

Manningham/Girlington PALZ - delivered by BYDP

Yet another year has gone past and so much has happened. The PALZ Manningham/Girlington has gone from strength to strength, with a good take-up of the service, with sessions running from Monday to Saturday, two evening provisions being set up, working in a number of schools and a Saturday club established for the young people. There has been positive feedback from the schools, parents, young people and other agencies. But work does not stop there - this is a continuous process to maintain the current session and work is in the pipeline to set up more fun, interactive and enjoyable activities with a focus on a learning aspect to each activity.

The young people from PALZ Manningham/Girlington have taken part in Manchester United tour, Liverpool tall-ship visit, horse riding, climbing, sky ride, a number of community fun days and a residential, just to mention a few!

The residential to Center Parcs in Sherwood Forest was over four days. This was an ideal opportunity for the young people to explore new games, learn different skills, increase their confidence, improve their team working skills. A tailor-made programme was developed that not only enhanced the young peoples existing skills but also developed new skills in a relaxed atmosphere, whilst having a different adventure on a daily basis.

The residential was about developing the individual and moving them out of their comfort zones and trying something different.

The young people were divided into two groups, trying to split up friends and core groups that normally would stay together. This gave the young people a challenge and ideal opportunity to make friends and learn more about individuals which they would not have previously talked to.



It took a little while for the concept of 'Hide and Seek' to sink in...

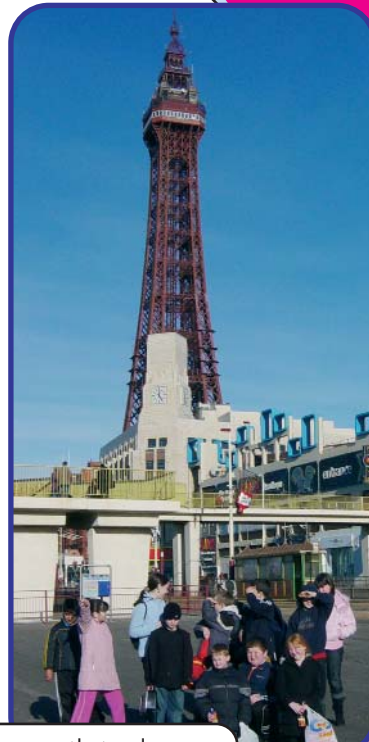
Keighley, Shipley PALZ - delivered by West Yorkshire Police

At Keighley Palz the young people have taken part in a wide variety of activities, all of which have been enjoyed by the young people. These included a filming session at Bradford Museum of Photography, Film and Television, a visit to Thackray Medical Museum in Leeds, swimming at Ilkley Lido, a visit to Jungle Jims at Blackpool Tower, a fishing trip and many others.

In addition to all these fun activities the young people also took part in a four-week drug programme, a rail and fire safety session as well other issues such as anger management and road safety.

Many of the young people were also able to take part in one of two residential to Stackstead Farm or Ambleside Youth Hostel. Here the young people took part in a variety of adventure activities, such as ghyll scrambling, canoeing, climbing, abseiling and an assault course.

The residential proved to be successful - (although with many late nights...) - enabling the young people to achieve personal bests in many of the activities.



The Paris trip didn't go exactly to plan...

The parents say...

"A fantastic scheme that's good for the kids."

"Keep up the good work!"

"The scheme gives the kids something to look forward to."

"It's something positive for the young people that builds confidence."

"The staff are friendly and always willing to help."

"The scheme is helping him a lot and he enjoys going out."

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PLAY AND LEARN ZONE

Bradford Junior Youth Inclusion Programme

News & Updates

Newsletter #2 - September 2005

2005 - Review of the Year

Overview

Yet another year has gone past and so much has happened! This newsletter features the work of the partners who delivered the wide range of activities and highlights some of the many successes. The photographs, all from this year's programmes, are further evidence that the young people enjoyed the experience - in some cases more than the staff!

Thanks to everyone for their help in making PALZ a tremendous success!



