

Welcome to the META Programme

Through this 12-week programme, we will offer a supportive and nurturing environment in which to help you realise your potential and achieve your next steps in education or employment.

We will work with you to identify and develop your interests and skills as well as supporting you to complete training workshops that will enhance both your knowledge and understanding - but also get you some certificates to boost your CV too!

This programme is a joint partnership between Child Dynamix and Rewilding Youth. We will be providing a mixture of indoor and outdoor activities located at The Hut Youth Centre and the Roundhouse at East Hull Community Farm. You will gain life skills and green skills to help keep your body and mind healthy and active..

A dedicated Youth Worker will support you on your individual journey on this programme. Through group work, 1-2-1 sessions and regular check in's, we will help you to identify your core interests and aspirations as well as any barriers and challenges you feel are holding you back. We will work with you to find the right path for you and help you re-enter education, employment or training that is best matched to your needs and wants.

This will be a very practical programme. It will invite you to ignite skills for problem solving, creative thinking and working both independently and as a team. There will be a lot to fit into 12 weeks; workshops, trips out and volunteer work – plus a residential - will all form part of the experience.

We believe that **Meaningful Experiences lead To Action** and we are looking forward to supporting you into a positive future of your own making.

Locations of Activity and Contact Details (could include but are not restricted to):

The Hut Youth Centre, 187e Preston Road, Hull, HU9 5UY - 01482 781121

Rewilding Youth, East Hull Community Farm, Barnham Road, Hull, HU9 4EE - 07903 161626

Probe Hull, 369-371 Marfleet lane, Hull, HU9 5UH - 01482 782400

The Deep, Tower Street, Hull, HU1 4DP - 01482 381000

Beach Cleaning - Spurn Point, Kilnsea, HU12 OUH

Woodland Activities - Noddle Hill Community Woodland, Noddle Hill Way, Bransholme, HU7 4NQ

PATT Foundation Nursery Site, Wyton Road, Hull, HU12 8TY

Sewerby Hall and Gardens, Sewerby, Bridlington, YO15 1ED

Therapony, Skidby Carr Cottage Stables , Dunswell Lane, Cottingham, HU16 4JP

Coastal Visit - Flamborough Head, Flamborough Head Lighthouse, Lighthouse Road, Flamborough YO15

Water sports activities - Welton Waters, Common Lane, Brough, HU15 1XL

West End Outdoor Centre, West End, Summerbridge, Harrogate, HG3 4BA (RESIDENTIAL TRIP LOCATION)

Bishop Burton College, York Road, Bishop Burton, Beverley, HU17 8QG - 01964 553000

Maker Space, Hull Central Library, Albion Street, Hull, HU1 3TF - 01482 210000

Meet the Team

Suzy – Child Dynamix

"I love to get creative. I enjoy water sports, wild swimming and long distance walking – being in nature is my passion, so I am a big advocate for using nature for positive mental health and wellbeing.

Spending most of my career working in wildlife conservation, education and communications, you may assume that school was an easy ride for me. It wasn't at all. I always tried my hardest but I struggled academically, and just scraped by with 4's in all of my GCSE's. I tried Sixth Form College but it didn't suit me and failed all of my AS-levels.

I am a very hands-on learner and needed my educational journey to be practical, so that was my next step. I dropped back a year and started again, but this time I enrolled on an Animal Care course. It was still hard work, but once you find what makes you tick, learning no longer feels like learning. It gives you a reason to feel excited about what you are doing - now, and for the future.

I've had to overcome a number of challenges in my life, which has sent me on a bit of a roller coaster ride. These challenges still niggle in the background at times, but I believe that everyone is capable of achieving great things and I'm looking forward to supporting you in finding the start of your journey."



Suzy is a Level 3 Qualified Youth Worker with a degree in Animal Management and Conservation Science. She also holds certifications in Forest Bathing (Shinrin yoku) and as a Natural Mindfulness Guide. She is also trained to deliver the environmental focussed John Muir Award.

She has worked as a zookeeper and as an aquarist (that's zookeeper for all things that live in water), been involved in conservation breeding and rearing programmes - and written articles about this work for well known magazines. Having had to move away from the hands on animal care, she focussed her efforts on sharing her passion and knowledge through education and engaging people through workshops, events, exhibitions and, her favourite method - citizen science. These are activities that involve anyone and everyone with an interest to help collect information and data that contributes to real world research and conservation.

Since moving to Child Dynamix in 2022, Suzy has taken lead on delivering the Green Influencers Scheme across the city and the very hands on and immersive Erasmus: Young Citizens for Change project. Both projects were youth-led initiatives, engaging young people in nature-based activities and opening up opportunities for connecting with organisations across the city and beyond.

