

SEPTEMBER 2020-2021



Adventure

SOCIAL IMPACT REPORT

YOUR ADVENTURE, OUR PASSION, YOUR JOURNEY OF CHANGE



www.bfadventure.org

enquiries@bfadventure.org

01326 340912

BF ADVENTURE
GOODYGRANE ACTIVITY CENTRE
HALVASSO, LONGDOWNS
PENRYN, TR10 9BX

Contents...



01 Introduction

02 Executive Summary

04 Harry's Story

05 Our Mission

06 The Charity

08 Jaxon's Story

09 Programmes

17 Theo's Story

18 Instructor Interview

20 Tyrone's Story

22 The Young Person's Journey

24 Ben's Story

25 Beginnings

26 Debbie's Journey

27 Middles

28 Endings

29 What's Next?



Introduction..





Chairman's Statement

I am delighted to introduce our Social Impact Report for 2021 which provides real examples of the services our charity provides and the positive and life-changing impact it has in supporting vulnerable young people. Our charity has been supporting young people for over 30 years and during this time it has evolved its programmes to meet the new challenges that young people and their families experience. The pandemic has brought new challenges, and demand for our services has been greater than ever. Throughout this period, our team of highly experienced youth workers, skilled instructors and volunteers have worked tirelessly to support these new demands. Indeed, the strength of our charity and our unique service is entirely down to their care, sensitivity and skill.

Our service cannot exist without the support and funding we receive from our funders and private individuals and we are most grateful for their continued support. Our Adventure Centre and our trading arm Via Ferrata Cornwall CIC complement our activities and profits are directly used to further fund our charity programmes. We are also grateful to our Trustees who bring a diverse range of expertise and volunteer their time to provide oversight and support to our charity activities.

I urge you to read the full report to gain a full understanding of our programmes and particularly the real impact stories from Harry, Jaxon, Theo, Tyrone and Ben. You will also be moved by the interview between our Charity Business Manager El Warren and one of our instructors John; I will say no more!

-Bob Padbury,
Chair of Trustees, BF Adventure



Executive summary...

The very existence of this report is down to the incredible work of the whole BF team and their commitment to using their skills to make a tangible difference to children, young people and families during a hugely challenging year.

It has been a real joy to see the site so busy during Spring and Summer after last year's restrictions to groups and residentials. The Adventure Centre team have been back in full swing enabling school, uniformed and youth groups to enjoy the freedom and excitement of outdoor activities and the associated learning. Our newer members of the team had not experienced the thrill of a really busy day at BF – and the backstage organisation. On our busiest day, we welcomed 130 children and young people to the site across the Adventure Centre and Skills for Life provision.

Our Skills for Life provision has had its busiest year to date. We saw a 50% increase in the number of young people accessing our provision between the Easter and Summer terms. As a result, we have increased the team considerably, including employing a trainee instructor/youth worker under the government's Kickstart programme. We are delighted to say that this person will be joining the team on a permanent contract very soon.

We are extremely grateful to all our funders for the faith they put in us to make a difference with their money. In September 2020 we were fortunate to receive considerable financial support from the Garfield Weston Foundation towards our overheads, enabling us to invest more time into maximising the efficiency of our office team and seeking to improve our referral management. Thanks to a range of funders we have been able to continue to provide our Head Out and LGBTQ+ programmes this year.

Additional funding has also enabled us to return to post 16 accredited education through our new AdventurEd course. You can find out more about these programmes and the funding organisations within this report.

The continuous quality improvement of our provision is extremely important to all at BF; we ensure that we keep up to date with the theories that underpin our work and use training days to enable this theory to be linked into our practice. During the Summer holidays of 2021 the Skills for Life team engaged in weekly training days extending their learning on attachment theory, trauma informed approaches and youth work theory, using this knowledge to reflect on how we can continue to improve the journey of the young person through their provision at BF. You'll see evidence of this approach throughout this report and specifically in the Journey of the Young Person pages.

In February 2021 the Government released a second bursary to support the youth work workforce to gain nationally recognised training and qualification in youth work. A partnership of organisations in Cornwall have been able to respond to this opportunity, coordinated through BF, enabling 15 learners in Cornwall to study formal Level 2 and 3 Youth Work qualifications.

The Skills for Life team have engaged in the Centre for Youth Impact's Youth Programme Quality Intervention pilot project – a national pilot that uses a process of observation of practice against a set of Social and Emotional Learning criteria to inform the improvement of delivery standards.

It is clear that children and young people (and their families) are facing real challenges as we continue to navigate the repercussions of the global pandemic and the impact that it has had – particularly on the mental well-being, employment opportunities and economic security concerns that young people experience. Nationally we are seeing a huge rise in young people experiencing mental ill health with an alarming increase in young people reporting feelings of suicide and hopelessness; 1 million young people (8-19) have self-reported mental health issues (NYA; Out of Sight; 2020). This picture is reflected locally in Cornwall and services must continue to work together to address this growing demand. Our work at BF is a small part of this collaborative work. We care passionately about ensuring that young people have the opportunities to achieve the best outcomes in life; we are fortunate that the combination of our outdoor setting, our caring, committed and professional team members and our drive to measure and celebrate the difference we make contributes to the work of the wider sector in making a difference to lives in Cornwall. Thank you for taking the time to read this report and please feel free to contact us with your thoughts or suggestions.

-El Warren, Charity Business Manager



HARRY'S STORY

"He has seemed much more settled in school since attending BF"

-Referrer

HARRY'S INSTRUCTOR SAID...

