



positive futures >>

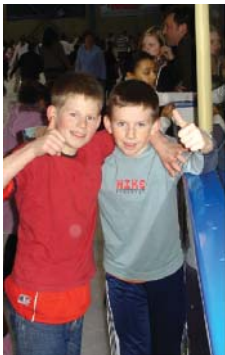
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What is Positive Futures and how can it help us?

Positive Futures is a programme that can be used to deliver a range of activities for young people aged 10 – 19 years old in their local areas.

The following information contained in this leaflet tells you more about how the project works and what it can do for you.



Indoor climbing during the half term holidays.

Case Study

Weekly sports sessions at Ibstock Community College

In conjunction with Leicestershire County Council Youth Service, Positive Futures has provided weekly evening sports activities for young people aged 13 and over at Ibstock Community College. Activities have included football, cricket and multi-sports coaching. Attendance at sessions has averaged 25 – 30, with 2 Positive Futures sports coaches delivering activities. The activities have operated at the same time as outreach youth work in Ibstock, to offer a range of opportunities for young people.

What activities are on offer?

The following activities can be provided, in any combination and over any period of time by

Positive Futures:

- Sports coaching sessions (e.g. football, basketball, hockey, rugby and multi sports etc).
- Tournaments and competitions with prizes
- Street Dance
- Drama workshops
- Educational workshops
- Qualifications (First Aid, Junior Sports Leader Award).
- Trips as part of holiday programmes.
- Adventure activities
- Residential breaks.





The Positive Futures Mini-bus.

When and where can activities take place?

Activities can be delivered at the time that is deemed most appropriate for the target participants, and could include:

- Evenings
- Weekends
- Weekdays
- Holiday periods
- Lunchtimes

Positive Futures can be delivered anywhere that is appropriate for the type of activity on offer, for example:

- Village green
- Local park
- Church hall
- Youth centre
- School site

For activities that involve young people travelling to a venue away from their local area, Positive Futures has a mini-bus that can be hired to use, with all drivers being qualified and fully insured.

Case Study

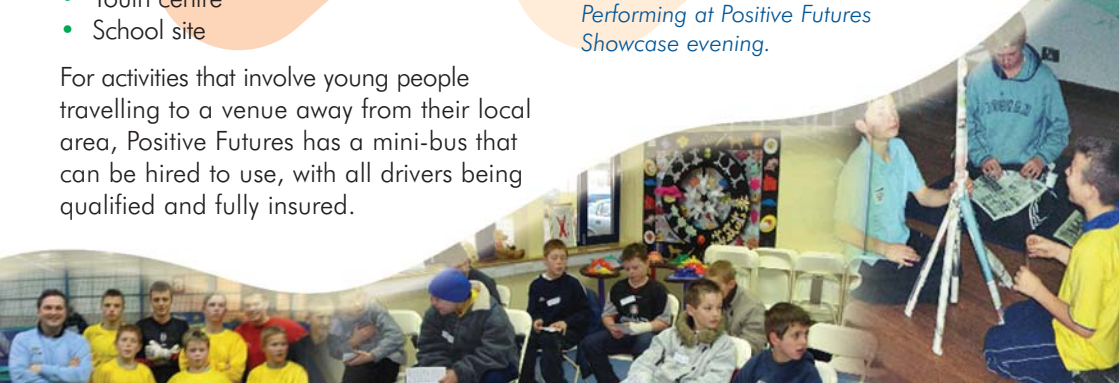
Street Dance at Agar Nook Community Centre

Positive Futures instructors have delivered weekly Street Dance sessions for boys and girls based at the Agar Nook Community Centre in Coalville. Young people have been able to learn moves to popular music, including pop dance and break dancing skills.

The activities proved so popular that the young people formed their own dance troupe the 'Backstreet Breakers', who have demonstrated their skills at several public performances.



*"Backstreet Breakers"
Performing at Positive Futures
Showcase evening.*





Educational visit.



Who delivers the activities?

