

GET OUT THERE GROUP ANNUAL REPORT 2013/2014



***2009-2014 Celebrating Five years
of Getting Out There in Cornwall!***

Introduction

The Get Out There (GOT) group is a Sense community project based in Cornwall. The service supports young people to access a range of challenging and fulfilling activities. The criteria of each young person is a significant sight impairment with an additional complex need. GOT is funded through a Cornwall Council grant and donations from local and national beneficiaries. This year has seen considerable growth in both numbers of young people accessing the service and quantity of activities delivered.

“The GOT group is an innovative service for disabled children and young people in Cornwall, and an example of how co-production with disabled children, young people and their parents can result in quality services. Cornwall Council has been proud to support its inception and is delighted to see how it has grown and developed over the last five years. You know the money spent by Cornwall Council on this service is worth every penny”.

Andrew Wallis ,Cornwall Councillor and Portfolio Holder for Children and Young People

“Funding for GOT is a partnership between the charity Sense and Cornwall Council. It shows how two organisations can come together and support these young people. It is a partnership that works. However, the success of GOT is down to the dedication of the project coordinators, and the many volunteers who give up their time freely to support GOT. These people are truly inspiring”
Yvette Yates, Senior Manager Disabled Children and Therapy Service, Cornwall Council



Young People on the GOT Group Summer Camp 2014 Holiday

Activities

Get Out There has provided over 40 activities during weekend and holiday periods. Activities are often suggested by the young people during monthly consultation meetings. The GOT group comprises of 3 hubs therefore activities focus on the specific criteria of each hub.

Hub Group One: Young people who have little or no functional vision with additional complex needs.

Activities have included Trevaskis farm fruit picking, swimming gala, audio described pantomime, willow weaving, power kiting, world culture day, bell ringing at Truro Cathedral, BF adventure and sailing on the Cornubria tall ship.



“I really enjoyed the activity at Trevaskis farm. It was exciting picking lots of strawberries and taking them home for my Mum afterwards. I learned about all the different types of fruit and vegetables from the lady who showed us round” (Caitlin)

Hub Group Two: Young people who have some functional vision with additional complex needs.

Activities have included: Carol singing, GOT calendar making, participation in a fashion show, Newquay Zoo, X Factor competition, horse riding, cinema visits, camel trail bike ride, a tour and interview on Radio Cornwall, surfing at Porthtowan, Exeter Museum, Plymouth Christmas shopping and beach art project.



“The fashion show was fantastic. M & Co invited the GOT group to their Redruth store and we tried on lots of different clothes. We then got the chance to go on the ‘cat walk’. I was a bit nervous walking in front of my friends and family but I soon relaxed. We also raised a lot of money for the GOT group. We plan another show next year” (Lydia)

Hub Group Three Young people who have limited vision, impaired mobility and additional complex needs.

Activities have included pamper and relaxation day, ice skating, Tehidy woods nature trail, Hidden valley, Bodmin steam railway, Crealy adventure park, drum workshop, Leach pottery, Truro Cathedral tour, Cornwall Seal Sanctuary, Flambards theme park, Lanhydrock house and hydrotherapy at Polkyth leisure centre.



“The ice skating was brilliant at the Eden project. It was my first time with the GOT group and I really enjoyed it. We had some hot chocolate to keep us warm. The best bit was going really fast on the ice in a wheelchair. We also had some wheelchair races “(Kieran)

Family Events: These activities bring together each of the hub groups, often with their families in attendance. Activities have included Valentines disco, GOT’s Got Talent competition, Christmas party, summer picnic, beach BBQ and the annual GOT group celebration birthday party at Dairyland Farm World

Family Weekend A total of 23 families attended a GOT/ Sense family weekend at the Sands Resort, Newquay. The event in early February also celebrated the launch of the new Cornwall Sense Branch. Parents and carers accessed a series of workshops provided by Sense practitioners including mobility and orientation, autism awareness, effective fundraising, sexuality and relationships, communication and Sense ‘who we are and what we do’.

A leisure club for children and young people included activities such as art & craft, dance workshop, story telling and swimming. In the evening Tyrone Fitzpatrick from the GOT 18 plus group had everyone dancing to his DJ set. Leanne Armstrong, general manager of Sands resort commented on the success of the weekend.

