

Angling in a Box Final Report

May 2014



Angling in a Box Outdoor Classroom

BACKGROUND TO THE PROJECT

Get Hooked on Fishing was set up in 2000 by Mick Watson, then a policeman in County Durham who used angling, his own passion, to engage local young people in a rewarding activity that would divert them from anti-social behaviour.

Durham Agency against Crime delivered the original scheme and its success in improving school attendance rates and involving participants in positive alternatives to criminal behaviour resulted in interest from politicians and local agencies across the country.

Get Hooked on Fishing provides an umbrella structure for the twenty or so Get Hooked on Fishing schemes that now run in England, Scotland and Wales. Some schemes are based on coarse fishing, some on sea angling and some on fly fishing.

Get Hooked on Fishing crossed the border into Dumfries and Galloway due to the passions of John and Carole, who are the Estate Managers at Broom, at supporting and guiding young people. John and Carole spent some years developing the fishery and on completion enquired how they could offer angling as a support tool in engaging young people identified as being at risk of not making positive choices in life. They contacted Get Hooked On Fishing and in 2008 Get Hooked On Fishing was trialed at Broom Fisheries and was an instant success

The general outline when groups visit Broom is to offer a taster session on their first visit. These taster days are for young people to be introduced to angling. This gives a basic overview of fishing, health and safety, environmental awareness, team work as well as individual skills.

We hold a health and safety briefing in the Broom café on arrival to gauge the level of ability of each individual within each group and the set ground rules for waterside behaviours and safety.

The headline achievements for taster days are:

- Fun outside activity
- Introduction to a possible new hobby
- Awareness of facilities of local angling facility
- Engagement in fishing
- Possible return of young people who were new to angling
- Reminder of benefits of angling to people who had not done it for a while

The project initially engaged with S3 pupil groups from Annan Academy referred by Campus Police Constables who have since been avid supporters of the project. Since this initial group Get Hooked on Fishing has continued to grow its engagement with young people's organisations throughout the region.

Through Lockerbie, Annan and Moffat Academies we have been offering vocational support – which allows young people who are not suited to the classroom to learn skills in an outside environment which are transferable for sourcing further education, CV and interview preparation as well as giving an insight to the world of work.

Great supporters of Get Hooked on Fishing since the early days have been Annan Police constabulary. They annually run a Citizenship programme within which we have developed a Reel 'Em In 6 week block where the local Annan pupils attend Broom for Module 1 completion.

In 2012 Young People Support Services in Dumfries piloted a Winter Leavers programme in Annan. This was a success and offered young people due to leave school in December of their 5th year an opportunity to learn a wide range of skills and overview of vocational opportunities. Get Hooked On Fishing supported this project and exemplified you don't have to be in a classroom to learn skills.

The Parents Inclusion Network are an organisation who utilise the project as a fun and bonding day out for Parents and their family who require support when attending such events.

In order to ensure smooth delivery and all-weather facilities at Broom Fishery it was identified that a dedicated Get Hooked on Fishing space was required. This allows a dedicated facility for completing the workbooks needed for the module programme, while giving the young people shelter on the days it is too rainy to fish. There are plenty fun activities related to angling that can be demonstrated away from the water but still useful to angling progression.

The project was awarded £21,844 by the Holywood Trust, £10,000 by the Robertson Trust and £5,032 was given in kind, the remaining £15,845 was awarded by LEADER Dumfries and Galloway.

THE PROJECT EXPERIENCE

The project took place between 17th August 2012 and 28th February 2014

Mostly all of the coaching at Broom on behalf of Get Hooked On Fishing is delivered by Joe Miller, supported by John Wright and Carole Lloyd who are the estate managers. The project is coordinated region wide by Lesley Arkison.

The formal learning which is accredited through the Scottish Qualification Authority is Angling in a Box which is a highly effective programme of personal development designed to give all our young people, especially those in need of further support, the skills and confidence to make positive life choices. This formal learning ensures the project can be fully flexible to groups. As well as being able to offer fun and an introduction to a possible offer, for educational groups we can offer a certificated learning opportunity that compliments school curriculum. Both approaches to working with Get Hooked On Fishing at Broom aims to show the project is not just about fishing – we want to be able to help young people understand that life is full of possibilities.

Angling in a Box is a three-part modular programme has been specifically designed to connect with young people, encouraging them to learn new skills and gain qualifications. Our aim is to improve education and employment prospects and help develop self-confidence and self-efficacy. Participants who advance through all three modules are provided with a unique peer mentoring and leadership opportunity that creates a continuum of learning and development within the organisation. The programme follows and encourages a progression in life skills as well as angling. Information on the modules is:

Module 1

An accredited introduction to angling. It covers basic fishing as well as aspects of the Countryside Code and Health and Safety. Delivered over two days or weekly over 5-6 weeks through tutor slides and student workbooks, it is a clear and succinct system enabling any coordinator to deliver the programme.

