

# Skills4Life



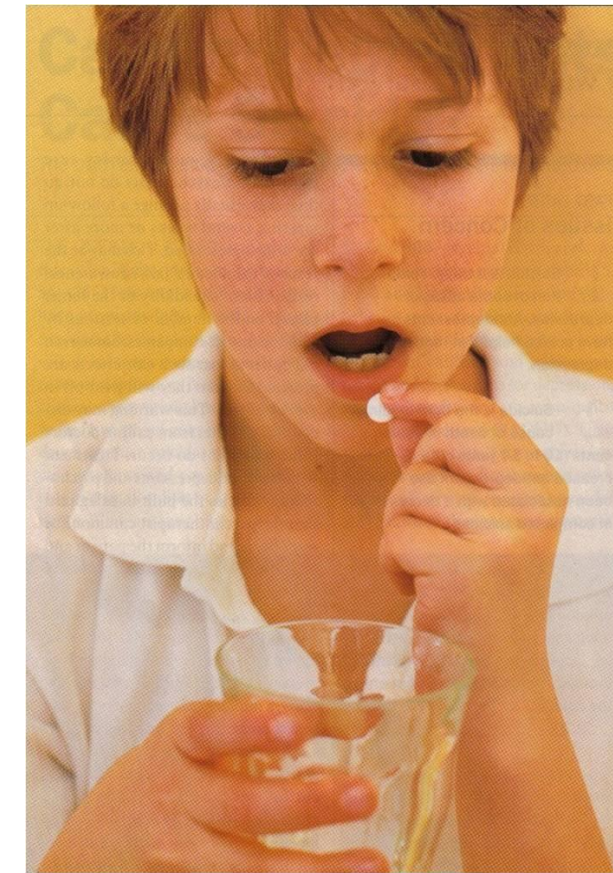
# What is Skills4Life?

- A 4 night, 5 day Life Skills based residential, subsidised for 16-17 year olds
  - Exclusively designed for support young people on their journey into adulthood, using the outdoors as a vehicle for learning and personal development
  - Accredited by Skills Builder (Level 3) and aligned to the Skills Builder Framework
  - Each day offers a new challenge, with opportunities to develop vital skills with three core modules:
    - For Love or Money
    - Food for Thought
    - Epic Challenge
  - Choice of 11 amazing locations across the UK, from Devon to Northumberland
  - Available until end of October 2023
  - Transport to and from your hub included
  - A £95 contribution per young person
  - Fully funded places for:
    - They are care experienced\* - Currently eligible for Free School Meals - Have an Education, Health and Care Plan (EHCP) - Young Carers - Live in a household eligible for Universal credit or Working Tax Credits
- \* A young person can be considered 'care experienced', if at any point in their life, they have:-  
lived with foster carers - lived in a residential children's home- have been looked after at home  
under a supervision order - lived with friends or relatives in kinship care- either through a formal  
arrangement (e.g. Special Guardianship order) or an informal arrangement without local authority support



# Why now?

Young people were at crisis point pre-COVID, with children struggling with lack of connectedness to nature, inability to regulate and articulate their emotions, inactive and unhappy...



1 in 8 children have a diagnosable mental health disorder - that's roughly 3 children in every classroom (NHS Digital, 2018, 'Mental Health of Children and Young People in England, 2017').

50% of mental health problems are established by age 14 and 75% by age 24 (RC Kessler et al., 2005).

## Only 17.5% of children

in school years 1-11 currently meet government guidelines of at least 60 minutes of sport and physical activity per day (Sport England Active Lives Survey, 2018)

## Children who regularly play outdoors

are happier, healthier and more confident (Natural Connections Demonstration Project, 2012-2016)



# Why now?

**One in six children aged five to 16 were identified as having a probable mental health problem in July 2021, a huge increase from one in nine in 2017. That's five children in every classroom (i).**

**The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of a psychiatric condition more than tripled between 2010 and 2018-19 (ii).**

**83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse (iii).**

Young people were at crisis point pre-COVID, but the pandemic has illuminated the existing issues and exacerbated them further. Providing a real wake up call for all of us who work with young people to truly focus on building key life skills in this generation of young people. Skills4Life is specifically designed to support the recovery of young people and help equip them with the skills they need to move into adult life.

