



European Union
European
Social Fund

Progress Programme Evaluation



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Delivered by Community Ventures and Rewilding Adventure
Progress Programme Evaluation



**RE·WILDING
ADVENTURE**

Progress Programme is funded by
The European Social Fund



Summary

The Progress Programme was created to engage 15 long-term unemployed people living in and around the Thorntree area and support them into training/education and/or closer to the labour market. The programme was funded by The European Social Fund and delivered by Community Ventures and Rewilding Adventure.

Community Ventures is located in the centre of Thorntree, Middlesbrough, which has one of the most extreme pockets of deprivation, unemployment, and shorter life expectancy within the Tees Valley. From Community Ventures centre they provide a base for voluntary/support organisations who provide training, outreach activities, and wrap around specialist support to the community; in addition to these, Community Ventures deliver grassroots job clubs, art groups, after school clubs, and other community-led activities.

Rewilding Adventure is located in Dunsdale, on the outskirts of Guisborough. Rewilding Adventure deliver outdoor forestry education to all ages offering a unique learning/life experience to support people to thrive, build self-esteem and confidence, challenge comfort zones, and identify/achieve future goals.

The overall aim of the Progress Programme was to introduce behavioural change techniques to promote the physical, mental, emotional, and social wellbeing of 15 long-term unemployed people by developing their confidence, personal empowerment, and strengths. The outcomes of the programme were broken down into soft and hard outcomes.

The soft outcomes were measured using the WEMWBS survey at the beginning and end of the programme and focussed on the statements below:

- I've been feeling optimistic about the future
- I've been feeling useful
- I've been feeling relaxed
- I've been feeling interested in other people
- I've had energy to spare
- I've been dealing with problems well
- I've been thinking clearly
- I've been feeling good about myself
- I've been feeling close to other people
- I've been feeling confident
- I've been able to make up my own mind about things
- I've been feeling loved
- I've been interested in new things
- I've been feeling cheerful

The hard outcomes measured the number of people who progressed into employment, volunteering and training/education by the end of the programme.

PROJECT EVALUATION

Registered charity number: 702916

101 The Greenway, Thorntree, Middlesbrough, TS3 9PA

Progress Programme Statistics

15 long-term unemployed people living in the TS3 area of Middlesbrough took part in a 12-week programme consisting of, centre, community, and forestry activities.

Descriptive statistics							
			Before intervention	After intervention	Change	Positive change?	Statistically significant change?
Total no. of responses			15	15			
% Low wellbeing			40%	0%			
% Moderate wellbeing			53%	67%			
% High wellbeing			7%	33%			
Mean score			46.3	59	12.60	Yes	Yes
Standard deviation			11.6	5.3	8.4		
By age	13-15		#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
	16-24		39.0	54.0	15.00	Yes	
	25-39		43.8	57.3	13.50	Yes	
	40-54		42.8	57.7	14.83	Yes	
	55-64		56.0	63.8	7.75	Yes	
	65+		#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
By gender	Male		48.8	59.8	11.00	Yes	
	Female		36.7	55.7	19.00	Yes	

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Progress Programme

Centre activities were delivered each week from Community Ventures and included:

- Learning new skills and establishing existing skills
- Setting realistic goals
- Hopes, fears, and expectations
- Communication skills
- Planning end of a course celebration event for participants friends/family/community

Community activities were delivered each week within the TS3 area and included:

- Helping with existing community activities
- Becoming a Community Asset
- Taking part in a community clean up
- Promoting and planning a community celebration
- Meeting new people
- Learning what businesses/organisations are in the community

Forestry activities were delivered each week from Rewilding Adventure in Dunsdale and included:

- Personal budgeting and planning
- Communal cooking and healthy eating
- Greenwood working
- Target sports and bush craft
- Confidence building



The Outcomes

“Seeing people truly progress, gain confidence and take significant steps in their well-being has been humbling.

Our mission at Rewilding Adventure is to ‘lead and share outdoor adventure experiences with people, in wild places to promote physical, mental, emotional and social well-being’; and the projects we have collaborated with Community Ventures have really allowed us to live that sentiment, as well as meaningfully assisting participants to adopt a more positive mindset.” Morgan, Adventure Practitioner from Rewilding Adventure

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Soft Outcomes

I've been feeling optimistic about the future

The Progress Programme has had a positive impact on people's future aspirations. By the end of the programme the general feeling amongst participants was that they felt excited about what the future holds. *"I've been waiting for Wednesday to come so I can come back it's been great. I've started thinking about what I want to do when it's finished"* Participant



I've been feeling useful

The Progress Programme has altered how people see themselves by identifying existing strengths and transferable skills and developing them through teamwork. *"I'm enjoying working as a team, accomplishing something with other people. We have a common goal and we've done something positive to give back to other people who visit"* Participant



I've been feeling relaxed

The Progress Programme has encouraged participants to explore different forms of relaxation and appreciate the benefits they bring. *"I'm starting to notice and respect the environment- it's not just a tree, it's good for firewood or it's the sort we can use as posts- it's quite mindful really- I like mindfulness and it's easier here"* Participant



