



Humber Outreach Programme (HOP)

FUTURE LEADERS



END OF PROJECT REPORT



WHAT IS THE HOP PROGRAMME?

HOP (Humber Outreach Programme) is a partnership of Higher Education Institutions, schools, academies and colleges. The HOP programme aims to raise the aspirations of young people from less advantaged backgrounds through exciting and challenging opportunities, with the goal of increasing their awareness of and participation in further and higher education. This report will showcase the experiences and opportunities young people in Hull have had during the project and how it helped them develop the skills to help them succeed in the future. The report will also show how awareness was raised about higher education options in order to raise the young people's aspirations.

NEXTGEN LEADERSHIP CAMP

The trip to Doncaster allowed the young people to develop their leadership skills whilst taking part in outdoor adventure activities. The young people took part in kayaking and team building activities. The team building activities included a range of problem solving and adrenaline-rush challenges which you could see really developing the groups leadership and communication skills. It was fantastic to see the young people become more confident as the day went on. The leadership camp also allowed the young people to improve their personal development and start to think about their next steps after finishing school. Young people could also find out what learning styles best suits them. We also invited another group we work with from Leeds who attend university to share their experiences with the Hull volunteers. Here are a few quotes from young people:

"Today was absolutely class: I met loads of new people and pushed myself out of my comfort zone".

"It was great to bond with people from different areas and find out what uni life is really like".

NEXTGEN MONTHLY TRAINING EVENTS

Young people were able to increase their confidence and communicational skills while taking part in monthly training events (pre lockdown). One training event was a dodgeball activator, on this course the young people learnt new skills and games that were dodgeball related. Other training events allowed the young people to use technology to help them deliver fun sessions. From these events young people were able to improve their project-planning skills and expertise in designing, implementing and evaluating a small-scale project. Young people could also talk about their educational options and ask for advice in a relaxed environment where food was provided. Facilitated discussions also took place to encourage young people talk to each other about their experiences in order to support one another. This was due to lead to a large scale community event, run by the young leaders, but due to lockdown restrictions this wasn't feasible (for now).



NETWORK MEETINGS

StreetGames were able to facilitate network meetings to enable organisations within our network to come together to talk about what they have been up to, share ideas and best practice with each other. The meetings also allow the staff to ask for advice on how to help young people make decisions on their educational pathway and share their own educational experiences. This area of work is new for many community organisations in our network so our support to facilitate conversations with young people and to share the relevant resources is really impactful.



COMMUNITY STAFF DODGEBALL TRAINING

The staff dodgeball training enabled the staff to develop new games and skills in relation to dodgeball that they could then deliver to their young people back in their local community. This training also allowed our community workforce to increase their knowledge of the course and entry requirements. The training has allowed staff to develop the tools needed to support students with confident progression. Staff shared their experiences and their current knowledge of the educational system whilst taking part in a sports activator. The informal setting made it easier for some staff to share their experiences and ask questions about the resources as well as the educational process that young people may face, additionally it established a peer support network. Hosting at Hull University allowed some community staff access for the first time.



LEVEL 3 EMERGENCY FIRST AID

Young people highlighted Emergency First Aid as an essential qualification to gain part time employment and experience and therefore the financial position to support themselves to progress onto FE or HE. This accredited first aid course gave the young people a great opportunity to gain some key life skills and to increase their own knowledge and confidence. The course also gave the young people a sense of more responsibility because of what they learnt from the course and the importance of the course. Learning such important skills also increased the confidence levels of the young people. The two tutors on the course shared their HE journeys which the young people found really interesting coming from qualified instructors in the sector.



LEVEL 1 DELIVERING COMMUNITIES TO YOUTH AT RISK

During Lockdown the young people were still really keen to progress with their development and expressed this on the WhatsApp group. We therefore provided an online 12-hour Level 1 accredited qualification to give young people a chance to gain knowledge around what makes an outstanding community worker, particularly working with young people who are 'at risk'. This course enabled the six young people to develop their teamwork skills but it also helped them develop skills around online courses and presenting online. The young people took part in a 'Dragons Den' style pitch which they then had to present to the rest of the group and 3 'dragons', one of which was Jenny Chambers from HOP.

COVID-19 SUPPORT AND WELL-BEING WEBINARS

Due to the stress that Covid is causing for many third sector community organisations (and their workers) we were working with on this project, there was a need to support their wellbeing in order to sustain a mind-set to continue to support young people living in Uni Connect wards. The webinar shared tips and activities that individuals could do during lockdown to improve their mental health and wellbeing. Participants who attend the webinar were encouraged to pass on the information to colleagues and young people they worked with to keep personal wellbeing at the forefront of everyone's minds.

LARK IN THE PARK

During the summer we linked up with Hull City Council to support third sector organisations to deliver on the 'Lark in the Park' project which delivered fun turn up and play activities in priority wards. This allowed young people to partake in activities safely by following the Covid-19 guidelines. It also allowed some of our HOP project participants the chance to volunteer at these sessions and put the skills and knowledge they have learnt to the test. During these sessions we had designated set up so there was a place for young people to discuss their future and ask for advice around their educational choices, during these discussions helpful resources were given. Our strong relationship with young people in the targeted areas meant that they feel comfortable to ask us questions about their future and we can also signpost them to further resources and the appropriate people.

CAREERS ADVICE

We were able to offer the young people involved, careers advice via online Zoom sessions. Our sessions were delivered by an independent careers advisor (Penny). Penny's knowledge and expertise meant she could offer young people great advice on the different paths they can take both educationally and their overall career path. The young people really enjoyed discussing which career paths they could take and what university courses and locations would be best for them. Each session was supported by a trusted community worker with whom the young people had an established relationship with and this provided a safe place to explore ideas, concerns, thoughts and personal issues relating to individual progression. Penny also held a Zoom meeting with community organisations so they could ask for her help and guidance which allowed them to increase their knowledge of the educational process and different career paths that can be taken, especially in these more challenging times. Penny also gave the organisations her email so that they can always ask her any questions that might pop up and this should mean that staff are always increasing their knowledge on the educational process and this might help them hold discussions with their young people in the future.

HOP RESOURCE DISTRIBUTION

We distributed 26 HOP resources packs to local youth centres and community groups alongside community sports bags to use during outreach work. These resources were to either stay at the centres or the young people could take them home if needed to help them make their choices. The NextGen volunteers helped us decide what educational resources should go into the packs. They also helped us with assembling and safely distributing the packs to the centres.

'The StreetGames training I did really helped me this summer to get involved volunteering. It gave me confidence and understanding on what to do whilst coaching. Thanks to Ryan I found a good pathway into getting involved and putting what I learnt into practice. It also helped me make decisions on what career paths I can take and what courses would be best for me.'
Sam (NextGen Young Leader)

'I really enjoyed the training opportunities and that I got to help out during the summer and it felt good to be able to do something normal during Covid. I also liked discussing my future educational options.'
Izzy (NextGen Young Leader)



68

**YOUNG PEOPLE
OVERALL UNIQUE
PARTICIPANTS**

48

**NUMBER OF
INTERVENTIONS**

563

**YOUNG PEOPLE
ATTENDANCES**

13

**YOUTH LEADERSHIP
TRAINING - NUMBER
OF PARTICIPANTS**

35

**STAFF TRAINING
UNIQUE
PARTICIPANTS**

58

**STAFF TRAINING
ATTENDANCES**

6

**NUMBER OF STAFF
TRAINING EVENTS**

