

## PALZ Summer Schemes 2004

### A memorable summer for PALZ kids!

The Play and Learn Zone (PALZ), Bradford's Junior Youth Inclusion Programme, is celebrating a memorable summer of activities in the Bradford district. Over 200 young people aged between 8 and 13 participated in activities and events as diverse as canoeing, cricket and cooking!

Each PALZ project, in key areas of Bradford, aims to engage the 25 young people 'most at risk' of social exclusion, offending and anti-social behaviour. The young people are referred by a range of agencies (see the table inside), as well as parents/carers and the children themselves. PALZ manages a range of positive and socially inclusive activities, delivered by our partners, with the aim of engaging young people in a minimum of 5 hours a week out-of-school time. These are a combination of play, educational and peer integration activities and community-based projects. The families of the young people are also consulted and involved in the design and delivery of the programmes.

The aim is to build on this success with three new schemes in Allerton, Bierley and Newlands.

This newsletter features the work of all 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 evidence that the young people enjoyed the experience!

The PALZ co-ordinators, **Raj Madhas** and **Anne-Marie Douglas**, are based at the Young People's Support Unit (YPSU) and can be contacted on **01274 436001**.



**PLAY AND LEARN ZONE**

Bradford Junior Youth Inclusion Programme



"We have been delighted with the opportunities provided to extend extra activities and outdoor pursuits to a group of pupils who, for various reasons, have experienced difficulties within school. The commitment of the PALZ staff has been excellent. We have welcomed the liaison between the staff and ourselves to support pupils in school. The more we work together the more our pupils benefit. We look forward to the coming year to maintaining our partnership with PALZ. We will support the scheme wholeheartedly."

**Jenny Cornwell, Deputy Headteacher  
Guard House Primary School**

### YMCA and Trident reach out

The YMCA, in association with Trident, ran a 2-week Playscheme in Bradford as part of their PALZ programme.

The Junior Yippers (as they are fondly referred as) participated in and enjoyed a range of activities including arts workshops, trips out and cookery.

A key element of the programme was encouraging the young people to take responsibility for their own actions.

Geraldine Waugh, the project manager, said, "On a number of occasions I saw kids challenging the negative behaviour of others in the group. There was evidence of them taking a shared responsibility for the group's behaviour. I was very encouraged to see that and its something we will be building on."



"No! Galloping is out of the question. I haven't got my running shoes with me..."

One of the follow-up activities Geraldine is especially keen to progress is a programme review with parents and young people at home. She said, "We want to find out how the summer activities were received by the parents and what difference they have had on the young people." She went on, "This work is ongoing but we believe it is a priority. We want to encourage parental involvement in the activities we organise and deliver. It is vital we give them opportunities to participate and get to know what they think."

Another success was the DJ workshop which proved very popular with the young people. As well as learning how to operate the equipment - mixers, desks, amps etc. They also produced a CD of their own musical work.

## Butlins or bust!

The BYDP staff took a group of young people from Bradford on a residential to one of the Butlins holiday centres. It was certainly no holiday for the staff!

The trip was fully booked and the young people who attended had a memorable time but it was very tough on the staff who had no time to relax. The young people simply wanted to have a go at everything on offer.

The Butlins event wasn't the only activity successfully delivered by BYDP during the summer. They managed three projects in the Manningham and Girlington districts of the city.

John Pickard, one of the project managers said, "We actually had parents ringing us to find out what was happening during the summer. This had rarely happened before. I think it shows we had a much higher level of parental engagement this year, which has to be a good thing."

He added, "This is something we are actively trying to build on with the after-school sessions now underway in Manningham and Girlington. The involvement of the parents is key"



He settled for second place in the Gurning competition - he couldn't match his friend's natural talent in that area...

## Learning First

The emphasis was on learning in many of the activities managed by the West Yorkshire Police in Keighley and Shipley.

Glyn Butterworth, one of the project co-ordinators, believes the young people are often looking for more than just fun when they take part in the activities. "There's no doubt they enjoy themselves but many get a kick out of achieving something during their time with us.", he said.

Some of the activities even led to recognised qualifications for the

young people - a feature of the programme that Glyn is particularly proud of. "The sense of achievement for these young people is something we feel we can build on. If it encourages them to see self-development in a positive light then we have made a difference."

The WYP also managed several other activities, including a trip to Knowsley Safari Park (right) where the group (in a mini-bus) had a close-quarters encounter with some of the monkeys. Suffice to say the young people's behaviour was infinitely better than that of some the monkeys...



The creative art workshops proved very popular, particularly with the staff who re-lived happy days spent with cereal boxes and sticky-backed plastic...



The kids practiced their meanest stares in the faint hope this would deter the Knowsley Park monkeys from pulling the wipers off the mini-bus...

Thanks to Nabeela Mughal for the Keighley photographs

## The Facts and Figures 1st January 2004 to 30th September 2004

Total number of young people referred to the 9 PALZ projects including On Track referrals - **326**

Number currently engaged in 6 areas - **145**

Number signposted to other services for 9 areas, including pre/post intervention - **108**

Number on waiting list for all 9 areas - **73**

Total number of contacts in this period - **2074**

### Hours contact per quarter:

Less than 18 hours - **20%**  
Between 18 and 36 hours - **44%**  
More than 72 hours - **36%**

### Source of Referrals

Education	<b>42%</b>
Social Services	<b>22%</b>
Youth Offending Team	<b>13%</b>
Self Referral	<b>13%</b>
Health, Housing & Voluntary Organisations	<b>4%</b>
Police	<b>3%</b>
Youth Service	<b>2%</b>

## A Teacher's Perspective

"Children from more 'middle class' backgrounds take for granted the kinds of experiences that provide a context for so much of the curriculum - sports lessons, clubs and teams; museum visits, theatre trips; even simply quality time spent with an adult who takes an interest. We feel very strongly in school that these are the kinds of benefits that the children referred to the PALZ scheme have been able to experience. It has given the children a wider perspective and also a broader view of life than that which pervades the West Royd estate. The children know that, in a sense, this is (sadly!) a privilege rather than a right for them and they have responded to the need to prove themselves.

