

Linx Case Study - Apprentices Carlton Residential, January 2020

Linx started to introduce residential as part of the offer for young people in 2019-2020. These were all focused on particular themes with selected groups. The groups that were identified faced challenges, such as being socially isolated, bullied and experiencing anxiety or had challenging behaviours.

The aim of the residential was to provide a safe, but stimulating environment in which to help young people face their fears, address their concerns, develop social skills and build confidence and self-esteem.

As part of a series of residential run in 2019-20, Linx Apprentices James, Reasha and Raheem were given the opportunity to develop and run a residential for young people who were experiencing social isolation. James came up with the idea, the team did risk assessments and planned and executed the whole operation. They also involved a Linx volunteer, Shelby, to give additional support and provide her with experience.

A group of ten young people were taken away for a number of days to an activity centre in a rural setting near the North Yorkshire Moors. Young people were given the opportunity to take part in a range of social activities, as well as physical challenges, including:

- Orienteering in the dark
- Scaling an indoor climbing wall
- High Ropes activities
- Gully walking
- Talent show
- Den building

They also prepared and ate food together and made their own packed lunches and had plenty of time to socialize and build friendships.

“We felt really prepared, we had the skillset to deliver this.”

James Lightowler, Linx Apprentice

The success of the residential is a credit to Linx and their Apprentices and was verified in reports from young people who were interviewed as part of the evaluation. Linx Apprentices also produced a video ([on youtube here](#)) and a news article to share the experiences and outcomes, which is a key part of communicating issues, activities and achievements.

News article by Reasha Biswas, Linx Apprentice

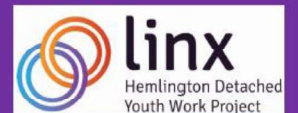
Carlton Residential

Strong, Powerful, Change, Experience, Live, Learn, Fresh, Group work, Different, Communication, Trust, Team, Together, Leadership, Push, Success, Achievement, Understanding, Knowledge, Physical, Dealing with stress, Goals, Aims, Enthusiasm, Inspire, Engage, Health, Determination, Strength, Willing, Develop, Refresh, Fun, Activities, Laugh, Friendship, Chance, Self-esteem, Self-confidence, Milestone, Overcome, Possible, Positive, Accomplishment, Believe, Fearless, Commitment, Achievement, Attitude, Identity.



JANUARY 2020

LINX DETACHED YOUTH WORK PROJECT
Authored by: REASHA BISWAS (Youth Worker
Apprentice)



LINX'S KICK START TO 2020.

AN OUTDOOR OPPORTUNITY.

I am an apprentice at Linx Detached Youth Work project. I was privileged to take a partnered lead role with two other apprentices to deliver our first residential of the new year 2020 which was a great experience in itself. Linx engages with a number of young people aged 10-19 Middlesbrough wide. We offer a range of activities and opportunities based on a whole range of topics.

This January we took a group of 10 young people aged 10-14 on a three day residential to Carlton Adventure center. The purpose of the weekend was to experience life in a rural environment while gaining a wide range of skills such as team building, dealing with our emotions, communication and most importantly how to challenge ourselves and face our fears whilst being out of our comfort zones living life in a total different mindset.

“I am so proud of myself, I never thought I could achieve anything like this! The encouragement from my peers was my confidence boost to overcome my fear”-DILLON,11.

The residential also increased confidence and self-esteem in individuals as the young people usually endure activities that push them, by participating, to finish with a sense of achievement and self-worth. Social skills and awareness was also developed on the residential in a number of ways. Being in a different environment for a period of time changes one's attitude to socialize, break barriers and form friendships.

The residential was a fantastic way to see immediate change that will impact forever and empower our young people to reach their full potential.

