

Organisation Name		Reference code
YES Outdoors		2023-10-YO68
Organisation Address		
YES Outdoors c/o Voluntary Action Islington 200A Pentonville Road LONDON N1 9JP		
Website Address		
https://www.yesoutdoors.org.uk		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1144916	2011
Community Interest Company	Registered Companies House Number	Date Registered
No	07834284	07834284
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No		
Grant Summary		
We offer young people from deprived neighbourhoods, at risk of criminal activity, an opportunity to build meaningful relationships with adults and peers and to exceed personal goals using the power of sport and outdoor activities.		
Please describe the local needs that this project will address		
<p>We offer young people from deprived neighbourhoods, at risk of criminal activity, an opportunity to build meaningful relationships with adults and peers and to exceed personal goals using the power of sport through our CLIMB programme.</p> <p>We work from schools and youth centres sited in the most deprived decile of the Index of Multiple Deprivation including Rose Bowl, Islington, and The Thanet, Camden. These are high crime areas - Lodgeservice states "Camden and Islington have a crime rate that is 39% and 22% higher than the London average, making them among the top five most dangerous boroughs in London."</p> <p>We take referrals from local youth workers, police officers, teachers, and youth offending teams, intervening through a focused, long term mentoring scheme to prevent problem behaviour and further involvement in youth violence.</p> <p>Staff referring into our programme have seen the effects of the cost-of-living crisis and government cuts on local families. Staff cuts have reduced the number and quality of interventions offered by youth services to their local communities. At the same time a drop in family incomes has made extracurricular activities unaffordable.</p> <p>Many parents are working longer hours to keep up with rising prices, leaving young people at risk of offending to spend more time unattended and vulnerable to grooming for criminal activity, often in overcrowded accommodation or out on the street.</p> <p>We provide young people with a safe space to be heard, learn new skills, and experience positive relationships, that would otherwise not be accessible to them.</p> <p>Working closely with young people, youth workers, teachers, and police officers we have identified activities and built programmes attractive to young people at risk of offending. We provide continuity in their lives, allowing them to reengage in education</p>		

and training. We are embedded in local communities and rely on the in-depth knowledge of professionals to identify the young people most at risk of offending. Local professionals play an active role in our referral process, they introduce young people to the programme provide introductions to parents and allow us to work from their centres.

Dawn Jarret, youth leader - Rose Bowl Youth Hub said "I had doubts at first, it was a lot of commitment for young people who find it hard to stay focussed ... I am impressed - CLIMB has had a lifelong impact on the young people. They were unwilling to engage with adults before and now they are proactively signing up for activities, more willing to take instruction and engaging less in antisocial behaviour."

Our founder and CEO is a serving Metropolitan Police Sergeant with over two decades of experience working in north London. He focuses the charities' projects on the most deprived neighbourhoods and provides a link to The Metropolitan Police who supply lost and unclaimed bicycles for our programmes.

With CLIMB we address an urgent need locally for affordable, high-quality sports activities. Islington has the least green open space of all London boroughs, high entry fees for sports facilities and rising youth crime. See a short video about how we work to prevent youth violence here: <https://youtu.be/6vyNrMSLJNQ>

What are the key outcomes that you will be seeking to achieve for young offenders?

Through our monitoring and evaluation processes we know that our projects have multiple positive outcomes that are highly beneficial to disadvantaged young people. Our project will enable them to take part in activities that would otherwise be out of their reach due to their disadvantaged backgrounds.

Our central aim as a charity, as stated in our theory of change, is "to empower disadvantaged young people to improve their life chances." Our programmes seek to improved confidence and 'pro-social behaviour'. Through a combination of behaviour modelling by staff and one-to-one support, the participants gain a better understanding of their personal strengths and abilities.

We want to ensure that we can support our young people as soon as their problems emerge, rather than when they reach a crisis point and are in need of more specialist interventions and support.

The project will enable young people to develop rock-climbing and bicycle mechanic skills. The sessions will help them to improve their physical fitness and co-ordination. They will also develop a range of transferable skills such as teamwork, communication and overcoming obstacles to reach a goal.

Our Bicycle Maintenance course is well suited to kinaesthetic learners who enjoy hands-on activities and learn through trial and error, and process information through touch and movement. The free renovated bicycle will enable them to cycle, which will improve their physical and mental health.

We will look to ensure a proportion of young people can achieve a City & Guilds qualification in cycle mechanics. For many, this will be their only accredited qualification on leaving school.

