

# Shadwell Basin Outdoor Activity Centre Summer Project 2023



Monday 24<sup>th</sup> July to Friday 25<sup>th</sup> August





**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 careers.

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 qualified instructors from the Centre's Adventure Coach Training Scheme 2022 group who are on the Pool of Workers and also one of six of this year's newly qualified instructors. These instructors worked alongside experienced coaches to enhance 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 43% 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 in the Peak District allowing 10 members to experience the real outdoors. It was a great success with fantastic activities including stand up paddleboarding, mountaineering, hiking and social visits to local attractions. 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.



**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 24<sup>th</sup> July to Friday 4<sup>th</sup> August and Monday 14<sup>th</sup> to Friday 25<sup>th</sup> August 2023. The summer residential expedition took place from Monday 7<sup>th</sup> to Friday 11<sup>th</sup> August.

## 2 Preparation and Planning

There were 45 young people daily on a five day weekly programme. Young people from Centre programmes including: regular Youth Club Individuals, Girls Can Adventure and Adventure for All were built into these weekly participation targets. We secured less funding this year which had an impact on staffing and thus affected the numbers of places available.

	Individuals	Girls Can Adventure	Adventure for All	Total
Week 1	27	9	9	45
Week 2	27	9	9	45
Week 3	27	9	9	45
Week 4	27	9	9	45

Regular youth and leadership members who attend all year round, those on the Adventure for All and Girls Can Adventure programmes were given priority bookings throughout the period. Other priorities were children with special family circumstances and a group of 41 new members were included in the summer attendees. All members who had secured a place were split into Pathways levels Green, Blue, Red or Horizons/Leaders. Pathways is our progressive learning programme. 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 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 and 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.





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 development 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 and sailing on the River Thames, mountain biking at Mile End Park and Victoria Park and orienteering in King Edward Memorial Park. This enabled the young people to transfer the skills learnt at Shadwell Basin to a more dynamic environment, allowing further experience, skill acquisition and depth of knowledge to take place. Trips also promote motivation for the specific sport as they widen horizons and increase the challenge.



### 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 broadened 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 all 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 support the needs of individuals and their future development.



This is the ninth 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 this year has been a youngster who started within the scheme a year ago and has quickly developed enough skill and confidence to integrate into the regular youth club, make new friends and improve on her personal life skills. We are really grateful for the support of BBC Children in Need, who fund the Adventure for All and Adventure Together projects.

### 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 in activities at Blue level 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 can be demanding. However the rewards are often life changing.

This year the expedition took place in the Peak District National Park with its iconic breathtaking landscape and scenery. We camped at the Hollowford Outdoor Centre and set up our camp and kitchen with stunning views of Mam Tor, Peveril Castle and the Winnats Pass. The aim of the trip was to introduce a younger group to the real outdoors, organising clothing and equipment needed to experience outdoor activities, whilst working as a group to run the campsite including preparing all the meals of the day. The group worked exceptionally well and enjoyed a week full of action, fun and excitement.



### 6.1 Activities

Activities were set for this group at Pathways Blue level with the additional aspect of succeeding and achieving in the real outdoors. A stand up paddleboard journey took place on Erwood Reservoir. It was great to see this younger group on open water really enjoying the beauty and nature around them as we circumnavigated the lake. Games and skills were developed on the trip and individuals felt a real sense of self achievement.



On another day we went to explore Speedwell Cavern. The trip takes in a journey by boat through narrow low tunnels leading to the main cavern, along the way the tour boat leader told the historic story of the mine and lots of thrilling tales of times gone by. We also climbed Mam Tor with its 360 degree view of the Edale Valley and surrounding area.



Another area we explored was Brimham Rocks, once known as Brimham Crag, is a 183.9 hectare biological Site of Special Scientific Interest and Geological Conservation Review site, 8 miles north west of Harrogate. The rock formations were a wonder to observe and walk around. The group also took part in an organised orienteering event where they raced around the area picking up markers to complete different level courses.



The Rivelin Valley Trail was another fantastic walk that went through lush woodland as the route meandered alongside a tranquil river with waterfalls and stepping stones.



We had so much fun, developed friendships and truly enjoyed the nature and exposure of the Peak District. The group impressed us with their continual motivation and passion for the outdoors and were particularly helpful around the camp and looked after each other very well.

## 7 Attendance & Feedback Analysis

Attendance	Summer 2022	Male 2022	Female 2022	Summer 2023	Male 2023	Female 2023
Individuals Attending	115	67	48	112	64	48
Attendances	1570	966	604	1397	681	595

The number of individuals and participation overall has fluctuated a little over the last few years due to Covid measures and funding. The number of places available in in the past has been as high as 60 weekly places, however due to reduced funding this year we offered 45 places weekly.

Out of the 112 individual attendees this summer 41 were newcomers to the project, 14 of whom continued after the project in the mainstream youth programme.