Generally, we have referred children at the more able end of the ability spectrum because we felt they would gain more from the experiences provided. Our experience shows that these are often the children who have not been able to channel their abilities positively, as they have grown older and have not had any experience or maybe become disillusioned and disaffected as a result of this. We are very grateful for the opportunities offered through PALZ and hopeful that the children involved will continue to blossom as a result of these opportunities."

**Gill Burgess**  
Headteacher  
Windhill C.E. Primary

## You can't have your Kayak and heat it...

...but you can let kids enjoy the experience of canoeing and learn about teamwork and co-operation.

The West Yorkshire Police held a range of outdoor activities for young people from Keighley and Shipley. They included horse-riding, climbing, swimming, football, golf and canoeing. The canoeing, held in the Lake District was a particular success. The staff put the emphasis on safety but also on developing the concept of teamwork and mutual support. Nabeela Mughal, one of the project workers, said, "The kids got cold and wet but enjoyed every minute of it - they really worked well together."

One of the most popular venues was the Metrodome in Barnsley. The staff took the view that it would have saved a lot of trouble if they'd simply camped in the car-park there, as it would have saved a lot of travelling. The kids loved it so much they wanted to go everyday!



Amazingly, the race ended in a dead-heat, meaning a prize for all...

## JAS

**Based in Wyke the Joint Activity Service focussed on playing and learning in equal measure.**

Some sessions were educational including water safety, fire safety, drug awareness and crime prevention. Others were outdoor including sports training and trips on the train.

Tonya Ross, JAS project co-ordinator, said, "Our kids really enjoyed themselves and we also had a lot of other local kids show interest. They wanted to join because they saw the others having so much fun. It's the best sort of advertising we could have had!"

## Quotes from Parents and Carers

"She used to get excluded from school on a regular basis. Since she started going with PALZ she's never been excluded. She attends regular and her attitude has improved. She goes on a lot of trips."

"She goes places I couldn't take her. She goes out a lot more than if she didn't go with PALZ."

"He's coming on real there. He isn't as hyperactive. He's quietening down, and he enjoys going. I get a bit of peace when he goes."

"They made my son a junior leader. They made sure he didn't get left out. He helps out with the kids."

"The difference is remarkable. She does get into scrapes but the PALZ staff know how to deal with her."

## Quotes from PALZ Staff

"At first the kids took everything personally in the Circle Time games. They weren't listening to each other. As the weeks went by they gained a bit of self-respect, team skills and and they developed a relationship with the team leaders."

"Each week I invited the parents in and they used to watch and observe the input. The comments that the parents gave to the workers were very positive."

## Kids Quotes

"I like the way they cook your dinner for you on a Saturday."

"We did a play and I really liked getting it all ready and doing the performance. It was dead exciting seeing all those people in the audience."

"I hope I can do this again next year. I can't wait - the same as my friends."

His joy was unconfined when he realised that his picture was going to appear in the PALZ newsletter...

## On Track for the future of England's cricket heroes?

The On-Track team ran several successful activities during the summer, including indoor-cricket (right and cover), but some came at a price for the staff.

Polly Newsome, project co-ordinator for On Track, said "Everything we did was popular with the kids but especially the swimming. We negotiated a deal where the kids could stay in the water as long as they liked for £1.50 a head. This was fine for them but my skin was shrivelled after four hours."

She added, "No matter what the event, the kids were very enthusiastic but they also wanted to learn. We had several examples where some of them actually confronting other kids not contributing positively. That was really good to see."

One of the highlights was the PALZ kids performing an outdoor drama to an audience of over 250 people, including many parents.

The On Track team take a very professional approach to their work with the young people. Each child had a Personal Development Plan (PDP) which identified the priorities and activities that would be best for them. This also helps with any programme review carried out later. Sam Preston, On Track Co-ordinator said, "We shall be looking at the PDPs, evaluating them and re-visit the schools to see what impact the summer activities have had on the behaviour and attitude of the young people we have worked with."



The worst part was the anxious wait for news of team selection...



## Contact the PALZ Providers

**YMCA - Trident/Canterbury, Allerton & Newlands**  
Geraldine Waugh - 01274 504555

**West Yorkshire Police - Keighley & Shipley**  
Sgt. Paul Robinson/Glyn Butterworth - 01274 537419

**On Track - Bradford Moor, Barkerend & Thornbury**  
Sam Preston/Polly Newsome - 01274 435205

**Bradford Youth Development Programme (BYDP) Manningham/Girlington**  
John Pickard/Zirak Nafees - 01274 201239

**Joint Activity Service (JAS) - Wyke & Low Moor**  
Tonya Ross - 01274 394671

**Step 2 - Bierley**  
Fiona Oldam - 01274 322336



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## Kids Quotes

"The staff were really good - it was nothing like school but I learnt a lot about myself. I think it was good for me not to be hanging around so much. That's what's really boring."

## PALZ Contacts

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