At the beginning of his provision, Harry found communicating and trusting others rather difficult. He would push himself too far then withdraw for the rest of the day. Over time, Harry was able to find other young people he related to, accepted that he had nothing to prove and we had a great time together. It was then when Harry started to push himself at a healthy pace, celebrate his achievements and welcome praise! He has been perseverant in the face of difficulties and has been a real positive role model for younger people we have paired up with. Over the last 2 terms, Harry's self-esteem has increased thanks to finding activities he is naturally good at, and we have been able to set goals towards continued growth next term.

HARRY'S REFERRER SAID...

Harry really enjoys the sessions and wants to increase them. He has seemed much more settled in school since attending BF. The support that the school have provided him has also helped him. I hope we will be able to increase his tolerance to leaving us from September with the addition of BF one day a week.

HARRY'S PARENT SAID...

Harry has thrived since attending BF. He has shown confidence and a will to listen and learn in this environment. He has learnt to trust specific guidance and informed authority - knowing he has a BF session each week has enabled him to settle at school (along with other measures).

Harry has made new friends and has found a new lease of energy. He has learnt a lot from Hanny (instructor) and is looking forward to the next term.

HARRY SAID...

I feel good about going to BF. I enjoy the Via Ferrata and swimming as well as making new friends and seeing the instructors. It makes me feel like I can try new things.

Our mission...

At BF Adventure we are committed to empowering children and young people to learn differently in the outdoors.

Our mission is to inspire, challenge and empower people, especially young people, to develop their life skills and to bring about positive change.

We have a beautiful 60-acre site just outside Penryn, an amazing team of committed people and a thirst to make a difference.

We use our activities...



...and our highly skilled instructors / youth workers to provide programmes that meet the needs of children, young people and their families.

"The work these guys do at BF is just amazing. The commitment they show to these young people who face a lot of challenges in their lives is exemplary" - Parent

Our shared values are at the centre of all our work and form part of our recruitment process across the charity.



The charity...



"We discovered BF through a friend nearly 4 years ago. It is the one service that we can access consistently through so many different sources: the funded family day, private booking and holiday club. It has had such a huge positive impact on our whole family we wonder what we would have done without it. Having now accessed the education side of the service this year we have seen that positive impact on a weekly basis guiding and helping Jonas to recover from a very difficult and challenging time in his life. His head is up and he believes in himself, he is beginning to feel self-worth and value himself again. From this we have seen positive growth at home and now this is spreading into other settings. Jonas thinks BF is the best place in the world and when he grows up he wants to be an instructor so he can help other children. That says so much about what he feels about BF. Thank you all... Challenge by choice is the way forward "

-Parent

The Adventure Centre
Bookings Coordinator
Bernie says:

The Adventure Centre delivery team facilitate amazing, fun filled activity days for our visitors. Since the return of our school visitors after COVID restrictions, the experiences we provide has helped to re-build confidence and form great childhood memories for young people who have had their educational journey interrupted by the pandemic.

THE ADVENTURE CENTRE

The Adventure Centre team supports schools, colleges, charities, youth groups and uniformed organisations through day visits and residentials. This provision is mostly seasonal running from Easter through to the Autumn term. These educational programmes engage young people in outdoor adventures - developing their resilience, independence and team skills. Working closely alongside the Adventure Centre team is Via Ferrata Cornwall CIC – the charity trading arm of BF Adventure. This venture offers a wide range of outdoor activities to the local community and visitors to Cornwall. All income generated from the Adventure Centre and Via Ferrata Cornwall CIC supports all aspects of the charity and our work to support young people.

During the last year the team have provided activities for pupils in more than



20 local schools.

BF Adventure is absolutely amazingly, awesomely, mind blowing cool! Incredible, the 2 days were just incredible.

-Young person

I really enjoy working outside, meeting lots of new people and encouraging them to challenge themselves with activities.

-Evie, Apprentice

The best bit is HAVING FUN!...And doing cool stuff with the instructors Billy, Vivian, Holly, Tony and the catapult guy (later identified as Harry)

-Young person

The charity...

NCS

National Citizen Service is a government funded programme for all 16-18 year olds across the country with a vision to create "a country of connected, confident and caring citizens where everyone feels at home." NCS is delivered through a network of local providers and BF has been a partner since 2015.



This year BF has supported 150 young people to access the programme.

THE CHARITY CORE

Branded under Skills for Life these programmes primarily support children and young people who face challenges in engaging in full-time mainstream education. We also deliver programmes to support families and adults. Most of the children and young people we work with are referred through Cornwall Council Together for Families teams and schools and are usually already engaged in specialist support services. We also receive requests for help from other professionals and families directly. This impact report will focus primarily on the work of the Charity Core.

"Outdoor learning is fantastic for those students who are more "hands on" as opposed to "academic". It gives them the opportunity to receive lots of positive feedback, something they may not have had previously. Thus raising their self-esteem and confidence and allowing them to see and excel in, the things they are good at." Professional

"Most definitely BF has something to give to all children but the safe space and understanding, the intuitive response of staff and the open acceptance of all is a really powerful tool for children who are struggling for whatever reason." Parent

It was life-changing...exceeded expectations.

-Parent / Carer

The positive difference it made to this child was noticed by everyone-no other intervention had worked.

-Parent / Carer

He became engaged in learning and positive about life.

