

# GET INTO SUMMER



## Youth Borders

Scottish Borders Get Into Summer



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# Foreword

In a summer like no other, YouthBorders were privileged to work with our regional partners to deliver an aspect of the national Get into Summer campaign in the Scottish Borders. Working with our network and partners in local communities we have collectively contributed to a memorable summer of positive play, sport, outdoor, family and youth opportunities and experiences for children and young people of all ages.

YouthBorders are pleased to present this report which captures the reach of the funding which was allocated via our organisation – through two programmes: the Rural Youth Work Collaborative and the Borders Get into Summer Micro and Small Grants Scheme.

We are appreciative of the engagement, support, and response of voluntary and community organisations of all sizes who made this possible. We are thankful to everyone who invested their time, energy, enthusiasm, and skills in creating the conditions for children and young people to make amazing memories. These dedicated practitioners and volunteers have done so in a context of Covid-19, navigating changing guidance, risk assessments and PPE to provide safe and inclusive experiences for children and young people of all backgrounds. Our ethos at YouthBorders is all about collaboration – and Borders Get into Summer has been an excellent example of the power of partnership working.

Our programme has realised children and young people's right to play and to have their voice heard. Through this report you will find evidence of the impact the funding has had on individuals and families; and hear directly from children and young people what this summer has meant for them and what they hope for the future as their communities recover from the impacts of Covid-19.

Borders Get into Summer has been a significant opportunity to demonstrate the power of grass-root community organisations: highlighting their connections to local people and places and ability to 'make things happen'. As a result, more than 1800 children, young people and their families have valued the opportunity to reconnect, develop friendships, feel included, take the lead, improve their confidence and self-belief through new experiences, activities, and learning.

## Susan Hunter

Chief Officer, YouthBorders

September 2021



## About Us



YouthBorders is a membership network of 45 voluntary and community-based youth organisations across the Scottish Borders, supporting and promoting good quality youth work.

YouthBorders vision is to create a voluntary and community-based youth work sector which is connected, collaborative, respected, and recognised; working together to improve the lives of young people in the Scottish Borders.

Find out more about our work: [www.youthborders.org.uk](http://www.youthborders.org.uk)

# Introduction

Get into Summer is a Scottish Government-funded initiative to help children, young people and families reconnect and re-engage with their peers, local communities and the environment following a challenging period for everyone due to Covid-19. The Scottish Government allocated resource to national and regional partners, including Scottish Borders Council.

Working as a strategic partner of Scottish Borders Council, YouthBorders supported the delivery of Borders Get into Summer in the following ways:

1. Establishing a **Rural Youth Work Collaborative** of five organisations to deliver targeted youth work opportunities in identified areas (outlying communities not served by the lead delivery partner, LiveBorders; communities of multiple deprivation; remote rural communities).
2. Managing a **Micro and Small Grants Scheme** for community and voluntary groups to create additional opportunities for children, young people, and their families to socialise, play and reconnect this summer.

In addition, we worked with LiveBorders to support engagement of vulnerable and disadvantaged young people in wider aspects of the Borders Get into Summer offer – including the sharing of voucher codes for free places at activity camps, free cinema tickets, and group cinema bookings across our trusted network of voluntary sector youth organisations.

## The YouthBorders Approach

YouthBorders took a rights-based approach to supporting the delivery of Get into Summer in the Scottish Borders. Through our two project elements we prioritised support for children and young people who are most likely to be experiencing continued disadvantage and who will therefore have been particularly adversely affected by Covid-19.

Our supported activity had a particular focus on children and young people who:

- have had a *lack of participation in normal activities* during the pandemic
- would *benefit from socialising and reconnecting* with friends, peers, trusted adults, the wider community, and the outdoors
- live in *remote / rural areas*, where the range of existing provision could be more limited and geographic barriers to access services may be considerable.

Activities were made available to children, young people, and their families at no cost.



## About this Report

This report has been produced on the data provided by organisations to YouthBorders as part of the requirement to monitor and evaluate funded activities. Information related to priority groups benefiting from the funding has been collated using a range of methods including self-declaration, family survey, and in the main by practitioner insight. Not all organisations were able to provide this data. All names have been changed in case-studies and quotes to anonymise the participants and beneficiaries. Photos have been provided, with consent and permission by the funded organisations.