The gender ratio, with boy's attendance at 57% and girls at 43%, 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 we have a real mix of ethnicity which shows we reach out to the wider community of Tower Hamlets.

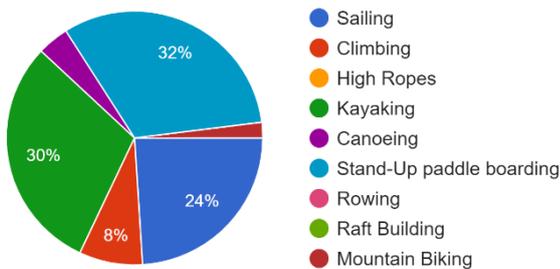
### 7.1 Attendance Breakdown

Percentage of Attendance Breakdown			
<b>Asian or Asian British: 12.5%</b>		<b>Black or Black British: 3.6%</b>	
Indian	7	African	4
Bangladeshi	3	Caribbean	0
Chinese	3		
Other Asian Background	1		
<b>Dual Ethnicity: 29.5%</b>		<b>White British: 45.5%</b>	
Asian and White	10	White British	48
Black African and White	2	Irish	3
White & Black Caribbean	4		
Other dual ethnicity	17		
		<b>Other: 8.9%</b>	
			10

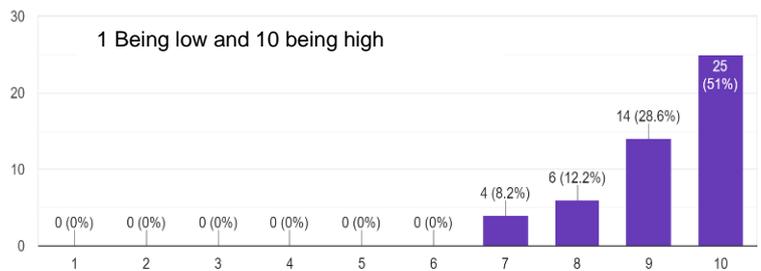
## 7.2 Summer Project Survey

During the project 40 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”.

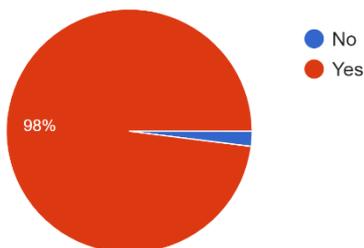
### Favourite Activity



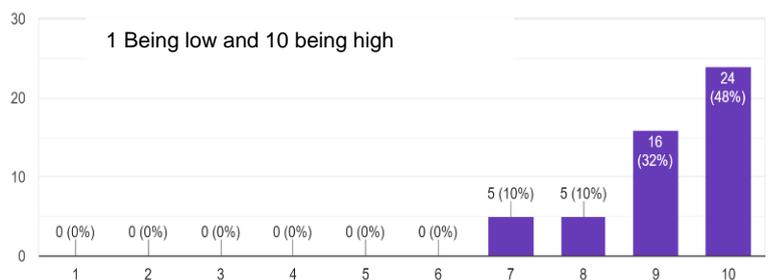
### Making Friends



### Increased Confidants



### Feel Healthier



Young people clearly enjoy the activities, whilst growing in confidence as they take on new challenges and develop skills, 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

Individual learning is updated by instructors during sessions and monitoring is updated by lead staff. We celebrated young people’s achievements each Friday afternoon by presenting the Pathways Award certificates that they had gained. Additionally, 140 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 become a stable method of recording 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 a greater connection with their coach, their personal development and overall learning.

## Pathways Awards Analysis 2023

Summer Project Outcomes	2023
New Skills /Recorded Outcomes	112
Accredited Awards	69
Certificated Awards	124
Special Certificates	140

**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 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				Total	
Accredited NGB	Start	Discover	Explore		
	Paddlesport	38	1	0	39
	Sailing	Stage 1	Stage 2	Stage 3	
0		4	0	4	
Mountain Biking	Gears 1	Gears 2	Gears 3		
	14	12	0	26	
<b>Total</b>	<b>52</b>	<b>17</b>	<b>0</b>	<b>69</b>	
Certificated	Green	Blue	Red	Total	
	Kayaking	24	6	0	30
	Canoeing	22	1	0	23
	SUP	13	0	0	13
	Sailing	1	4	0	5
	Climbing	0	0	1	1
	High Ropes	3	2	0	5
	Biking	18	10	0	28
	Orienteering	11	8	0	19
<b>Total</b>	<b>92</b>	<b>31</b>	<b>1</b>	<b>124</b>	

## 9 Comments

These comments show the impact that the activities have on young people’s lives and reflect their experiences at Shadwell Basin Outdoor Activity Centre and on the summer residential based in an area of outstanding natural beauty.