-Parent / Carer

JAXON'S STORY



"Jaxon loves coming to BF Adventure"

-Parent

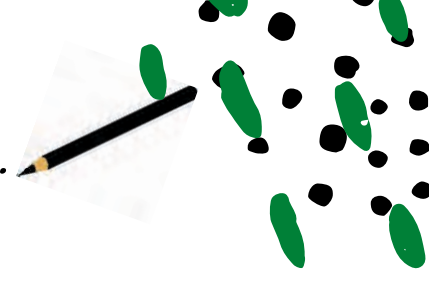
JAXON'S INSTRUCTOR SAID...

As you will see from his own words, Jaxon has come a long way on his journey here at BF, a lot of this was down to the relationship that was built between him and his first instructor here. Since I have been working with Jaxon, I have seen significant distance travelled with his ability to work as part of a team, particularly in team games.

JAXON SAID...

Coming to BF Adventure felt awkward at first but then I started to ease into it. Before I came to BF I got angry really easily but my instructor taught me how to calm down and to control my anger before it goes too far. Since learning to control my anger I feel freer and say things easier, it's not so awkward to say things. I feel that BF gives me relief from things in my life that can make me stressed. My favourite things at BF are getting in the water and doing jumps in the summer and the team games like basketball and football in the barn in the winter.

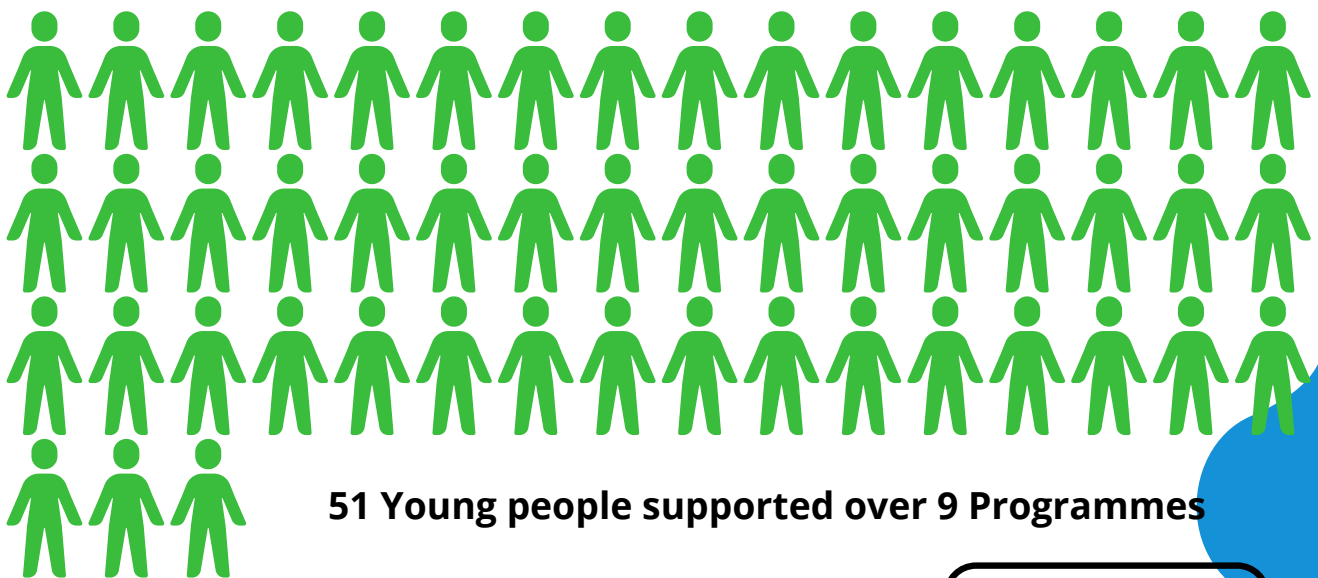
Programmes..



SKILLS FOR LIFE - HEAD OUT

Funded through The National Lottery Community Fund, Ironmongers, The Worval Trust (Cornwall Community Foundation) and BBC Children in Need.

Our 6-week trauma-informed approach blends one-to-one outreach support with small group workshops and outdoor education activities, all set within our uniquely 'green' learning environment. Each individual young person benefits through building a trusted relationship with one dedicated key worker who listens to their spoken needs, as well as those unspoken that manifest through their behaviours. Within safe boundaries, young people are engaged and empowered through positive shared experiences in therapeutic natural settings to promote self-regulation, reduce toxic stress and to have lots of fun. The 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. We are incredibly grateful to our funders who enable us to continue supporting these young people to overcome so many barriers.



It has helped me talk to more people.

I feel better about myself.

This has made a massive difference to my social skills.

SKILLS FOR LIFE - HEAD OUT LGBTQ+

Funded through private donation.

Our Head Out LGBTQ+ programme is aimed at young people in secondary school who are part of the LGBTQ+ community or who are unsure of their sexuality and/or personal identity. It follows a similar model to our Head Out provision with a combination of workshops and outdoor activities. Each group plans their own themes for workshops, according to the needs identified within the group. Previous groups have covered confidence building, identity, sexuality and reducing isolation.



28 young people supported over 5 programmes

Life at home has been easier and more positive because the way I can now be open and myself, has relieved some stress.

I now know that I can be brave and I can do more.

I enjoyed all of the different activities and meeting like minded people who share interests and aspirations.

I have learnt not to be so afraid every time something new comes up. I don't have to be afraid of new people and asking to be gendered correctly.

SKILLS FOR LIFE - BREAK OUT

Funded through referrers.