# Rural Youth Work Collaborative

**Who?** YouthBorders put a call out to our membership for organisations who could support the provision of additional youth work activity during summer 2021. Several organisations expressed interest in finding out more, but capacity to increase provision was a challenge. In the end, five organisations became partners in the delivery of the Borders Get into Summer Rural Youth Work Collaborative.

**What?** We invited our five partners to scope out additional youth work activity in outlying rural communities; with a particular focus on outdoor and creative activities; and for additional provision which would benefit young people in areas of multiple deprivation. Target locations were identified using the Covid-19 recovery index.

**Where?** Activity was provided in, or to benefit, the following communities: Newcastleton, Walkerburn, Ettrick and Yarrow Valley, Bannerfield, Coldstream, Langlee, Heriot, Greenlaw, Yetholm, Chirnside, Burnfoot, Broughton, Romannobridge (including West Linton and Newlands).

**When?** A call for partners was made in late May and early June 2021. Activities were delivered during June, July and August 2021.

## Micro and Small Grants Scheme

**Who?** YouthBorders designed and managed the Micro and Small Grants Scheme. We involved a young grant-maker to assess applications. Charities, voluntary and community organisations operating in the Scottish Borders on a not-for-profit basis and providing services to children and young people in the following sectors were eligible to apply: the early years, out of school club, youth work including uniformed youth organisations, sports clubs and groups, community-arts organisations, community development organisations.

**What?** An open call for applications to a Micro and Small Grants Scheme to award grants of between £250 and £4000 to support local organisations to provide opportunities for children and young people to play, be active and enjoy themselves during summer 2021. Scottish Borders Council provided £30,000 of funding for the grants scheme.

**Where?** Applications were open for organisations based and operating in the Scottish Borders. Of the funded projects 6% were in Cheviot; 12% Borders-wide projects; 12% in Teviot; 18% in Berwickshire; 21% in Tweeddale; and 30% in Eildon.

**When?** Applications opened on 10th June 2021; applications were received by 30th June. Assessment took place on 1st July 2021 and all grants were paid to successful projects in the week commencing 5th July 2021. All funded activity took place during July and August 2021.



# In Brief ...

**36** Voluntary and Community-Based Organisations provided Get into Summer activities

**1895** children and young people benefited from participating in activities through this funding route

At least **28%** of children and young people who benefited from activities were in priority families

At least **22%** of children and young people who participated in activities had undergone a significant transition during lockdown

**£50,866** of investment in to play, experiences and activities for children and young people in their communities. This was an investment of **£26.84** per beneficiary

At least **1 in 4** of the children and young who benefited from activities were living in poverty or in low-income households

At least **1 in 10** children and young people supported by the funding had a disability or additional support need

**68** Care Experienced children and young people took part in opportunities through this funded activity



# The Rural Youth Work Collaborative

YouthBorders put a call out through our membership network for organisations who could support the provision of additional youth work activity during summer 2021 in targeted communities, using the Covid-19 Recovery Index data. Several organisations expressed interest in finding out more, but capacity to increase provision was a challenge due to existing committed activities funded from other sources, and availability of staff/volunteers. In the end, five organisations became partners in the delivery of the Get Into Summer Rural Youth Work Collaborative. The five partners were:

1. **Branching Upwards**
2. **Nature Unlimited**
3. **Stable Life**
4. **Transform Arts**
5. **Rock UK**

The Get into Summer campaign has been specifically designed to allow children and young people from all backgrounds to access activities during the summer period and ensure that cost and access were not barriers to taking part and getting involved. Through this funding, the five rural youth work organisations were able to provide activities free of charge to children and young people. Healthy snacks and water were also provided to these young people. Transport was provided where required. Additional staffing was provided to include young people with Additional Support Needs. Opportunities to attend these sessions were targeted to specific communities informed by available data.

The partners were supported to signpost any family who faced additional financial barriers to participation such as clothing etc. to the Community Assistance Hub to receive support from the Scottish Borders Financial Hardship Fund. This is a discretionary fund which can get financial support and assistance to families quickly, it is not means-tested. The CAH staff are aware of the Get Into Summer programme and the importance of removing barriers to participation and supporting involvement.

