

Off The Track

On The Path To Success

Delivered by:

UKY

**AVON
TYRRELL**

Funded by:

**South Western
Railway**

Impact Report, May 2022

Introduction

This is the impact report for UK Youth's 'Off the Track, Onto the Path to Success' project, delivered in partnership with South Western Railway through UK Youth's dedicated Outdoor Learning site at Avon Tyrrell www.avontyrrell.org.uk

The 'Off the Track' project delivered a unique, on-site experience, designed to raise young people's awareness of rail safety, help them understand how to embrace and manage risk in outdoor settings and engage them in outdoor activities that offers a fun learning experience.

This report shows the benefits to young people achieved through the project, showing how outdoor learning offers a unique and valuable experience that engages young people in a meaningful learning journey.

Off the Track On The Path To Success

- Fully funded programme
- 3 day residential
- Improves confidence, resilience and rail safety awareness
- Suitable for 11-25 yr olds

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How we developed young people's progression

Experience – Through a 3 day, 2 night residential, young people are engaged in challenging and fun outdoor activities, as well as on-site workshops designed to help them think about and understand how to manage their safety around rail networks



Learn – Experienced facilitators design activities around the '**Comfort, Stretch, Panic model**' designed to help young people learn through real experiences and assess perceived and actual risk



Develop – Young people take this learning and develop new and existing skills. Leadership workshops empower young people to develop leadership skills and raise awareness of rail safety with their peers and others in their community

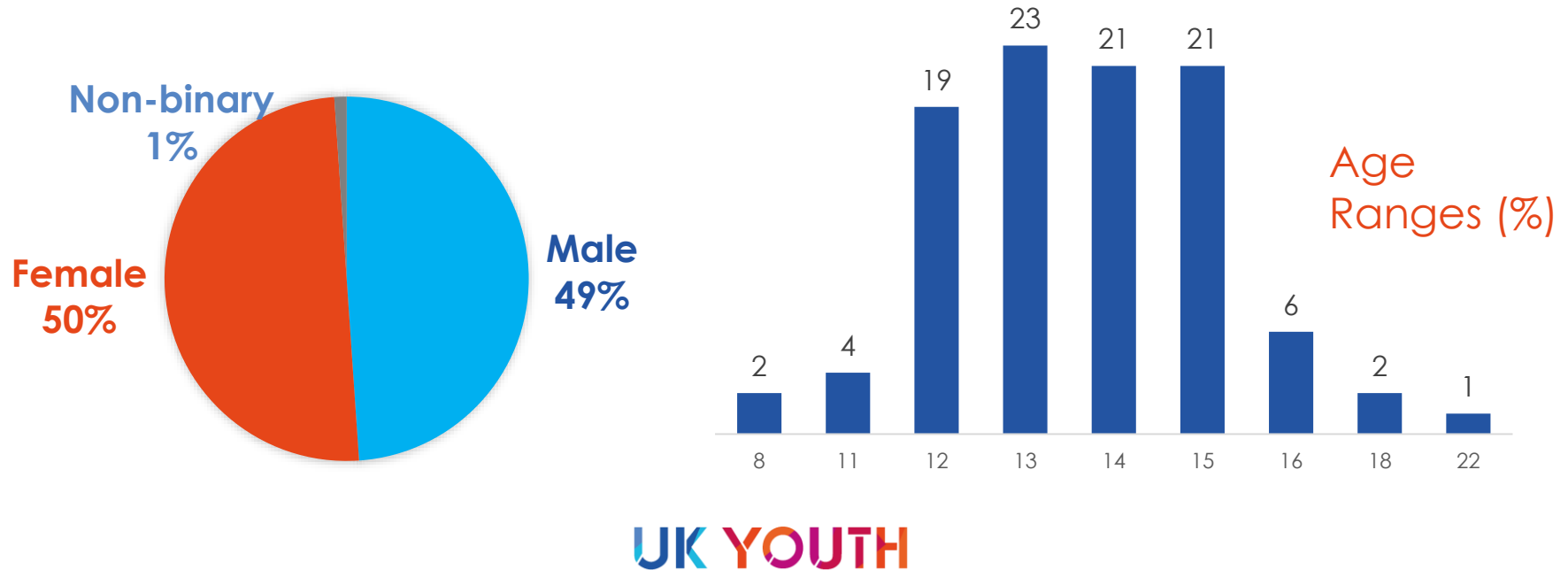
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Highlights and successes

- The '*Off the tracks, on the path to success*' successfully engaged 233 young people through the course of the project
- We engaged new organisations who supported a diverse range of young people
- Young people and youth leaders both enjoyed their time on the '*Off the track*' project and their time at Avon Tyrrell.
- Young people developed their knowledge about rail safety and the dangers of trespassing
- Young leaders also developed new skills and built their pride in working with young people

Who we reached

233 young people were engaged through the 'Off the tracks, onto the path to success' project across 29 youth organisations/groups



Young people and young leaders enjoyed their experience of the 'Off the Tracks' project

81%

Young people found the project 'excellent' and 'very good'

What did you enjoy most about your time on the project?

"That I got to spend time with my mates and just have fun"

"I learnt that I can push myself to my limits and try new things"

"Bushcraft and climbing and being with other young people"

"Tree top trail" "High ropes"

Based on responses from 96 young people

What are your overall views on your time here?

"Really great experience for young people"

"Great experience with all Young People engaged."