Break Out is a holiday activity club that was created for Summer 2021. We saw a demand for holiday provision for those that may benefit from extra support, or from working in smaller ratios, than other holiday clubs may provide. Break Out is aimed at 7-12 year olds and provides a place for young people to participate in adventurous activities, meet other people and have fun.



I love BF!

13 young people over 5 weeks, with 60 attendances

SKILLS FOR LIFE - FAMILIES

Funded through Victim Care Unit (Safer Stronger Cornwall), Together for Families (Cornwall Council and Cornwall Rural Communities Charity).

This year our Together for Families (TFF) funding was specifically targeted to families whose children were at risk of exploitation. Children going missing from home is closely linked with a higher risk of exploitation and so this was a key criterion for families being referred. Some young people may also have been demonstrating risky behaviours online.

Our VCU provision works to support families to move forward following a crime that has affected anyone within, or all of, the family. Provision is tailored and can either support the family to process the trauma associated with the crime or to simply come and share some positive time doing outdoor activities. Both programmes begin with a whole family initial assessment where needs and aims are identified.

The TFF programme worked to build positive relationships between family members and enable them to recognise their strengths. We used role-modelling to support parenting and behaviour management. The project helped young people and families to feel positive about themselves and this increased self-esteem. It has helped young people to engage in less criminal and anti-social behaviour.



13 Families helped through TFF and VCU

I feel we have a better understanding and empathy for each others' behaviour. Home is much calmer now. Its been over a year since our sessions so the support has had a lasting effect on our family.

-Parent

It was such a rare opportunity to spend quality time together and was a great way for us to bond.

-Parent

Number of TFF Sessions

26

My child is better behaved, going missing less from home and there are less arguments at home following a weekly session. I feel the physical exercise and time outside has had such a positive effect, including helping my child's sleep pattern.

-Parent

My 12-year-old son has chronic extreme anxiety - especially social and separation - and associated demand avoidance and behaviours regarding controlling his environment and the people with whom he comes into contact. Before he first arrived at BF Adventure, he had presented with extreme anxiety, and could not even make the journey to our first appointment. Georgie was so very empathetic and helped put us both at ease, which lead eventually to our introductory session and tour. Georgie had such a relaxed and genuine approach, and the grounds were so inviting and interesting, that my son was able to relax during the tour, and even talk about trying some of the activities. He really enjoyed the climbing wall, the archery, indoor football, and especially the wide games, where Laurie and Sol have both supported him so carefully to achieve more independence than he has been able in many months, helping him, when he has wobbled, to come back and try again. They have also encouraged really positive relationships, not just with the staff at BF, but also with other children and their carers.

-VCU Feedback

SKILLS FOR LIFE - LEARN DIFFERENTLY

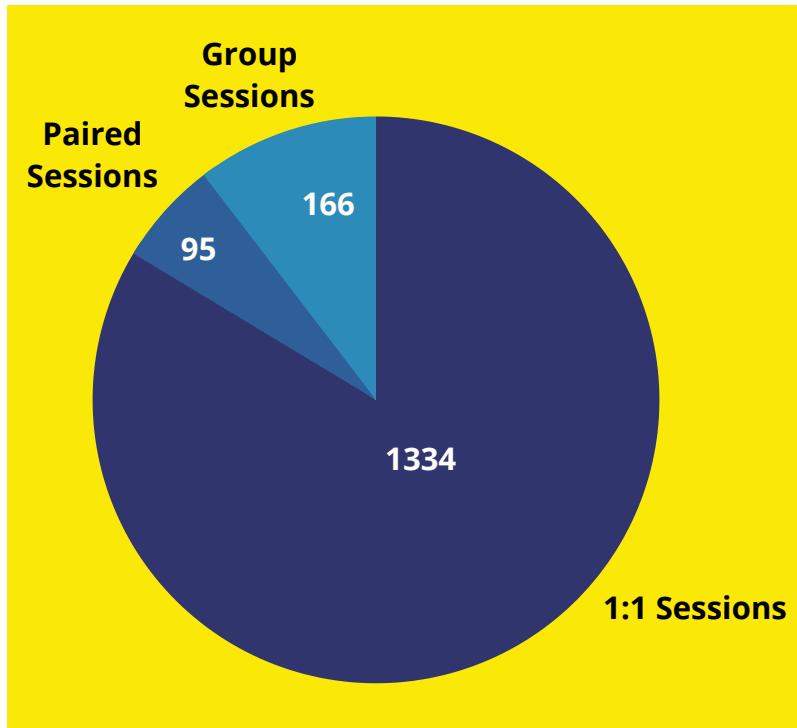
Funded through schools, Cornwall Council, Cornwall Community Foundation, Inside Outside, Edward Gostling and private funders.

Our Learn Differently programme is dedicated to providing children and young people aged 5 upwards with an alternative education provision. We offer 1:1, paired and small group places depending on the needs of the individual, and we adapt the provision if these needs change. Most of our sessions take place on our site, using our outdoor and problem solving activities. We also offer art, music and cooking sessions and some young people work towards off-site activities as part of their provision.

Most of the children and young people who access the programme are referred through their schools or Social Workers as part of a wider programme of support to meet identified needs. We are also fortunate to collaborate with Cornwall Virtual Schools to provide opportunities for children in care to access the provision.

All children and young people on the Learn Differently programme are allocated a key worker on the BF team. We recognise the importance of the experience that children and young people have, the relationships they form and the feedback that we provide throughout our service in the achievement of improved outcomes. We are currently in the middle of a re-structure to ensure that we can continue to develop the consistency of our service in line with the increased demand that we have experienced.