Partner	Branching Upwards	Nature Unlimited	Stable Life	Transform Arts	Rock UK
<b>Location(s)</b>	Broughton Newlands	Yetholm, Coldstream Greenlaw Chirnside Langlee Heriot	Ashkirk – with transport for young people from targeted families including those living in SIMD areas in Hawick, Selkirk, Galashiels	Walkerburn Bannerfield Ettrick & Yarrow Valley	Newcastleton
<b>Number of Sessions</b>	4	28	12	4	14
<b>Number of Opportunities Provided</b>	52	254	60	43	212
<b>Activity Provided</b>	Outdoor Activities connected to nature (e.g. den building, bushcraft, etc.)	Outdoor Activities connected to nature (e.g. den building, bushcraft, etc.)	Pony Club – including horse care and riding.	Creative Activities connected to nature (e.g. clay modelling, flower pressing)	Outdoor Activities Day Camp at Whithaugh Park (e.g. abseiling, biking, canoeing)
<b>Total Investment</b>	<b>£20,866</b>				

## Rural Youth Work Collaborative Participants

Total number of children and young people who have benefitted from this funding	
Age Group	Total Number
0-4 (early years)	0
5-11 (primary)	364
12-18 (secondary)	53
<b>Total</b>	<b>417</b>

Number of children and young people who were positively impacted by this funding in each priority group	
Priority Groups	No. of children and young people
Children/young people who are living in poverty/low income.	81
Children from those priority family groups identified in the Tackling Child Poverty Delivery Plan: larger families; families with a disabled child or adult; young mothers; families with children under one; and minority ethnic families.	52
Children from families who have been shielding during the pandemic and whose ability to engage in activities and socialise will have been very limited.	23
Children with a disability or additional support need.	25
Care experienced children and young people.	21
Young carers.	41
Children who have undergone significant transitions during lockdown or will experience them this year, including starting in ELC, starting primary school, moving to secondary school and leaving school.	32

## Impact and Reflections

### Friendships and Relationships

*“Several children made new friendships as a result of the sessions and parents swapped phone numbers to arrange future play dates”.*

*(Session Coordinator)*

*“They have been active, thinking, socialising, having fun, connecting with other children, forming new friendships, connecting with nature, creating things with clay, disconnecting from technology”.*

*(Session Leader)*

*“We also worked on their social skills and life skills throughout the session – which included being calm and patient around the ponies and with each other, listening, working as a team and being motivated and willing to join in”.*

*(Session Leader)*

*"She has come on so much over the summer and its great as she has made pals and didn't want to go to high school. She has now got pals from a different school and had watery eyes and felt really emotional and she met them this morning and away happy."*

*(Parent/Carer)*

*"She had been missing her friends from school and enjoyed meeting new children."*

*(Parent/Carer)*

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### **New Experiences Skills and Achievement**

*"Children expressed their delight at being able to engage in a range of outdoor activities such as whittling, crafts, group games and fire building".*  
*(Session Leader)*

*"Working outdoors and exploring nature was uplifting and inspiring for the children. Some were just so happy collecting some leaves and flowers".*  
*(Session Leader)*

*"The young people not only learnt a new skill, they had great fun and were able to do an activity that they maybe wouldn't normally get a chance to do".*  
*(Session Leader)*

*"Thank you so much for providing such a fantastic holiday club! James has loved every minute of it. His confidence has grown massively, since attending. He has pushed himself to do activities out of his comfort zone!"*  
*(Parent/Carer)*

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### **Improved Health and Wellbeing – including self-belief, self-worth and confidence**

*"Anxiety at the start of the session but through building relationships with the leaders and with peers demonstrated increased confidence to engage with others and with activities (self-directed) as the session continued".*  
*(Session Leader)*

*"Young people have improved their wellbeing through socialisation with other children, being able to wild play in and connect with nature, being allowed to try new things".*  
*(Session Coordinator)*

*"Even the most nervous children and a minority who had some challenging behaviour embraced the sessions with enthusiasm and really responded to the power of being around the ponies. The young people experienced the therapeutic benefits of being around the ponies and the outdoor spaces. Working with the ponies' increases health and well-being as they provide unconditional love, connection, touch, focus and purpose to young people".*  
*(Session Coordinator)*

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### **Leadership**

*"Those children who had attended sessions with us previously showed increased confidence in leading others in activities and site exploration".*  
*(Session Leader)*

*"An autistic boy could not focus on doing drawings, instead spent some of the time helping wash the clay from the plaster casts and making sure there was a bucket of soapy water at all times while others were mostly drawing. In this way he felt he had an important job to do and was very focussed and happy doing that."*

