

Shadwell Basin Outdoor Activity Centre Summer Project 2022



Monday 25th July to Friday 26th August



TOWER HILL TRUST

The Maitlands
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Youth Co-Ordinator Report

The Summer Project is a key aspect of the overall Youth Project. We tried to make our activities programme available to as many new members as possible as well as retaining regular members involved in the long term programme. Young people are encouraged to embrace our Youth Values; Respect, Confidence, Friendship, Humility, Equality, Courage, Motivation, Achievement and Leadership. This we feel helps develop great personal skills and the qualities of a good role model. It was great to witness the young people having fun, enjoying adventurous activities, socialising and making new friendships in a safe environment. The atmosphere was fantastic this summer, which is a credit to the development of the individuals who take on these values. Young people are also encouraged to develop the ability to assess risk and take on new challenges through using the "I Can" method which improves their ability to succeed and increase their confidence. Sharing and educating values and positive models are at the heart of our project.

The skills in outdoor activities that young people learn at Shadwell Basin, and in the real outdoors on expeditions, lead to peak performances and individuals reaching their adventure threshold. We run sessions delivering eleven outdoor sports which increase the opportunity for these experiences. The Summer Project activities programme is centred on the Shadwell "Pathways" Scheme which explores progression, achievement, personal and life skills through adventurous activities including; Kayaking, Canoeing, Raft building, Stand Up Paddleboarding, Rowing, Sailing, Climbing, High Ropes, Orienteering and mountain biking. The Pathways Leader Programme focuses on Communication, Team Building & Leadership which develops skills that are also transferable into other areas of life such as family, social, education and career life.

The changing of young people's lives becomes the focus for us as year upon year it is evident how individuals progress at a personal level and develop into great young citizens. Further to this, many become young leaders and contribute here at Shadwell and in their communities.

Through the funding we gained for the Summer Project this year we were able to employ 6 newly qualified instructors from the Centres Adventure Coach Training Scheme who are now on the Pool of Workers. The instructors worked alongside experienced coaches to develop their coaching styles and best teaching practices related to our Quality Coaching Model. It has been a huge development and a resource that will benefit the Summer Project and the Centre in the future.

It was encouraging to see so many girls participating with 38.5% overall. The gender split of staff here at Shadwell is usually 50/50 or thereabouts, which in the outdoor industry is exceptional. This is partly due to the Pathways Scheme and Leadership Award giving all young people the opportunity to develop the essential skills needed to join our Adventure Coach Training Scheme and become instructors. I am particularly pleased with the development that has taken place as there are now so many young people with very high-level skills within the youth club as a whole and achievement levels are continually increasing. Well done on your "Pathways" journey.

A residential expedition took place on Coniston Waters in the Lake District allowing 24 members to experience the real outdoors. It was a great success with fantastic activities including stand up paddleboarding, kayaking, climbing and mountaineering. On the trip there were a great number of challenges and successes experienced. The group managed extremely well in equipment preparation, expeditions and campcraft team responsibilities. Members remained motivated and focused whilst having an immense physical and social experience. Well done to those who took part you exceeded our expectations, and it was a pleasure teaching and sharing this experience with you all.

I would like to thank the staff coaching team and newly qualified instructors for their individual contributions to the project. They have shown that they are dedicated to making high quality experiences for our members. Adopting the Youth Values and developing young people around these takes time and commitment. The staff team understand youth work, mentoring and leadership which aids the personal and social development of our youth members and enriches the youth project as a whole.



William Tytler – Youth Activities Co-ordinator

1 Introduction

The Centre's work with young people started with a summer programme in 1976. Today it remains important to continue to provide much needed activities for young people in the school summer holidays. A four week, daily onsite activities programme took place at Shadwell Basin from Monday 25th July to Friday 5th August and Monday 15th to Friday 26th August 2022. The summer residential expedition took place from Monday 8th to Saturday 15th August. Usually the residential falls at the end of the summer, however due to a separate planned International Expedition we wanted to leave a gap between both of the trips.

2 Preparation and Planning

There were 54 young people daily on a five day weekly programme. Young people from Centre programmes including: Regular Youth Club Individuals, Girls Can Adventure, Adventure for All and Inspiring Futures were built into these weekly participation targets.

	Individuals	Girls Can Adventure	Inclusion Programme	Inspiring Futures	Total
Week 1	24	10	10	10	54
Week 2	24	10	10	10	54
Week 3	24	10	10	10	54
Week 4	16	10	0	10	36

Regular youth members who attend all year round, those on the Inspiring Futures, Adventure For All and leadership programmes were given priority bookings throughout the period. Other priorities of children with special family circumstances and a group of 10 new members were included in the weekly individual places. All members who had secured a place were split into Pathways levels Green, Blue, Red or Horizons/Leaders. This aided the efficiency of the Pathways administration, the educational development of participants and the recording of individual's progress.