The others were careful not to fall. Their PALZ T-shirts were hand-wash only...

Wyke PALZ - delivered by JAS

The PALZ programme in Wyke is going from strength to strength. Some examples of the fun of things that go on at the PALZ sessions are: football, golf, team-building games, ten pin bowling, trips out, park visits, cinema trips, arts and craft sessions, nature trails, fire station visits, swimming lesson, PALZ fun days, and many more exciting and fun events for young people on PALZ to take part in. All of this is provided free to the young people. Some of the young people on the PALZ programme in Wyke have gained valuable life skills from the programme, like learning to swim, with one young person commenting, "I couldn't swim at all before I went to the swimming lessons, now I have got loads of certificates". Parents of the young people on PALZ have given staff great feedback as well, saying, "PALZ has given the kids around here (Wyke) a chance to do things that they may never have tried".

From the PALZ staff the general feedback is that the community needs programmes like PALZ to give the kids of the local community a chance. Hopefully PALZ will continue in Wyke for many years and keep providing these opportunities to the young people around the area.

The teachers say...

'Palz offers a range of opportunities to vulnerable children. This gives them improved life chances'

Sandra Firm
Guardhouse School

'A wonderful scheme that has given some of our more vulnerable children the opportunity to experience new activities helping them to improve social skills'

Sue Hellewell
Guardhouse School

Key Information - 1st January 2004 to 1st April 2005

Total number of young people referred to the 9 PALZ projects	496
Number of 'most at risk' currently engaged in 9 areas	203
Number signposted to other services for 9 areas, including pre/post intervention	224
Number on waiting list for all 9 areas	18
Total number of contacts in this period	6,567
Hours contact per quarter:	
Less than 18hrs	20%
Between 18 and 36hrs	36%
More than 72 hrs	44%
Number of Schools engaged	55
Number of School Panels	14

Source of Referrals

● Education	54%
● Social Services	20%
● Youth Offending Team	9%
● Self Referral	8%
● Police	4%
● Other Agencies	5%



City of Bradford Metropolitan District Council
Bradford Youth Service Inclusion Team
www.bradford.gov.uk



PLAY AND LEARN ZONE
Bradford Junior Youth Inclusion Programme



Trident/Canterbury, Allerton, Newlands PALZ - delivered by YMCA

Overall this has been a period of change for the YMCA PALZ project with one manager leaving and a new manager - Ann Illingworth coming into post and the successful recruitment and selection of new workers. The children and young people were actively involved in the selection of new staff members and proved to be a valuable learning tool for all concerned - the children and young people were very forthright in their opinions of who should be employed!

Young people reaching the age of 13 continue to be encouraged with their development by undertaking to become peer mentors.

Throughout this period work has continued on developing the children and young people's social skills through a variety of means including trips out - Ponderosa Therapeutic Animal Sanctuary, bowling, swimming, skating etc. In addition to more centre based work on anger management, development of self-esteem, keeping safe, healthy living etc. **"We have had a lot of fun and they have taught us a lot of things"** is one of the things a YMCA PALZ young person had to say about the scheme ... a quote that made the staff realise that things are going well! If the young people can say that they have had fun whilst learning valuable life skills then we can all be very proud of the work done.

In recent weeks, the young people have worked very hard at some workbooks relating to self-control, all thoroughly enjoying them and getting a lot out of them - even wanting to work on them during 'leisure' time.

However, it is not all about work, work, work ... sometimes a bit of fun is called for and the trip to Ponderosa was certainly fun! Being given a guided tour of the rare breed's farm was an experience that the young people will never forget - especially those brave enough to hold the snakes and lizards! Staff were all very proud of those who were scared of reptiles but overcame their fear to hold or stroke them ... again, a huge amount of ground gained whilst having fun. Afterwards, lunch was had in the form of party food and an impromptu disco was held, with most of the young people cringing at the staff's best dancing!

YMCA's PALZ looks forward to going from strength to strength and providing opportunities for more and more young people.



He was both surprised and relieved to discover that Yaks are vegetarian...

