

# IMPACT REPORT



[Click here for our residential Short Breaks film.](#)

# THE NUMBERS

Between 1st September 2023 to 31st August 2024:

- 82 individual young people attended a total of 154 Short Break sessions
- 54 young people attended multiple sessions.
- 25 new young people attended sessions.

## ACTIVITY

PARTICIPANTS

ATTENDANCES

CONTACT HOURS

SESSION HOURS

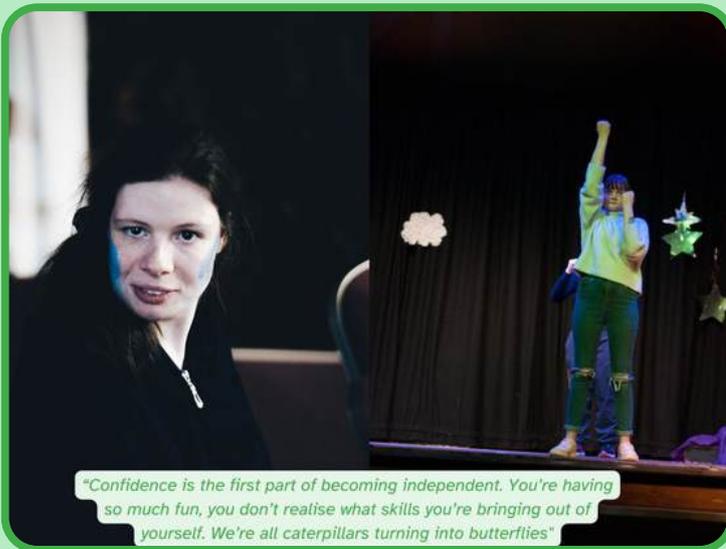
SESSIONS DELIVERED

Digital support sessions	5	5	6	2	2
Multimedia sessions	6	28	28	6	6
Offsite trips	31	101	555	94	18
Online short breaks	20	502	922	131	85
Outdoor sessions	29	205	724	94	32
ProCorda Theatre Company	16	83	590	58	12
Creative Camping in a field	21	27	1972	143	3
Indoor residentials	12	12	384	48	2
<b>Total</b>	<b>82</b>	<b>963</b>	<b>5181</b>	<b>576</b>	<b>154</b>

# THE YEAR IN REVIEW

The Barnwood Short Breaks funding enabled us to offer new and different opportunities for YP people at 3rd Space.

We were able to offer a new residential opportunity to 2 cohorts - including a long requested pub visit!



We managed to fit in 2 musical theatre performances and all the rehearsals!

Our online Creative Break @ Home sessions were a great success for those unable to get to us in person and will be missed.

Our day trips were so popular and we visited lots of new places.

“

“Hi my names Donna and I come to 3rd Space twice a week. I like to come to 3rd Space because the people make me feel safe and while we make lots of jokes and have a good laugh I never feel judged. Part of what 3rd Space offers is the opportunity to take part in trips and days out giving me the safe space to explore new things and face my fears with the encouragement of both my friends and staff. 3rd Space is also about bringing young people together to make friends, enjoy each others company and get to know and appreciate each others uniqueness.”

# BENEFITS TO YP (& THEIR FAMILIES)

[Watch our short breaks video here](#)



Take a look at Lydia telling us how she feels about the short breaks we provide.



Alf pushed himself and climbed to the top of the mountain with support of his new friends. His Dad told us “Lovely amazing I've got a job to get him to go the shop that's an excellent Job”

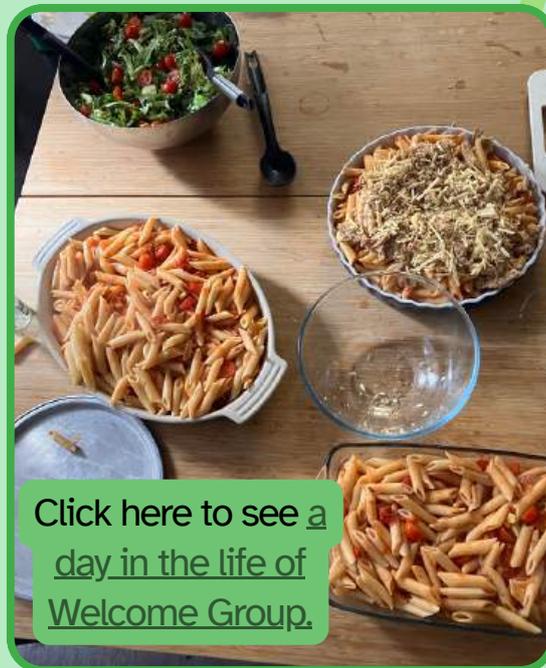
“

“Thank you for taking him on the camp – we look forward all year to this weekend – it is a real break for us.”