3 Staffing

The staff team on the programme comprised of experienced full-time and part-time staff who had previously worked on the Summer Project as well as recently qualified Paddlesport Instructors from the Centre's Adventure Coach Training Scheme group. These twelve new instructors were given the opportunity to plan and execute lessons on their own as well as assist full time staff and become fully involved in working life. This worked very well, allowing for an important developmental experience, an increased level of responsibility, adding value to their Curriculum Vitae and future employment opportunities.



Daily staff de-briefings were important, enabling staff to explore ideas as well as discuss individuals and group situations. It also allowed the opportunity to monitor the development of the young people and gauge their progression on the "Pathways" scheme. Specific issues regarding young people were also discussed here and plans made to help resolve any issues arising, which were then handed over to the Youth Activities Co-ordinator to pursue and provide additional support where needed to young people and parents/guardians.

4 Programme

The feedback gained from regular youth club members and Centre staff has allowed for continual development of the Shadwell “Pathways” scheme, which was introduced in 2014. The scheme focuses on an educational journey of exploration and discovery which embodies the values of Learning Outside the Classroom. This allows the student to gain experience and skills as well as progressive certificates of achievement and National Governing Body awards. The Pathways scheme is color coded green, blue, red and purple. The awards are designed to become increasingly challenging as the young person progresses from green to eventually reach purple. At each level the time scale and amount of learning increases.

Pathways *Explore new skills - Discover your journey ...*

SPORT	GREEN	Bushcraft	Challenge	Adventure	BLUE	Bushcraft	Challenge	Adventure	RED	Bushcraft	Challenge	Adventure	HORIZONS
Paddlesport	Start	Secure a Canoe for a session Make a wild track using a tarpaulin Group shelter safety equipment	Capsize drill Balance game Importance of float & hydration Warm up	Discipline specific canoe Competition Day Trip	Discover 1 Star	Rowing float The boat down Trip clothing & safety equipment	Self Rescue Survive the Boat Recovery Position	Discipline Specific Competition Team Events Trip Recreational Trip	Explore 2 Star	Rescue casualty from position The boat down The boat down as part of a team	T&A Rescue Treat for Hypothermia Treat for shock	Classicalised Ink course Self-sufficient expedition Regional Competition	Horizon Diploma specific to sport MBUAS 1st/2nd/3rd/4th Beyond Self-sufficient expedition Regional Competition
Sailing	Start	Figure of 8 boat Rescue from 8 1/2 Half Hitch Dangling & tie down a boom	Group shelter Safety equipment & clothing Capsize drill Importance of float & hydration	Fun competition Balance game Self challenge Discipline/Canoe	Stage 1	Clove Hitch Reel race Put on rubber	Survival Bag Recovery Position Trip clothing & Equipment Dangling Equipment	Local Competition T&A on the River Thames Recreational trip	Stage 2	Rowing Sleed float Highway-man's Hitch Holding Hitch Fisherman's knot	Treat for Hypothermia Treat for shock Recovery weather map	Rescue a pilot with no communication Regional Competition Self-sufficient wilding trip	Horizon MBUAS 1st/2nd/3rd/4th Beyond Self-sufficient expedition Regional Competition
Rowing	Start	Rescue Turn & 1/2 Half Hitch Working with Rescue The boat to a Recovery / Mooring	Group shelter Safety equipment & clothing Recovery Equipment	Team games Team a boat around Three trial	Learn to Row 1	Recovery boat Prepare a boat for low Adapt techniques for crew	Catching a Crab Survival Bag Recovery position Trip clothing & equipment	Race on the Beach Try out a small Short Trip on the River Thames	Learn to Row 2	Flourish Ball out a boat Check Rope	Treat for hypothermia Treat for shock Capsize drill	Thames expedition Self-sufficient wilding trip Capsize drill	Horizon Self-sufficient Challenge Level 2 MBUAS Beyond Self-sufficient expedition Regional Competition
Climbing	Start	Figure of 8 knot Pack a harness and helmet away	Safety equipment & clothing Group shelter Packing for a day trip	3 Points of Contact Three trial Obstacle competition	Blue Course	Be-Tied Figure of 8 Clove Hitch Coff a rope	Survival bag Recovery position Trip clothing & equipment	Self challenge Standardised climbing route Climb at an indoor climbing venue	Red Course	Figure of 8 on a pole Bunny Ear knot Relay set up	First Aid for climbing Self-sufficient climbing Involving Using a "buddy" for belaying	6 x Route Climb on real rock Indoor climbing competition League	Horizon MBUAS 1st/2nd/3rd/4th Beyond Self-sufficient expedition Regional Competition
High Ropes	Start	Figure of 8 knot Pack a harness & helmet Coff a rope	Safety equipment & clothing Group shelter Safety at heights	Time Trial Team game/Challenge Three-way	Blue Course	Be-Tied Figure of 8 Clove Hitch Coff a rope	Rope safety check Lowering with assistance Climbing Involvement	Prepper race High balance beam Jump of faith	Red Course	Rowing boat Bunny Ear Relay set up	Figure of 8 on a pole Self-sufficient climbing Holding a fall	Standardised Route Block route skills Play'n Climb challenge	Horizon MBUAS 1st/2nd/3rd/4th Beyond Self-sufficient expedition Regional Competition
Biking	Start	M-Check Adjust brakes Check spokes	Suitable Clothing Safety Equipment What to bring on a ride	Basic course in local park Three trial Try on helmet	Gears 1	Use a pump Put a chain back on Adjust seat height	Complete M-check Treat for sprains and cuts Packing for a day trip	Front wheel lift Jump park Spring Fore route	Gears 2	Fix a puncture Change an inner tube Index gears	Basic navigation Treat for injuries Treat a burn on the hand	Complete Red Route Block route skills Mountain bike wildcat	Horizon MBUAS 1st/2nd/3rd/4th Beyond Self-sufficient expedition Regional Competition
Orienteering	Start	Find location on a map Find a given location on a map Travel a basic course on a map	Orienteerate a map Clipping for understanding Warm up	Colour grid race Colour grid time trial Standard challenge	Level 1	Orienteerate a map Find a given location Orienteerate through 3 types of vegetation	3D Map symbols Find a symbol on a detailed route Clipping equipment and nourishment	Fitness course Complete 3D point course Local competition	Level 2	What is an OS map Orienteerate an OS map Use 2 different scales of OS map	Treatment for injuries OS and reference OS map Clipping for competency / Event	Complete an OS map Orienteerate with support of an instructor	Horizon MBUAS 1st/2nd/3rd/4th Beyond Self-sufficient expedition Regional Competition