Neill – Rewilding Youth

"I have so many happy memories from attending youth work programmes when I was in my teenage years and the positive impact this had on my life. It helped me with so many things, from talking to adults, getting advice, or simply somewhere to play pool, attending the youth club supported me in other ways such as getting career advice, social and emotional support, or opportunities to go out on trips and visits including camping and hiking, all of which developed me in so many ways. It made me realise that despite not doing great at school, there were still so many opportunities for me.

I always preferred being outdoors than in a classroom so as well as attending a Youth club, I also went to Army Cadets. After the poor results in my GCSE's and with support and advice from my youth workers highlighting my enjoyment of outdoor adventure, sport, and camping, I realised I had so many other skills and qualities to offer.

I have always had a passion for adventure and outdoor activities. I am a keen climber, I enjoy mountain biking, paddleboarding, hiking, wild camping, as well as exploring new and exciting places. Through this passion for the outdoors, I have become a Mountain Leader and a Duke of Edinburgh leader and Assessor.

As well as having served in the Army, I have had a varied background in lots of different industries including construction, studying at college to become a chef, moving into education as a Teaching Assistant and then qualifying as a Teacher.

I am now working with Rewilding Youth, and I am so excited to be able to support the young people who come along and join the NCS programme."

Neill has gained qualifications through his varied background which include; an NVQ L3 in Catering, a City and Guilds in Carpentry, a Certificate in Higher Education which includes modules on; Childhood studies and child psychology as well as a module on working with young people, and then progressed onto a Certificate in Education.

Neill has also worked as a Learning support assistant being responsible for supporting young people with additional needs including Autism, Aspergers and social and emotional difficulties.

Neill also holds a REC 16hr Outdoors first aid qualification and a L2 NCFE Certificate in Understanding Autism.

He is very keen to use all of his experience to deliver outdoor activities which will support young people in various ways such as building confidence and self esteem, as well as guiding them onto a positive outcome, using nature and the outdoors to inspire young people.



Where will I be and what will I be doing?

MONDAY GROUP		THURSDAY GROUP
<p>01/07/24 Week 1</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>	<p>Sessions at The Hut (10am-3pm)</p> <ul style="list-style-type: none"> ● Introduction to staff and The Hut site - including those from Probe. ● lots of games and activities - so we can get to know you and you can get to know us ● Meal planning - you decide what we will be cooking and eating at The Hut over the next 12 weeks. ● Info on day trip visits and your residential ● We will book you in for your regular 1-2-1 sessions which will take place on a Tuesday or Friday depending on which group you are in. <p>We will prepare food and drink for the day, keep things active, varied and make sure you are not feeling like you are 'stuck inside' all day.</p>	<p>04/07/24 Week 1</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>
<p>08/07/24 Week 2</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>	<p>Sessions at Rewilding Youth (10am-3pm)</p> <ul style="list-style-type: none"> ● Introduction to The Rewilding Youth site ● Team games and activities ● Introduction to nature connection ● Introduction to fire lighting ● Introduction to wild cooking - and choosing what you want to eat here over the next 12 weeks ● LUNCH: 12-1pm ● Demonstration of what is on offer at the site for choice of activities over the coming weeks. 	<p>11/07/24 Week 2</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>
<p>15/07/24 Week 3</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>	<p>Session at The Hut (10am – 3pm)</p> <ul style="list-style-type: none"> ● Teamwork games; role models, skills and intelligences (we all have them!). interests, goals ● Introduction to work placements and discussions around job aspirations ● LUNCH: 12-1pm ● We will walk over to PROBE - they will introduce themselves and the support they offer <p>(Possible split into two groups, one AM and one PM)</p>	<p>18/07/24 Week 3</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>

	<ul style="list-style-type: none"> ● Back at The Hut we will discuss any thoughts and offer the opportunity for honest feedback - your voice and opinion matters. 	
<p>22/07/24 Week 4</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>	<p>Sessions at Rewilding Youth (10am - 3pm)</p> <ul style="list-style-type: none"> ● Work placement prep - making sure everyone has identified their chosen placement ● Support provided as needed on individual basis ● Identify goals of the placement – what do you want to gain from it? ● LUNCH ● Practitioner delivering green/wellbeing focussed activities through the day. Opportunity to make something and take it home with you. 	<p>25/07/24 Week 4</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>
<p>29/07/24 Week 5</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>	<p>Session at Rewilding Youth (10am – 3pm)</p> <ul style="list-style-type: none"> ● Breakfast discussions. Sharing your goals and identify what steps you may need to take for your chosen future pathway ● Introduction to green woodworking/green crafts ● Outdoor cooking, skills development ● LUNCH: 12-1pm ● Green woodworking/green crafts continued and enjoying the rewilding space 	<p>01/08/24 Week 5</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>
<p>05/08/24 Week 6</p> <p>Location to be decided by the group in week 1</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>	<p>Session at Rewilding Youth (10am - 3pm)</p> <ul style="list-style-type: none"> ● All day outing ● Introduction to environmental action and citizen science ● Practical activities discovering nature and wildlife ● Safe tool use and Health and Safety ● LUNCH (Pack up) ● Discussions around environmental care and climate action 	<p>08/08/24 Week 6</p> <p>Noddle Hill Nature Reserve and Community Woodland</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>
<p>12/08/24 Week 7</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>	<p>Session at The Hut (10am – 4pm)</p> <ul style="list-style-type: none"> ● 9am - 12pm Trip out in the morning - Private campus tour of Bishop Burton College ● LUNCH (pack up) ● 1.30pm - 3pm - Work Placement preparation with Probe - soft skills workshop and 	<p>15/08/24 Week 7</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>

