

Youth Inclusion

Active Programmes for young people @ risk

Being a young person in this modern changing world can be a real challenge. Situations and circumstances can provide knock backs or changes to your everyday life that are difficult to handle.

Your self-esteem and confidence can be reduced and this can have a real impact on your daily life. Our courses at Skern Lodge are designed to help turn this around. Creating opportunities for success and achievement in a practical, enjoyable and exciting way.

Using outdoor activities our programmes enable young people to learn new skills and to build confidence and self-motivation.

As the course develops, new challenges are set, friendships are built and strong relationships with leaders are made. Helping each young person identify their own future opportunities for personal development.



Sample Weekend Programme

(We can't change the world in a weekend, but we can help start the process)

DAY ONE

Friday evening

Arrive Skern around 5pm

A brief tour of site involving introducing the young people to their dormitory, dining hall, games room, equipment store and social and meeting rooms. Students will have the chance to change into clothing appropriate for the evening activities.

Evening

Ice breakers, energisers and night walk

They may know each other already, but working with our tutors will be new and introductions are undertaken in a fun and active way through a series of games and outdoor activity involving a night walk to the beach and seashore.



DAY TWO

Morning into Afternoon

River Kayak

An active morning on the River Torridge undertaking a kayaking journey with the tide. The young people will be issued with wetsuits and safety equipment and will be given the skills to undertake the trip in a safe, fun and rewarding way.



High Ropes

Following a packed lunch, the afternoon is spent on the high ropes. Each individual element develops an aspect of support and trust and our tutors will ensure that personal challenge is met. The group will be encouraged to help foster a supportive culture and help ensure that individual achievement is recognised by everyone.

Evening

Tunnels

After an evening meal and some social time, the young people will have the opportunity to explore the Skern Lodge tunnel system. Man-made chambers and inter-linking tunnels create a network and maze of challenges. Tutors guide the young people through a steady development of trust for the activity before the doors are closed and the young people can experience the full aspect of the activity in the dark.

DAY THREE

Morning

Surfing

Once kitted out into wetsuits again the young people are transported to Westward Ho! beach for a morning in the surf. Following a briefing on the shore, the young people will have the opportunity to ride the North Devon waves and see real progress and development as they go through the morning.



Return to Skern for a hot shower and packed lunch.

Assault Course & Zip Wire

Working as a team, the young people will travel over the various obstacles on the assault course, developing an element of support and trust, whilst also looking at the dynamics of working within a team. Depending on time, this will be followed by the mini or high zip wire.

Each participant will receive a certificate highlighting the activities they have undertaken and marking the achievements and successes they have made.

Depart 4pm

Prices from: £120 + VAT per person – prices vary depending on time of year and length of course.