(i) NHS Digital (2021): 'Mental Health of Children and Young People in England 2021'. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey>

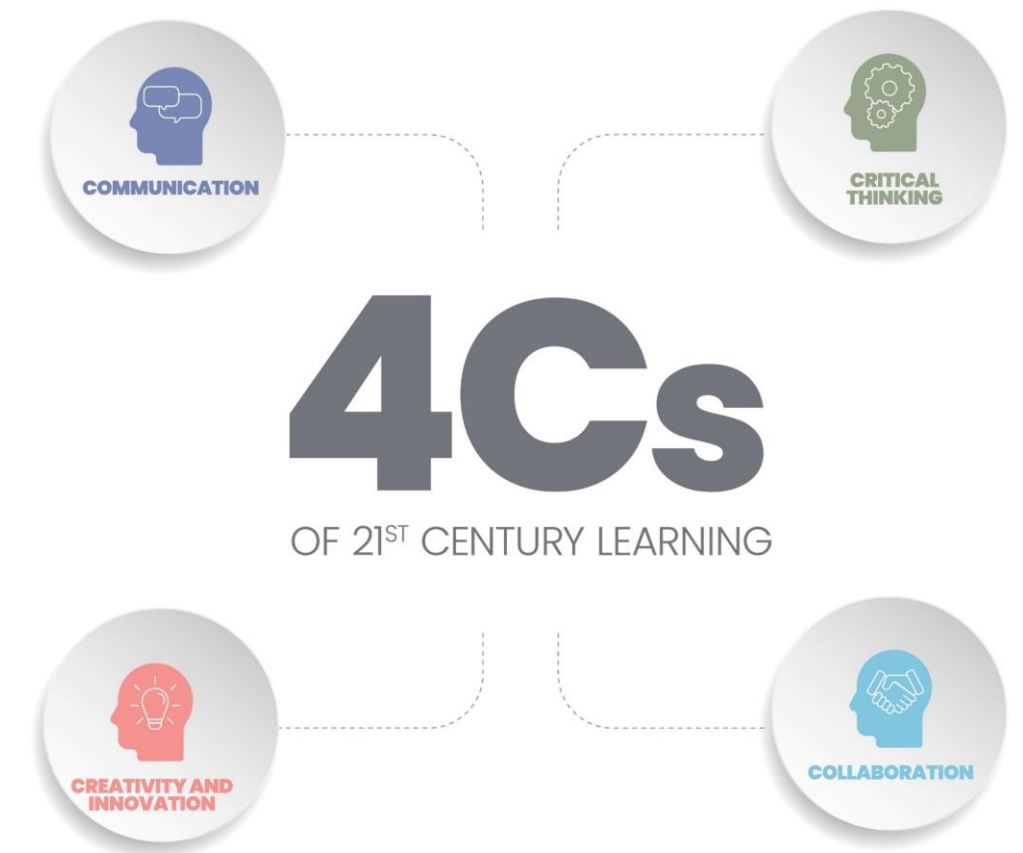
(ii) NHS Digital / The Independent (January 2020) 'Number of children admitted to A&E with mental health problems jumps 330 per cent over past decade'. Available at: <https://www.independent.co.uk/news/health/children-mental-health-hospital-suicide-nhs-ae-a9255626.html>

(iii) YoungMinds (summer 2020) Coronavirus: Impact on young people with mental health needs (survey two). Available at: <https://www.youngminds.org.uk/media/355gyqcd/coronavirus-report-summer-2020-final.pdf>



# Building outcomes

- Live It is built around real-world outcomes, developed through a series of amazing challenges.
- Each element of the programme supports one (or more) of the 'Four Cs' of 21<sup>st</sup> century skills, which are essential to help modern learners succeed, both in school and the workplace.
- **Creativity** - embracing inner strengths, looking at problems from different angles
- **Collaboration** - working and negotiating with others, deciding on the best course of action
- **Communication** - conveying information appropriately and in ways that can be understood
- **Critical thinking** - asking questions and being engaged in the wider world
- These vital skill sets often make the biggest impact in building learners' confidence and resilience and set learners apart when applying for and starting their careers. Live It supercharges these skills over 5 fun-packed and memorable days.