The project has a team of dedicated and well trained staff employed by North West Leicestershire District Council. A full time Project Co-ordinator and a part time Project Assistant work on the administration of the project, sport coaches and activity leaders deliver physical activities, and trained professionals are brought in to deliver educational programmes.

All staff are CRB checked and trained in Child Protection according to the North West Leicestershire District Council Child Protection Policy. Staff are also appropriately trained in their field of work e.g. sports coaching qualifications and first aid, and are trained to work with young people with challenging behaviour and in issues relating to substance mis-use.

All staff and participants are insured according to the District Council's Public Liability insurance, and the Health and Safety Policy adhered to in terms of undertaking risk assessments and accident procedures.



Raft building in North Yorkshire on a residential stay.

Case Study

Holiday activities in Greenhill

Around 100 young people took part in a programme of holiday activities in the Greenhill area of Coalville during summer of 2005. Activities were co-ordinated by Positive Futures, Greenhill Youth Centre, Agar Nook Tenants and Residents and Kind Edward VII Community College, and included daily sports coaching, competitions, Street Dance and trips out.



Fencing at the Leicester YMCA





Planning and measuring activities

Positive Futures can undertake consultation with young people to find out what activities they want to take part in, which can be built in as part of a planning process in local areas.

Staffs at all activities routinely ensure that registers, consent and medical forms are completed for young people taking part.

Monitoring of activities includes conducting evaluation with young people and agencies to assess the effectiveness of what is being provided.



Caving in North Wales on a residential stay.

Positive Futures is managed by a multi-agency Steering Group, made up of representatives from North West Leicestershire District Council, Connexions, local schools, Partnership in Safer Communities, Youth Services, Youth Offending Team, Police and Youth Services.



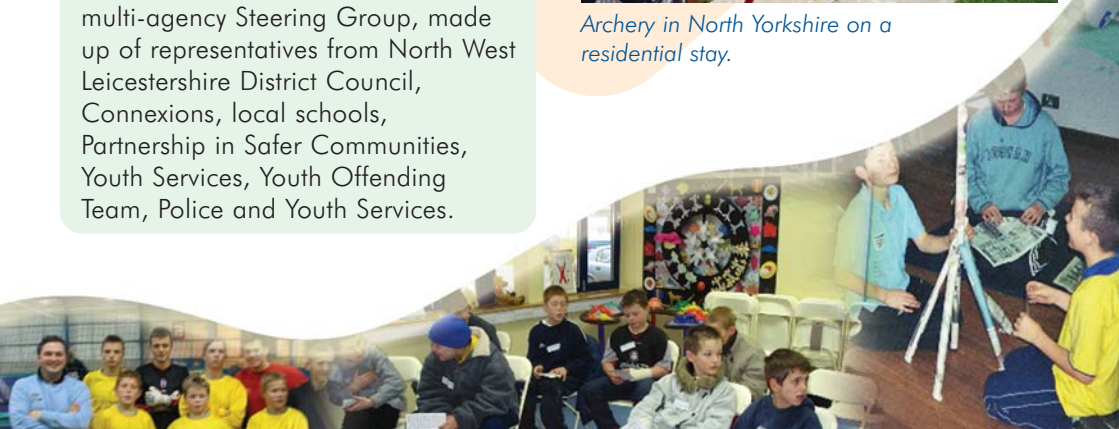
Adventure activities and outdoor pursuits

Young people have taken part in a wide range of adventure activities and outdoor sports through Positive Futures. These have included trips to the Tamworth Snowdome, rock climbing at Leicester Leys Leisure Centre, archery and fencing and residential weekends away to Wales, Yorkshire and Derbyshire.

These types of activities have enabled young people to have experiences they wouldn't normally get the opportunity to take part in, develop confidence and self esteem, and learn to work as part of a group.



Archery in North Yorkshire on a residential stay.





Educational activities

Young people from the Greenhill and Agar Nook estates have taken part in a series of educational activities and workshops through the Positive Futures 'Educ8' programme. These have included fun and interactive workshops in substance mis-use, citizenship, team building, sexual health, bullying etc.