Leader Award *Become a role model - Develop your future skills ...*

Communication	Start	Get a group ready for an activity and essential safety equipment	Learn basic radio skills on channel 50s	Safety brief for an outdoor activity	Level 1	Set up an activity session and have the risk assessment	Learn about instructor training at a session according to centre risk assessment	Act as an instructor running a session	Level 2	Learn about the first aid procedures used by the Youth Club including first aid kit	Run a discussion workshop of the Youth Club Values in a youth group	Run a rescue scenario using 1st Aid kit	Horizon MBUAS 1st/2nd/3rd/4th Beyond Self-sufficient expedition Regional Competition
Team Building	Start	Being aware of team dynamics Planning equipment	Take part in a basic challenge with support	Help plan a challenge and keep people safe	Level 1	Role of a team supporting equipment and working with safety practice	Be a key structure in a challenge on a challenge	Lead on a challenge and keep people safe	Level 2	Write a plan and risk assessment for a challenge	Be responsible for the challenge and be supported by an instructor	Plan and organise a challenge and be supported by an instructor	Horizon MBUAS 1st/2nd/3rd/4th Beyond Self-sufficient expedition Regional Competition
Leadership	Start	Risk Assessment basic Leadership skills	Check group are safe for a session	Run a simple Warm up	Leader 1	Intermediate Leadership Skills Assessment	Teach how to Put on safety equipment	Run a team Game or challenge	Leader 2	Learning Styles VAC IDEAS Coaching Spectrum	Check safety equipment used for a variety of activities	Run a 30 min leader activity session Run a Start Award with support of an instructor	Horizon MBUAS 1st/2nd/3rd/4th Beyond Self-sufficient expedition Regional Competition

As you can see in between levels, there are stepping stone tasks which include elements of bushcraft, challenge and adventure. These allow young people to gain a depth of knowledge about the sports, build confidence and gain essential survival and life skills relative to the sports and adventurous activities. In 2018 we introduced the Pathways Leader Award, which included three awards: Communication, Team Building and Leadership. Individuals who are at the Horizon (purple) level and have achieved at least three red Pathway's Awards in different sports are eligible to enter the Leadership Award Programme. Participating in this award provides them an ideal opportunity to become leaders through developing essential group skills and the use of coaching models in a practical way. Through mentoring and peer learning, the new leaders then help less experienced members to achieve awards at the first levels of the Pathways Scheme which helps them build on their leadership qualities.



The Youth Club Values play an important part in individual development and personal skills whereby coaches and leaders can educate young people to become the best person they can be. They can either do this by selecting one of the nine key values to work on to develop the aim of the session or use one or more of these values to resolve problems and behavioural issues. This is particularly important when working with less experienced, newer members of the groups. These values also contribute to the security of individuals.