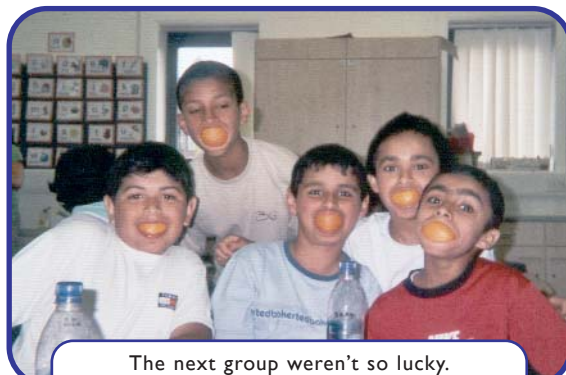
Bradford Moor/Thornbury, Bierley PALZ - delivered by On Track

We now have two youth clubs operating in different locations within the On Track boundary. The programme in each has been designed with the children's input and includes games, music, dance, sport activities and art.

We are offering drama as an after-school club and this term the children have been working on what transition feels like for those about to go to high school and what it felt like for those who are about to have completed their first year. They are using various art techniques to bring their stories to life e.g cartoon style masks and symbols.

We are trialling the creative curriculum in one primary with high rate of referrals. This involves commissioning a drama specialist to work with and train classroom teachers in using drama techniques when they deliver the national curriculum subjects. We are in the first term, however feedback has been positive so watch this space! We also run a weekly swimming development session which focuses on individual and team relationships as well as learning to swim! Well done to one of our young people who has achieved her '25 Metres'!

On Track also introduced the 'Passport to Fun' to promote respectful and positive behaviour. It has also helped ensure regular attendance. Every child has a passport with their name, the session rules the children have devised and agreed and space for merit stamps. Every time they attend it is recorded by stamping the passport. Positive behaviour or good work is also rewarded by stamps. When they reach 20 stamps they get a bronze certificate, 40 stamps silver and 50 stamps gold. The stamps can then be traded in for CDs, books, games etc. It is proving to be popular with the children.



The next group weren't so lucky. Their fruits were watermelons...

Bierley Junior YIP - hosted by On Track - is now up and running with a weekly youth club, swimming and pupil support unit each lunchtime. There are 30 children attending regularly from the 2 primary schools in the locality.

On Track received congratulations and were highly commended in the West Yorkshire Modernisation Awards and the City Teaching PCT Oscar for their Mind and Body Program which looks holistically at Physical and mental well being for children. They plan to introduce the programme to their JYIP sites. We continue to offer a Family Support Centre based at On Track to support referred children and their families and are extending this to Sure Start Barkerend shortly.

"We have seen such an improvement in the children's behaviour in such a short time!"

Newhall Park Primary School

A Day in the Life of a PALZ Keyworker - Lee Ashforth

My name is Lee Ashforth and I play semi-pro for Harrogate Railway, as well as being a professionally qualified football coach. I've been employed by PALZ as a keyworker and put together a football tournament with the help of Glynn Butterworth from Keighley police. We held the tournament at Marley Stadium, Keighley but I delivered several sessions around the Bradford providers to prepare the children for the big day!

I delivered my sessions with as many different groups as time allowed and was amazed at the response I received! I was expecting the sessions to be quite difficult but because of the children's outstanding enthusiasm I found that the sessions were not only enjoyable but also more rewarding than anything I have so far achieved in either my playing or coaching career.

I was extremely fortunate to have the help of Natalie Teal from The Bullwhip Challenge in the sessions and while I was trying to keep a free-flowing session of football skills going, Natalie offered unbelievable support in organisation of children, cones, bibs and footballs, and also the extremely difficult job of controlling the staff! The only thing I would disagree with was the comment from one boy at the On Track session at Byron School who said, 'Sir, how come you are so rubbish and Miss is so good?'...

The event itself was extremely well organised by Glynn. Thanks must also go to the providers who all had the children ready for games and under control at all times which is not easy with over 100 children present. It was a fantastic day for everyone concerned and the feedback has made me, and everyone I have spoken to, very proud.

