

## ILKESTON YOUNG PEOPLE EXCEL AT THE WHARF SHED

### THE BACKGROUND

Ilkeston is ranked amongst the 20% most deprived areas across England and Wales. Some young people in these areas feel disenfranchised from society and have little to do in their spare time and therefore become extremely vulnerable to participation in anti-social behaviour, crime and could potentially make poor lifestyle choices. Sporting Futures identified this as an area where we could make a difference and developed the Street Project.

The Street Project takes place in Ilkeston with young people attending weekly. It is run in partnership with Erewash Borough Council, the Youth Service and Derbyshire Community Health Service Foundation Trust. It is a project for young people who are referred via the partner organisations and includes those at risk of increased vulnerability, for example, those experiencing bereavement, financial hardship, young people of parents who are known for drug or alcohol misuse, young people suffering from depression or self-harming and young people who are in care or on a safeguarding or Children in Need plan.

Through the power of sport, Sporting Futures engage with these young people and provide opportunities for them to achieve their potential and steer them away from a poor start in life.

### THE APPROACH

Fourteen young people from the project were given the opportunity to attend a 5 day residential trip in February 2016 at the Wharf Shed, Cromford. For many of these young people this was the first time they had spent any significant time away from home.

During the weeks leading up to the residential Sporting Futures and the partner organisations worked with the young people and involved them in the planning and decision making on how the week would look. They planned a healthy eating menu and were involved in the financial planning and budgeting of the trip. They were encouraged to select activities which would challenge them and provide them with new skills. The group were asked to consider and set their own ground rules which they were held accountable for.

All of the young people were asked to identify what they wanted to achieve from the trip and this ranged from; making new friends, learning new skills, trying new sports, confidence building. A lot of the young people stated that they were looking forward to a break from the difficult time they suffer at home.



## THE IMPACT

The young people took part in a timetable of active sessions and educational workshops all of which were aimed to increase self-esteem, increase motivation, develop social skills, reduce social isolation, build confidence and develop themselves as young leaders. Each young person understood what was required of them and were encouraged to participate in all activities.

All fourteen young people stated they received a positive experience and would appreciate another opportunity for a similar trip. The benefits of the conducive atmosphere and the joined up approach from all partners involved in the project ensured that the young people learnt a new skill or developed in a particular area over the course of the week.

## THE FUTURE

We would like to continue offering the residential opportunity on an annual basis with a different cohort of young people. The young people who attended this year would be involved in a mentor capacity and would encourage and guide the new attendees through the planning process and act as ambassadors of the project. We will continue to work with the young people to monitor the impact the project has had on their lives and the wider community.

### Quotes:

*"Since my mum passed away the project has helped me progress and learn. I've learnt a lot this week and it's been good to get away from the worries at home."*

*"This week has pushed me. I felt like I was socialising more and pushed myself. I have built a couple of new friendships too."*

*"This week has made me more confident and more skilled. I have helped out so many people and have got to know new people."*



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