4.1 Activities Programme

The programme offered canoeing, kayaking, rowing, raft building, stand up paddleboarding, sailing, mountain biking, orienteering, climbing and high ropes. The Pathways Leadership programme also involved theoretical and practical lessons and workshops in Communication, Team Building and Leadership with an increased responsibility as leaders.



4.2 Trips

Trips took place on Thursdays and Fridays including; kayaking, rowing & sailing on the River Thames, mountain biking at the Olympic Park and orienteering in local parks. This enabled the young people to transfer the skills learnt at the Basin to a more dynamic environment, allowing further experience, challenge and depth of knowledge. 70 individuals accessed trips, 32 girls and 38 boys.



4.3 Competitions

Competitions in a range of sports took place on Thursday and Friday mornings that developed performance in a competitive environment which solidified skills and broaden experience. This also gave the young people the opportunity to learn more about discipline specific boats and sample different competitive elements within the sports.



Sail racing & Paddlesport sprint, slalom, polo, play boat tricks and synchronised canoeing were all included. Climbing technical routes, speed climbing and indoor bouldering took place, an activity that was introduced in the 2020 Olympics.



4.4 Friday Challenge & Team Building

A team building challenge was set up each Friday where all the Pathway level groups merged and competed in mixed activity task challenges using all the practical skills they had learnt on different sessions. Mixed level groups were created with members at the Horizon level leading the teams. This helped develop teamwork skills, communication and leadership roles, which played an important part in the success of the tasks and allowed the group to learn to support each other under pressure and take on roles of responsibility and safety.



5 Groups

5.1 Inclusion Programme

Between Monday and Wednesday each week young people with autism, learning and emotional difficulties were introduced to our activities. Myriam Guenem co-ordinated the Inclusion programme with additional support from our staff team. This helped broaden their coaching experience and understanding of the need for different approaches to learning. It is a real challenge working with young people with disabilities, but extremely rewarding to be able to provide outdoor activities with a progressive integrated nature that supports the needs of individuals and their future development.



This is the eighth year the inclusion programme has run and its success is wide-reaching, to the point where young people are able to access the regular youth sessions after the summer project has concluded. The programme enables individuals to develop and learn how to successfully cope in this new environment on their own within a group setting, which enables them to become more independent. One of the successes of this has been a youngster who started with this scheme eight years ago and has developed enough skill and confidence to successfully complete the Adventure

Coach Training Scheme and is now a member of staff. Children in Need has funded the Adventure for All and Adventure Together projects with £99,617 for a further three years with an extension until December 2024, which is fantastic news.

5.2 Girls Can Adventure

During the Summer Project we created a girls only group each week where 100% of the dedicated places were full. As the girls progressed it was evident that they integrated well within the regular youth activities programme, which is one of the main development aims of the project.

The Girls Can Adventure project enabled some girls who did not want to initially integrate to grow in confidence in an environment that suited



them. Also it allowed other girls with experience to develop leadership roles within the group.

6 Summer Residential Expedition

Young people who have gained essential Pathways skills at Blue and Red level activities are eligible to apply for the summer expedition. These skills are then put to the test in the real outdoors on day long expeditions at the appropriate level. Apart from the challenging activities, living life in the outdoors for a week and working together with up to 31 people can be demanding. However the rewards are often life changing. This year the expedition took place in the Lake District National Park with its iconic breath-taking landscape and scenery.



6.1 Explore Group

Activities were set for this group at Pathways Blue level and above with the additional aspect of succeeding and achieving in the real outdoors. Climbing at Gowbarrow Crag was a great experience. The different routes allowed for progression and challenge and certainly pushed the skill levels of all the individuals. An introduction to SUP (Stand Up Paddleboarding) took place on Lake Coniston and a kayak journey took place later in the week. The young people really enjoyed the SUP activity, especially as it was a new activity to be included in the summer residential. A mountain hike took place on Stickle Tarn and although challenging, the group handled themselves well in this exciting environment and successfully reached the top.



6.2 Discover Group & Challenge Group

Activities were set for these two groups at Pathways Red and above, with aspects of Horizon activities for the Challenge group. The Discover Group climbed high level routes at

Gowbarrow Crag and a SUP journey on Lake Coniston. The Challenge Group completed a circular hike taking in the impressive waterfall at Aira Force along the route. The Challenge group were focused on learning and practicing kayak rolling and journeying on Lake Coniston. Both groups merged for a long days hike to climb Helvellyn at 950 metres. The chosen route started with a very steep incline from Ullswater leading to the exposed Striding Edge, where the group traversed the ridge to reach the top, then completed the horseshoe route via Swirral Edge to eventually return to Ullswater. It was such a fantastic route and great for them to feel proud of their success in completion of this distinct, exposed ridge.