# CO-PRODUCTION

36 young people took part in 9 Welcome Group sessions throughout the year to co-design and co-produce the short breaks that we provided. This led to Video Club (multimedia sessions) and ProCorda Theatre Company forming part of our offer, plus deciding the location of offsite trips.

It is important to note that this is an existing group, not funded by the Short Breaks grant, with existing developed relationships and process.



Thanks to people hub for this great infographic - [www.peoplehub.org.uk](http://www.peoplehub.org.uk)

## FRIENDS, FAMILY & CARERS

We did not ask parents and carers to be involved in the co-production of sessions due to the age range of our YP - 16-25 - who are able to speak for themselves (sometimes with support).

We held 2 performances where friends, family and carers came along and met each other - sharing food and making connections

“

“I just wanted to say thanks to you and anyone else in the team who should share in the glory for this brilliant new initiative. I sit in the room next to K when she attends the session and can hear how it's going. She absolutely loves it and really looks forward to the next session. The combination of a very flexible focus on the art set against a relaxed chat atmosphere is brilliant and really works for her. You seem to handle the whole session really well, supporting and encouraging K along the way. Congratulations and, again, thank you.”

# BARRIERS

## PERSONAL CARE PROVISION & SUPPORTING THOSE WITH HIGHER NEEDS

- Cost of training
- Cost of additional staff
- Availability of additional staff who are known and trusted

## STAFF TRAINING

The true cost of training (including staff time) needs accounting for and there is never enough in the budget.

## CASE STUDY

*C lives 2 bus rides away. Although he can communicate verbally, he will only talk to his mum. He finished college in 2023 and was increasingly isolated at home.*

*First he and his Mum visited once a week outside our opening hours. Although C didn't speak, communicating with him was easy and we rapidly realised that C was a board game wizard and would correct us if we didn't stick to the rules.*

*After four weeks of twilight sessions, Mum took a step back, and C began to come on his own joining the quiet Wednesday sessions.*

*6 weeks on and he still doesn't feel able to speak but there have been other significant milestones showing an increase in confidence and enjoyment of activities with peers.*

- *Another participant offered to help with a new and complex board game and C keen to learn, remaining focused on the game, enjoying an activity just with another participant for the first time. Obviously, C won.*
- *C now joins the group cookery sessions.*

## TRANSPORT

- Impacts our provision on day of activities
- Extra time taken to support independent travel
- We can support YP to use public transport but not if it doesn't exist - ie Cotswolds

## ACCESSIBILITY

- Often extra cost implications for "accessible" venues.
- We are limited within our own building.
- Digital - participants usually have access to device but data is often an issue
- Cost - see camps cost below:

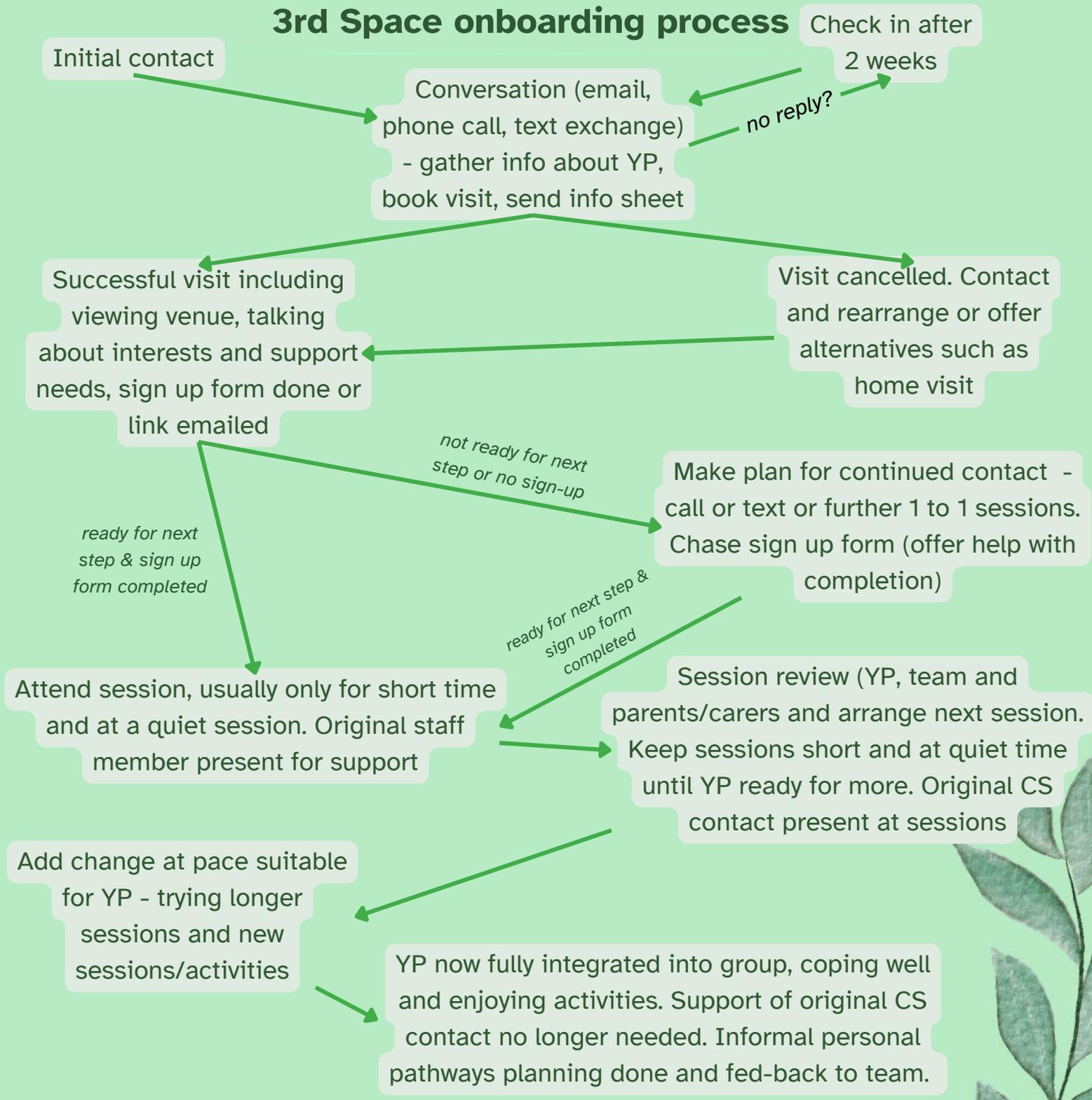
	Hill House (x2)	Ernest Cook	Brecon (x2)	Total
<b>Total cost</b>	£2,635	£1,721.95	£13,050	<b>£17,406.95</b>
<b>No of participants</b>	12	9	22	<b>43</b>
<b>Cost per place</b>	£219.58	£191.33	£593.18	<b>£404.81</b>
<b>Total participant contribution</b>	£600	£435	£4,330	<b>£5,365.00</b>
<b>Avg contribution per participant</b>	£50.00	£48.33	£196.82	<b>£124.77</b>



"When planning for future activities please spare a thought for families who have disabled children in The Cotswolds as there are no activities available in this area. There are a lot of families where I live who feel very isolated from what is going on in the rest of the county and who do not have access to transport to benefit from what is going on"

# IT ALL TAKES TIME...

## 3rd Space onboarding process



# CHALLENGES & LEARNING

## ONLINE

### SHORT TERM FUNDING

We recognise this has been a test-and-learn piece of work but one of our main findings is that short term funding doesn't work. Long term funding supports capacity building for organisations AND collaboration AND relationships with YP/families.

- Regularly live-streaming sessions for YP who were unwell helped them to engage without putting others at risk.
- Extended weekly session to catch up with friends (everyone loves extra karaoke!)
- Weekly quiet session definitely needed for YP with anxiety and transport barriers.

### CHILDREN & YP

Provision for children, teenagers and young adults is (and needs to be) completely different. The label "children and YP" is often used (especially for disabled people due to statutory requirements) but the need is very different for different age groups.

### TRANSPORT

- We could not go ahead with planned vehicle lease because we couldn't guarantee affordability in years 2 & 3 of the lease (see short term funding above).
- **However** the transport budget enabled us to hire the minibus more frequently for trips.
- **But** our closest available minibus is 20 miles away (so higher cost)!
- We are working on a Motability funding application for a minibus (to be available to borrow by our partner organisations).
- We know there is a gap in the Cotswolds and we committed to working on this but it needs more time & money - we can't do it alone - and we are seeing this echoed in other short break provision across the county

### FLEXIBILITY & TRUST IS VITAL

Trust from funders that we know what we are doing, together with flexibility to change plans as and when needed, is vital to enable us to provide the best for our YP.

“

“It feels like home here.”

## CASE STUDY - CREATIVE BREAK @ HOME

The sessions are created and run by our art therapist practitioner, Steph, who makes a weekly theme to work on mindfulness. Steph uses simple language to inspire with prompt Words, Arty suggestions and weekly Affirmations. Examples have been creating bespoke mandalas, identifying inspiration and exploring identity.