“It was fantastic to welcome all the Sense families to Sands Resort Hotel. Seeing all the children with so many different needs happy and laughing was worth all the hard work the Sense staff and volunteers were putting in. A perfect weekend for all the family”



Hayley, Willow and Shannon taking part in the Sense Pom Pom Challenge (Newquay November 2013)

Outcomes achieved through access to activities include:

- Provide positive and fun experiences to young people with single or dual sensory impairment and additional complex needs throughout the county of Cornwall
- Create and sustain opportunities to develop peer group friendships through the sharing of experiences
- The young people to participate in meaningful activities adapted to provide maximum fulfilment and inclusion
- Reduce environmental barriers that limit a young person's opportunity to gain knowledge of the world around them
- The young people to maintain and develop life skills through occupational therapy based activities.
- To offer activities to a specific targeted group of young people demonstrating a flexible hub model
- A needs led, person centred approach increasing opportunities for development of confidence, self esteem and independence
- Young people to maximise functional mobility through maintaining a range of therapeutic activities

Positive impact on family life, a short break service

As a short break service Get Out There provides activities for young people as their families enjoy time to themselves. This precious time is often spent with other family members or simply catching up on weekly chores. Families will often visit places that may be difficult to access with a young person who has complex needs. Get Out There is very aware that families need such quality time together and supports parents to discuss how this can be best achieved. Feedback from parents has clearly indicated the value of a short break for all members of the family.

“The Summer camp provided me with a much needed breathing space which was particularly well timed as I had other members of the family to attend to”

“GOT has given us the opportunity to do things that otherwise we wouldn't be able to do, our other children get our undivided attention and we think that is incredibly important as a family”

“The GOT camp provided a holiday break for our son which we knew he would enjoy immensely, and would give him a boost. It also gave me some free time to start work on the kitchen”

“Thank you to all the GOT group and everything you do. We finally have a bit of time to ourselves and our daughter has a brilliant time. Priceless for any parents coping with special needs”

“We can relax as we know our daughter is in good hands and that she will be well supported at all times”

“Sometimes there are urgent things to do, which would be difficult to do with my daughter. However in most cases I try to use the free time for myself, meeting with other people or relaxing”

Outcomes achieved through providing a short break service for parents / carers / families include:

- Positive impact on family life for parents and siblings
- Parent / Carers receive a regular short break service ensuring the quality of family life is maintained
- Parents / carers have an active input in the steering and direction of the group

A sense of ownership, belonging and empowerment

Get Out There has continued to place a strong emphasis on engagement of each young person in decisions that affect the group. The young people hold monthly consultation meetings and also have the opportunity to sit on the main steering group. There are 4 members of the GOT group who attend Sense Cornwall branch meetings that are held on a monthly basis.

The young people have access to a range of communication methods that ensure they are fully included in the meetings they attend. The consultation meetings offer young people the opportunity to discuss issues such as activities, friendships, volunteers, health and safety and safeguarding.

Each young person is fully aware that their views and opinions will be taken seriously and their input is important in the directing of the group. Meetings are often held at the completion of activities in relaxed environments where the young people will feel at ease.

The young people in GOT also feel a strong bond with their peers as their needs relate to difficulties with their vision. Each young person is aware that extra time is often needed during activities to complete certain tasks. The young people often show a great deal of awareness in giving each other moral support to overcome their difficulties. The increased self esteem gained by each young person has often enabled them to access other social groups with a greater confidence.



“The GOT group meetings are a great way of letting the staff know what activities we want to attend. We are encouraged to say what we feel about things. It is very important that we get the chance to say what is good or bad about GOT” (Kathryn)

GOT Group consultation held at the Dragon centre in Bodmin

GOT Group Awards 2014

On July 7th 2014 the Get Out There awards took place. We were absolutely delighted that the event was attended by HRH The Princess Royal (Sense Patron) and Gill Morbey (Sense CEO)

This event celebrated the achievements and accomplishments of the young people. Nineteen awards were presented and each young person received a certificate and an engraved medal. The event was attended by over 150 people including local dignitaries, Cornwall councillors, specialist practitioners and families of the young people. Examples of the awards presented are given below.

