



# CYDS Positive Holiday Activities

## A programme of fun challenging positive activities for at risk young people.

The issue we would like to address is a lack of motivation and aspiration in a number of local young people. This in turn is leading to Anti-Social Behaviour related to under-age drinking/ substance misuse and gang culture. Our aim is to offer positive activities during the School holidays, to young people who are involved in or at risk of being involved in risk taking activities. We would like to raise awareness of the risks and consequences and to tackle the problem by involving the young people in designing a programme of challenging positive activities that they will enjoy as well as benefit from. We hope to break down barriers between young people and the wider community to improve understanding and communication.

### Services provided:

- Gardening activities to help young people to feel more ownership of public areas they can use, to encourage more respect for the space and other people using it.
- Greater knowledge of growing plants.
- How to encourage bird and insect life into public spaces
- Recycling old garden benches and planters.
- A safe fun place to take part in positive activities.
- Team building, confidence boosting activities.
- Community based projects
- Planning and positive goal setting
- Support with other issues that come up.

- Referral to One-to-One support where needed.

### Target group:

Sessions are run in Leiston and Saxmundham. For young people aged 13 to 19 identified as taking part in risk taking behavior. Each session sees around 10 to 15 young people attending.

### The Benefits for Young People

- More self-esteem.
- More community cohesion.
- Feeling less marginalisation.
- Raised aspirations.
- Positive things to do.
- Feeling more supported.

### The Benefits for Local Community

- Young People engaged in positive activities.
- Less Antisocial Behavior



### Costs for Leiston Gardening Project

To renovate old benches with new slats and repaint/stain. £750  
 PPE and tools £100  
 BBQ lunch plus drinks while working £150.  
 Staff time £400  
 Total £1,400

### Costs for Saxmundham Gardening Project

Sleepers for the raised beds £650  
 PPE and tools £100  
 BBQ lunch plus drinks while working £150.  
 Plants £100  
 Staff time £400  
 Total £1,400

**Total £2,800**