6.3 Adventure Play at River Esk

The River Esk has an amazing lagoon area not found by many, which includes beautiful pools and a fantastic relaxing and swimming area. There were safe jumping spots where we also practiced rescue skill scenarios. All three groups took part in the activity, although in their own separate areas to manage the risks and enabled the groups to work independently. It was a great way to spend the afternoon in a relaxed setting, breaking up the week from harder activity.

It was so good to see young people being free and able to take on adventures in the “real outdoors” with the recent Covid measures now behind them. The trip was a great success and a fantastic opportunity for young people to develop their skills further and find their adventure thresholds in this dynamic landscape.

7 Attendance & Feedback Analysis

Attendance	Summer 2021	Male 2021	Female 2021	Summer 2022	Male 2022	Female 2022
Individuals Attending	135	80	55	115	67	48
Attendances	1972	1200	772	1570	966	604

The number of individuals and participation overall has been similar over the last few years apart from 2020 when we had to vastly reduce numbers due to Covid measures at the time. The number of places available in 2022 reduced from 60 to 54 weekly places, this was due to a change in numbers by the RYA limiting activity numbers to 9 rather than 10.

Out of the 115 individual attendees this summer 25 were newcomers to the project, 14 of which continued after the project in the mainstream youth programme.

The gender ratio, with boy's attendance at 61.5% and girls at 38.5%, is encouraging and we are proud to provide a service that enables girls to have such a positive experience and repeat visits.

As you can see by the table below of ethnic background breakdown; Asian or Asian dual ethnicity is 30.7% with 9% from a Chinese background, Black and Black British was 2.45%. Dual ethnicity was 20.75%. This reflects that the Centre is reaching out to the wider community of Tower Hamlets.

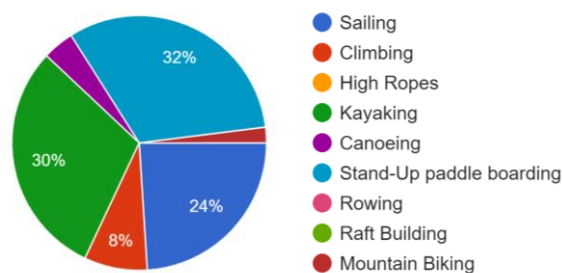
7.1 Attendance Breakdown

Percentage of Attendance Breakdown			
Asian or Asian British - 24.6%		Black or Black British - 2.45%	
Indian	4.3	African	0.75
Bangladeshi	6.1	Caribbean	0
Pakistani	1.7	Somali	1.7
Chinese	9		
Other Asian Background	3.5		
Dual Ethnicity - 20.75%		White - 43.5%	
Asian and White	6.1	English	42
Black African and White	0.75	Irish	0.75
White & Black Caribbean	2.6	Scottish	0.75
Other dual ethnicity	11.3	Welsh	0
		Other - 8.7%	
			8.7

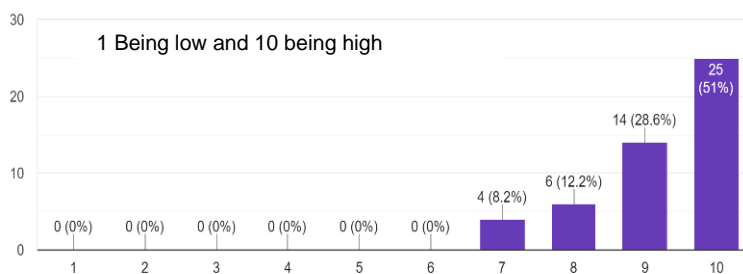
7.2 Summer Project Survey

During the project 50 young people completed a survey regarding the activity programme. We asked “what was your favourite activity”, “Is the summer project good for making friends”, “Did your confidence increase after taking part”, and “Did you feel healthier after taking part”.

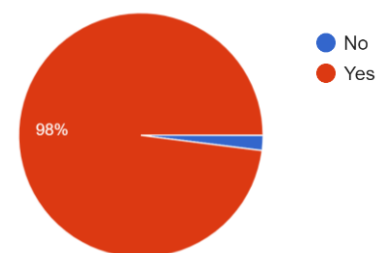
Favourite Activity



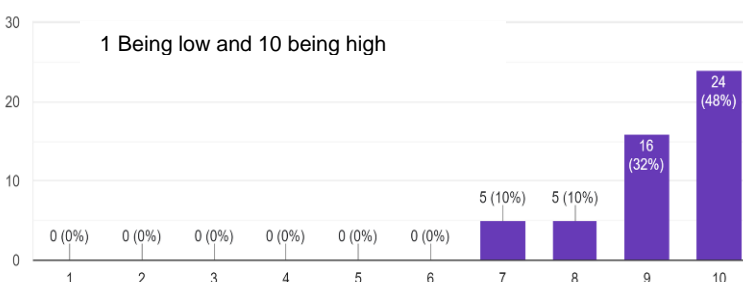
Making Friends



Increased Confidants



Feel Healthier



It appears that young people clearly enjoy the activities, grow in confidence, feel much healthier at the end of the project and find it a great place to make friends and develop social skills. As part of the activities programme the Stepping Stones include elements of assessing fitness, healthy eating, good hydration and a balanced diet. It was evident that these elements were being practiced and that young people were beginning to feel the importance of good nutrition and how this affects performance and general health and wellbeing.

