programme he was happy and talkative and showed us around his classroom. His attendance at school had improved and he was now attending for full days at a time and planned to move into a mainstream class fulltime in September.

TOTEM

– Private Donor

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FUNDERS

We couldn't do what we do without the support of our fabulous funders.

PEER MENTORS

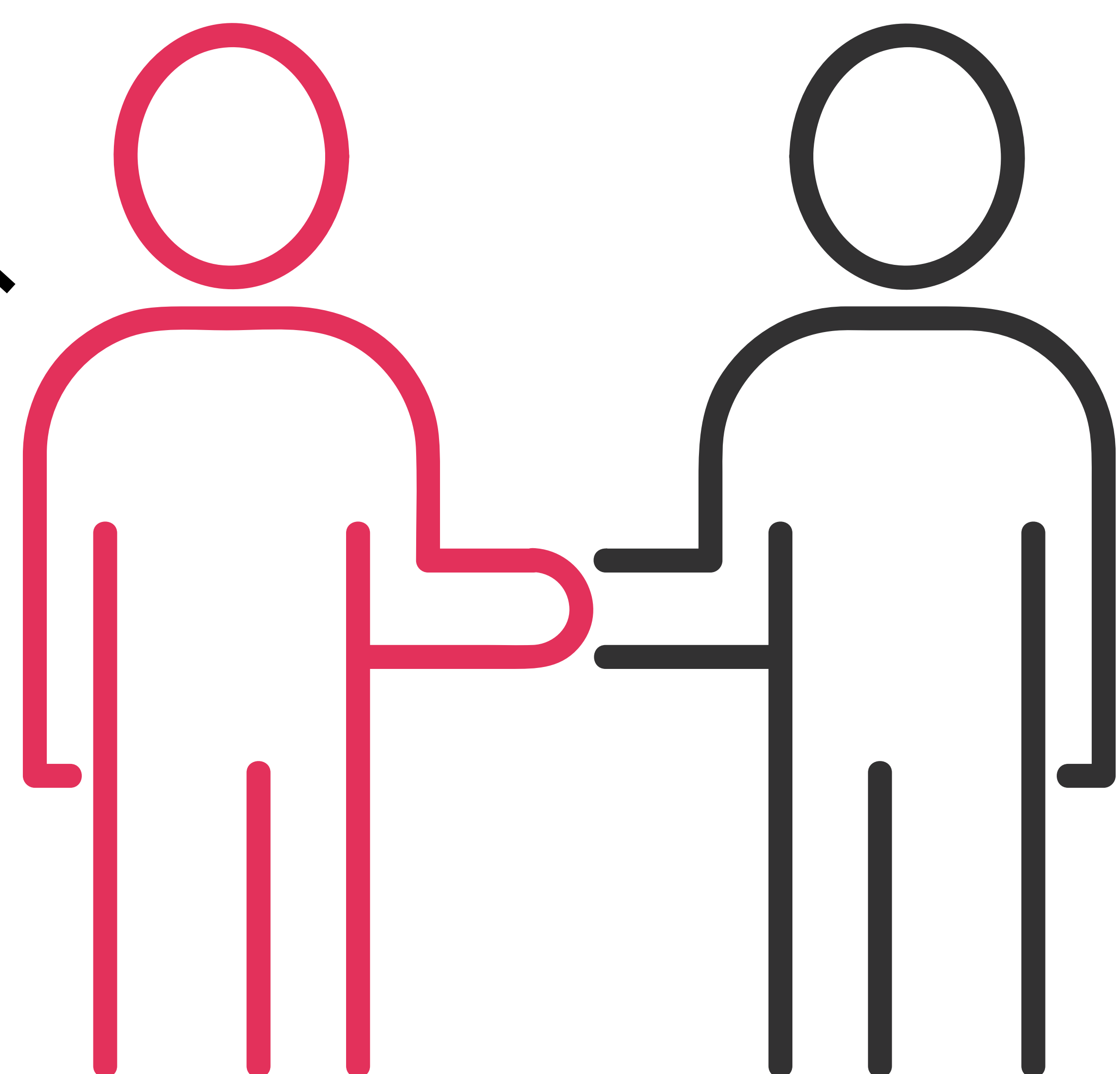
– I WILL

New for 2018/19 was an opportunity for us to formalise our Peer Mentoring provision. We received funding through #IWILL to support 4 young people through a process of social action, enabling them to build their confidence, support other young people and gain work based skills.