Module 2

Get Hooked On Fishing's introduction to peer mentoring and personal development. Students who have completed Module 1, have shown improved behaviour and an interest in helping others will be selected. Selection is not based on pure angling ability, but on showing a willingness to learn and take part. Topics covered include:

- Advanced fishing techniques
- Introduction to peer mentoring
- Planning coaching sessions
- Understanding choices
- Understanding learning styles

Module 2 takes 30-40 hours to deliver and is best delivered weekly. Students will also get an introduction to coaching new Module 1 students.

Module 3

The final piece in the peer mentoring and coaching jigsaw. Delivered on a three/four day residential scheme, the aim is for young people to become fully-fledged peer mentors and coaches. This module includes:

- Advanced coaching techniques
- Introduction to carp and predator fishing techniques
- Project management
- Designing your own fishery
- Introduction to goal setting
- Introduction to life coaching

A young person's journey through all the modules takes between 9 months and a year.

To ensure the project is continued and to emphasise to young people there is no 'end date' to their Get Hooked On Fishing experience we aim to offer peer mentoring coaching. This allows young people who have been coached to support new attendees. Being a peer mentor develops and maintains relationships with, and provide assistance and support for young people fishing for the first time. It allows peer mentors to demonstrate good interpersonal and communication skills, while being able to share information.

Glasgow Angling Centre supplied practical supplies for the delivery at the estate for the project, they have offered weather proof clothing, seats and general kit for the project – along with replacements of breakages.

At the heart of the programme is our aforementioned peer mentoring scheme which deploys youth volunteering to build self-esteem, confidence and transforms young people's behaviours and relationship with society. Get Hooked On Fishing works alongside local authorities, schools, police, pupil referral units, and local residents to transform outcomes for young people and the communities within which they reside. Strong relationships have been forged over the duration of the project and as services and organisations continue to return to utilise the project it has become evident Get Hooked On Fishing is a fundamental fit in the region.

The young people who have attended over the duration of the project have been a mix of abilities and reasons as to why they are there.

Over the school summer break we run a series of the introductory taster days for young local people to come along, try something new with the advantage of being with a

trained coach. This introduces young people to angling and encourages new skills to be learned, also introducing the possibility of a hobby.

Our project adds possibilities and outcomes to the Citizenship programme run by local police constabulary based in Annan Academy. Young people attend weekly and are coached in a group – they achieve soft outcomes such as listening, team work, following instruction and countryside awareness. This learning is formalised through completion of a workbook and certificated. Similar group outlines are also completed by youth programmes run by Community Learning and Development, vocational outcomes for Winter Leavers project, these groups come along and learn safe, responsible angling and a positive way to spend their free time.

While working on a Princes Trusts programme outdoor learning for their young people is a priority and Get Hooked on Fishing compliments the outward bound week and emphasises their learnings in team work and listening skills. Princes Trust usually attend for one day during their week after the outward bound course, and aids the transition back into the classroom. We spend time either coaching new anglers or improving skills of young people who have been angling previously.

Rural Skills programme in Moffat Academy and is utilised for activity days during their sessions. 2 groups have attended and completed the Module 1 of Angling in A Box – which offers basic angling skills, acceptable and unacceptable behaviours at the water and reasons for attending. The groups are taught different styles of fishing with different kit by experienced coaches.

As well as the formal training and coaching through Angling in a Box we also offer personal bonding days for such agencies as Parents Inclusion Network. This is where parents require additional support in participating in activities. We are fully inclusive to learning styles and ensure fun is achieved.

Our relationships are strong and professional with all services and organisations who utilise Get Hooked On Fishing and extremely flexible to meet the needs of the young people.

The project has and continues to address some of the challenges and issues that face young people across Dumfries and Galloway which is evidenced through rural deprivation indicators such as lack of sustainable youth employment opportunities which is compounded by a raft of social problems meaning that young people present various challenges including lack of self-worth, low motivation, substance abuse and disengagement with school.

This project will continue to seek, develop and address the issues highlighted by agencies and organisations taking priority such as social networking, while providing them with the confidence, esteem, experiences and skills to cope with life's challenges.

The young people who have benefitted from Angling in a Box and Winter leavers have been suffering from local issues as evidenced through rural deprivation indicators. There are common issues such as high youth unemployment, high crime levels and low educational attainment. Homes where our referred young people come from can have multiple generations in long term unemployment, home-life can be unsupportive and their possibly is no positive role model. Isolation, along with a chaotic home life, can manifest through anti-social behaviour at school or the community leading to further social exclusion – with the added stresses created by social media, which many partners agree is a current barrier to building relationships. This exclusion and isolation can be further fuelled by alcohol, drugs and/or gang activities.

Another unforeseen benefit from the project has been the introduction of 1-2-1 vocational support. On the back of the group work we have been supporting individuals in the region with dedicated support. The young people have been receiving work based skills on the estate, both helped with the building and preparation of the Get Hooked On Fishing classroom, this will boost their CV experiences and for job interviews. The potential school leavers have been introduced to work base behaviours, general estate maintenance and practical skills useful for local job opportunities.

The full project has been completed by delivering over the duration of the period using a variety of means. We have delivered fun introductory taster sessions, accredited learning through school curriculum, 1-2-1 vocational support and family fishing days.