A total of 1595 **LEARN**
DIFFERENTLY Sessions:



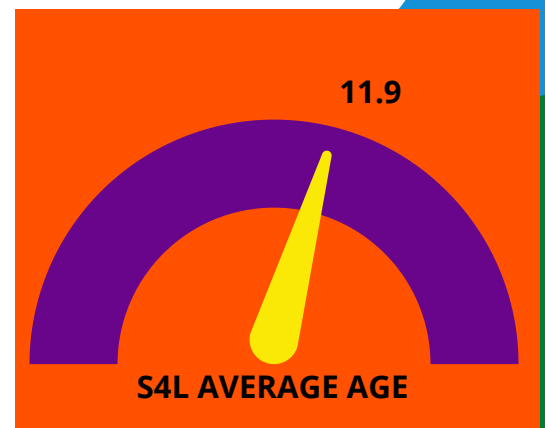
3107
=
Total
Learn
Differently
Attendances



477 individuals accessed learn differently provision

All the staff we have worked with have had a really inclusive attitude and show the children complete respect. It is a brilliant facility that works hard to accommodate any child that we request a place for.

- Teacher



SKILLS FOR LIFE - AdventurED

Funded through private donation.

AdventurED is a 10-week education programme for young people aged 16-19 who are at risk of/ or are NEET. The programme is designed for young people to work towards gaining a Level 1 Award in Skills for Living and Work awarded by Open College Network West Midlands, whilst participating in outdoor adventurous activities. The programme is delivered for 2 days each week at BF. The young people are enabled to plan their own programme of activities and workshops that they want to participate in whilst with us.

AdventurED has a range of units that young people can work towards which include; money management, applying for jobs and courses, building confidence and self-esteem and working as part of a group. Throughout the programme young people build up positive relationships with each other and staff, enabling them to access support for issues that they are facing whilst also gaining a qualification.

Since the programme started in March 2021 we have had 3 cohorts complete the programme - a total of 18 young people over the 5 months. One of these young people has stayed on at BF Adventure, engaging in our young mentoring programme to expand his skills and experience for future jobs.



18 young people supported over 3 programmes

BF has helped me improve my routine, my ability to socialise and my physical activity levels.

BF has helped me work with other people and enjoy myself outdoors.

I have learnt that I should always have confidence in myself and be willing to try new things.

BF has taught me how to stay calm and think twice. Staff respect you and take you at face value, they don't judge you based on a piece of paper.

SKILLS FOR LIFE - ACCESS TO ADVENTURE

Funded through the Claire Milne Trust and direct payments for individuals.

Our Access to Adventure (A2A) programmes deliver 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. This year 6 people have been supported through this provision.

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

We were delighted to receive funding from the Clare Milne Trust to deliver 'Adventure Challenge' activity days, for disabled children, young people and their families during Summer 2021. We supported 30 families through the summer holidays.

The Adventure Challenge days promoted fun and wellbeing for the participants – supporting them to combat isolation, build relationships and create lasting positive memories together.



30 families have attended activity days, 1 individual was supported through 1:1 sessions and 5 individuals have attended weekly group sessions.

(My favorite part was)...canoeing with my mum and I loved taking part and our tour with Rosie and I like Martin our instructor who helped with everything and he was funny.

Me and my son both enjoyed the activities. I'm unable to walk without my crutches and the staff were nothing but helpful.

The whole experience was amazing....They made us feel so comfortable, the children absolutely loved every aspect. The best day ever. Awesome!

Such a sick day! Super fun team leaders and such a nice vibe everywhere! Want to do this every day!

SKILLS FOR LIFE - ELEMENTS

Funded through referrers.

Following the multiple lockdowns and associated social restrictions, we were asked by education providers to organise a bespoke provision for small groups of 14-16 year olds.

A four week, group-based provision of outdoor activity days and workshops, the Elements programme aims to provide support appropriate and sympathetic to the needs recognised by the local Alternative Provision Academies for students returning to face-to-face education.



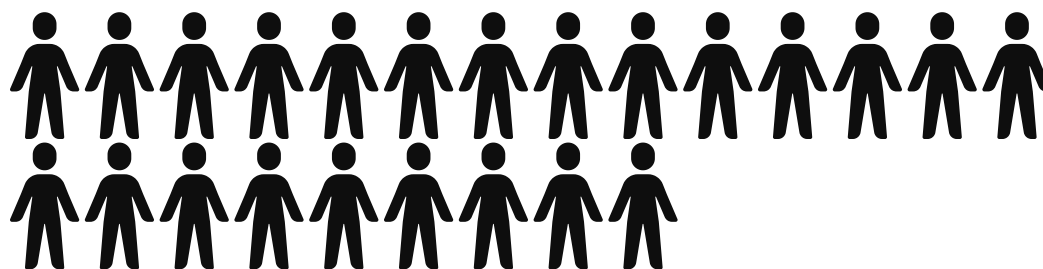
16 young people supported across the programme.

BARNARDOS - SEE, HEAR, RESPOND

We were pleased to be part of the See, Hear, Respond national provision - funded through the Department for Education as a response to the impact of the pandemic on children and young people's education and associated mental well-being. We were able to support 23 young people to access provision at BF. Each young person attended up to 4 sessions as part of a Reintegration into Education programme.

A key trend, through this programme and our other provision, is the increased number of young people with raised anxiety levels, particularly around accessing their mainstream education and with concerns around the safety of their families and themselves.

