

THE CHALLENGE



Inspiring and connecting Young People to strengthen their communities

INTRODUCING THE CHALLENGE

The Challenge is a Youth and Community Programme

The Challenge is a Youth and Community Programme funded by the Cabinet Office and Department of Education that is running in your neighbourhood this summer:.

- **We challenge young people to make a difference in their community** so that they :
 - **Transition to adulthood:** We build self-awareness and responsibility - key attitudes of adulthood.
 - **Connect across boundaries:** We mix young people across social backgrounds and help them to build trust and work together.
 - **Mobilise change in their community:** We challenge young people to strengthen their local community.



- **Our programme, 'The Challenge' is delivered during the summer and autumn** and is built on three sections
 - **The Personal Challenge:** Participants are bonded into teams through a week of outdoor adventure activities.
 - **The Team Challenge:** Teams are challenged to serve their community for a week using skills they are passionate about.
 - **The Real Challenge:** Teams design and deliver a project that will strengthen their local community.
- **Our programme is supported by key partners** including the Outward Bound Trust, Youth Hostelling Association, the Cabinet Office and the Department of Education.



"I realised that I have always underestimated myself."

The Challenge makes a real difference

The Challenge achieves high participation rates which result in significant impacts on self-awareness, civic engagement, responsibility and well-being.

High Levels of Participation

- **Highly Representative of income, ethnicity and religion:** 25% free school meals, 11% privately schooled; 51% Christian, 13% Muslim; 40% black, 30% white
- **High Completion Rates:** More than 90% complete summer programme. 100% of teams successfully launching projects; 45% joining alumni programme



Significant impact

	Examples of impact	Participant quotes
Self-confidence	<ul style="list-style-type: none"> • 50% reduction in participants “unsure what their main skills were” 	<p>“It has made me confident in myself and makes me feel like I can get through anything”</p>
Belonging	<ul style="list-style-type: none"> • 60% increase in participants feeling “able to influence decisions in Britain” 	<p>“It made me think about my community ... it made me more aware of people’s differences”</p> <p>“I’ve learnt a lot about team work and the consequences of my actions”</p>
Civic Responsibility	<ul style="list-style-type: none"> • 91% agree that ‘I am more likely to get involved in my community’; 86% agree that ‘I feel more responsible for making a difference in my local community’ 	<p>“I do not get stressed out easily, I’m learning to take situations in my stride”</p>

“I am more determined and stronger - I can do anything now.”

WE WOULD LOVE YOU TO GET INVOLVED

There are a number of ways we would love to work with you



We work with hundreds of local community partners and charities every year – bringing the community together. We would love you to be part of this!

Make a physical difference and fundraise

- Do you have a site that could do with a lick of paint or a garden that needs a tidy? We run action days where our young people make it happen. Our young people will spend 1-2 days getting it done
- We then spend the same amount of time out fundraising to say thank you for the experience!

Run a skills workshop

- Do you ever wonder what activities to run for your group? Every summer, we run fun and engaging workshops on Tuesday and Wednesday afternoons.

Make a Film or Photo montage

- Do you wish you had a better way of showing off what you do?
- Our young people are trained to make films or photo montages about local charities.

Provide volunteers

- Do you find yourself wishing you could access a few more volunteers? Every year, we invite local charities to attend our local volunteer fairs for the young people who have completed The Challenge and their parents.

“I can now appreciate what my parents try to instill in me”

SOME OF OUR PREVIOUS PROJECTS

After spending time with you, our young people are inspired to run their own projects. Here are some of them ...

Challenge Team Name	How they served their community
A Way Out	A Way Out were concerned about the sensitive issue of domestic abuse. Working with national charity Tender, they designed a series of workshops for younger children using sports to teach them about healthy relationships. They took part in a national conference, where they were described as an inspiration.
Aspire	Aspire were concerned about young people's knowledge of sexual health. Working alone, they organised and ran an event for 16-19 year olds. They wrote and performed monologues and then hosted the resulting debate. I am told that attendees were still debating as the event ended.
Stars in the Making	Stars in the Making wanted to do something to change the way people think about the homeless. Together they volunteered at three homeless shelters and are creating resources that they can use to show other people what it is like to be homeless.
Symphony	Symphony were concerned about the younger generation. They wanted to take their Challenge experience to inspire others. They developed a workshop that helped young children to express themselves and delivered it in South London.
Out of Lust	Out of Lust wanted to make sure young people knew about sexual health services in their borough. They worked with the local Primary Care Trust to organise and run a sexual health awareness session for young people in Southwark.
Unity in the Community	Unity in the Community were passionate about bringing reuniting their community. With support from QPR Football Club and Innocent Smoothies, they organised an event that got older and young generations talking.
Sex is Not a Fashion	Sex is Not a Fashion designed workshops for Year 9s about sexual health. Their programme is now being rolled out to other schools following their success in raising funding from the Terence Higgins Trust.
Respect	Respect wanted to bring the community together and raise awareness about respecting yourself, each other and the environment. They worked with charities including Brook and the Energy Saving Trust to run a local community event.
Diametricz	Diametricz wanted to address stereotyping about young people. They used their creative talents to design T-shirts which challenged people's perception of young people. And I believe they will be selling them tonight.
Breaking Age Barriers	Breaking Age Barriers were concerned about the gap between young and old in London. They worked as a team to organise events that specifically brought younger and older generations together.
Know how to say no	Know how to say no wanted to encourage young people to take wise decisions about their sexual health. They set up and ran a discussion with the police, young people and sexual health experts in their local neighbourhood.
Colour Blind	Colour Blind wanted to address issues of race and prejudice by working with young people just starting out in secondary school. To achieve this, they wrote and delivered workshops using drama and discussion.