	<p>expectations of the work place when on placement</p> <ul style="list-style-type: none"> Probe taking appointments for further individual support - CV building, job applications etc. 	
MONDAY		THURSDAY
<p>19/08/24 Week 8</p> <p>work placement from Monday 19th Aug</p>	<p>WORK EXPERIENCE/VOLUNTEER PLACEMENT WEEK</p> <p>Everyone will receive phone call check ins to make sure all is ok and you are settling well into placement. Staff will conduct site checks during your week placement to see what you have been up to.</p>	<p>19/08/24 Week 8</p> <p>work placement from Monday 19th Aug</p>
<p>26/08/24 Week 9</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p> <p>GROUP WILL ATTEND TUESDAY 27th AUG DUE TO BANK HOLIDAY MONDAY</p>	<p>Session at The Hut (10am – 4pm)</p> <ul style="list-style-type: none"> ReFRESH Workshop - Drugs and Alcohol LUNCH 12-1pm MESMAC Workshop - Sexual Health and Consent <p>Those who undertook work placements will also attend a pre-booked appointment with PROBE to discuss their experiences and to begin developing a CV.</p>	<p>29/08/24 Week 9</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>
<p>02/09/24 Week 10</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>	<p>Session at Rewilding Youth (10am – 3pm)</p> <ul style="list-style-type: none"> Probe - 121 Work placement reflections Games for evaluation and feedback Focus on next steps – sharing what are you going to do next? Peer support and reflections – has this experience had a positive impact and how? Next step preparations – do you have everything you need to achieve your goals? LUNCH: 12-1pm Celebration event planning 	<p>05/09/24 Week 10</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>
<p>9th - 11th Sept Week 11</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p> <p>Depart Rewilding Youth at 9am on Monday 9th.</p>	<p><u>Residential Trip - Monday Group</u> Westend Outdoor Centre, West End, Summerbridge, Harrogate, HG3 4BA Monday 9th - Wednesday 11th September 2024</p> <p><u>Residential Trip - Thursday Group</u> Westend Outdoor Centre, West End, Summerbridge, Harrogate, HG3 4BA</p>	<p>11th - 13th Sept Week 11</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p> <p>Depart Sirius North at 2pm on Wednesday 11th. Return approx</p>

<p>Return approx 11.30am Wednesday 11th September</p>	<p>Wednesday 11th - Friday 13th September 2024</p>	<p>3pm on Friday 13th September</p>
<p>16/09/24 Week 12</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>	<p>Celebration Event at Rewilding Youth (11am - 2pm)</p> <ul style="list-style-type: none"> ● END OF PROJECT – CELEBRATION EVENT - Showcase of your achievements - Local businesses invited - Skill sharing - Parents/carers/guardians invited - School staff and councillors invited - Food, drinks and a relaxed atmosphere 	<p>19/09/24 Week 12</p> <p>Staff: Suzy - Child Dynamix Neill - Rewilding Youth</p>



Communities where children
& young people thrive!



REWILDING YOUTH

EDUCATION FOR FREEDOM



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REWILDING YOUTH

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Tell us about yourself...

(to be completed by the young person)

Name

Address

Date of Birth

Do you consider yourself to have a disability? **Yes** **No** (please circle)

If you answered yes, please provide more details:

.....
.....

What do you enjoy doing in your spare time?

.....
.....

What kinds of things do you like?

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.....

What kind of things do you NOT like?

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.....

What are your Aspirations and Ambitions - what kind of person do you aspire to be? Do you have a dream job in mind already?

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Do you have any anxieties, fears or phobias that we should be aware of?

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Barriers/Challenges – what do you feel stops you from participating in activities you enjoy?

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Please tell us anything else about yourself that you think we should know

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At the end of this programme, I would like to...

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So we can provide you with some protective equipment for the outdoor activities, can you please tell us your:

Shoe size:

Clothes size:

- **Top:**
- **Trousers:**