SUPPORTING OTHER YOUNG PEOPLE

**GAINING WORK
BASED SKILLS**

CONFIDENCE



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THE STORY

PEER MENTORS

– I WILL

THE START →

When I first started at BF I was really anxious and worried so much that for the first year or so my Mum would always stay and I would have to turn around and make sure where she was every few seconds.

Because I was so nervous I spent the first 2-4 years I was there working with nobody but Tony as he made me feel safe, secure and that I would be ok. As time has gone, and the more I stayed, I am now able to work with different instructors.

THE JOURNEY

I have been at BF for the last 10 years and they have helped me through difficult times in my life, and changed my life for the better and I can't thank them enough for everything they have done for me. BF means so much to me it has completely turned my life around and I can honestly say I don't know where my life would be if I hadn't started there.

Even after 10 years it still presents me with challenges. It has taught me skills never in my wildest dreams I would have thought about if I hadn't been there.

OUTCOMES ACHIEVED

Doing what I love at BF, they have helped me get through my problems and volunteering means I can help other people through theirs. I feel honoured and privileged to be volunteering and giving back to BF. Now that I am volunteering it gives me a chance to not only give back but to help and support young people who are as nervous as I was.

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FUNDERS

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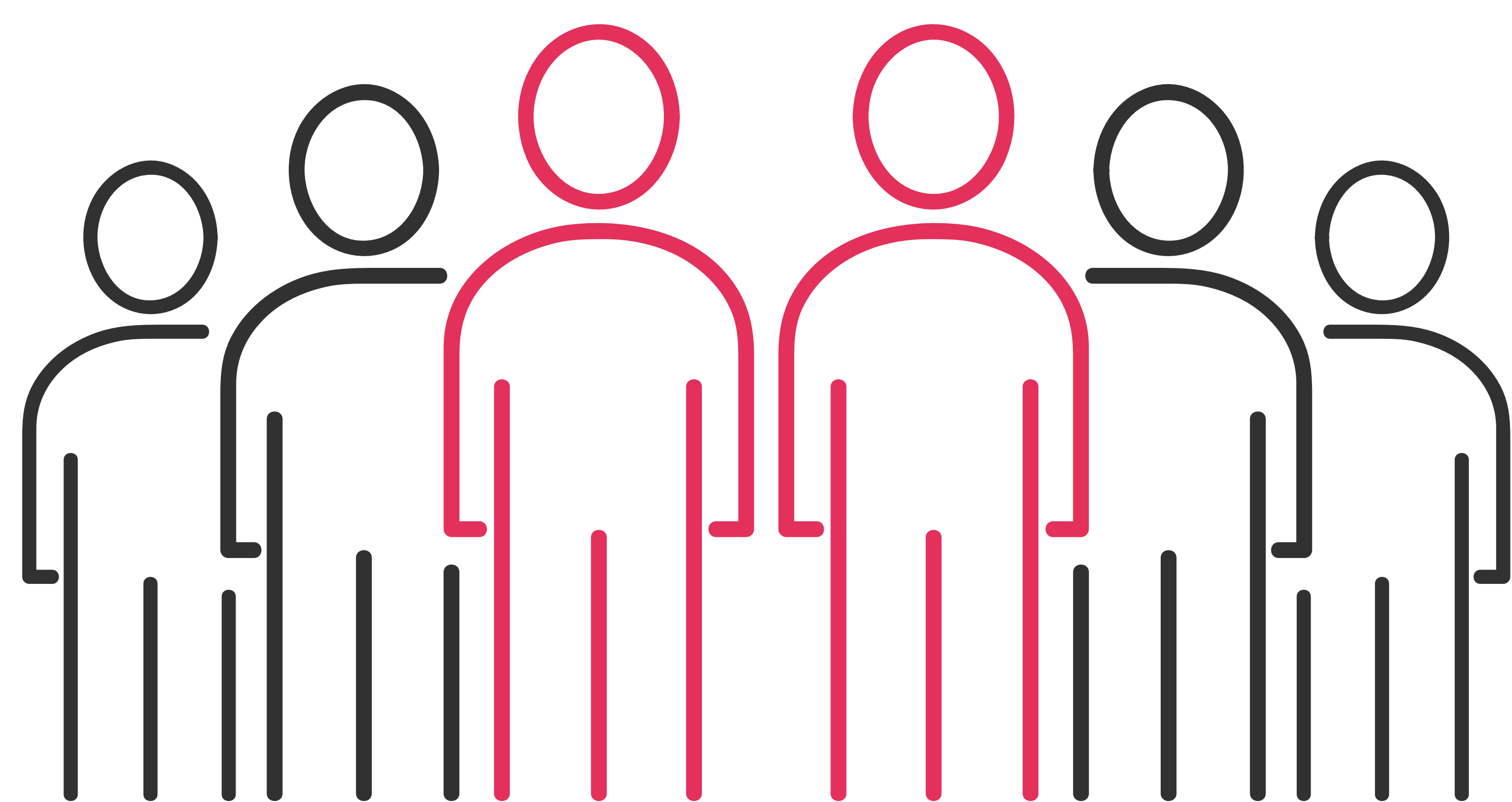
FAMILY WORK