8 Recognition and Qualifications

Instructors and coaches updated individual learning records and issued certificates. We celebrated young people’s achievements each Friday afternoon by presenting the Pathways Award certificates that they had gained. Additionally, 65 certificates such as “Most Improved”, “Best Newcomer”, “Leader Initiative” and other special recognitions were presented, which showed our ability to recognise not only skill but other personal developments and achievements. The Pathways Awards scheme has clearly improved the ability to record young people’s progress and awards. The structure of the scheme enables coaches to run high quality sessions and allows for the individual to feel connected with their coach and personal learning.

Pathways Awards Analysis 2022

Summer Project Outcomes	2022
New Skills /Recorded Outcomes	115
Accredited Awards	69
Certificated Awards	91
Special Certificates	65

Recorded outcomes: These are recorded as the amount of unique attendees who completed a Multi Activity Programme over the period. The programme allows individuals to experience an introductory journey in adventurous activities and the learning and decision making involved in that process. It also initiates confidence building, teamwork and working with the Youth Club Values which build on life skills.

Accredited Awards: These are the Awards accredited by National Governing Bodies, specifically in Sailing and Paddlesport. There were a high number of new users this year and we were pleased to see so many of these begin their Pathways journey by achieving NGB Start Awards.



Certificated Awards: Individuals who complete the full Pathway Award, including the Governing Body Skill and Stepping Stones sections gain full certification. This new way of recording progression takes an individual longer to get to certification as they gain more skills in the learning process due to our long-term development approach. The higher level awards take longer to gain and as the summer does not allow enough time for completion these tend to get completed either on the residential expedition or after the summer project in the regular youth project.

Pathways Awards Activity Breakdown

Activity	Green	Blue	Red	Total
Accredited NGB	Start	Discover / Stage 1	Explore / Stage 2	
Paddlesport	17	12	6	35
Sailing	33	1	0	34
Total	50	13	6	69
Certificated	Green	Blue	Red	Total
Paddlesport	17	5	2	24
Sailing	25	1	0	26
Climbing	12	5	0	17
High Ropes	3	5	4	12
Biking	7	0	0	7
Rowing	2	0	0	2
Orienteering	3	0	0	3
Total	69	16	6	91

9 Comments

“I really enjoyed the summer project because it helped me build my confidence and experience new things.”

“I just wanted to say thanks to the whole Shadwell team for the amazing camping and expedition trip. The girls had such a great time. I'm sure it was a life changing experience for them and your team was amazing in organising such a successful trip.”

“I feel like Shadwell Basin has taught me new skills. One main personal thing I have discovered is generosity and kindness. I have now started giving back to the community by volunteering my time in the summer project. By doing this I have increased my self confidence whilst helping the project and other young people”.



“After years at Shadwell Basin I have learnt so many things and made so many friends. It has made me a better, more rounded individual and has changed me forever. Shadwell basin can subsidise activities due to funding and this makes it such good value. I would be heartbroken if it had to raise it's prices, because so many people would not be able to gain these amazing opportunities.”

“Since joining Shadwell Basin I have had lots of fun and endless laughter. The learning is made fun, it boosts confidence and resilience. No one is left out and all are welcome. The feeling of accomplishment when completing a challenge after being supported by friends and staff is great. Everyone leaves with a smile on their face.”

“I really liked all the activities, as well as being lucky enough to go on two different day trips in the first week of the Summer Project. In general, I love all activities, not just sailing, especially kayaking”

“I really enjoyed all the activities during the summer residential especially the kayaking session where we all learnt to row because I got the chance to teach others and learn the skill myself. Also I like how the staff are really nice and caring (Carl staying with me for 4 hours while everyone else climbed striding edge).”



“I really enjoyed all the activities and being with the people in my group, the instructors make the whole summer expedition trip fun and I feel safe and happy with everyone. Doing the activities makes me feel strong and like I can achieve whatever I want to. I feel like I would of had even more fun if I had more self-confidence so I could socialise better with my whole group. Thank-you for all the amazing opportunities this week.”

“IT WAS THE BEST!!!”

"I have learned new tricks at paddling and sailing. There are so many challenges built into the activities as part of the Stepping Stones such as rescue skills including all in rescues where you learn to use a buddy system so that everyone remains safe and you can manage the whole rescue scenarios."

"I found it very fun, I love jumping in and doing rescue skills and team building. I have definitely gained more confidence."