We are continuing to find that this is usually where young people have existing complications - mental ill health, behavioural challenges, Adverse Childhood Experiences - which mean that the impact of the pandemic and associated lockdowns has hit harder.



23 young people accessed up to 4 sessions each.



THEO'S STORY



"Theo took the opportunity to make connections with people on site"

-Programme Co-ordinator

THEO'S INSTRUCTOR SAID...

Theo was referred to us through Barnardos See, Hear, Respond service for a 4 session programme to give him respite from the effects of lockdown on his well-being. We planned a programme that would allow us to fit in as much as possible to allow Theo to express his obvious physical intelligence and keen enthusiasm. Included in this was the need to remain spontaneous and relaxed in the day-to-day goings on - an approach that Theo seemed to thrive in. When joining up with other young people, Theo showed great skills in socialising and integrating into groups. There were even times when his presence and enthusiasm created a game or activity around him.

THEO'S REFERRER ADVISED...

Theo has developed significant anxiety responses in regards to the safety of himself and his family since going through a family loss some years before. He has been involved with educational therapists and CAMHS and had been making progress before lockdown.

THEO'S PARENT SAID...

Theo had an amazing time during his sessions at BF Adventure. He has been more affectionate after his sessions which was an unexpected but positive outcome.

THEO SAID...

I felt good before and I feel good after my time at BF.





Interview...



El Warren, Charity Business Manager chats with one of our Instructors, 'John'
We love to encourage volunteers to bring their skills and experiences to the team at BF – sometimes this can be life changing for them. John shares his story with El below:

Why did you choose to come and volunteer at BF?

At the time I was unemployed and was suffering from depression - I felt really low. I knew though that the only way to change how I felt was to take control and change something - to try and get a job. I went to see the Citizen's Advice Bureau who put me in touch with Pentreath. I was accepted on the Who Dares Works programme where I met my mentor. They really helped me to gain confidence in myself, to gain some direction. They asked me what I would want to do if I could do anything. I knew then that what I wanted to do was to help people...

I reflected back on my childhood and thought that what I'd like to do was to support young people who were struggling as I did.

Can you tell us a bit more about those struggles?

I was excluded from school at 13 and was sent to an alternative education provision in Camborne. I didn't manage there very well either and eventually I had a tutor who came to my house. I guess I always felt that I wasn't very good at stuff.

How did 'Who Dares Works' help?

I was looking at job adverts with my mentor and I saw an advert for an Instructor role at BF Adventure - I'd never even heard of BF at the time - I was really excited that the role existed, it looked so perfect, but it required 2 years experience of working with young people and I knew I couldn't get it.

A little while later I was looking at volunteering opportunities and I saw another advert for BF - this time for a volunteering role. I filled in an application and was invited to a taster day. The taster day felt wonderful! I felt so welcomed. I shadowed Alex for the day, working with a young man who was feeling very low. We made a picnic and took it up to the high point to look out over the site. I remember thinking - this isn't like work...this is beautiful.

I could see how much the kids here were getting out of the provision. I volunteered at BF for 7 months and then got a job as a Job Coach at United Response. Before long I saw a job advertised at BF and I applied. I'm now an Instructor at BF and I love it.

Interview...



Can you tell me how things have changed for you?

I definitely feel like I've grown in confidence, in my communication - both with young people and with everybody. This place has helped me grow and given me a purpose that I didn't have before.

What's your favourite part of the job?

I love seeing young people who are really shy and nervous grow. I love to support them to realise their own potential....to achieve....to feel pride in themselves. I love the fact that we are here for young people whatever, that we build real trust- they can shout and swear at me, but I'm still here. I won't judge and I won't give up.

What's your goal for the future?

I want to keep working at BF. I'm on the way to completing my Level 2 Award in Youth Work Principles. Also, my wife and I want to look towards fostering a young person in the future - to make a difference.

Is there anything else you'd like to share?

I always felt like I would lose my job, that I'd fail and not be seen to be good enough. But BF is different - we support each other as a team - I feel part of something special and this helps us support the young people. As one parent said to me after a session the other day - "you guys are like a family here, it's amazing".

We are so grateful for the support of all our volunteers - please see our website if you would like more information about how your time could make a difference to children, young people and families.



TYRONE'S STORY

"100% BF has changed Tyrone's outlook on life"

-Parent

TYRONE'S INSTRUCTOR SAID...

When I first started working with Tyrone, he was very anxious and hid behind his friend. As the weeks went on, he began to come out of himself and gain confidence. Tyrone's progress throughout the time we have worked with him has been immense. He is engaging positively in CV building and actively asking for support with employment and his mental health. Tyrone has progressed at BF Adventure and is now looking to become a young volunteer which will give him the chance to gain some experience after achieving a level 1 certificate. Tyrone's outlook on life is much more positive along with his behaviour and decision making.

TYRONE'S YOUTH WORKER SAID...

When I first started working with Tyrone, he seemed to lack any energy or motivation and definitely didn't have any confidence in his own abilities. He was positively welcomed to BF from the start and was encouraged to challenge himself from wherever his abilities were at, at that time - with no judgement. This way of nurturing a gradual increase in confidence and self-esteem was great for him and he was consistently praised and encouraged so that he knew he was doing well and how he could do even better. He grew in confidence, relaxed enough to have fun and was able to do things out of his comfort zone, like being around people he didn't know for example. He also began to make future plans. He began to request input from Gina (The programme coordinator) in areas he was keen to work on, like making a CV.