- Together for Families/Victim Care Unit

At BF Adventure we love to work with whole families and support the development of positive communication and relationships where there may have been a breakdown for some reason.

During this year we have supported 8 families through our contract with Safer Stronger Consortium to deliver under the Victim Care Unit Contract and 10 families through Together for Families funded provision.

WE HAVE SUPPORTED



18 FAMILIES THIS YEAR

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FAMILY WORK

THE STORY

- Together for Families/Victim Care Unit

THE START →

Katy and her mum Rachel were referred to us through Early Help following significant concerns raised by the school. Katy experienced high levels of anxiety and low mood, had been self-harming and had attempted suicide in school. She had not attended school for two months. Alongside a referral to us they were also allocated a family worker.

THE JOURNEY

We facilitated discussions around their differences and how they each responded to stressful situations, working on developing coping strategies which they could each help each other to implement. The activities they took part in included obstacle courses, blindfold trails, climbing, kayaking, zip wire and forest school.

Through their initial assessment Rachel identified that she was struggling to understand Katy's behaviour and that they were both struggling with their communication. Katy felt her mum did not understand or trust her. Through their programme of outdoor activities we worked on building trust between Katy and her mum.

OUTCOMES ACHIEVED

They both said they felt their communication and understanding of each other had significantly improved through the sessions. Katy's confidence grew and she returned to full time education. She stopped self-harming and said she felt much better equipped to manage her emotions and that her mood had significantly improved.

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FUNDERS

We couldn't do what we do without the support of our fabulous funders.

ACTIVE MINDS

We were approached by Carrick Mind in 2018 to deliver a programme to young people aged 18-25 around mental health and well-being. Carrick Mind funded us to run a small pilot and a consultation process to test feasibility in extending our successful Head Out model to young adults.

We worked with 15 young people through the small pilot and were able to demonstrate a need and positive outcomes even after only two half-day sessions.