I've been feeling interested in other people

The Progress Programme has promoted group action learning allowing participants to listen and learn from each other. *"I'm learning and working with others!"* Participant



I've had energy to spare

The Progress Programme has introduced minimal positive adjustments to participants wellbeing, diet and physical health routines which has resulted in the group feeling energised. *"It's something to get out of bed for. Yesterday I was in bed until 1.30pm, juts watching YouTube videos. Today my alarm went off and I was like, yes let's do this!"* Participant

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I've been dealing with problems well

The Progress Programme has developed coping mechanisms and strategies to effectively support participants plan and deal with everyday problems. *"We're stepping out of our comfort zone to do new things like dealing with a budget and planning the project together. I've never done that before"* Participant

I've been thinking clearly

The Progress Programme has allowed participants to step away from their day-to-day lives and reflect on the here and now. *"I'm bettering myself, getting outside and doing stuff, being active and being resilient!"* Participant



I've been feeling good about myself

The Progress Programme has highlighted the impact of growth in self-esteem and self-worth throughout the programme by celebrating individual/group accomplishments. *"I feel better when I've actually done things for myself, I am proud of what I have achieved"* Participant



I've been feeling close to other people

The Progress Programme has demonstrated the importance of teamwork through a number of collaborate tasks set within the forest. *"We worked as a team to plan and build some steps on a public footpath. We listened to each other's ideas and gave each other a job to do. I will use this example of teamwork when I get an interview."* Participant



I've been feeling confident – The Progress Programme has seen an increase in participants confidence levels with feeling more confident in personal ability, trying new things and meeting new people to be the most common statements gathered. *"Totally different to any other course I've done. We're learning real skills and qualities that we can use in future employment and to grow as a human. I already feel more confident"* Participant

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I've been able to make up my own mind about things
Applying behavioural change theories throughout the programme has empowered participants to think for themselves and recognise the changes they need to make. *"I have Really enjoyed this course. I want to be a support worker and this has inspired me to get outside and work to make this happen."* Participant



I've been feeling loved
The Progress Programme has created friendships which has inspired participants to start their own community project, "Community Clean-Up". *"I have made some good friends that live near me. We help each other and our community which makes me feel so proud."* Participant

I've been interested in new things – The Progress Programme has introduced new skills and experiences ranging from, planning and cooking meals outdoors, bush craft activities, rambling, preserving nature, building structures and much more. *"I was telling my nephew that I made the mallet last week. I was proud to tell him it made me smile"* Participant



"I walked to the top of Roseberry Topping for the first time" Participant

"I planned a meal, made the fire, and cooked a meal outside" Participant

"I have been part of a team for the first time in my life and I loved it" Participant

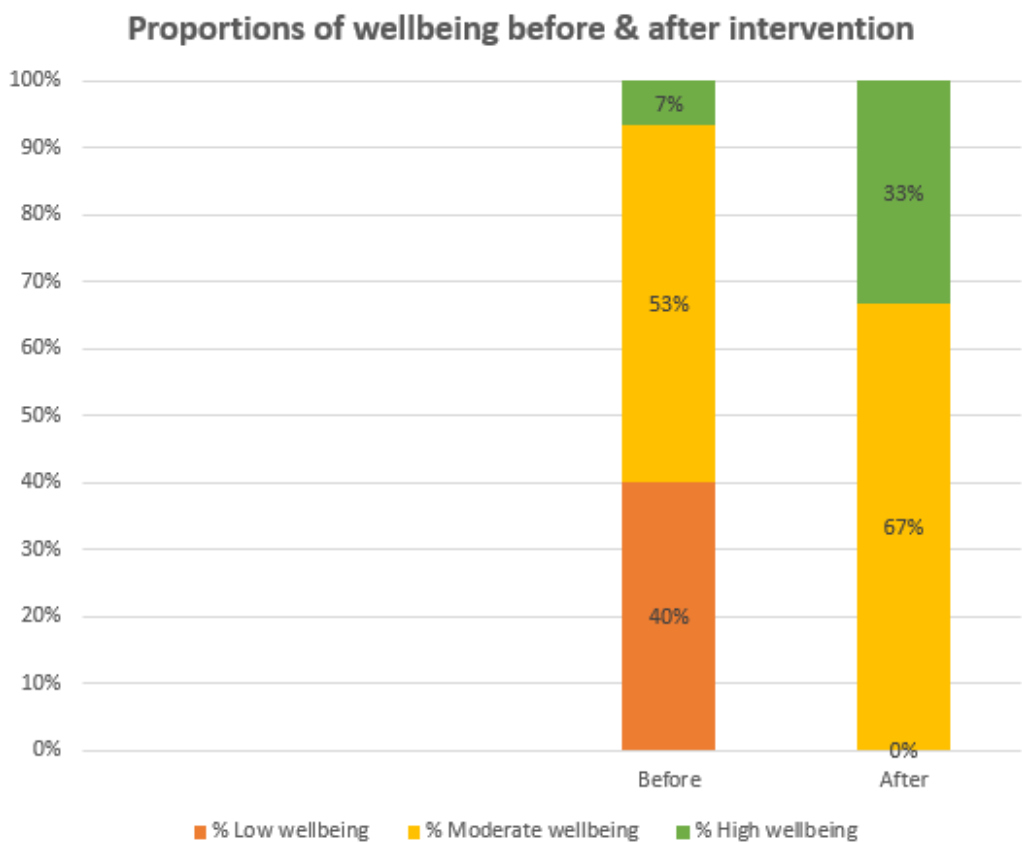
"I feel I can do anything now" Participant