Gina kept in regular contact with me to update me on any successes or concerns. She was also flexible about what they worked on in the workbooks and tailored work to his needs and interests. She also agreed to add in further work, after conversations with me, as I felt that he trusted and respected Gina and Lee (instructor) and would feel more comfortable speaking to them about drug use for example.

I felt the input from BF had a positive effect on starting to move Tyrone towards a life away from criminal activity.

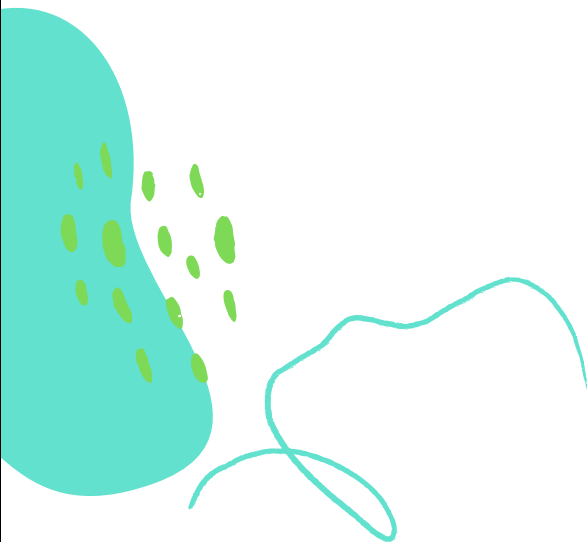


TYRONE'S PARENT SAID...

BF has helped Tyrone immensely, he has become more confident in himself and around his peers. He has definitely found a belief in himself, that he can achieve anything he sets his mind to. He has faced his fears around the quarry doing activities he never thought he could do, he has created a CV which has given him the confidence to apply for jobs. Gina and Lee have connected with Tyrone by showing him respect and encouragement and he has shown them the same equally.

TYRONE SAID...

BF has helped with my confidence. I felt quite anxious when I first came, but now I am comfortable around most people and get along with everyone there. My favourite things are swimming and being in the barn.



The young person's journey...



Most of the children and young people we support have a range of complex needs, often exacerbated by poverty. Some have experienced significant trauma through abuse, others have disabilities that make it difficult for them to understand the complexities of society and many have significant mental health concerns that prevent them from fully engaging with their education setting, families and peers.

Most of the children and young people we work with struggle to regulate their emotions and these manifest in presenting behaviours that can challenge. During adolescence, this dis-regulation can generate further risk as they become vulnerable to further mental ill health, increased levels of exploitation and may engage in risk-taking behaviours.

At BF we treat the person as a person, start where they are at and involve them at every step. Knowing their stories helps us to understand them, but it doesn't define them.

The service has been invaluable to us. You are always involved holistically with the pupils and families - attending meetings, forming relationships with schools and families and the children really benefit...Thank you!

-Professional

The young person's journey...

Our Journey of Change helps us to support our children, young people and families to understand how they are feeling, what their barriers to change might be and how our provision can help them overcome those barriers.

"John's confidence and self-belief have grown hugely over the time he has been with you. He is more regulated and able to deal with challenge in a more positive way. He has had opportunity to practice good coping mechanisms in a safe environment. We benefit at home from his opportunity to reinforce the practice" Parent

We use it as a guide to our conversations, to enable us to listen carefully and design a programme that meets their needs.

We have developed an approach that draws on youth work theory, trauma informed practice and outdoor education to guide children, young people and families on their personal journeys. All journeys have a beginning, a middle and an end and we strive hard to ensure that each part of the journey at BF is valuable and effective.

"They have learnt how to receive positive feedback (instead of criticism) which has raised their self-esteem and confidence and made them reflect - positive attention is better than negative attention and much more rewarding. As a consequence, they have avoided participating in risk taking behaviours that were bringing them to the attention of the police and wide community and instead they are spending time at home with their family, that they now feel part of." -Professional



BEN'S STORY




"The best thing about BF is spending time with the instructors"

-Ben

BEN'S INSTRUCTOR SAID...

Ben started at BF Adventure as a very nervous and anxious young person. He has progressively grown in confidence by continually challenging himself to overcome many of his fears. He has also grown comfortable with being around other young people and staff alike. This is evident in seeing him link up consistently with other young people at BF. Ben has now also worked with a variety of staff members. He is much more aware of who he is within himself and how he would like to continue moving forward.



BEN'S PARENT SAID...

Before joining BF, Ben had little to no confidence, did not leave the house, would never try anything new and was very short tempered with moments of physical aggression.

He is now a confident boy who will communicate what he wants, stand up for his rights, he can control his temper and has an interest in trying new things.

He dropped out of mainstream schooling 18 months ago as he could not cope with the environment. In the short time he has been at BF, he has grown as a person and gained more life skills than any school was able to provide.

BEN SAID...

Before I started at BF Adventure I was lonely, had high anxiety and felt stressed, worried about talking about things. Now at BF Adventure, I am quite open about my feelings, stand up for myself more and am able to help others more - such as the younger ones. My anxiety is also reduced. When I wake up on a morning I am going to BF, I am happy and excited. I enjoy the activities, meeting new people and doing new things.



Beginnings...

In response to feedback from our previous Social Impact Report, and to help readers better understand our service, we have created an example of a typical experience of provision at its start, middle and end point...