*(Session Leader)*





## Inclusion

*“Several children expressed that it was the first group activity that they had attended this summer due to family finances/location/number of siblings”.*

*(Session Coordinator)*

*“There were 3 families of 3 or 4 siblings attending and parents stated that due to the number of children they had that the children didn’t get many holiday club opportunities for financial or organisational reasons - many clubs being broken into age brackets/timings that make multiple drop offs/pick ups difficult”.*

*(Session Coordinator)*

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## Covid-19 Safety

*“The young people did not have to worry about COVID-19 because they are in a safe environment, outdoors, not having to worry about social distancing with each other, and not seeing people wearing masks. It felt like a little haven of pre-pandemic normality”.*

*(Session Coordinator)*

## Feedback from Families

*“It was so good to see Amy happy and so proud of her. She loved her sessions and without funding and support we are stuck in St Boswells. I cannot drive now and totally dependent on others to drive me now. She has made some friends as she has no friends since she moved here. I feel better knowing she is doing something she enjoys and also getting out the house and with other young people. She loved her sessions and without funding and support we are stuck in St Boswells. We canny afford things like this and I feel bad but just canny – Thank you”.*

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*“Thank you so so much for the woodland afternoons. My son had the best time! He said you guys have the best tools, loved the saw and the tools that removed bark from sticks. He said the s’mores were amazing too! Massive thanks”.*

*“My son has dug out his old nature books and bug pots, he’s totally inspired by the nature connection sessions, thanks”.*

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*“I cannot thank you enough for all you have done for the girls, the difference in my daughter is amazing and lovely that she could take her wee sister too as I cannot get out the house much. She has grown so much in self-confidence and comes home buzzing. I couldn’t believe it!”*

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*“Usually these things aren’t on offer in our area and we have to travel long distances for them, it was great having it local to us.”*

## CASE-STUDY 1: Nature Unlimited

We had an 11-year-old boy who came to several our sessions during the summer. He was an only child, with a parent with a severe health condition and so the family had been shielding throughout the pandemic. His mother brought him to the sessions and explained that he was a quiet child, who because of his situation and personality hasn’t many friends and was feeling isolated and anxious. She would regularly chat with staff about their situation and the positive impact the ‘Wild Woodlander’ sessions were having on her son. Over the programme he became more confident, visibly relaxing and smiling more. He was initially nervous and shy but, as the sessions progressed, he settled in and, as a regular attendee, took on a bit of a leadership role with the younger boys, making friends and taking part in and initiating lots of different activities and games. His parents have reported that the sessions had a remarkable positive impact on his wellbeing and confidence and have made his return to school less anxiety provoking than usual.



# Micro and Small Grants Scheme

YouthBorders administered a grants scheme, a simple application pack was created and publicised through networks and on social media. YouthBorders received applications from more than 50 organisations and projects to the Small Grants Scheme and was heavily over-subscribed with funding requests totalling £110,000. Thirty-one organisations were awarded funding following a competitive grant application process for a share of the £30,000 fund. Funding amounts ranged from micro-grant award of £120 to a small-grant award of £2500. Many of the funded organisations received partial funding awards. The average grant award was £966. Project monitoring returns indicate that 1478 children and young people benefited from the Grant Scheme funding during summer 2021.

The following thirty-one organisations were awarded funding:

- Melrose Scout Group
- Cheeky Monkeys (Hawick)
- Play Borders
- KICC (Innerleithen)
- Borders Youth Theatre
- One Step Borders
- Schools Out – Peebles
- 6th Hawick Brownies
- Denholm Beaver Scouts
- Etrick Forest Sports and Recreation Club
- Sea the Change (Berwickshire)
- P.H.D FUNdamentals (Tweeddale)
- The Highway Day Nursery (Eyemouth)
- Lauderdale Beaver Scouts
- Broughton Bumps, Babies and Toddlers
- Kelso Orchard Tennis Club
- Wilton Park and Hawick Tennis Club
- Borders Sensory Hub CIC
- Beyond Earlston
- Rowland's (Selkirk)
- Walkerburn Community Development Trust
- Lauder Out of School Club
- Connect Berwickshire Youth Project – Coldstream ASC
- The Learning Space (Berwickshire)
- Meeting of Minds
- Newlands Kids
- Outside the Box (Eyemouth)
- Playtime at Southview (Chirnside)
- Kelso Scout Group
- Borders Additional Needs Group
- Bright Start Borders CIC (St. Boswells)

## What did organisations use the funding for?

Eligible groups could apply for costs associated with session staff or tutors, activities and entrance fees for attractions, play equipment, travel and transport costs, and food costs. Applications were received from a broad range of organisations – funded projects were made up of the following profile: Out of School Clubs (24%); Youth Clubs (18%); Uniformed Youth Groups (15%); Play and Early Years Groups (15%); Sports (12%); and Other (15%).



