

Presented By:
Lisa Williamson



TRY SOMETHING NEW 2022

Programme Review

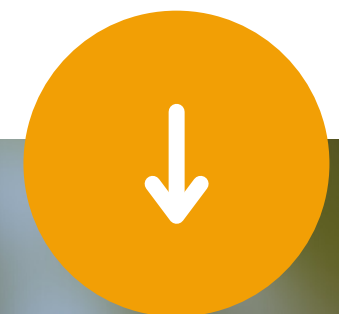


The Benefits

Research shows that:

- Regular connection to the outdoors and participation in outdoor activities are major contributing factors to good mental health (RSPB)
- Exercise in a natural outdoor environment can rapidly improve self-esteem and wellbeing in young people (Gladwell VF and Brown DK 2013)

“The great outdoors, therefore, should not be just considered a playground for those who seek the thrills of extreme sports, but emphasis should be placed on access for all.”
(Gladwell VF and Brown DK 2013)



Our Programme Goals



01

Build Confidence

The chance to succeed at outdoor challenges boosts self-esteem.

02

Develop New Friendships

Getting to spend quality time together in a safe and inclusive environment.

03

Experience Something New

Being exposed to new challenges to help build resilience and encourage self-reliance.

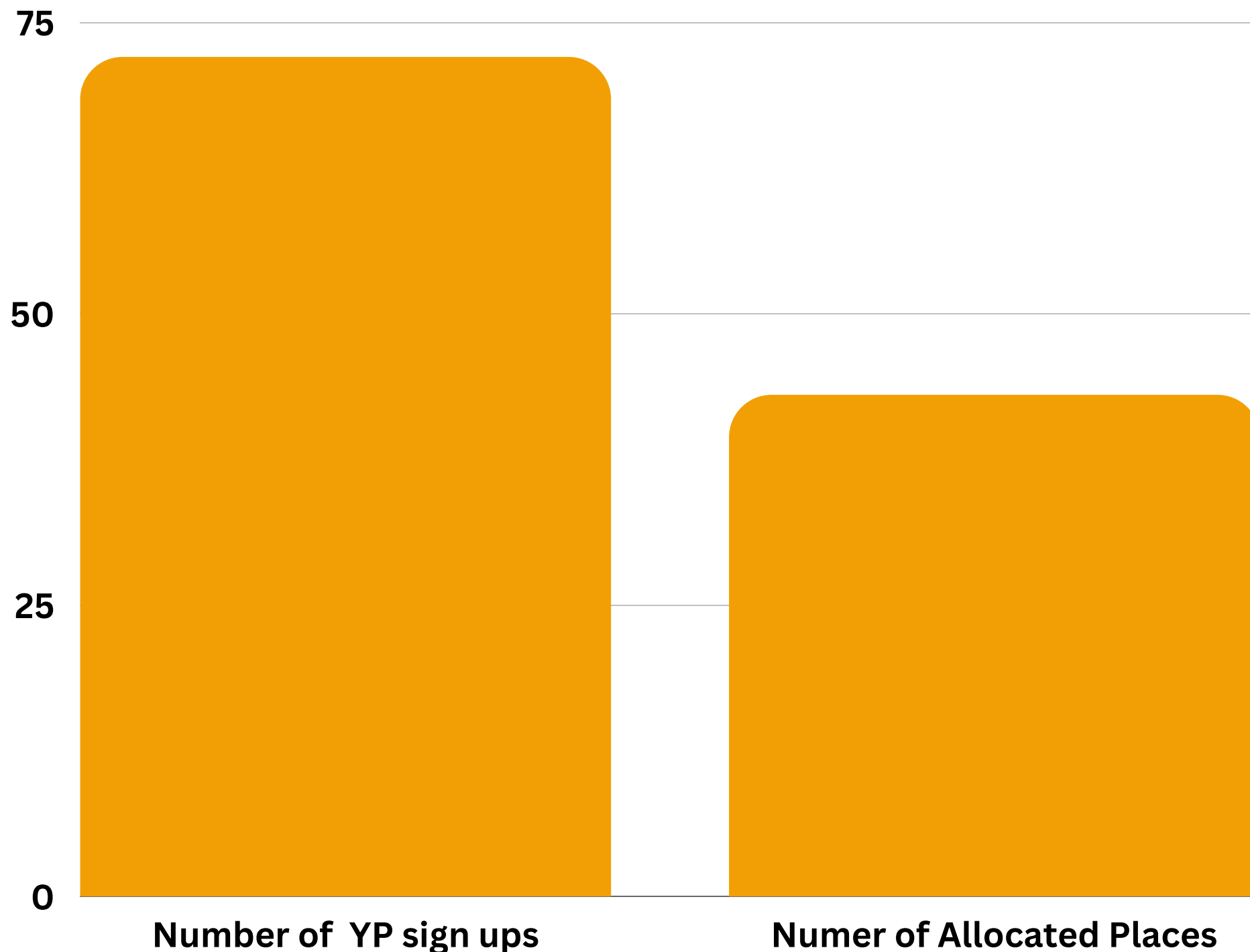
04

Have Accessible Fun

Providing the opportunity and safe space for life-enhancing experiences.