Debbie is a 12 year old young woman who had been out of school for 3 months following an incident where she threatened to physically harm a peer. Debbie has not been able to explain why she did this and refuses to talk about the incident. Debbie has been diagnosed with ADHD and likes to be really active. Follow her BF journey...



Debbie's pastoral support worker captured Debbie's voice in the Skills for Life Service Request Form – this helped Debbie to feel included from the start and encouraged her to talk about how she thinks BF might help her.



Eliza, one of the BF Instructors, invited Debbie for a taster session at BF Adventure. Eliza showed Debbie around the site and introduced her to some of the team to help Debbie feel welcome and comfortable.



Eliza introduced herself to Debbie's parents and to her Pastoral Support Worker. She explained BF's approach and how she would stay in contact during the provision. She sent a welcome pack to Debbie and her family so she would know what she needed to bring.

All the staff we have worked with have had a really inclusive attitude and show the children complete respect. It is a brilliant facility that works hard to accommodate any child that we request a place for.

-Teacher

Debbie's first day



Debbie arrived and was greeted at the entrance by Eliza and some of the other instructors. There were lots of other young people arriving so Eliza suggested that they find somewhere quiet to sit and have a chat. Eliza checked that Debbie had had some breakfast and had brought a packed lunch. They made a cup of tea together and sat on a bench to plan their day. They agreed that the main purpose of the day was to get to know each other a little better, that they'd both try to listen properly and to have lots of fun.

Eliza knew that Debbie finds it difficult to sit still and listen so she used the walk between activities to talk with Debbie about the BF Deal, the confidentiality policy and information about how we work at BF. Debbie really enjoyed her first session on the climbing wall. She had never tried climbing before and made it halfway up the route. Debbie was a bit anxious that she was wearing her best trainers and that they might get scraped on the wall, but she didn't feel able to tell Eliza.

At the end of the day, Eliza asked Debbie if there was anything she wanted to say about her day for the session report that will be sent to her school. Debbie asked Eliza to say that she'd had a great day, that she was quite pleased with her climbing and that she had tried really hard to listen. Debbie also said that there was lots of new information to take in and that it was tiring.



Eliza agreed that it had been a busy day and asked Debbie what she'd like to do next session. Debbie said that she'd like to try climbing again and that she would wear different shoes.

Eliza phoned Debbie's mum to reassure her that the session went well and to confirm the time for next week.



Middles...

Debbie's second day

Debbie arrives at reception and is keen to show Eliza her old trainers. Eliza is delighted and says that there will be no holding her back this week. On the way to the climbing wall, Eliza talks to Debbie about how impressed she was with the trust that Debbie put in her last week. They chatted about how scary it is thinking that someone you barely know is holding the rope and how you have to trust them. Debbie admitted that she finds it difficult to even trust what her own feet are doing and whether she is able to concentrate long enough to hold on – never mind worrying about whether the belayer is paying attention. They agree that Eliza will give Debbie extra reassurance that she is there and help her to focus as she climbs.

Debbie is amazed when she gets to the top of the wall. She tells Eliza that she was really scared – scared that she might not be able to do it and that it would make her look stupid. Eliza asks her if she would like to grab a hot chocolate and take some time to record how she feels in her BF Journal. Debbie shrugs and agrees.

Debbie's third day



Eliza wonders aloud if Debbie sometimes finds it difficult to trust herself in other situations and if there is someone who she trusts to talk to about this with.

Debbie takes a photo of her journal page and Eliza uploads it into her report. They agree that Debbie will try kayaking next week.

At lunchtime, Debbie tells Eliza that she was excluded from school because she pushed a boy against a wall and threatened him with some scissors because he insulted her mum and it made her really angry. She said that she didn't really know what she was doing. She told Eliza that she hasn't told anyone else about the reason why she did it because she didn't want to upset her mum. After some conversation, Eliza asked Debbie if she would be happy for her Pastoral Support Worker at school to know this. They agree to phone her together. Debbie asks Eliza to tell her mum, too.

Endings...



6 weeks later - it's Debbie's last day. Debbie is due to return to school next week on a reduced timetable. She has talked every week to the Pastoral Support Worker who is pleased that Debbie has been able to share her feelings about the incident.

Eliza organises a cake and a card which the whole team signs. Eliza has stuck lots of photos of Debbie at BF in the journal and written a positive message in the back about the changes that Debbie has made.

Eliza contacts the school to give final feedback about Debbie's progress and ask for theirs.



Outcomes

Empowerment

**Positive
relationships**

**Improved
communication
skills**

**Improved
confidence**

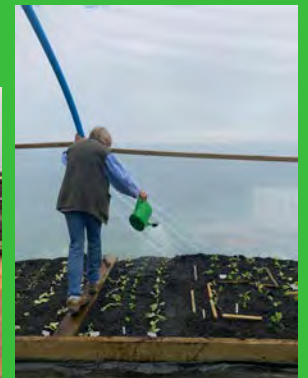
**Improved
mental
well-being**

What's next...



Everyone knows that we love green at BF - we love our green space and our green hoodies!

This summer we have been developing our Green Living area - we have been working with our young people to build a polytunnel so that we can work together to grow our own vegetables and support them to learn more about where food comes from, the importance of seasonality in our food choices and how we can reduce our negative impact on the environment. We are blessed to have the support from the Cober Valley Rotary Club to help us get off the ground with the planting.



We also have the foundations for a cob structure in place which will give us a new classroom to use when the weather is a challenge.

We want to make this year the year where we focus on our environment - enjoying just being in it, learning more about it and educating ourselves and others on how we can protect it!