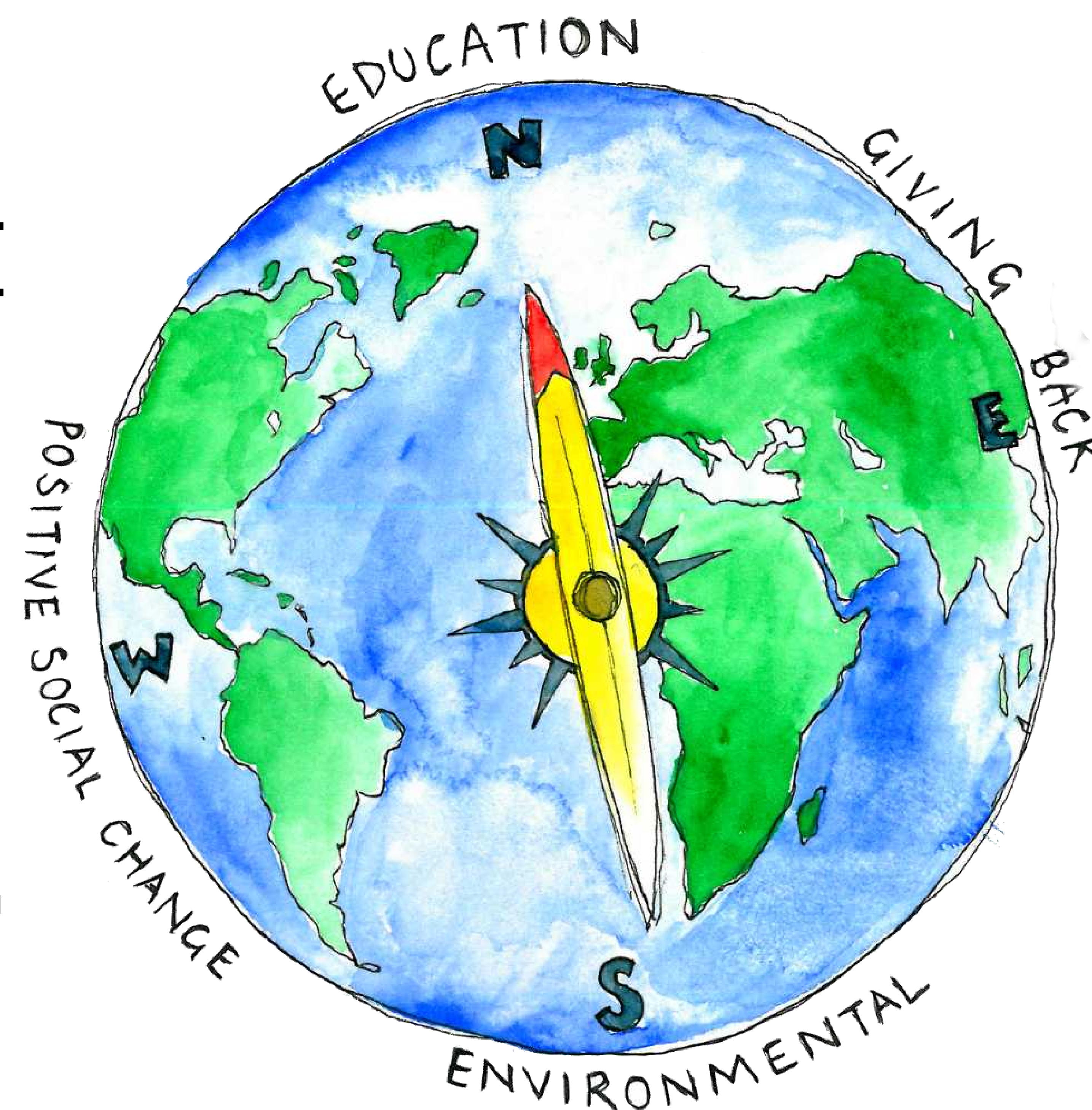
WE HOPE TO RUN

A FULL SCALE

PROGRAMME LIKE

THIS IN THE

FUTURE.



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FEEDBACK FROM YOUNG PEOPLE

YOUNG PERSON 1 →

"It gives me a reason to leave home and do things that will help me cope with stresses caused by home, college and/or work."



YOUNG PERSON 2 →

"It really helps with my mental health because it keeps me motivated and happy. I really appreciate this opportunity."



YOUNG PERSON 3 →

"I am a bit better at work because I can talk more."