### Summer Project

“Being a member of Shadwell is fun because we are offered lots of things like water sports, climbing, high ropes, orienteering, and mountain biking and you get to meet loads of new friends.”

“Being at Shadwell is great because I have so much more confidence and I get many great opportunities. The instructors are amazing as well.”



“Being a member of Shadwell Basin is an incredible opportunity. There is a wide range of activities and a welcoming atmosphere, all the instructors are helpful and supportive.”

“Being a member of Shadwell Youth Club gives us loads of new skills and opportunities and helps us gain courage and responsibility.”



“Being at Shadwell is great all the instructors are really encouraging and funny.”

“Being a member of Shadwell is a true honour, participating in exciting and competitive activities are great. Learning new things motivates you to push yourself to be the best version of yourself and teaches you to have confidence and most importantly to be proud of your hard work and have fun.”



“Being a member of the Shadwell Youth Club gives you a chance to grow in confidence and skill our instructors are encouraging influences and will not give up teaching until we have fluently learnt. I have gained courage and sportsmanship and multiple other important values here at Shadwell.”



## Residential

“The residential was a fun experience because we got to climb hills and rocks, go underground on a boat trip through a cave, driving around the countryside and have lots of fun with your friends.”



“In August I went on an incredible adventure with Shadwell. The Peak District was a great place, I loved it, it was so much fun and I hope to go next year.”

“Orienteering at Brimham Rocks was so much fun and very addictive I did all the routes and even got 3<sup>rd</sup> place out of 96 racers.”

“Going on the residential was one of the best experiences in my life, I enjoyed the activities the best was when we went stand up paddleboarding on a reservoir it was truly amazing.”



**10 Finance****Summer Project Finance 2023**

<b>Income</b>		<b>Amount</b>
Tower Hill Trust		£4,397
Hermitage River Projects		£1,999
Canary Wharf Group Community Grant		£4,466
Children In Need		£2,701
Fundraising Dinner Donation		£1,303
Summer Project User fees		£3,585
	<b>Total</b>	<b>£18,451</b>
<b>Expenditure</b>		
Staff & Volunteer Costs		£14,381
Facility & Programming		£4,070
	<b>Total</b>	<b>£18,451</b>
	<b>Surplus / Deficit</b>	<b>£0</b>

**Summer Residential Finance 2023**

<b>Income</b>		<b>Amount</b>
Residential User Fees		£1,350
Children In Need		£573
Fundraising Dinner Donation		£2,050
	<b>Total</b>	<b>£3,973</b>
<b>Expenditure</b>		
Staff & Volunteer Costs		£2,318
Food		£514
Accommodation		£640
Transport and Fuel		£247
Ancillary Costs (Parking etc...)		£253
	<b>Total</b>	<b>£3,972</b>
	<b>Surplus / Deficit</b>	<b>£1</b>

**Summary**

	<b>Summer Project</b>	<b>Summer Residential</b>	<b>Total</b>
<b>Income</b>	£18,451	£3,973	£22,424
<b>Expenditure</b>	£18,451	£3,972	£22,423
<b>Surplus / Deficit</b>	£0	£1	£1

## 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 against the limited places this year. 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. 41 new members were offered a place this year. 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 six members from the Centre’s Adventure Coach Training Scheme who delivered as qualified Paddlesport Instructors, before, during and after the summer project. 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 transferable skills that the newer coaches develop through gaining this experience 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 £28 per week. A £14 additional weekly rate per child is offered to families with 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 of 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.

**Residential in the Peak District:** The young people involved had many fantastic adventures and the experience as a whole had far reaching impact on outdoor expedition experience, team work and the possibility to reach an adventure threshold. The young people were truly free in activity, mind and spirit. Being away from their city surroundings and environments plays a big part in how they develop through their journey with Shadwell Basin and in their wider community. Positive experiences like these influence their understanding of the world around them. They enable great social and personal development and allow young people to express themselves. They take on new and sometimes difficult challenges and develop resilience and personal skills which help them in different aspects of their life in their future.



**Life Skills:** The summer project reaches young people borough-wide with around 85% of attendees from Tower Hamlets and 15% 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 participants to find adventure through an exciting and fun filled activity programme is enriching young people's 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 37% were new visitors to this year's project, many of whom continued after the summer project. The 63% 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:

Hermitage River Projects

Children In Need

Canary Wharf Group Community Grants Programme

Tower Hill Trust

Tower Hamlets Council

Jack Petchey Foundation

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.



**Shadwell Basin Outdoor Activity Centre, 3-4 Shadwell Pierhead, Glamis Road, London, E1W 3TD.  
Information@shadwell-basin.org.uk. Registered Charity No: 293475  
Contact: 020 7481 4210 - [www.shadwell-basin.org.uk](http://www.shadwell-basin.org.uk)**

Help us by donating to the Shadwell Youth Fund:  
<https://www.givey.com/shadwellbasin>