Funded project ideas were informed by local need and interests, when analysed the funded projects fall in the following broad themes of activities:

- Games, sporting and learning equipment for outdoor and indoor play e.g crafts, fire making materials, STEM resources, archery, orienteering, tennis, gardening, soft play frame etc.
- Targeted free spaces to existing sessions – removing costs as barrier to participation e.g at Out of School Clubs, Outdoor Learning Sessions, Stay and Play Sessions
- Entry passes and tickets to benefit children, young people and families with financial barriers to accessing these experiences e.g Edinburgh Zoo, East Links, Dalscone Farm Park, Grass Sledging, Border Berries etc.
- Organising activities for a specific group of children and young people e.g bubble football, bouncy castle hire, musicians visits etc.
- Transport costs and travel expenses to enable the project ideas to be fully realised and inclusive.
- Additional support staffing costs to make activities inclusive of young people with additional support needs.

All activities delivered were planned to help children and young people who have been particularly affected by the pandemic to make the most of their summer and connect with others.

## Micro and Small Grant Participants

Total number of children and young people who have benefitted from this funding	
Age Group	Total Number
0-4 (early years)	408
5-11 (primary)	766
12-18 (secondary)	302
<b>Total</b>	<b>1478</b>

Number of children and young people who were positively impacted by this funding in each priority group	
Priority Groups	No. of children and young people
Children/young people who are living in poverty/low income.	392
Children from those priority family groups identified in the Tackling Child Poverty Delivery Plan: larger families; families with a disabled child or adult; young mothers; families with children under one; and minority ethnic families.	480
Children from families who have been shielding during the pandemic and whose ability to engage in activities and socialise will have been very limited.	300
Children with a disability or additional support need.	147
Care experienced children and young people.	47
Young carers.	41
Children who have undergone significant transitions during lockdown or will experience them this year, including starting in ELC, starting primary school, moving to secondary school and leaving school.	378

## The Experiences and Hopes of Children, Young People, and their Families

Groups funded through the Small Grants Scheme were invited to support young people to share their thoughts, opinions and hopes for the future within the context of Covid-19 recovery. These have been analysed into the following themes, with some illustrative quotes from children and young people included.

### Friendships and Relationships

*"Meeting other people my age has given me so much confidence and made me so much more sociable, I had the best time ever".*

*"I have missed being outdoors with my friends and hope lockdown doesn't come back".*

*"I was nervous at the start but soon it felt like one big family. I hope to do it again soon!".*

*"Camp has helped me because I wasn't stuck in the house".*

*"I enjoyed being with other people the same age".*

*"I have enjoyed seeing my friends and family again and getting back to sport and other activities. I hope that in the future everyone is able to be fully vaccinated and safe from the virus".*

*"It is good to be back at school and to see everyone again and be able to socialise more. I hope to never go back into lockdown again".*

*"The animation sessions we had were great because I got to work with someone else. I hadn't seen anyone in ages, it really boosted my confidence."*

### New Experiences Skills and Achievement

*"I loved gymnastics and the challenges it gave me. It was something that I was desperate for during lockdown and I felt like I fitted in".*

*"This is the first time I have done archery and I love it".*

*"I didn't think I'd be able to get up that hill, I'm so proud of myself".*

*"I feel like I have accomplished something today".*

*"It was the best time ever. Can we do it again next year?"*

*"I have really enjoyed being back to tennis and getting back to normal. I hope that we have no further lockdowns in the future".*

*"This is the first time I have been out of the house for 3 months, it's really nice to see what has changed and all the birds and animals".*

*"I have wanted to go fishing for ages. I couldn't believe it when David said we could go in the summer. I loved it. Felt great to be out and about but still feel safe."*



## Hopes for the future

*"I just wish it was all over so we could get back to dealing with Global Warming".*