Richard Kelly~ Award for Thoughtfulness to others

Richard was very thoughtful at the family weekend helping out with younger Sense members during the leisure club activities

Jake Julyan ~ Award for Assertiveness

Jake has demonstrated new skills and talents .Jake delighted the audience at the X Factor, performing a brilliant song on his Ipad

Joseph Thomas~ Award for Determination

Joseph showed great determination to participate in the Camel bike trail and complete 3 miles of the trail independently

Kathryn Willoughby ~ Award for Dedication

Kathryn has delivered talks and presentations about her involvement in the GOT group to a range of audiences

Lydia Rowe~ Award for Developed Confidence

Lydia has contributed to the Sense Cornwall branch and has recently gained a place at Truro College



Joseph Thomas and Naomi Carter receive their GOT awards from HRH

Outcomes achieved through a young person led service include:

- Young people have a sense of ownership and belonging to the GOT group and Sense
- The young people have the opportunity to express their views and opinions on the service they receive

Volunteer recruitment, selection and training

Get Out There held three open days for potential new volunteers. These were held at Truro library in September, December and March. Each open day was extremely well attended with volunteers invited to ask questions on any aspect of volunteering. During the open days some of the young people attended to offer an insight into their experiences within the GOT group.

Following the open days volunteers were invited to make a formal application including completion of the volunteer application pack. Each volunteer was met by the assistant project coordinator to clarify any queries and to provide further info on the 'volunteer' experience. During the last twelve months 18 new volunteers have been recruited including 8 of a similar age range to the young people. The GOT group now has a pool of over 40 volunteers.

Volunteer training has been delivered on a monthly basis. Training has often been delivered by Sense which ensures all training has a specialist approach on the needs of the young people. This year's training has included the following sessions.

- Safeguarding and child protection
- Makaton signing
- First aid
- Health and safety in the workplace
- Mental capacity act
- Diabetes awareness
- Epilepsy awareness and emergency rescue
- Identity, sexuality & relationships
- Communication for Deafblind people
- Mobility and orientation for Deafblind people (three sessions)

A data base has been produced listing skills and knowledge of each volunteer. The data base is used to ensure that volunteers with specific skills can be consulted when planning activities. Examples include a volunteer who is a qualified swimming coach. This volunteer was asked to take a greater active part in the activity including consultation of the risk assessment.

Throughout the year the GOT group has held three forums in which parents have attended training days. During the forums parents are encouraged to participate in discussions relating to the support required specific to their son or daughter. The forums also provide an opportunity for parents to feedback to volunteers about how they feel about the benefits of the GOT group.

“Attending a parent forum session has given me a great respect for the parents and a greater understanding of my role in supporting the young people. It made me realise just how important it was to give the correct level of support for the young people and give them the best possible care”. (Penny)

“My experiences with the GOT group meant I was successful in the application process and indeed in getting a full time job”. (Jo)

“Volunteering for GOT has been a most positive and enjoyable experience. The training in mobility has been very useful when working with the young people. It has given me greater confidence to support them during activities” (Jane)



Training in mobility and orientation using simulation equipment
Sessions were delivered through Sense mobility specialists

Outcomes achieved from an extensive training programme include:

- Contracted staff to receive regular training relevant to the ongoing and changing needs of the young people.
- Volunteer team to engage in a training programme in line with the specialism of service delivered.

Referrals and assessment of new members

Referrals have remained consistent throughout the year. The main referral agency has been through the Cornwall Vision Support team. Other referrals have come via the sensory loss team, social workers, family liaison officers and Sense children and family services. Referrals have also come directly from Cornwall special schools and area resource bases within mainstream schools. Publicity for the group is often shared at networking events and the newsletter is distributed through a mailing list.

During a twelve month period of this review 26 referrals were made to the GOT group. From the young people assessed 14 young people met the criteria of significantly sight impaired with additional complex needs. The 12 young people who did not meet the criteria were signposted to other services in Cornwall that met their needs. GOT has a present waiting list of 6 young people.

At each assessment the parent or carer of the young person was informed about the purpose and objectives of GOT and the structure to a GOT activity. Parents and carers were invited to attend a GOT activity to gauge suitability for their young person.

