

WEEK TWO- DIARY

Avon Tyrrell Youth Achievement Foundation:

Week Two

On the 14th September we started our second week at the Foundation. On the Monday we were



doing Fishing and Mountain Biking. We split the young people into two groups, but as so often happens, our plans were forced to change as half the young people arrived late so our groups were dictated by those that were here. One group started on the bikes and then when everyone else arrived they went down to fish.

Our Mountain Bikers were all very proficient

and by the end of the first session we were going round some of the most difficult parts of the course. Those that had gone fishing also were very successful. Avon Tyrrell's resident fishing coach, Duncan, helped them get set up and by the end of the hour, everyone had caught something.



After lunch everyone swapped over and those that had cycled in the morning went fishing and vice versa.

After a very successful day of activity everyone settled down to complete the now obligatory daily diary sheets before going home.



On the second day we had DJ workshops and Survival skills as our two options. In the DJ workshops, the YAF members were introduced to the CD decks and mixing equipment and shown how to use them. Two of our members wrote a fantastic rap and did some practice MCing.

Those that weren't DJing learnt how to make fire with flint and steel and boil water in a Kelly Kettle. Everyone was successful and was rewarded with a nice hot cup of tea or coffee.

Half way through the morning the groups swapped over so everyone had chance to try both activities.

Now that everyone had tried most of the activities that would be available to them we asked them to rank their choices from 1-10. Below is the form that we used:





MOUNTAIN BIKING



FISHING



FIRST AID



DJ-ING



SURVIVAL



CANOEING AND KAYAKING



CLIMBING



SPORTS

We then talked to the members about why we were doing all of these activities and what was the reason for all of this. The young people brought up some good reasons, including that it was fun, they would learn new things and that they may be able to gain accreditation.

This neatly led us on to Youth Achievement Awards. At this point we introduced them and gave each young person a challenge book. We explained about the challenges and what was involved and asked the young people to think about what they would like to have as their first challenges. These varied and from the six young people we had these challenges:

- Attend and take part in the first two weeks of the Avon Tyrrell YAF
- Improve and learn more about fishing and catch bigger fish
- Improve my Mountain Biking skills x 3!
- Achieve my Paddlepower award

We then asked the young people to come up with their SMART targets. How would they know when they had achieved what they wanted to. With some help, they managed at least two targets each and so once this was done, we rewarded them with some more time on the bikes.

Once the young people left for the day we then set about creating a program for them all. Each young person would have an individual programme based on their preferences. Due to constraints such as activity availability, staff availability etc, we put a programme together and were able to give each young person at least 4 of their top 5 choices. This is the program;

MONDAY 22nd SEPTEMBER

TIME	09.45 - 10.30	10.30 - 12.00	12.00 - 12.30	12.30-1400	1400-1430
ACTIVITY	Settle in and Bronze YAA write ups and work	CANOEING	LUNCH	CANOEING	Pack down and write up the days diary sheets
STAFF		NATALIE, (NICK or KERRY)		NATALIE, (NICK or KERRY)	
STUDENTS		Member 1		Member 1	
		Member 2		Member 2	
		Member 3		Member 3	
		Member 4		Member 4	
ACTIVITY		CLIMBING		CLIMBING	
STAFF		MARC, MIKE		MARC, MIKE	
STUDENTS		Member 5		Member 5	
		Member 6		Member 6	

TUESDAY 23rd SEPTEMBER

TIME	09.45 - 10.30	10.30 - 12.00	12.00 - 12.30	12.30-1400	1400-1430
ACTIVITY	Settle in and Bronze YAA write ups and work	Djing	LUNCH	Mountain Biking	Pack down and write up the days diary sheets
STAFF		MARC, (NICK or KERRY)		MARC, NATALIE	
STUDENTS		Member 1		Member 1	
		Member 4		Member 2	
				Member 3	
				Member 5	
				Member 4	
				Member 6	
ACTIVITY		LAND BASED ACT / OTHER SPORTS			
STAFF		NATALIE, MIKE			
STUDENTS		Member 6			
		Member 3			
		Member 2			
		Member 5			

WET AND WINDY WEATHER ALTERNATIVES:

- First Aid
- Bronze YAA Portfolio Building
- Survival Skills

MONDAY 28th SEPTEMBER

TIME	09.45 - 10.30	10.30 - 12.00	12.00 - 12.30	12.30-1400	1400-1430
	Settle in and Bronze YAA write ups and work		LUNCH		Pack down and write up the days diary sheets
ACTIVITY		FISHING		FISHING	
STAFF		NATALIE, DUNCAN		NATALIE, DUNCAN	
STUDENTS		Member 4		Member 4	
		Member 6		Member 6	
		Member 1		Member 1	
ACTIVITY		Djing		Djing	
STAFF		MARC, MIKE		MARC, MIKE	
STUDENTS		Member 2		Member 2	
		Member 5		Member 5	
		Member 3		Member 3	

TUESDAY 29th SEPTEMBER

TIME	09.45 - 10.30	10.30 - 12.00	12.00 - 12.30	12.30-1400	1400-1430
	Settle in and Bronze YAA write ups and work		LUNCH		Pack down and write up the days diary sheets
ACTIVITY		Djing		Mountain Biking	
STAFF		MARC, (NICK or KERRY)		MARC, NATALIE	
STUDENTS		Member 1		Member 1	
		Member 4		Member 2	
				Member 3	
				Member 5	
				Member 4	
				Member 6	
ACTIVITY		LAND BASED ACT / OTHER SPORTS			
STAFF		NATALIE, MIKE			
STUDENTS		Member 6			
		Member 3			
		Member 2			
		Member 5			

MONDAY 5th OCTOBER - MON 19th OCTOBER

TIME	09.45 - 10.30	10.30 - 12.00	12.00 - 12.30	12.30-1400	1400-1430
ACTIVITY	Settle in and Bronze YAA write ups and work	CANOEING	LUNCH	FISHING	Pack down and write up the days diary sheets
STAFF		NATALIE, (NICK or KERRY)		NATALIE, DUNCAN	
STUDENTS		Member 1		Member 4	
		Member 6		Member 6	
		Member 3		Member 1	
		Member 4			
ACTIVITY		CLIMBING		Djing	
STAFF		MARC, MIKE		MARC, MIKE	
STUDENTS		Member 5		Member 2	
		Member 6		Member 5	
				Member 3	

TUESDAY 6th OCTOBER - TUES 20th OCTOBER

TIME	09.45 - 10.30	10.30 - 12.00	12.00 - 12.30	12.30-1400	1400-1430
ACTIVITY	Settle in and Bronze YAA write ups and work	Djing	LUNCH	Mountain Biking	Pack down and write up the days diary sheets
STAFF		MARC, (NICK or KERRY)		MARC, NATALIE	
STUDENTS		Member 1		Member 1	
		Member 4		Member 2	
				Member 3	
				Member 4	
				Member 5	
				Member 6	
ACTIVITY		LAND BASED ACT / OTHER SPORTS			
STAFF		NATALIE, MIKE			
STUDENTS		Member 6			
		Member 3			
		Member 2			
		Member 5			

We now have a curriculum and are very excited about delivering it and helping the young people achieve their Bronze YAA.