Team building workshop at Warren Hills Primary School

Professional sports clubs have delivered activities for young people that have included an educational element, such as sport and healthy lifestyles through Leicester Tigers RFC and 'Slamdunk Smoking' through Leicester Riders' Basketball Club.



Drama workshop in Agar Nook



'Slamdunk Smoking' award from Leicester Riders basketball club

Young people are also able to gain recognised qualifications such as the Junior Sports Leader Award, first aid and the Youth Achievement Award as part of Positive Futures.





Case Study

Weekly music, dance and sport at London Road Community Home, Coalville

Young people living at the London Road Community Home in Coalville have been able to access weekly evening sports coaching, street dance and DJ-ing workshops through Positive Futures. Staff have been able to develop positive relationships with the young people, encouraging their participation in other activities available in the area, and offering advice in issues of relevance to them, such as substance mis-use.



National Positive Futures Football Tournament

A team of young people taking part in football coaching through Positive Futures represented the project at the National Positive Futures Football Tournament at the JJB Soccer Dome in Derby in November 2005.

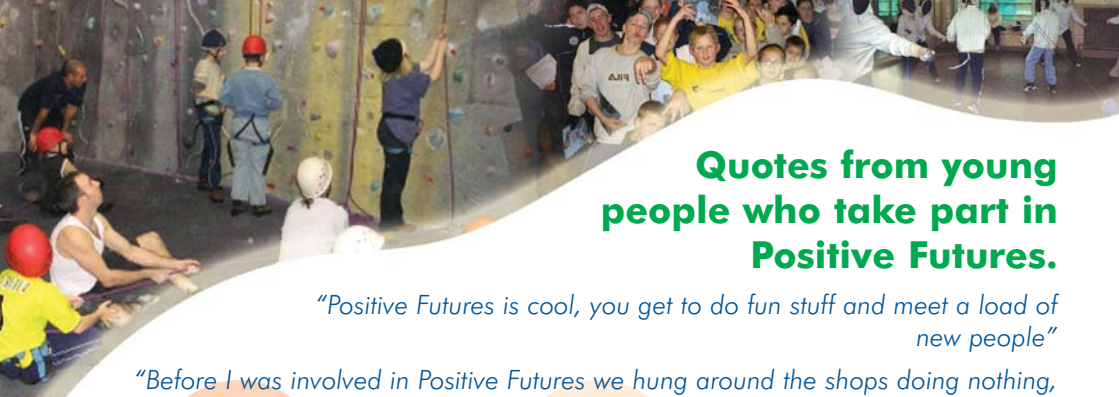


Positive Futures Showcase awards

Recognition of achievement

Young people taking part in Positive Futures activities are recognised for their achievements. This includes the presentation of certificates and awards for attendance or individual successes.





Quotes from young people who take part in Positive Futures.

"Positive Futures is cool, you get to do fun stuff and meet a load of new people"

"Before I was involved in Positive Futures we hung around the shops doing nothing, now we do loads of activities"

"Since coming on to the project I've got more confidence to do stuff I couldn't do before"

"Positive Futures is wicked"

"Positive futures is so much better than school, you can get a qualification without all the hassle of school"

Some of the areas that Positive Futures are currently working in:

London Road
Children's Home,
Coalville

Willesley,
Ashby

Measham

Nursery Farm
Estate in
Ashby

"Elev8" Project
in Ashby de la Zouch

Ibstock

Castle
Donington

Whitwick

The Next Step...

You've read the brochure and now you want to buy us in!

Positive Futures is not a profit driven project, we are a community programme who can offer amazing packages of activity at a price that will be affordable to your organisation.

We also specialise in making funding applications with you in order to gain the necessary finance to buy us in to your club, Parish, organisation or District.

If you would like more information, details of indicative prices or help in deciding what would be appropriate for you please call us on the number below.

For more information about
Positive Futures please contact us

on 01530 454835

Email: positive.futures@nwleicestershire.gov.uk

