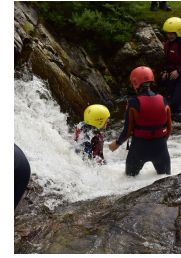


Appendix Action CW1.6 - Young People Mental Health Outreach – report on summer 2021 activities by providers.

Space @ Room 13 - Summer Activities 2021

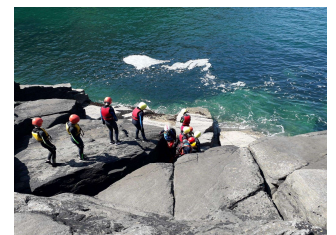
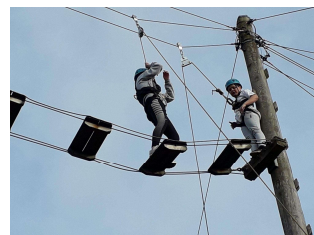
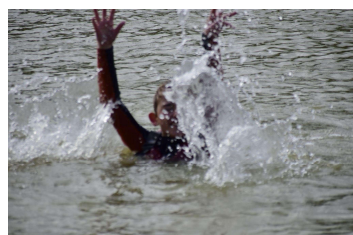


Throughout the lockdowns we had stayed in touch as best we could with young people in Okehampton through a mixture of streetwork, 1-2-1 targeted work and on-line sessions on Zoom and Discord. For the most part young people respected the lockdowns and the impact of the pandemic at a significant time in young people's lives when they would normally be socialising and enjoying their free time. As we started to emerge from the lockdowns the opportunity to get out and enjoy the summer was more valuable to young people than normal.

We normally put on 3 or 4 trips over a normal summer and a number of other activities based in or close to Room 13 so the opportunity to put on so much more that the West Devon funding enabled us to do was great, especially this year. Whilst we had some time to look at what we might like to put on for young people there was quite a delay, first in confirming that we did have funding for trips and additional staff hours and then waiting for the NYA to change their guidelines on booking activities. We had to book activities, put them on Evolve and advertise them in just a couple of short weeks.

Consequently time was tight for advertising the summer programme but we promoted the trips and activities on our Space website and social media channels, through our Communities workers to the wider voluntary sector organisations, on local community social media, through Ian at OCRA and of course to our own membership and also the young people we know through our Targeted Support. Participants were largely from Okehampton and surrounding areas, Hatherleigh, Lifton, Sticklepath etc we had none from the Tavistock area possibly because of the summer programme put on by Tavistock Youth Cafe and because we have fewer links on that side of West Devon. We also had a number of participants from the Holsworthy area largely through the Targeted Support work we do in that area.

We selected largely outdoor activities, not only because they seemed safer under the circumstances but because we felt young people might be keen to get outdoors more or maybe need to be encouraged to get back out again. We tried to appeal to as wide a range of young people as possible and provide a mix of adventurous, sporty and creative activities which would be in addition to our 3 Core evening sessions we deliver for DCC out of Room 13.



We put on a total of 10 different activities over the 4 weeks of the summer with a total of 16 sessions and a residential delivered to young people:

Gorge Scrambling, Canoeing and Kayaking, Climbing (including Low Ropes and Archery), High Ropes (with BBQ), Coasteering at Tintagel, visit to Paignton Zoo and a trip to Quay West.

We also had activities run locally in Okehampton from Room 13:

3 x sessions of music workshops with a professional musician
3 x outreach sessions with sports including tennis, cricket, football, frisbee etc.
3 x sessions of Forest School and a 3 day Forest School residential - this activity was aimed at some of the young people who may have experienced significant issues due to Covid lockdowns, e.g. isolation, mental health issues or the need to care for siblings and family members. It was a more in depth activity and will be accredited through the Space 'Learn' Award.

Total spaces for young people on trips = 210
Total take up of trips = 156 (74% take up)
Total number of individual young people engaged = 65 (Does not include our Core Activities for DCC)

These activities had a total number of 210 spaces available and we filled 156 of them - there were also 9 spaces which we were unable to fill when they were not taken up due to unforeseen circumstances or isolating due to COVID. Many of these young people were new to us and some have started attending Room13 as a result, some of the young people were enabled to take part because the trips were heavily subsidised and in a number of cases we waived a cost altogether where we were aware of genuine hardship.



We had some very positive feedback from young people; "I loved spending time with everyone" - PF "Best thing was being away from family! Being with friends" - KW, "Shaun (musician) was sooo funny, he was so good and can play guitar amazing" - CF, "The only bad thing was it wasn't long enough, another day at least" - MF "I loved the quiet time, stargazing was peaceful" - AC "Coasteering was the best thing I've ever done, the sea cave was totally scary when it was totally dark" - CF, "I've never jumped into water before because I don't like it, but it was OK on the gorge walking" - LT.



Tavistock Youth Café aims to give young people opportunities to be active, feel safe and to get involved with the community.

The funding we received from CSP (WDBC) was used to help support youth work activities during the Summer months.

In response to the ASB in Tavistock Meadows we held weekly Youth Café sessions in the park where we offered, snacks and games and a place for young people to gather.

We also continued our 1-1 mentoring work for young people experiencing mental health issues, and thanks to financial support we were able to pay for our youth work team to work extra hours delivering trips and activities.

30+ Young people were able to attend 7 day trips and outdoor sessions in the park.

Some of these young people come from difficult family circumstances and are unable to afford holidays or expensive entry fees into attractions.

The weekly sessions in the park gave us the chance to talk to young people who we'd lost contact with during the pandemic, some of which are now back at the youth café and engaging with youth workers.

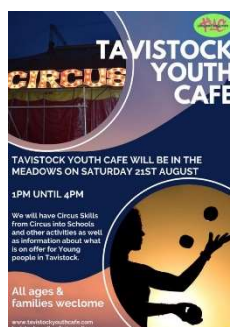
Positive outcomes:

- Relief from boredom, leading to ASB
- Socializing with others
- Access to youth workers and more opportunities to get involved with future Youth Café activities
- Food for young people
- Keeping vulnerable young people in site
- Offering a safe space for young people who feel intimidated by others

At the end of the Summer we purchased a Gazebo which we plan to use for community events, such as BMX and Skate Jams in the future. We have asked young people what they want and have been told that the skate park is not an inviting place for most to hang out. We are aware that some young people cause issues for others, and we can't solve this problem overnight.

TYC will continue to pursue a better skatepark which is designed to be more inclusive for families. We have opened discussions with Tavistock Council.

We are very grateful for the support from the Community Safety Partnership funds and hope that giving young people plenty to do over the Summer months will continue to be part of our yearly program.



Plymouth Pride, Circus Skills and Tree