*"I feel like sport things are getting better and starting to open up. I hope to see all the coaches faces again and for them to be able to support us soon so I can come back and keep learning new skills".*

*"I'm taking steps forward now, it's not easy but I'm not letting things get hold of me".*

*"I am looking forward to going to my friends house to play".*

*"It's good because I am back swimming and at school. I hope get back to swimming competitions and do more in the future".*

*"I am happy now that things are getting back to normal and getting to play sports again and see friends. I hope to play at Wimbledon in the future".*

*"I'm glad that I can get back into horse riding. I also want to start looking for a job in the near future".*

*"I feel 50/50 about things opening up and going back to school. I am excited about the future, studying loads and becoming a vet".*

*"I hope the virus will go away so I can do even more sport and continue to try new things".*

## Family Support and Assistance

*"I have had families in tears when they were given the tickets for East Links. It meant so much to them. These families have very little and have never been out for a day as a whole family. It was so nice to see the dads being involved and having just as much fun. We also had 3 single parent dads that have gone on this trip with their children".*

## Youth Voice 1: Duncan

*"Coming out of lockdown I'd like to be able to go watch football games without the worry of restrictions and the likelihood of catching Covid. I'm sick and tired of being couped up in my house and just want to go out and enjoy myself. I'm 17 just now but really hope that when I turn 18, I'm able to travel abroad and explore the world."*

## Youth Voice 2: Ashleigh

*"During Covid I lost out on many things. Such as being in my final year at Cadets. Cadets has been very important since I was 12 and really helped me grow and develop through a tough time, they have been there through everything. To not be able to finish it and have a final goodbye took a massive toll on me. I didn't get to say goodbye to many of my friends. I hope for the future coming out of Covid that there is plenty of opportunities for children and young people to get to go to clubs and sports for a low cost...to have somewhere they feel safe and have people who care about them and want them to succeed. I hope children start to get some normality back into their lives after Covid and that they can have more chance of having new opportunities without the worry of money or catching Covid."*

## Feedback from Families

*"Our family of 5 were absolutely thrilled to have the opportunity to go swimming again... Everything so much more relaxed from start to finish. I don't think my younger boys would be anywhere near as confident in the water without the experience of the much more relaxed sessions. My teenage daughter even likes to come along too and it is difficult to get her to go anywhere with us these days. My middle child especially becomes easily overwhelmed with too many people and the smaller group really makes such a difference to his confidence and ease."*

*"Charlie has loved every minute. His confidence has grown massively since attending. He has pushed himself to do activities out of his comfort zone".*

*"The equipment has provided active play, improving gross motor skills, socialising and learning to take turns. It has helped with easing back to normality, although this is all new for my children but good for mums/ carers to ease back in. I'm hoping for safe and fun places to play and meet with friends".*

*"It's just what the younger kids needed. Things have been so difficult with child's health, it was such a lovely treat a wee family day out. It took a lot out of the children but we had one amazing day".*





## Case Study 2: Broughton Toddlers Group – Age Group 0-4 years

Broughton Toddlers is a group for parents and carers with babies and toddlers to come and play and stay. A chance to meet other adults and children from the community and make friends, have a natter and for the children to make friends too.

The group applied for a Get into Summer Small Grant because they had recognised a need for pre-school children and families to come together. The group includes a family with a child who has serious illness which has limited opportunities for the child and his sister to play with others. They had also identified that new families had moved into the community and had not had the opportunity to socialise and form friendships.

During the summer, Broughton Toddlers were able to take eight adults, six under 2s and nine under 6s to Dalscone Farm Park. The trip allowed pre-school children a chance to meet their peers that they would be starting school with after the summer holidays. This also allowed children who had been isolating to have a meet up with friends and start to rebuild the social aspects that had been missing over the last 18 months. The children talked about how excited they were to mix with other kids in the school now that the bubbles are no longer being enforced in school.

*“Adam was so excited to play with other children on our trip. He was happy to be outside and be able to act like a normal 2-year-old. He has had very few social interactions, except with immediate family and hospital staff, since August 2020 and it was lovely for him to finally get this opportunity.”*

Parents also made meaningful connections in the local area, and since the trip have been able to organise play dates and park meet ups for their children to enjoy. The trip brought together old and new friends for both the children and the adults.

