



MOTIV8 PROJECT

JANUARY – MARCH
2006



West Leeds
LEEDS youthservice

Acknowledgements

Groundwork Leeds acknowledges and appreciates the presence and support of the following people throughout the project.

Parvez Hussain	Project Co-ordinator	Groundwork Leeds
Gavin Forster	Project Co-ordinator	Groundwork Leeds
Sarah Adamson	Education Officer	Groundwork Leeds
Anne Body	Area Youth Worker	Youth Service
Ald. Brook Nelson	Chair	Armley Common Rights Trust
David Boutle	Vice-Chair	Armley Common Rights Trust
David Stead	Clark	Armley Common Rights Trust

Appreciation

Groundwork Leeds would like to say a big thank you to all our Funders, Supporters and Partner Organisations.

Funders / Supporters

- West Leeds (Inner) Area Committee
- The Mark Leonard Trust
- Health Education (Leeds Youth Service)

Partner Organisation

- West Leeds Youth Service

A big thank you also to the participating school:

Intake High School

For more information and details concerning this project, please contact Project Co-ordinator:

Parvez Hussain
Groundwork Leeds
Environment & Business Centre
Merlyn-Rees Avenue
Morely
Leeds
LS27 9SL
Tel: 0113 238 0601
Fax: 0113 252 5057
Email: phussain@groundwork.org.uk

CONTENTS

Acknowledgements	2
Appreciation	3
Introduction/Objectives of Motiv8	5
Introductory Session	6
Woodland Management	7
Drugs Awareness and Health and Safety	8
First Aid Training	9
Sex Education	10
Armley Common Rights Trust Environmental Day	11
Web Training (IT)	12
Hill Top Environmental Day and Tropical World Visit	13
Health Education	15
Evaluation	16

Introduction / Objectives of Motiv8

Groundwork Leeds conducted Motiv8 project recently, which focused on ten young people selected from Intake High school West Leeds. These young people were known to have behavioural problems and difficult family circumstances, which led to them to having poor attendance records at school and thus were on the verge of exclusion. The Motiv8 project is aimed at the selection of young people in schools that are disenfranchised and disillusioned with what the classroom could offer them. It serves as an alternative form of education to support the mainstream system of education offered to these young people at schools.

This project, which lasted 10 weeks, provided a learning experience for the youths. It created exciting opportunities for them to actively participate in all the activities of the project and gave them the chance to be involved in decisions that affect them both educationally and socially. In the various social and practical skill training activities provided, the young people participated and were encouraged to work together as a team, build up self confidence and become motivated to keep up an excellent attendance record in their schools.

The initial idea of the program was that the social and practical skill development training for young people could directly affect their local community and surrounding environment. A variety of activities were put together to address this issue.

Introductory Session – 13th January 06

This session focussed on the participants and staff coming up with 'ground rules' and their agreeing to them for the duration of the program. The participants created their own rules allowing their views and opinions to be taken on board, making them feel valued, and therefore, more likely for the rules to be respected and followed.

They were offered a video session, devising the questions to record their initial impressions and expectations on what they thought the scheme would be like.



Woodland Management- 20th January 06

Woodland management at Great Preston Woods involved the participation and teamwork of all members of the Motiv8 group and staff.

All the participants were issued with protective clothing and steel-capped boots before they reached the work site. The activities in this session included learning about conservation, climbing trees, cutting down trees and branches and learning about how to use the correct tools properly. The trees felled were turned into timber by our group and then given to the local people as firewood. Some wood was also used during the session for making a fire to provide warmth for the participants while working.



During this session, the participants developed their team working skills and also acquired wood cutting skills and knowledge of the ecological principals involved and an awareness of wildlife habitats.

Drugs Awareness and Health and safety - 27th January 2006

The drugs awareness session was very informative and effective. Although views concerning drugs were sometimes individually conflicting, all the young people did possess a street knowledge of drugs and they were all willing to listen to varying perspectives and constructively take on the opinions of others. The session provided a further impact with the use of visuals that involved drugs package comprised of artificial drugs to provide an idea of what genuine drugs looked like. The young people were also given an opportunity to try out 'beer goggles' to see how their behaviour would be affected as an indication of how their body would react to the large consumption of alcohol.



The young people spent the afternoon learning about the importance of Health and Safety. The group went through the different ways in which they could look after themselves including, personal safety, safety at work and hygiene. These sessions were useful as they made the young people think about the consequences of their actions and how it would affect them. It also made them think more about their safety in different environments.