"Shadwell Basin has had a very positive impact on me. Shadwell Basin promotes sport and health as well as providing a very strong sense of community within members. Instructors are both teachers but friendly and approachable and although the activities themselves do provide excellence in their respective sports, the experience in Shadwell Basin as a whole provides quite a crucial experience and atmosphere for all sorts of youth across East London."

"Shadwell Basin has given me many opportunities and lots of enjoyment that I am really grateful for."

"I feel that my mental health has improved, specially having climbed Striding Edge and Helvellyn where I really felt free and relaxed with all that open space."

"I have made lots of friends and gained life skills and been given lots of amazing opportunities at Shadwell Basin."

"I really enjoyed the activities that Shadwell Basin offered me. I would like to thank them for the opportunity for letting me come for a week in the summer. I like that I was able to socialise with everyone and the staff are really fun to."

"I had a fun time on the river on the last Friday with Alfie and Karl. Alfie taught me to roll my kayak to rescue myself which made me feel so good. Thank you Alfie."



"Shadwell Basin is really fun and it brings lots of young people together in it's exciting programmes. All of the staff leaders are really inspirational and I have got to know a lot of people who I would never have met if it weren't for them."

"Since I began Shadwell Basin I feel like I've gained confidence and long life friendships. The instructors are always supportive."

"I gained lots of skills, improved my communication and felt an increased level of independence."

10 Finance

Summer Project Finance 2022

Income		Amount
Tower Hill Trust		£4,280
Hermitage River Projects		£1,982
London Dock Community Fund – St. Georges		£2,505
Maitlands Fund Charitable Trust		£5,000
Tideway		£5,000
CAF Donate donations		£1,590
Summer Project User fees		£3,485
	Total	£23,842
Expenditure		
Staff & Volunteer Costs		£17,236
Facility & Programming		£4,300
Certification and Stationary		£300
Activity Equipment		£2,000
	Total	£23,836
	Surplus / Deficit	£6

Summer Residential Finance 2022

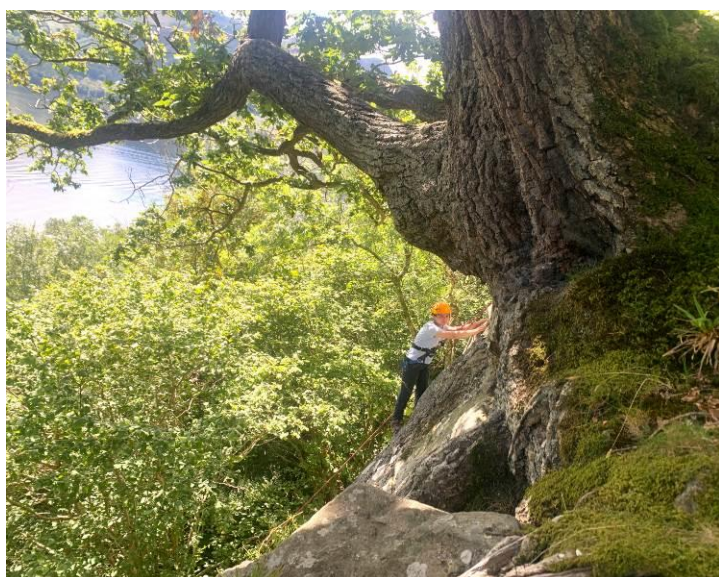
Income		Amount
Residential User Fees		£3,590
Young Londoners Fund Residential		£1,118
Charities Trust donation		£3,000
CAF Donate donations		£1,610
	Total	£9,318
Expenditure		
Staff & Volunteer Costs		£5,029
Food		£895
Accommodation		£1,368
Transport and Fuel		£1,537
Ancillary Costs (Parking etc...)		£486
	Total	£9,315
	Surplus / Deficit	£3

Summary

	Summer Project	Summer Residential	Total
Income	£23,842	£9,318	£33,160
Expenditure	£23,836	£9,315	£33,151
Surplus / Deficit	£6	£3	£9

11 Conclusion

Registration: There are a number of processes that take place including receiving and checking consent forms, online payments, and allocating young people to the correct group. All of this administration was completed prior to the project. It was a lot of work, especially tackling the amount of requests, which was in excess of 200 enquiries. The use of the “Pathways” scheme and the valuable planning prior to the project ensured that young people were able to participate at the right level for them. We offered weekly bookings so that we had more consistency and could increase skill levels overall. If members could not attend we then offered places to young people on our reserve lists to allow more opportunities for participation. It was much easier for coaches to plan effectively and give higher quality coaching using this process.