ACTIVE MINDS

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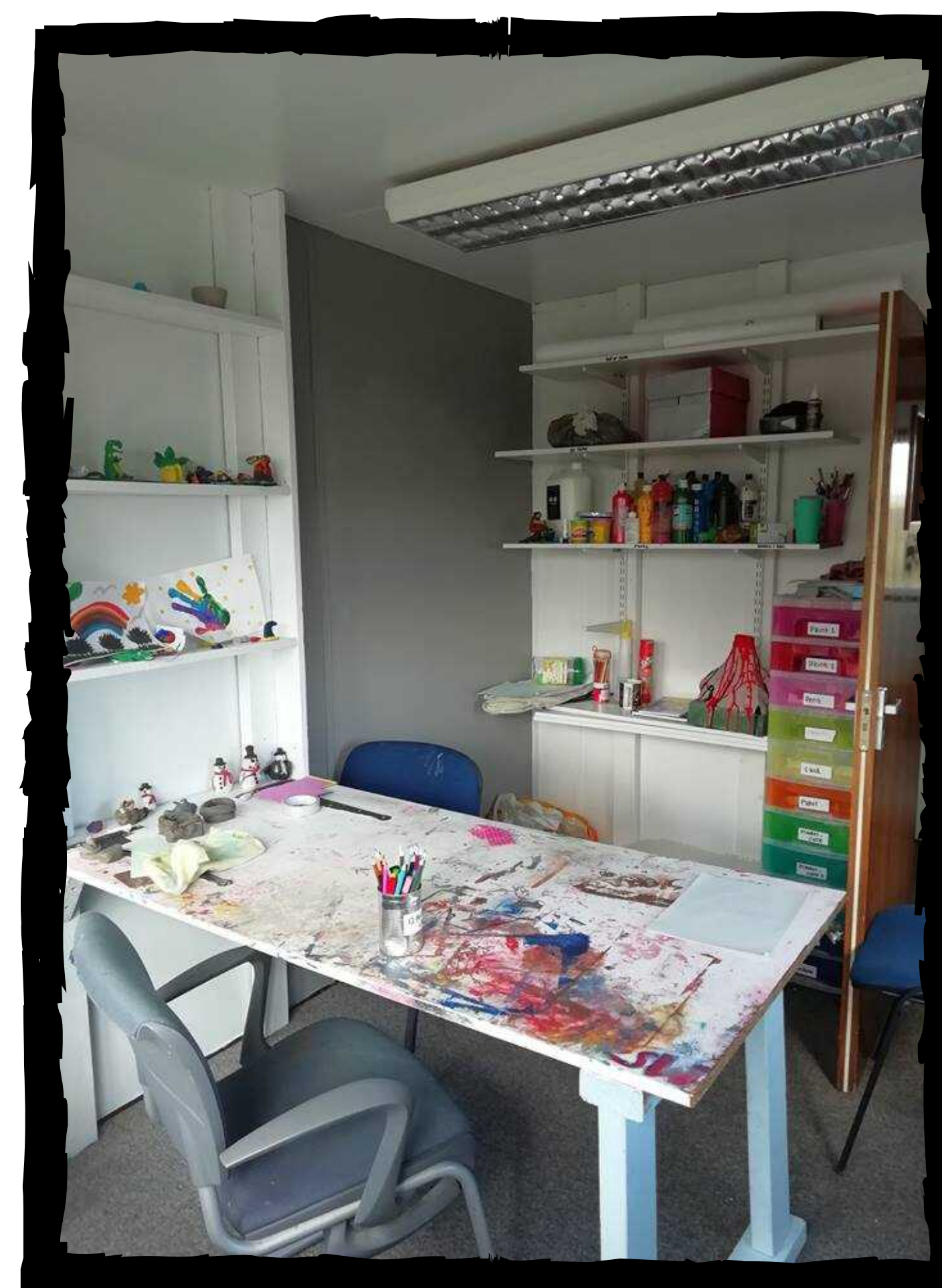
FUNDERS

We couldn't do what we do without the support of our fabulous funders.

EMOTIONAL WELL-BEING FOR YOUNG PEOPLE

- Cornwall Council

We know our site is perfect for outdoor adventure but over time our temporary (portakabin) rooms had become quite sad and unloved and were not providing the welcoming space so important for reflective learning. Thanks to funding from Cornwall Council we were able to work with our young people and redesign our classroom spaces; rooms are now fresher and more comfortable and in line with the needs of our clients!



Your Adventure, Our Passion.

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THANK YOU!

We couldn't do what we do without the support of our fabulous funders.

BURSARIES

- CICESS, Inside Outside Living, Albert Van Den Bergh, Mental Health Fund (CCF)

Places on our Skills for Life Learn Differently programmes are usually funded through referral pathways. For some young people, particularly those who are home educated or who struggle to attend school, this funding is hard to secure. We have been fortunate this year to receive funding from InsideOut Living Ltd, the Mental Health Fund, the Worval Fund and High Sheriff Fund to enable us to offer a bursary, or fully funded provision, to enable those young people to get the support they need.