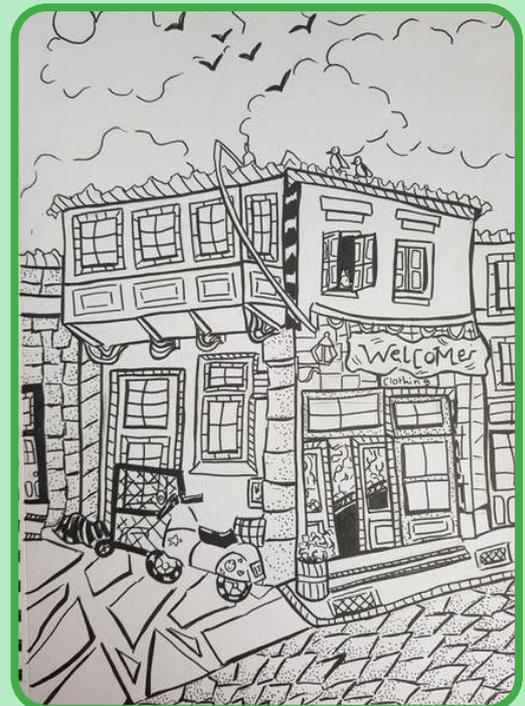
G (20 and NEET) was referred with severe social anxiety, unable to travel (living in Forest of Dean), she was too anxious to appear on screen, but loved art and would be interested in mindful creative sessions.

Email was her preferred method of contact and we sent her out a free art pack – provided to each participant.

G attended the first session, using the chat function on Zoom as she was too nervous to speak online, but she took a photo of her art and shared it to show the others in the session.

Since then G has attended every week and has produced the most beautiful art, she now says hello at the beginning and talks a little about her week and her animals, she comes on at the end of the session and talks about her art work, her motivations and inspirations.

It will still take time and support for G to be able to join any in person events, so these sessions are vital to continue to support her.



### Creative Break @ Home

It's all about the journey not the outcome. Give yourself this time to relax, connect and enjoy creating for fun! There's no judgment ♡

#### WEEKLY CREATIVE PROMPTS FOR INSPIRATION

Words - My story

Affirmation - I value my journey and celebrate my own story

Arty suggestion - Let's have some fun! What would a movie or Theatre poster look like to celebrate your life and the things you love.



T (16, NEET due to high anxiety & suspected neurodiversity) joined the online sessions along with her Mum, and created some great art. She was too anxious to speak online, but showed us her art weekly.

She attended for several months before deciding she was ready to try being with us in person.

We agreed to meet T at our quiet session, where we would create some art in person and softly introduce her to the 3rd Space team.

T was very nervous and still asked that her Mum come with her, but she made it in to the sessions in person, which was a huge achievement for her. She loved the space, especially our office dog, Panna – who made her feel very welcome and in her words “it’s just like being at home, but with other people”.

## CASE STUDY

See the short film made by one of our young mentors about our trip to Westonbirt

T was referred to us when his social care assessment revealed the need for new opportunities and activities.

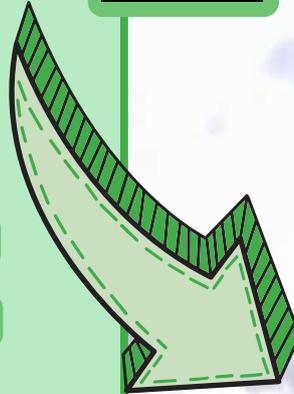
He had previously been in foster care, had moved to supported housing but then when that broke down had moved back to his original foster carers as part of a shared lives placement. He has a Learning Disability and is on the autistic spectrum.

T initially came to a couple of our Wednesday Quiet sessions and settled well. When things became a bit too much, he would walk around to calm himself and it was apparent that he really enjoyed being outside. Having our 3rd Space dog in, Panna, also helped since he loves animals, and he would always spend time with her on arrival which helped him settle in.

As T's weekly routine changed, he started to come in regularly on Tuesdays, which allowed him to enjoy the outdoor sessions. He loves joining in the campfire sessions, going for walks and trying new activities outside. In the first few weeks he had expressed an interest in joining one of our camps but since he didn't have any experience of camping, we suggested that T and his carer joined us for a few hours at our Viking weekend camp. They came along for the evening and T loved it so much that he joined our wild camp in Wales.

T clearly enjoys having time away from home, he has been able to open and share thoughts about himself and his past hopefully helping him process these ideas. He always has a thousand questions, often wanting to explore quite big and profound topics, asking for explanations and debating issues.

He has also shown himself to be very self-aware, understanding when he has reached his limit and needs a break. For example, at camp, in the evening he would often be tired and would take himself off to bed without any prompting.



“

"Thank you very much for the wonderful Shrek show you done for the parents. It was so good, it was lovely to see how much fun and laughter they have with you all, please thank D as well. Thank you also for the kind refreshments. Many thanks."