As part of the assessment process an 'All About Me' document was completed by parents / carers which gives details on the needs of the young person in relation to their health, mobility, eating and drinking, communication, likes / dislikes, behaviour and general well being. This document was shared with the volunteers that would be supporting the young person once they commence GOT activities.

Following an activity accessed by a new member feedback is asked from both families and the young person and if positive future activities are then arranged. The assessment process is also used to place a young person in the hub group which best meets their needs. This may however be reassessed should a young persons support needs change.

Outcomes achieved through referrals and assessment:

- Continued demand for social opportunities for young people who find it difficult to access other activities due to the nature of their impairments.

Maximising potential, personal development and learning of the young person

The GOT group will do its best to encourage each young person to access opportunities that will lead to personal development and increased potential. Many of the young people have accessed a GOT activity which has provided an opportunity to try a new hobby or skill. Often a young person may develop a renewed confidence in an activity and feel encouraged to pursue the activity on future occasions. GOT has worked closely with providers to ensure that any signposting to other services still recognises the support needs the young person requires. This is monitored and providers are offered support in ensuring the young person has full access to the activity of their choice. Some successful examples of signposting the young people are listed below:

Harley Jolley: Harley has taken part in a pantomime as a member of the local amateur dramatic group from St Dennis

Janis Boquoi: Janis is being supported to work as a volunteer at Andy's café in Newquay

Kathryn Willoughby: Kathryn is completing her Duke of Edinburgh award with GOT activities contributing to the evidence required

Hayley Williams: Hayley is being supported to volunteer at the Helston Cornwall air ambulance charity shop

Grace Maltwood: Grace is being supported to work at the National trust café at Chapel Porth near St Agnes

The transition into adulthood for Get Out There members reaching the age of 18 has enabled them to move to the GOT plus group. GOT plus is supported and sustained through the personal budget payments of its members.

Members of GOT plus do however join in some of the GOT activities as this ensures that they maintain friendships from the existing GOT group. GOT plus encourages its members to take responsibility for their finances ensuring members feel they have achieved value for money activities of their choice.

The GOT plus group have worked with the GOT group in the publishing of the quarterly newsletter producing their own news page. GOT plus contacted the GOT group and asked them what stories and news items they would like to have published in the newsletter. The newsletter was also published in a range of formats that ensure the readership had access to alternative communication. This included audio newsletters and Braille format.

Signposting to other services for young people in Cornwall has also been beneficial to the young people who do not meet the criteria of significantly sight impaired with additional complex needs. These young people have been encouraged to access services that have a membership of young people similar to those in their peer group. An example is a young person who had a hearing impairment and was put in touch with a group of young people who meet at the Cornwall Deaf Centre in Camborne.

Outcomes achieved through maximising the potential of the young person include:

- Young people to enhance social interaction through use of a range of human and technological communication
- Those who do not meet the criteria are signposted to other groups in line with the young persons needs.
- Support of the young person through the transition into other areas of interest including youth services, adult care and support and social and leisure services
- Young people to develop independence and confidence through a range of key life skills.
- Young people to gain positive experiences through voluntary work and work experience in the community.



“I have made lots of friends in the GOT group and this has really helped me with my confidence. I applied to work at Andy’s café in Newquay and started work there this summer” (Janis)

Evaluation

Get Out There activities are evaluated through the Every Child Matters outcomes. These five outcomes are stay safe, be healthy, enjoy and achieve, make a positive contribution and achieve economic well being. Following each activity the five outcomes are measured against the achievements of the young person
The example below relates to the summer camping holiday

Be Healthy: Activities included canoeing, rock climbing, sports and games, camp fire building, archery and swimming at the dragon centre. Activities were educational and informative and accessible to those with sensory impairments. Young people encouraged to eat a healthy well balanced diet. Emotional well being of each young person was carefully monitored during the holiday.