Sign up & Allocated Places

Statistics



YP = Young People



We were able to allocate

60%



of YP a place on our program out of those who signed up





100%
5 out of 5 Average Rating
Survey Rating of the activities

Our Programme

What We Offered



Lion King
1 Show visit

“ Got to experience new things he hadn't done before ”

Parent of YP



Canoeing
5 Canoe Adventures

“ [The YP] enjoyed sessions canoeing and this even gave [the parent] the confidence to brave taking my 3 children on a kayaking session! It was not just [the YP] who learned to push outside comfort zones and try something new this summer! ”

Parent of YP



Coasteering
3 Coasteering Adventures

“ She was so nervous about trying something new...She arrived back full of stories from her day and was very proud of all her achievements ”

Carer of YP



100%
5 out of 5 Average Rating
Survey Rating of the activities

Our Programme

What We Offered



Canyoning

1 Day Excursion

“ [The young person] had a fabulous time and hopes to go again on any of the excursions. The chance to gain a few life skills ”

Parent of YP



Blair Drummond

1 Day Trip

“ It’s just a big deal him being away for the whole day and he absolutely smashed it! This was such an amazing opportunity for him to help build his confidence and resilience! ”

Parent of YP



Dalguise Weekend Away

2 Weekend Adventures


“ Really really really enjoyed the weekend away, first time he had been away and just didn’t stop talking about his time away. We felt he has grown in self confidence and now believes he can do more than he thought ”

Carer of YP

Programme Success

Achieving our Goals

Build Confidence



[Name of YP] developed her own self confidence, self esteem and realised how brave she could be to try new things

[Name of YP] managed a weekend away which I never thought would have been possible



It was a fantastic opportunity for her to be away from home where we were both comfortable with it.

I've never seen such a relaxed and happy [name of YP]

Develop New Friendships

[Name of YP] made long lasting friendships with other participants

All the staff were very friendly and supportive. They are clearly experienced.



Programme Success

Achieving our Goals

Experience Something New



I went on a fun adventure with The Action Group!

He enjoyed all the activities and there was a nice range of physical and entertainment activities.

by the end of the summer [the YP] was gutted that the programme had come to an end!

It was wonderful watching her be so excited by a change of plan!



Have Accessible Fun



It was a chance to be myself and have fun

The no cost was a massive bonus which allowed us to access the programme



Programme Success

Young Person's Testimonial:

“ The programme was the perfect balance of support and freedom. I liked doing the outdoor activities and felt safe with the staff who helped to run it. I was treated as an individual and not just seen as my challenges ”



Review

98%

**4.89 out of 5
Average Rating**

Survey Rating of the overall
experience of the program



Programme Success

Carer's Testimonial:

“ After a really hard few months [their young person] came home today like a different boy! I cannot put into words how proud I am of him managing this trip and that is down to your team... I am so very grateful for you all!

I hope this is the start of new things for him as he feels he overcame alot these last few days. ”



Review

97%
4.88 out of 5
Average Rating

Survey Rating of the
communication of the program



Programme Success

Carer's Testimonial:

“ The action group offered our whole family a life line during the summer of 2022. What is usually a lonely and long 7 weeks became a wonderful summer of memories. I felt like we thrived as a family this summer and started the summer united rather than frazzled. The action group gave us all a chance to thrive! ”



Review

100%

5 out of 5 Average Rating

Would recommend the program to other families

Testimonials

Final Feedback



[their young person] loved the outdoor nature of all the challenges and the supportive environment created by staff made her feel capable of trying so many new things.



Being visually impaired she does tend to miss out and get left behind a little bit , there's a lot of anxiety there... it's harder for me to let go and let her do the same things her peers do for safety reasons. So this was a good step forward in the right direction and confidence gained on both sides



The way the staff members read and understood the young people meant they relaxed and connected with staff quickly