Our project will improve young people's safety by keeping them off the streets and away from negative influences. The sessions offer an opportunity to build trust and respect between our volunteer mentors and young people. This encourages the young people to gradually open up about themselves and their future aspirations. This relationship enables our mentors to listen to the young people and offer support to help them make positive life choices.

Our project will enable them to be part of a network of positive role models and peers to reduce their loneliness. Through taking part in our activities, the young people will reduce the amount of time they spend in front of a screen. They will also build relationships with young people from different housing estates to prevent the possibility of any postcode rivalries.

Other outcomes include:

- Regular physical exercise and improved fitness levels and mental health for participants.
- A chance to explore and challenge personal limits in a safe, supported environment with trained climbing instructors and mentors.
- Young people overcome fears and gain improved sense of self-worth.
- Participants set and achieve personal goals and gain a sense of achievement.
- Participants learn teamwork, effective communication and encourage one another.

What are the key activities you will undertake with this funding?

Our comprehensive, varied mentoring project is designed to engage young people in a sports enrichment programme. The project is tailored to supporting disadvantaged young people between the ages of 11 and 16 who are at risk of violence and criminality.

YES Outdoors have developed a climbing, mentoring and bicycle maintenance (CLIMB) programme that incorporates adventure-based activities and life skills. The programme is entirely free to all participants, removing a significant barrier in accessing sports-based activities.

The programme begins with rock climbing lessons at The Castle Climbing Wall, Manor House, London. Young people learn how to climb with the support of qualified instructors as well as their own individual mentor.

We carefully consider our aims and theory of change and have been incorporating a Sport 4 Development approach to be able to offer the most impactful outcomes within a structured, tried-and-tested framework. Evidence also suggests that activity-based programmes, such as climbing have efficacy in engaging young people at risk of problem behaviour and can also be successful (in the right context) in reducing violence (Wilson & Lipsey, 2000; Bedard, 2004).

The CLIMB programme starts with climbing, as the activity lends itself to being able to establish trust and break down some barriers more rapidly. 'Belaying' is safely monitored but is a great tool for building trust and giving young people more autonomy and responsibilities. The climbing sessions build physical confidence but also bonds the mentor and mentee as they share the physical achievements and challenges together.

The second phase of the project is our popular bicycle maintenance course. This is led by qualified bicycle mechanics who are very knowledgeable and have many years of experience working with young people.

Young people learn new skills in a welcoming environment, surrounded by positive role models. Our volunteer mentors will work alongside the young people to help them complete the repairs and maintenance tasks set by the bicycle mechanic leading the session.

Many young people come to us lacking focus and feeling apathetic but are attracted to the programme by the prospect of a free bicycle. We motivate and inspire them to make better life choices. We use motivational interviewing and 1:1 support to empower young people and help them to develop the skills to navigate social and emotional challenges. Our programme provides an opportunity for participants to express their frustration and anger in a neutral space, test boundaries and rebuild trust in broken relationships with adults and authority figures. This helps them to they go on to make better decisions and to engage more positively in their lives.

We culminate our programme with an adventure-packed five-day trip to Outward Bound in Wales, where our young people can take part in a range of exciting activities. Please see a short video: https://youtu.be/mMKk_uKU3mo

Who will be responsible for overseeing and delivering this work?

Project Coordinator - (funded by this grant) This role is carried out by Lucy Brotherston, a very experienced project coordinator. Having built a great relationship with our pool

of volunteers, she is able to support them and manage the project.
 Communications Manager - (funded separately) This role is carried out by Yoni Gal. Ensuring all the data for the evaluation is on track and produces any digital or video content to support the project. Managing databases and ensuring all young people are receiving the support and following up on any related tasks.
 CEO - (Unpaid in this role) Carried out by Tony Quinn. Provides the link in with referral partners due to his position within the Met Police. As a qualified and experienced rock-climbing instructor he is the senior instructor, attending many of the climbing sessions. As a City & Guilds qualified assessor he supports the bicycle maintenance delivery.

How will your organisation continue to sustain this project after the grant ends?

We have received £10,000 from Islington Council for our project for the past two years. We have a good relationship with several small charitable trusts who have funded our mentoring scheme previously and would be open to consider smaller grants. We continue to search for funders who share the same goals as ourselves and build those relationships. We are in the fortunate position that with your support and our reserves we would be in a strong position to focus on delivery in the knowledge we can cover those costs.

What expertise and track record do you have to be able to deliver this work successfully?