Stay Safe: DBS checks of all volunteers and support staff. Risk assessments for all activities and living skills taking place on the camp site. 'Register' system in place to ensure accountability of young people on the camp site and during activities. Key worker system to provide additional stability and support for young people staying away from home. Support in place for management of health care needs including epilepsy and asthma. All young people supported during activities with expertise of Tempus Leisure staff

Enjoy & Achieve: Encourage and support peer group interaction between young people. Ensure activities involve all young people and encourage opportunities to learn. Young people involved in daily team meetings. Support young people to overcome any barriers to communication. Complete tasks that involve team work and sharing of skills. Praise/ encouragement to raise self esteem

Make a positive contribution: Offer choices relevant to activities, daily living skills and general well being .Encourage young people to be independent in daily living on the camp site. Set, and agree with young people, appropriate ground rules and offer praise for positive attitude and behaviour. Young people produced a power point to deliver to parents at the end of the holiday

Achieve economic well being: If appropriate discuss expenditure of holiday with young people and reason for constraints on budget. Allocate 'pocket money' to each young person and if necessary advise on suitable items to purchase

Fundraising

Get Out There has achieved some very successful fundraising ventures over the past 12 months. These are wide ranging from submitting funding bids to large charities to individual events involving the young people, Sense staff and volunteers

Fundraising has contributed to ensuring the young people continue to access activities that maximise opportunities for learning, peer group interaction and personal development. The extra funding has also contributed to the purchase of specialist equipment that is beneficial to young people with limited sight.

During holiday periods the young people have had the opportunity to access some overnight short breaks. As this is of added value to the service funding for these opportunities has been gained through extra fundraising bids. Short breaks have included stays at Tregenna Castle Hotel, camping at Bodmin and a weekend at the Action for Blind hotel in Teignmouth (Clifton hotel)

Get Out There is appreciative of the organisations that have donated funds and would particularly like to thank the following,

West Cornwall Youth Trust
Santander Bank
M&Co retail store
West Cornwall Golf Club
Truro Lions Club
Camborne Rotary Club

Claire Milne Trust
Lloyds Bank
Cornwall Sense Branch
Cornwall Blind Association
Redruth Phoenix Bingo Club
The Richmond Trust

The above organisations have contributed to a total of £12,000



Fundraising through collections on the Tor point ferry took place in October 2013 and May 2014. A total of £675 was raised from both collections. Match funding was provided by Barclays bank thus the final amount raised totalled £1,350

Health, safety and wellbeing

Prior to each activity discussions take place between the GOT coordinator and the activity provider. The discussion is used to analyse any potential risks and hazards that may occur during the activity. On some occasions the coordinator will make a prior visit to the venue to discuss risk management with the provider. An example of this occurred at the Eden Project ice rink where the venue required inspection to ensure it was fully safe for each young person. A risk assessment was drafted ensuring each of the young person's need was taken into account. The risk assessment incorporated the health and safety procedures issued by the Eden Project.

For all the activities risk assessment is a mandatory procedure to ensure health and safety is fully observed. Each risk assessment looks at the activity as a whole and any individual risk that may be apparent to a young person. These often focus on the issues relating to the sight impairments and support with mobility and orientation. Each risk assessment is shared within the staff team prior to the activity. Where an activity is repeated a risk assessment update is required to take into account the changing needs of the young people. Sense has recently revised its charter to incorporate 8 'I statements'. With relevance to risk management the GOT group takes into account the following I statement,

'I consider the benefits of taking a risk as well as what might happen if things go wrong. Where possible I seek to manage risk rather than avoid it'.

Throughout each activity a first aid kit is carried at all times and a first aid trained staff member is in attendance. All accidents are recorded in an accident book and documentation completed in line with Sense policy and procedures. Volunteers receive training which takes into account the safety and well being of the young people. Volunteers are encouraged to raise any concerns they have relating to the safety of the young people.

Outcomes achieved through robust health and safety include:

- Activities are stringently planned taking into account management of potential risks and hazards

Safeguarding

The GOT group takes a very serious approach to child protection and safeguarding each young person in the group. All staff and volunteers undergo an enhanced DBS check and references are required prior to supporting the young people. All staff and volunteers have participated in safeguarding training with a particular focus on the vulnerability of deafblind people. Staff and volunteers are aware of the whistle blowing policy and Sense policies relevant to safeguarding. Each member of the team has access to information on whom they should contact should they have any concerns about the young people.

At each activity the coordinator has access to the GOT 'safeguarding file'. This contains documents that can be used to record information relating to child protection including accident sheets and challenging behaviour incident forms.

To ensure that young people are fully accounted for during activities each young person carries a 'safe card'. The card gives some basic information on the young person and how to contact the coordinator. The cards are used should an unforeseen circumstance result in the young person becoming separated from the group. Guidelines have been written to advise volunteers and young people on how to use the cards.