Budget Overview

Costs associated with running the programme



£15,000

ACTIVITIES

- Outdoor Excursions
- Entry Tickets
- Overnight Accommodation

£12,500

STAFFING

- Event Management
- Shift Hours
- Sleepover Payments

£3,500

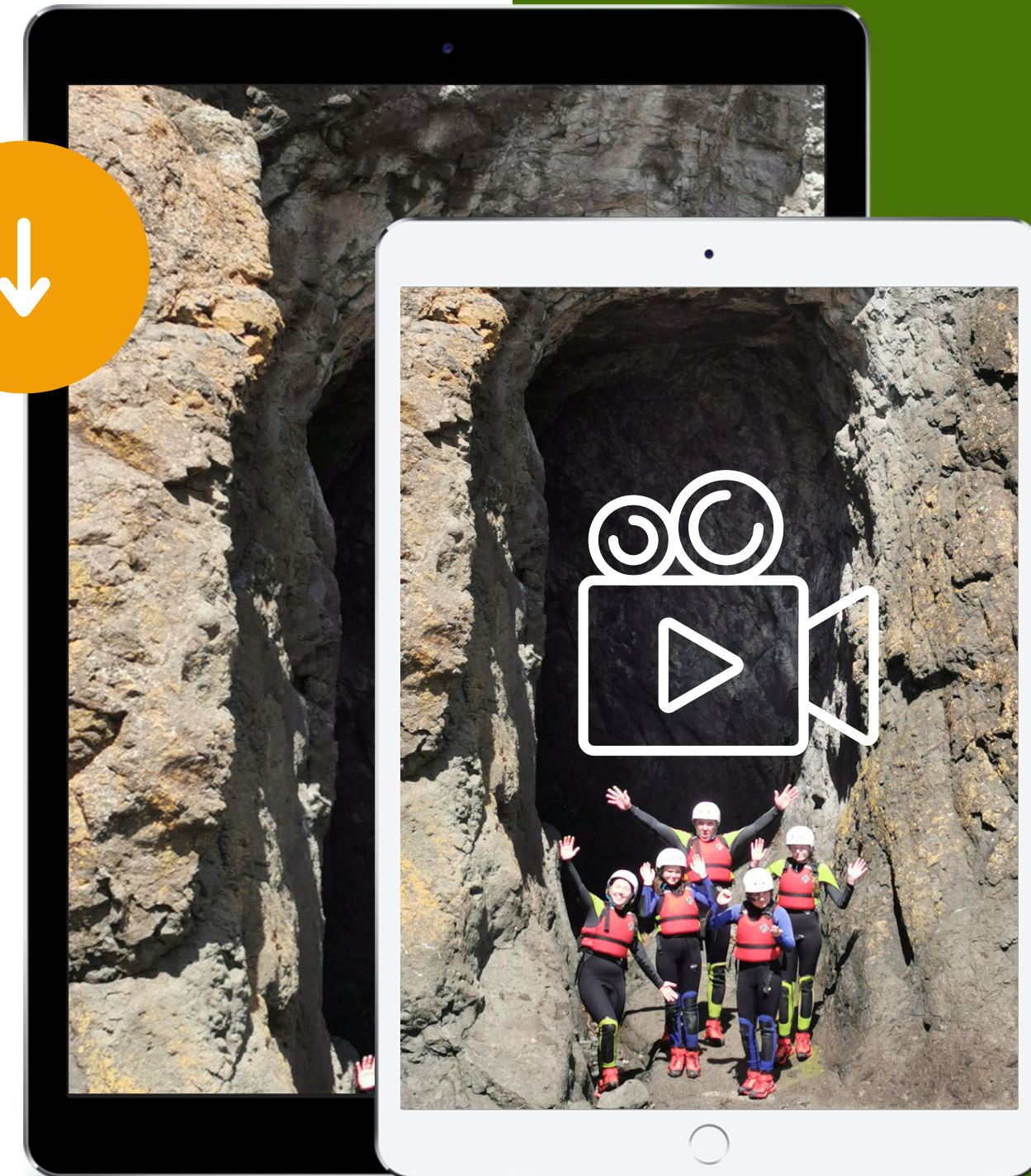
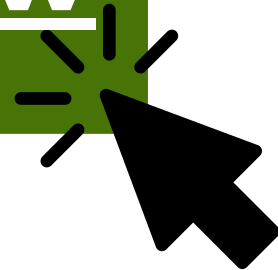
MISC

- Equipment
- Transport
- Programme T-shirts

Watch Our Summer Recap!

Our Awesome Time
Captured on Video!

[Click Here to View](#)





**Try
Something
New Gallery**
Our Summer in
Pictures



**Click Here
to View**



The Action Group

A group of approximately 15 people, including children and adults, are posing for a group photo outdoors. They are all wearing white t-shirts with the "The Action Group" logo and the text "TRY SOMETHING NEW SUMMER 2022". The group is diverse in age and is smiling and posing in a grassy area with trees and a wooden building in the background. Some individuals are giving thumbs up or making other celebratory gestures.

THANK YOU

Try Something New Summer 2022

A Summer to Remember!