Pathways: We have learned that the “Pathways” structure provides long term development benefits to young people and provides a much more sustainable approach to outdoor and adventure activities at the Centre. It challenges young people attending both the summer programme and the wider youth programme to push their own limits more with the activities they do. It also gives both the young people and staff a focus on direction and on the long term future of the programme. The Pathways scheme is appreciated by young people, staff, management, the sport governing bodies and inspectorates such as the Adventure Activities Licensing Authority and Learning Outside the Classroom. It has also been very important in reporting individual’s successes to our funders. The Pathways scheme continues to challenge and develop not just the young people but also the staff and their skills in delivering high quality differentiated learning. Monitoring plays an important role not to just record achievement and success but also to evaluate development.

Coach Support: There were eight members from the Centre’s Adventure Coach Training Scheme who delivered as qualified Paddlesport Instructors. This provided employment and added personal development to the newer staff. The Centre Director, Youth Co-ordinator and the more experienced staff successfully provided support so that less experienced coaches could develop their coaching skills and gain independent support using the Plan – Do – Review approach to learning. It was rewarding to see the newer coaches develop in confidence and become more integrated within the staff team. The experience the newer

coaches develop are all transferable skills and will aid them in other areas of personal, educational and work life in the future.

Girls Can Adventure Project: The weekly lessons encouraged many girls to participate in the summer project with 100% of places filled and many girls finding the confidence to enter as integrated members of the overall project.



Concessionary Rate: The cost to individuals is set at an 80% subsidy, which equates to £24 per week. A £36 weekly rate is offered to families with two or more siblings. It was important to continue to offer this rate to enable access to the activities to as many families as possible.

Inclusion Group: This was challenging work as expected but of course extremely rewarding work, especially getting to know the individuals and how best to support their needs. It has allowed us to analyse young people and to make recommendations for some of the members to join in with regular youth sessions in the future. We also involved more staff in the support role within the inclusion sessions and this broadened the coaching experience in the staff team. Other youth members also joined this group if they were new to activities, this resulted in helping those more in need to feel they really were a part of the whole project and not just being looked after separately.

Life Skills: The summer project reaches young people borough-wide with around 90% of attendees from Tower Hamlets and 10% from outside the borough. It brings together individuals from different cultural and economic backgrounds. This is an incredible social experience and allows for new friends to be made. Our members had lots of experiences working within team situations, which helped develop communication skills. For the more experienced and older members, there were opportunities for young leader training. The environment creates a place that is safe for young people to collaborate with each other. The activities are a great leveller and a tool for finding potential, gaining self worth and building confidence whilst learning and developing new skills and transferable life experiences.

Staffing: The experienced staff team provided over 800 hours of coaching throughout the on-site four week summer project. The whole team are a credit to Shadwell Basin Outdoor Activity Centre. Their individual contribution and desire to enable young people to find adventure through an exciting and fun filled activity programme is enriching lives. When a leader can connect with a young person and help them in some way to find a path that is safe, rewarding and inspiring it is truly empowering.

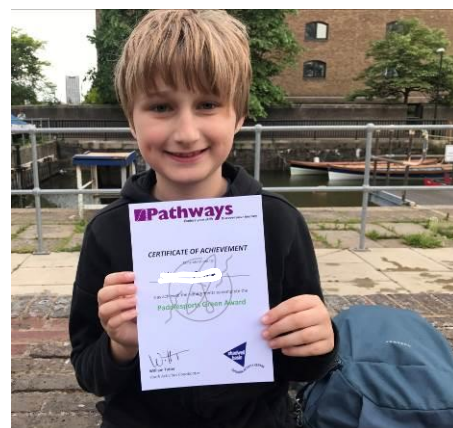
The Centre would like to thank all the staff for their continued professionalism and passion to train and develop young people through adventurous activities and adventure play.



Personal & Social Development: Adventurous activities here at Shadwell Basin and in the real outdoors are an amazing tool for exploring development and growth. Outdoor education positively contributes to our physical and mental health, helping us all in so many ways to fulfil our passion for adventure and feel good about ourselves. This heightened wellbeing also translates into different areas of our life, increasing personal and social development. It helps our young people to better themselves and contribute more in life to their community and their futures. Out of the individual places on offer 22% were new visitors to this year's project. Over half of these continued after the summer project. The 78% returning users are involved in long term development through accessing our year-round regular youth sessions. This means that we are succeeding in our long term aims as well as enabling new young people to join the programme.

A message to our members: We hope that you will continue your journey on the Pathways Scheme and truly flourish in life. Taking on the many challenges you face and learning to overcome these with a newfound physical and psychological understanding is an opportunity we are proud to offer.

Our Funders: Providing a positive environment for young people to grow in experience through educational and adventurous activities, and to succeed and excel in these sports at an affordable cost, is the charitable aim of the Centre.



This has been made possible by the generous financial support and grants from:

BBC Children in Need
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Tideway
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 East End Community Foundation -
 St. George

Our whole community would like to offer their heartfelt thanks and appreciation for having faith in the work that we do to create positive differences for each and every young person attending.



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