First Aid Training – 3rd February 2006

The First Aid Training provided the young people with knowledge on actions needed to be carried out in an emergency situation. It showed them the techniques and principles of moving and treating injured/ill persons when necessary to protect life or prevent further injury. It also provided them the techniques of treating minor burns and choking, and to more serious accidents such as drowning, shock, fall and head injuries, burns and scalds, poisoning, bleeding, seizures and fractures. In the situations mentioned above, the participants were encouraged to follow the Resuscitation Sequence - the ABC Procedure (Airway, Breathing, and Circulation).



This knowledge of emergency was further illustrated when some emergency care scenarios were conducted in the hall. A first aid situation was acted out, which provided the participants with the opportunity to respond, evaluate the scene, assess the injured/ill person, control life threat and do any of the treatments covered that would be appreciated while waiting for an ambulance.

Sex Education - 10th February 2006

This session focused on the young people learning the importance of looking after themselves and being more aware about sex and relationships. It taught the young participants about understanding sexual needs and well being so that they would be empowered to be able to make an informed choice of sexual morality in the future. The young people were made aware how to protect themselves against Sexual Transmitted Infection (STI) and unwanted pregnancies. The course featured practical demonstrations using model organs.



Armley Common Rights Trust Environmental Day – 3rd March 2006

During this clean-up environmental session, the young people were involved in a variety of activities which involved the clearance of shrubs from the site and the planting of trees. Operating as part of a team, the young people developed their skills and learned the importance of working together towards achieving a shared goal.

An important aspect of this type of task is to show the local community that young people are willing and able to get involved in improving local neighbourhoods.



Web Training (IT) – 10th March 2006

The rationale behind the IT session was to give the young people an idea about the different ways in which computers can be used. Activities covered some of the methods and techniques that can be employed in saving computer files in designated areas as well as tasks that familiarised participants with the internet. The use of the net as a search tool allowed the young people to explore a number of sites accessing the news and gathering information.



The participants of this workshop also used this opportunity to learn some of the basic concepts of website construction, for example, the use of html (hyper mark-up language) which is often employed to write a majority of websites. In addition to this, the session provided them with a chance to acquire some of the skills required to distinguish between reliable and less reliable websites supplemented with information concerning the content of different types of websites. They then were able to apply some of their acquired knowledge by using Web Studio software to construct a website of their own. In addition, each of the different tasks was interspersed with a variety of challenging team activities.

Hill Top Environmental Day and Tropical World Visit – 17th March 2006

This environmental session involved litter picking and tree planting tasks. The participants were given an opportunity to improve upon some of the skills they had picked up on during the past environmental session. Again, working as part of a team enhanced the value of the work being carried out.

The Armley Common Rights Trust have difficulty looking after them for the benefit of the local community. The young people's efforts are greatly appreciated by the Armley Common Rights Trust.





After the session, the young people were taken on an educational trip to Tropical World which aimed to expand the young peoples' understanding of the natural environment. It encouraged the participants to think about the significance of plants, animals and birds as more than just specimens but instead as being really important in our daily lives. They found this trip to be educational and fascinating and took pictures of the different animals and plants.

Health Education – 24th March 2006

The purpose of this session was to focus on the young peoples' understanding and attitude towards health, exercise and diet. Placing emphasis on healthy food, an activity was carried out to explore the young people's knowledge of different fruits followed by a session on the importance of fruit and vegetables in the diet. They also gained practical knowledge on preparing fruit juices, puree and smoothies. Obesity in children has been declared a critical health risk and the development of healthy eating habits through education can help to reduce the high rates of child obesity as well as reducing the risks of diabetes and other chronic diseases at a later stage in life.



In line with health education, the young people also took part in sporting activities and games as a means of encouraging exercise. This workshop strengthened the existing team working spirit and assisted them to determine if they were getting enough activity to optimise their health.

Evaluation – 31st March 2006

The intention of this session was to identify some of the strengths and weaknesses of Motiv8 as a means of enhancing this project for future participants. At the end of the 10-week programme, the young people were presented with a set of questions that provided them with the chance to reflect back upon the past project activities. These questions enabled the young participants to review the development of both personal and professional achievements throughout the progression of the project. As well as being given the opportunity to openly discuss the experience, knowledge and skills gained during Motiv8, the participants were also welcomed to evaluate the project in terms of their best and least liked activities.