Get Hooked On Fishing co-ordinator has maximised the marketing opportunities by attending Holywood Trust events, submitting press releases to Annan media, submitting application for LEADER rural awards – and being successful – utilising project as case study for Inspiring Scotland, which is feedback to Scottish Government. Facebook and website are kept up to date with project updates.

All local young people who have engaged on the programme have benefitted. This has been trying coarse fishing for the first time, and learning the introductory skills needed for a successful fishing trip while introducing different groups to new positive free-time activity and encouraging the possibility of fishing being a hobby. We also aim to ensure young people leave with the knowledge of how to go fishing safely if doing this outwith Broom Fishery.

Pupils who have been disengaging from mainstream education have learnt new skills and achieved outcomes – both learning and soft. The skills are transferable into the world of work and include – listening, following instruction, working well and confidently in a team.

This has made young people aware learning can be achieved outwith the classroom.

The estate has also benefitted by introducing new people to a local facility that they may not have been aware of. We have found if young people have enjoyed their angling day at Broom they often return with friends or family.

The estate and local community has also benefitted by having the funding to establish a facility that will allow all year round angling engagement.

The final amount claimed from LEADER Dumfries and Galloway was £15,287 due to the project adapting to meet local demand. Organised vocational support and educational field trips which Get Hooked On Fishing initially had planned as part of the project we discovered were being offered by educational establishments. As a result we offered more activities on-site at Broom that supported the modules, experiences and learning through angling. This avoided duplication and similarity of opportunities on offer and allowed the project to concentrate on its main focus of engaging young people through angling.

The project has reached a wide range of organisations in the region and become an established resource with returning organisations attending regularly.

This will ensure the longevity of the project in the region.

However, the project continually requires marketing to keep awareness high and encourage young people to attend. With the introduction of a dedicated workspace we will be able to support more 1-2-1 working and target the caseload.

With the addition of the Peer Mentors who have been trained during the course of the project the support to target caseload will be achieved. Also, it has been learned that group work is continually necessary to recycle skills.

It is also realised that sourcing funding is a continually required as local community groups and educational facilities who would take advantage of the outcomes on offer do not have any budget or low finance to support activities.

The project is available to mainstream education facilities and is being replicated in different local authorities throughout Scotland.

The plan of project The Angling in a Box was designed to market the package which includes essential angling equipment and UKCC coaching accreditation, 3 days training support, coaching support and mentoring from a regional manager. It was intended that angling in a box will be commissioned by schools, local authorities and youth groups. However, funding in the area shows that community groups and local authority are geared up to 'pay as you go' rather than a budget to purchase license. This allows the development of relationships with project managers and key stakeholders in the region. However, should the full purchase of Angling In a Box be possible the first step would be to become familiar with the Tutor Resources. It is your lesson plans for each of the three modules within one user-friendly document. It includes carefully created notes to ensure quality and consistency for the delivery of our programme throughout the UK. We pride ourselves on connecting with young people and this resource will help you do just that. Get Hooked On fishing will also arranged Angling In a Box Training over four days where we equip potential tutors with the knowledge and tools needed to work with young people as an ANGLING IN A BOX tutor. We ensure that the delivery of the Angling In a Box programme is a positive learning experience for both tutor and the young person.

This also includes an Operations manual which offers everything a tutor would need to know about running the Angling in a Box programme:

- Get Hooked On Fishing aims and objectives
- A description of the modular Angling In A Box programme
- Delivery and best practice guidance
- Monitoring and evaluation guidance
- How peer mentoring works
- Our Get Hooked On Fishing/Angling In A Box systems and protocols
- How to set up an angling club

Included will also be all the Programme Resources required for coaching:

- Twelve full sets of angling equipment (including reels, hooks, storage boxes)
- Lesson plans, guidance notes, student workbooks, risk assessments, templates
- Complete 'How to' guide for running a Get Hooked On Fishing/Angling In A Box programme
- Support with accessing additional funding to ensure future sustainability
- Training package on how to integrate angling and personal development
- Peer mentoring advice and guidance
- Telephone helpline and support from a regional manager
- Access to a Home Office approved database for monitoring and evaluation

The peer mentoring programme develops internal capacity as well and supports future sustainability. As part of their development young people will be supported in local fundraising, identifying projects to become involved with and planning cross-base trips.

As project co-ordinator all funding opportunities will be maximised to ensure longevity of the project.

Ensuring all funding is recorded, reported on and invested accordingly will ensure also ensure the longevity of the project.

By attending all marketing opportunities and ensuring all organisations are aware of the project will also aid the project embedding into the needs of supporting young local people.

The Angling in a Box project addressed the issue 'Link communities and land together' which comes under the priority Healthier Scotland.

The project has encouraged young people to learn new skills in an outdoor environment possible not previously considered.

The project has allowed an introduction and increased awareness of environmental issues and the need to protect our countryside to young people.

The project had allowed partnerships to be developed with other agencies to create a sustainable project, including conservation.

Along with a commonality of shared interest to establish a relationship and support young people. In most cases this is built around a passion for fishing, but can also include developing a shared interest in coaching or care of the environment.

We have been able to teach young people about responsible citizenship through caring for environment, developing ethical behaviour and awareness of the wider consequences of personal action.