"The programme was very informative, staff were very patient with all young people"

"Good activities, friendly instructors. Nice and clean accommodation and decent food. "

Based on responses from 13 young leaders

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100%

Of Young Leaders found the project 'excellent' and 'very good'

Young people and young leaders enjoyed their experience of the 'Off the Tracks' project

"I am proud that I got to the top of the high ropes and made it all the way across the top of the trail 4 times"



"I am proud for accomplishing to reach to the end of the tree trail. I have learned you shouldn't say you don't like something until you have tried it and always have trust in yourself "

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Young people developed their knowledge of rail safety and will help others to stay safe



Young people also built outdoor activity skills and new leadership skills



Young leaders were able to develop trusting relationships with young people and build greater pride in their role

Based on responses from 13 young leaders

92%

Young leaders agreed they had developed trusting relationships with young people

There was a Net increase of 69% of young leaders who told us that they had developed trusting relationships with their young people. Spending time away from home, stretching young people's comfort zones and having to do challenging activities were all cited as reasons why these developed

"I thought it was brilliant: well led and co-ordinated by patient, thoughtful and experienced staff who understood the needs of our young people and were able to strike the right note between being supportive and challenging them"

There was a Net increase of 54% of Young Leaders who told us that they felt greater pride in their roles and supporting young people following their time on the project. Spending time away with young people in a 'different' environment enabled young leaders to form new, trusting and positive peer relationships

"Really well run activities well planned friendly and helpful"

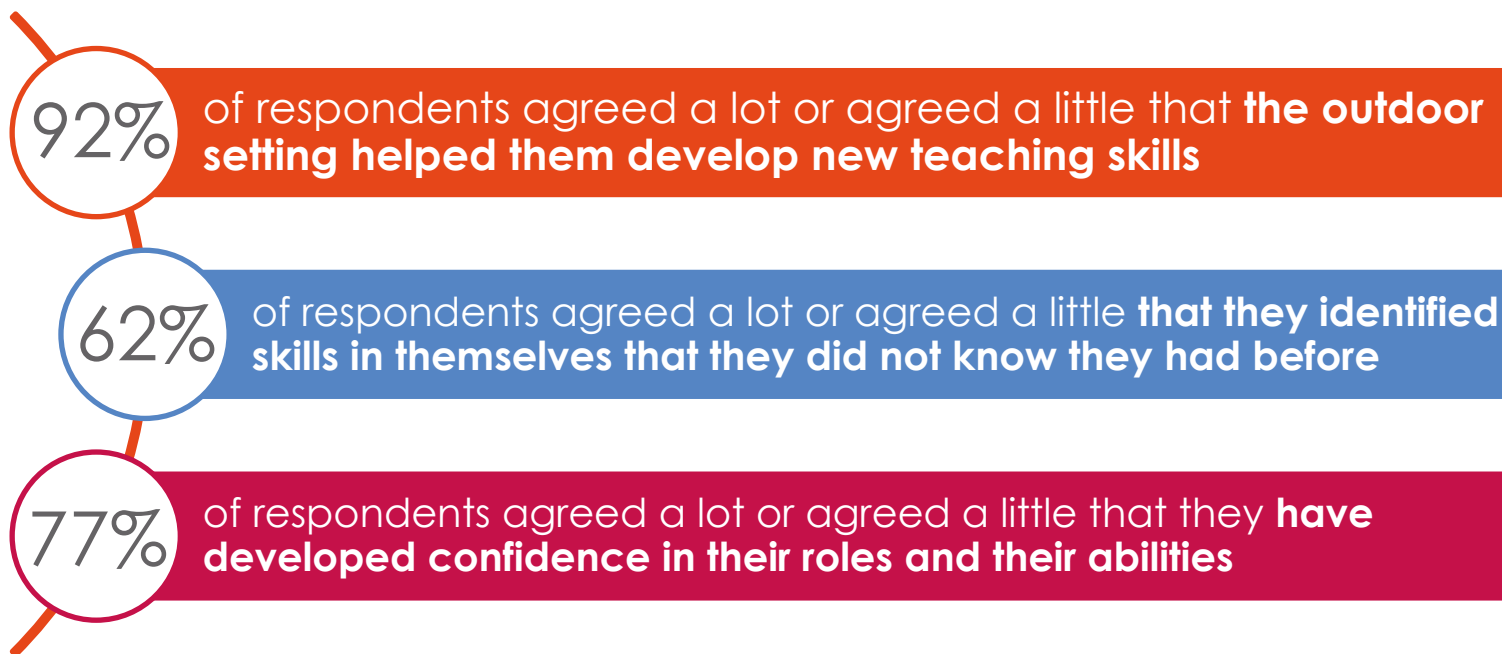
"Good activities, friendly instructors. The young people enjoyed the trip"

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77%

Young Leaders felt greater pride in their roles and supporting young people

Youth leaders were able to develop their teaching skills and develop increased confidence in their role



Avon Tyrrell was recommended as a place to visit for Outdoor Learning



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What we learned from the project

- This programme created opportunities to challenge young people to test their comfort zones and push their boundaries
- Active learning environment gave opportunities to put what was learnt through workshops and instruction into real action, engaging young people meaningfully in the project
- Working on group dynamics, ensuring they are supporting each other and having a chance to lead built young people's skills and confidence across the 3 days

“The workshop on the first evening went well, the group were very engaged and actively involved in the task, throughout the days they were becoming more aware of risks within everyday life and were becoming more aware of dynamic risk assessments within the sessions”

Ashley Clarke, UK Youth Outdoor Learning Instructor

With thanks to the generous support of South Western Railway



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Thank You

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