We have over ten years of experience in delivering this work. Last year, we were chosen as one of only a few projects to receive funding from the Youth Endowment Fund. We were the subject of a robust evaluation which examined the effectiveness of our activity-based programme in reducing youth violence. The evaluation was conducted by Sheffield Hallam University and led by Professor Mike Coldwell BA MA (Econ) PGCE PhD & Dr. Sarah Reaney-Wood Bsc (Hons), MSc. The full report will be published later this year.

Highlights from the draft report include:

- Overall young people were positive about the programme as a whole & component parts (climbing, bicycle maintenance).
- Young people were engaged with each aspect of the programme (climbing, bicycle maintenance).
- Mentors demonstrated passion, enthusiasm and felt positive about their involvement.
- It was clear that trusted relationships were developed over the course of the programme.

In 2019 we were visited by the Evening Standard. One beneficiary was included in the article saying the following; "He had just come from another YES Outdoors workshop for homeless or gang-affected older youths at the YMCA. "This time last year I was sent to prison for carrying a blade" he said. "When I came out, I was homeless and I couldnt get a job when my conviction was spent. At a time of my life when I was rock bottom, this course has given me something to cling to. It has been a lifesaver."

When looking to reduce incidents of violent criminal offences, weapon carrying, gang involvement it's important to not simply focus on behaviour. It has root causes which can be treated. By taking a public health approach it becomes clear it can be prevented.

Our climbing instructors are CWI certified and we offer free training and qualifications to our volunteers. This ensures that all participants can reach their maximum potential, under the guidance of highly experienced climbers. Our bicycle maintenance programme is also led by qualified mechanics. As an accredited City & Guilds centre, we can offer tangible and highly sought-after qualifications in bicycle maintenance to young people.

All our staff and volunteers undertake training programmes by NSPCC and NCVO. This includes in-depth learning on safeguarding, protecting children and young people, and GDPR. Further to this, all our staff and volunteers are fully vetted with Enhanced

<p>DBS checks. We also have an Internal Quality Assurance (IQA) officer on staff to ensure consistency.</p> <p>Our staff and volunteers are from the local area and are recruited due to their positive attitude or exceptional understanding of human dynamics. The challenging activities we do are an opportunity to build trust and the potential for future collective action. It also helps develop a sense of identity and values. Through one-on-one conversations, educational workshops, and group discussions we have seen great improvements in self-esteem and pro-social behaviour.</p>	
<p>Explain how the grant will be spent</p>	
<p>Much of the funding will go on staff pay. The project coordinator is responsible for coordinating the volunteers, mentees and working alongside the wider team. £30,000. Sessional staff - the project delivery is supported by qualified staff on a sessional basis. This is expected to be no more than 250 hours, about 8 hours a week. £5,000. Outward Bound course for one week in Wales (reduced with already secured match funding) for 12 young people £4,133. Minibus hire for the week at reduced rate £500 Total cost requested £40,000 as some additional costs or unexpected costs will be met by our reserves or additional funding.</p>	
<p>Will you be working with young people who are already known to local offending teams and already engaged with interventions such as Out of Court Disposals, Point of Arrest Diversion programmes or other YOT Prevention Programmes?</p>	
<p>Yes</p>	
<p>If yes, please provide details of which YOTs, Police Teams or other services you will be working with and how.</p>	
<p>We have existing strong relationships with police teams. Our CEO is the Met Police Sergeant for the Youth Engagement and Diversion Team (YEDO) for Camden and Islington. This means in the last five years we have developed links and taken referrals from detached youth workers, social services, targeted youth services and the youth offending team. The police YEDO officers can support with the logistics and capacity issues and some of the preparation and planning allowing us to work with larger numbers of young people.</p>	
<p>If no, please provide details of how you will engage with young people in the community who are at risk of gaining a criminal record.</p>	
<p> </p>	
<p>Will you be receiving funding from any other sources for this project?</p>	
<p>Yes</p>	
<p>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</p>	
<p>Yes</p>	
<p>Reason why not all staff have DBS checks.</p>	
<p> </p>	
<p>Total funding requested in this application (£10,000 to £80,000 with a maximum of £40,000 in one year)</p>	
<p>£80000</p>	
<p>Proposed grant start date</p>	<p>Proposed grant duration in months</p>
<p>8/1/2024</p>	<p>24</p>
<p>How much funding is required each year?</p>	
<p>Year 1</p>	<p>Year 2</p>
<p>£40000</p>	<p>£40000</p>
<p>What was your organisation's expenditure in the most recent financial year?</p>	<p>What was your organisation's annual income in the most recent financial year?</p>

£235473	£254412
What value of unrestricted reserves did your organisation have at the end of the most recent financial year?	
£151100	