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I've been feeling cheerful – The main aim of the Progress Programme was to support 15 long-term unemployed people into training/education and/or closer to the labour market through the promotion of physical, mental, emotional, and social wellbeing while developing confidence, personal empowerment, and strengths. Using the WEMWBS survey at the beginning and end of the programme we have been able to evidence the positive affect the programme has had on the overall wellbeing of our participants.

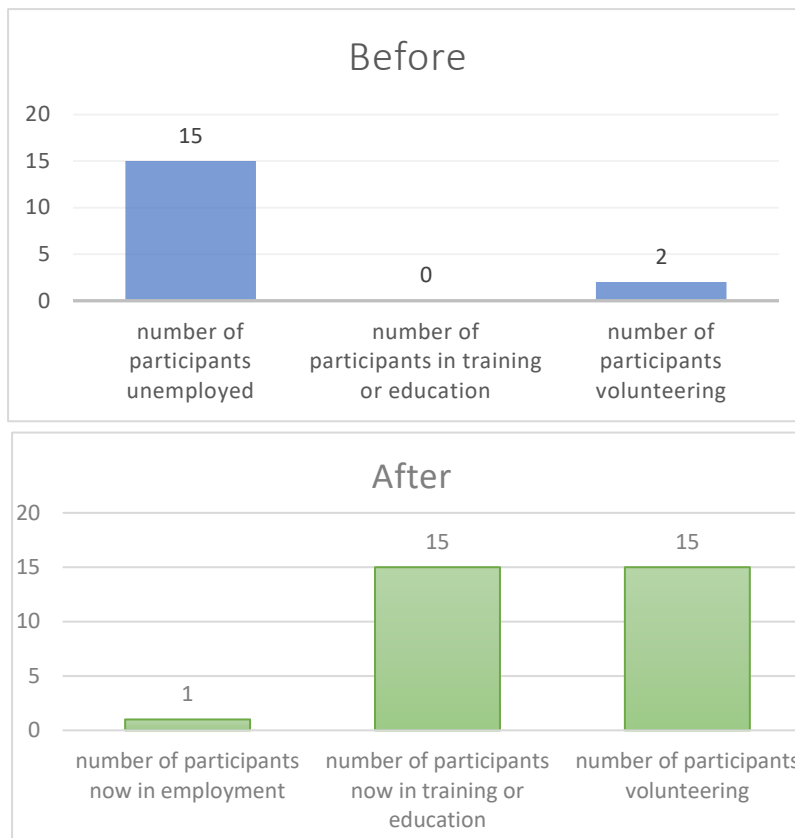


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Hard Outcomes



As you can see in the before and after graphs there has been an increase of 100% of participants entering training or education, 86% into volunteering and 6% increase of people into employment.

Challenges

The biggest challenge Community Ventures faced during the programme occurred at week 10 when delivery was suspended due to a current outbreak of COVID-19. The evidence Community Ventures had gathered pre/post programme through the WEMWBS survey and the hard outcomes graphs suggest that these figures may have been more significant if Community Ventures had been able to complete the whole programme.

Case Studies

"I saw some posters in my local community centre about the Progress Programme and decided to ask staff for more details. I have been unemployed for over 3 years due to my mental health and OCD, so this was a huge step for me. I have never done an employability course outside of a classroom and this excited me. My biggest struggle on the programme was with my OCD as there was a lot of group cooking exercises. Although this was a challenge, I put my all into the programme and was shocked when parts of my OCD were addressed in week 1. By the end of the programme I had overcome many of my anxieties around food and trust and couldn't believe an employability programme would help my mental health. Since the programme my confidence, motivation and mental health have improved massively. I have started a 2-week work trial and am looking forward to the future." Dean

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“I saw the Facebook post about the Progress Programme and came along to the information session. I have been a stay at home mum for over 10 years and had no confidence or experience when it came to work. The thing that worried me the most about the programme was meeting new people and being in large groups. Since finishing the course, I have started volunteering as a receptionist, my confidence has grown, and I am working hard to improve my work skills.” Emma

“My key worker told me about the Progress Programme, and she thought I might be interested. I am a single parent and have been out of work sometime due to my health. I needed something to help me improve my motivation and self-confidence. My motivation levels were low, and my main concern was loosing interest and letting people down. I haven’t missed a single session and I have loved every second. My motivation levels are higher, I feel happier and I am addressing my health issues.” Paul

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