During 2013 the Sense compliance and policy team visited the GOT project to meet the young people to discuss safeguarding. The visit was part of a National consultation to monitor safeguarding within Sense services. The consultation was delivered through a series of questions that were designed to be fully understandable by the young people. The results from the GOT group were very encouraging and each young person felt safe during access to the GOT group. An example is given below

"Before each activity we have a discussion about any risks that may happen and how to keep safe. If I am worried about anything during an activity I know who I can tell and I know that they will take me seriously and help me if I need it"

Outcomes achieved through safeguarding include:
Ensure the promotion of safeguarding children is an integral to the development and delivery of services in Cornwall.

GOT Plus Service

The GOT plus group has established itself over the past year with a steady growth in membership. Those attending group activities are in the age range of 18 to 25 years and include young adults who reach the exit age of the GOT group. All the young adults who access GOT plus make contributions through their personal budgets. The personal budgets are either managed by the young adults themselves or through independent brokers such as Disability Cornwall.

GOT plus members have made good use of their personal budgets through discussing together the activities they wish to access. The GOT plus group have also held activities during the evening. This particularly benefits the age range of GOT plus members who enjoy activities that enable them to have nights out together. Evening activities include cinema and theatre visits, pub meals, ten pin bowling and restaurant visits.



Maurice and volunteer Karen enjoy some willow weaving Alex meeting the penguins at Paradise Park in Hayle

Outcome achieved through access to the GOT plus service include:

Appropriate assistance looking at various options should the young person wish to continue to access the group. This is dependent on the assessment of the young person and the subsequent awarding of personal budget payments

The Sense 'I' Statements

Sense has adopted working principles to describe the behaviours and expectations – the 'I' statements. These apply to every member of staff, trustees, deafblind people and volunteers

The GOT group demonstrated each of the 'I' statements during the camping holiday in Bodmin. Evidence was recorded through feedback from each of the young people on the holiday

I will listen to others: *“We listened to the instructors before each of the activities. It was very important because we wanted to be safe. When we went canoeing the instructors told us what to do just in case we fell in the water”* (Tamika)

I will understand and respond: *“Even though we were all very excited to be on holiday it was important that we slept well. We needed our energy to complete the activities each day”* (Grace)

I will respect others: *“The instructors were clever people. They knew about the activities. We did what they said”* (Richard)

I will be honest and open: *“I was a bit tired and wanted to watch the football. I told the volunteers and instructors how I was feeling and they said it was ok for me not to do the archery”* (Lydia)

I will participate and contribute: *“The team games were fantastic. We did these at the start of the holiday to help us get to know the instructors. My favourite was the game of giant jenga”* (James)

I will take informed risk: *“The climbing wall was about 35ft high. The instructors told us how to make sure we were safe. We were strapped into ropes and had crash helmets on our heads”* (Janis)

I will find things to celebrate: *“At the end of the holiday we had a party to celebrate what we had achieved. We put together a presentation of all the activities to show to our parents”* (Kathryn)

No decision about me, without me: *“Every morning we had a meeting in the big tent. We were encouraged to take part”* (Tamika)

Some other highlights from 2013 / 2014



During July 2014 fifteen members of the GOT group had the opportunity to enjoy pleasure flights at Bodmin airfield. This was in association with Bader Braves flying club. Daniel Reed is pictured in a Cesena 172 prior to his flight



GOT group enjoyed a weekend of activities at the Tregenna Castle, St Ives. The November break included swimming, treasure hunt, story telling and late night ghost walk! The mayor of St Ives also visited Tregenna to meet the young people



Photography students from Falmouth University worked with the young people to produce a series of portraits. These were displayed at exhibitions in both Truro and the Tate Gallery in St Ives. The portrait of Ella Perris is displayed here



During Deafblind awareness week members of the GOT group visited Portreath beach. A large collection of pebbles were painted in Sense logo colours and displayed across the beach. We also made a large display of the GOT group logo



In association with Cornwall Blind association GOT group young people and volunteers met in Truro to participate in a 'Flash Mob Dance'. Despite the wet April weather we both promoted the good work of GOT and raised over £100 the photo shows a practice session