*“Thank you so much to Get into Summer and YouthBorders for the wonderful funds to enable this trip to happen. A lot of very grateful parents and children in Broughton and the surrounding areas.”*



## Case-Study 3: PHD FUNDamentals – Age Group 5-11 years

P.H.D FUNDamentals was set up in September 2011 with the aim of increasing gymnastics for all within the communities across the Scottish Borders. P.H.D stands for Physical Healthy Development and aims to increase participation in sport and physical activity to have a positive physical and mental impact upon each members lives.

This group was funded to provide targeted free spaces for children experiencing disadvantage through working with local partner organisations; and additional sessional staff time to manage Covid-19 mitigation. After the summer sessions, they asked some of the children and young people that took part in the Get into Summer sessions their views on 'easing back to normality' and their hopes for the future.

- Alex felt happy because she gets to be active and get out the house. She would like to do more gymnastics in future. Alex attended a few sessions over our programme where we supported her with disability qualified gymnastics coach on a one-to-one basis.
- Hannah liked being out of the house so she can do gymnastics. She would like to do more classes. We supported Hannah with one-to-one support on our apparatus in our classes as she tried new skills each week whilst she continued to be tested for autism. She worked hard and integrated well in our classes having never done any gymnastics before.
- Sarah was pleased as the *'camp has helped me because I wasn't stuck in the house. I hope soon we won't have to wear masks as much and we will be able to mix with other groups and classes at clubs and schools.'* Sarah was picked up through social work as she had a family breakdown throughout lockdown. We would like to continue this support as we finalise funding for a space for the next year.
- Beth was pleased as she has *'started more sports since coronavirus restrictions relaxed. I think that gymnastics and swimming are the most fun. I hope the virus will go away so I can do even more sport and continue to try new things.'* As Beth is partially deaf, we had to adapt our sessions to meet her individual needs. She has since been in touch to join our classes on a regular basis. Without funding she would not have had the opportunity to attend.
- Anna informed us that *'sport has made me feel more confident to go back to school. It has helped me balance and gymnastics has helped me learn lots of new things. I hope in the future we can socialise more, and sports can return to normal.'* Anna was referred to us with low confidence and self-esteem. She blossomed in the classes with some support. At the start we gave her an introduction to everyone and the equipment. She was very nervous but without the funding and partnership work she would never have been given the opportunity to attend. We have funding in place for Peeblesshire Youth Trust members that we hope to offer Anna a weekly funded space.



## Case Study 4: Rowland's – Age Group 12-18 years

At the beginning of the summer holidays Josh spoke to a member of staff at Rowland's and disclosed that he was worrying as well as feeling constantly anxious. When coming out of the first Coronavirus lockdown, he disclosed to staff that he had difficulty falling asleep and frequently asked his parents for their reassurance. During the second lockdown Josh experienced a bereavement which triggered him to worry that he and members of his family might die. He became anxious if his parents or brother were out of the house, and he insisted on securing the house to an unnecessary extent when leaving, fearing intruders.

Due to this, Josh was very anxious and therefore removed himself from socialising and preferred to stay in the safety of his own home. This also had an impact on family outings and holidays. When he spoke to staff at the beginning of the summer holidays, they suggested that he might benefit from the Eco Group where they would be renovating the outdoor space at the back of the building. Goals were set at the start of intervention and reviewed throughout with these goals increasing over the six-week period. Work was completed throughout all sessions on confidence and self-esteem. Josh became more relaxed in sessions and began to engage more as we progressed with the garden. He particularly enjoyed sanding down and painting the furniture that was being upcycled for the project as well as identifying and planting the flowers and plants in the upcycled pallets.

Josh participated well in the gardening project and provided evidence in sessions of how he had used strategies that staff were working on with him. As he progressed, we worked on automatic thoughts and discussed how we can change negative thoughts into positive ones as well as dealing with his anxiety around leaving his house and locking it. Over the gardening sessions Josh grew in confidence and began to challenge himself which led to him achieving more. He began to socialise more within the group and made new friendships. He recognises his progress and is happy of what he has achieved during the gardening sessions and plans to continue using. He has also spoken to his parents about how he has been feeling which has resulted in them making a doctor's appointment for him.

Josh said: *"I have really enjoyed doing the gardening and have felt less stressed, I have been using the ideas that staff had when anxious about locking up my house and have managed to do it a few times now when coming to gardening group. It has been nice to see the garden come together and look much better".*



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