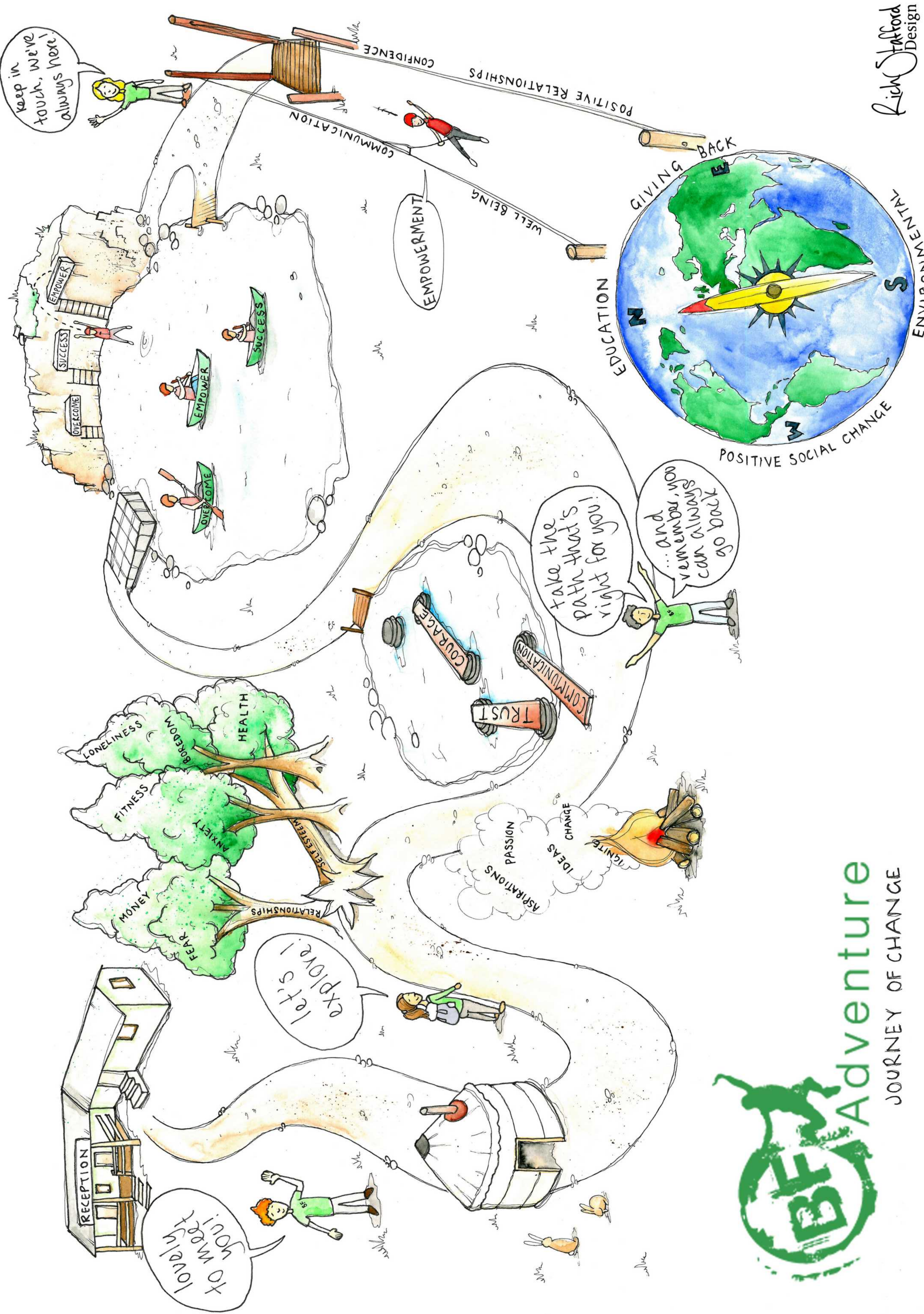


"For a child like Hetty (diagnosis of ASD, sensory processing difficulties and huge anxieties) BF offers everything that she needs, but that a prescriptive education in a school couldn't. Schools can't offer 'challenge by choice' they can't offer a key person that will always work with you, they don't have the time or the insight to mould their education around the needs of the individual. Hetty found school very distressing and her separation anxiety increased as a direct result of this. For the past year I have been trying to work on this with little success. However, when Hetty comes to BF I see all that fear and doubt and

insecurity just fade away and what's left is a child happy to explore, happy to challenge herself and happy to be with an adult, who isn't me and feel safe, accepted and comfortable with. She is learning so much about herself and what she's capable of already, whilst learning many other skills along the way. Hetty is happiest when outdoors and I'm sure she would agree that BF is her dream type of classroom."

- Parent

Your Journey of Change.





*We would like to say a big
THANK YOU
to all of the wonderful people below!*

Our Trustees

Our Volunteers

Our Funders

Gill Millar

Our Staff and Instructors

Rich Stafford (artwork and illustrations)

Our referrers for their support and feedback

The children, young people and families with whom we work