Finally, I am in the process of trying to gain outside funding so I can organise a league between the providers. Although this will take much work I think with half the success of the tournament day we will have a great season to look forward to!

See you soon - Lee Ashforth

Kids Quotes

"I love it and have made new friends."

"I can now swim on my back and have passed my 25 Metres."

Case Study - Keighley PALZ

With me having five of my own children, one who had various problems at home and school, I felt with my own experiences I had a lot to offer PALZ. I enjoyed the PALZ training very much, especially when I had to act out being a naughty five year old!! I think every course you do you learn something valuable.

When I looked at Ben's file (my first child), I noticed how many problems he'd had and what trouble he'd been in. Everything about him was negative. I personally think with these type of children, forget about the past history and start each day as a new one. I've got to admit, I was a little bit nervous taking him out the first time, wondering if he would kick off over something, or do a runner, but he was totally fine.

From doing the house visit, I could see Ben's mum was at the end of her tether, and with having three other young children, she really needed some help. My first session with Ben really well. We went bowling. I didn't want to win, so I threw a few balls gently. Ben soon said, 'If you throw the balls harder, you will knock some down'. He showed me how to do it - bless him!!!

Lister Park was my next session. We went on the bus. Ben asked me if the bus driver got to keep all the money (I'm sure everybody would want to be a bus driver if that was the case!!) We played on the grass with some paper aeroplanes. Ben had built them up himself. I knew he felt really good about himself. I did take Ben on the pedal boats, but really Ben would have been happy just to collect the conkers off the floor. He loved it. His pockets were overflowing. This proves you don't need to spend a lot of money on activities. It's all about quality time.

Everytime I asked Ben what he would like to do, he said swimming, so I have joined him at the local swimming club. Ben has had two sessions and he's thoroughly enjoyed them. He can't swim properly, so when he learns, this will boost his confidence and maybe he might swim in the gala night. I have taken Ben swimming with me. He got really excited playing tig. Mind you, so did I!

On another occasion, we went ice skating. He'd never been before. His eyes lit up when he saw the ice. He started by holding the edge, but before long, he was going 90 mile an hour (he's got no fear), me following him (watch out Torvill and Dean!!).

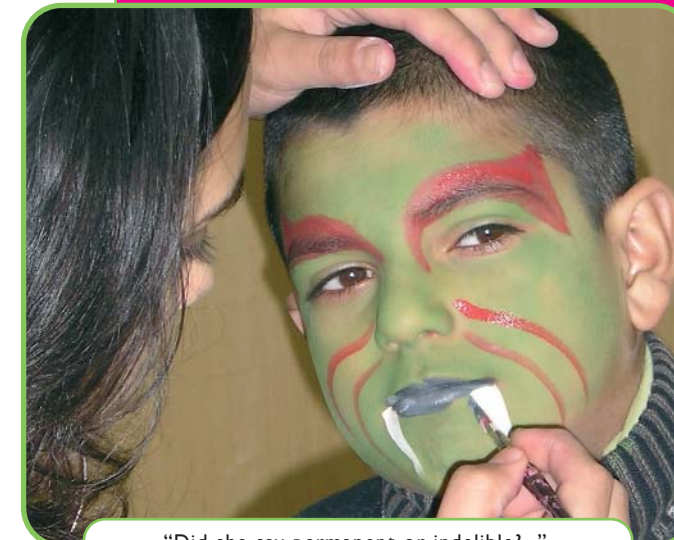
I have really enjoyed my time with PALZ so far. I wish I could commit to more hours, but with having five children of my own, plus my husband (six children in all...), I have a busy life. This type of work to me is very rewarding, especially when you see a child smiling and having so much fun, because that's what it's all about.

Tracy Houldsworth
Key Worker, Keighley PALZ

The names of the young people in this article have been changed.



"Faster, boys! I think I can see France..."



"Did she say permanent or indelible?..."