# Sample Program

	8am	9:15 - 10:45		10:50 - 12:20	12:20 - 13:30	13:30 - 14:30	14:30 - 16:00		16:05 - 17:30	17:30 - 19:45	18:30 - 19:45	19:45 - 21:00
<b>MONDAY</b>	Breakfast	Arrival					Group Contracting & Planning		Team Development	Dinner	Adventurous Activites	Scrapheap Challenge
<b>TUESDAY</b>	Breakfast	For Love or Money		Lunch	Reflection	For Love or Money			Dinner	Adventurous Activites	Campfire	
<b>WEDNESDAY</b>	Breakfast	Food For Thought		Lunch	Reflection	Adventurous Activites			Dinner	Adventurous Activites	Adventurous Activites	
<b>THURSDAY</b>	Breakfast	Epic Challenge		Lunch	Reflection	Epic Challenge			Dinner	Evening Entertainment		
<b>FRIDAY</b>	Breakfast	Adventurous Activites		Wrap up and reflection	Packed Lunch	TRAVEL						



# For Love or Money

We want young people to be passionate about using their voices for two key reasons. Firstly, to speak about the things they are passionate about and to use their speaking ability to affect positive change in their local communities and their own lives - 'For Love'. Secondly, to use their voice as a key tool to progress along their professional journeys, whether that be interviews, sales, meetings, networking, or setting up their own businesses or social enterprises - 'For Money'.

The first section of the day will take young people through the importance of speaking with passion and the key tips for maximising their voice impact. We then put all of those skills together, with participants engaging in 'The Great Debate' - a chance for all learners to practice healthy debate and speak up about their thoughts on real-world issues.

The second part of the day builds on the first by going through the basics of body language in public speaking. Young people then work as teams and use these skills, and all that they learned earlier, to pitch their very own entrepreneurial solution to a business problem posed to them.



# Food for Thought

Using a range of resilience-building bushcraft skills, Food for Thought brings the young people together and challenges them to prepare and share a meal together.

Each team will be given a budget and a selection of resources. Using these, they will:

- Purchase food from a menu, ensuring they buy enough for each person to eat
- Gather resources and light a fire
- Make a shelter so that the team have somewhere to sit and eat comfortably
- Cook the meal and serve it to each member of the team
- Enjoy their meal together in their shelter

Designed to challenge a broad range of skills, Food for Thought brings teams together away from the distractions of 21<sup>st</sup> century life to focus on human needs and connections, working together towards a valuable shared goal.

The programme supports the young people to recongise their contribution to various parts of the challenge and foster a true sense of independence.

They'll also have the opportunity to develop creativity, resilience (staying positive), leadership and teamwork skills in a truly interactive session with a tasty outcome!





# Epic Challenge

The young people will take part in a series of different challenges set across the activity centre over the course of the day.

Each Challenge has been designed to help you achieve different elements of your Skill builder Framework and bond you as a team to prepare you for the future.

By completing each challenge you will earn your team points., and compete with other teams to see who can be the most successful

Each team will need to:

- Plan how they intend to complete the tasks and organise the team to get the most from different peoples strengths and weaknesses
- Implement their plan for each challenge and get points based on their implementation
- Review themselves as a team and discuss the impact of their decisions
- Taking place on the full day of their adventure, the Epic Challenge sees the young people work in teams to compete against each other through various tasks to win points in their bid to become champions!

At the end of the day, everyone will come together to celebrate their achievements.



# Powered by Skills Builder

Skills4Life is all about helping you unleash your independence, and what better way than making sure you've got some great skills to help you achieve your future plans, whatever you want to do.

Skills Builder Partnership is a global movement of employers, educators, and impact organisations working together to ensure that one day, everyone builds the essential skills to succeed.

The Skills Builder Universal Framework is a transformative approach to building the essential skills of individuals throughout their lives, in education and employment.

Powered by 800 leading organisations across education and employment, the Framework has now been backed by the UK government in statutory guidance. The Partnership now has a touchpoint with 75% of UK secondary schools and colleges, as well as being adopted by a growing range of businesses.

The Skills4Life programme has been awarded a Level 3 Impact Award.

