



LEGENDS YOUTH PROGRAMME

SUMMER REPORT

“I feel lonely at home, I feel happy here with people from this group.”



A message from

LUCY WHEATLEY

Legends Manager

LEGENDS SUMMER PROGRAMMES

With the ever changing circumstances of our world, most recently Covid-19 and the current economic crisis, it is more vital than ever that young people are provided access to consistent and safe places, supported by safe people, where they have opportunities to thrive.

This summer, thanks to the support of our donors and partners, the YLF Legends Team delivered a bespoke programme of activities and trips tailored to support the individual needs of vulnerable young people across Kent.

It was a pleasure to see so many young people who have faced considerable challenges in their lives, take part in fun and engaging activities to support their mental health, reduce their anxiety and improve their ability to self-regulate.

We are grateful that we have been able to provide such an extensive summer programme this year, particularly the number of overnight activities provided, which for many was their first experience away from home.

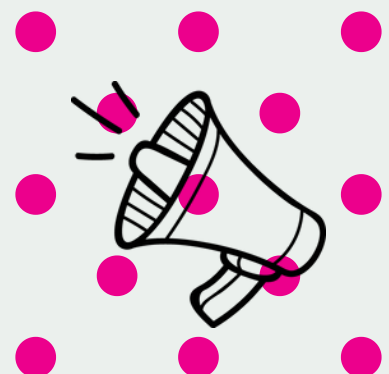
I am thrilled that we have been able to maintain continued support for our children and families who needed us.

This would not have been possible without the support of our funders and partners, and so many people who have given their time and resources to bring the programme to life.

We do not underestimate how fortunate we are to have this support and we are so humbled and grateful for it.

We hope you enjoy reading our Summer Report.

Thank you





OVER 80

**YOUNG
PEOPLE**

were supported by our
Legends Programme this
summer

LEGENDS YOUTH PROGRAMME SUMMER OBJECTIVES

- ✓ **Prevent social isolation**
- ✓ **Promote positive and healthy relationships with peers**
- ✓ **Increase confidence and self esteem**
- ✓ **Broaden horizons and aspirations**
- ✓ **Empower young people to make choices**
- ✓ **Provide a sense of belonging and purpose**
- ✓ **Explore gifts and talents**
- ✓ **Promote healthy living choices**

Summer 2023

17

**INDIVIDUAL
ACTIVITIES**

delivered across
the county

5

**OVERNIGHT
RESIDENTIAL
TRIPS**

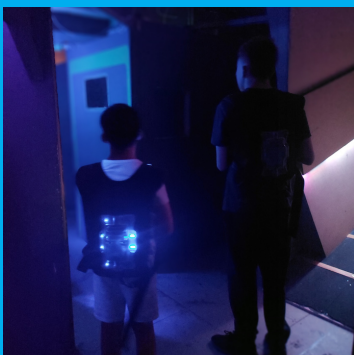
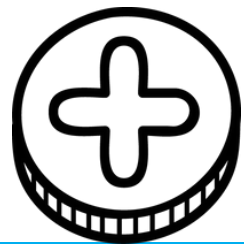
800

hours of
face-to-face
youth work



**INCLUSIVE
ACTIVITIES FOR
SEN NEEDS**

80+
young
people
engaged



ACHIEVEMENTS and highlights



LEGENDS PROGRAMME SUMMER!

Our young Legends were excited for the summer programme! With 5 groups heading off on residentials, heaps of other fun activities planned, everyone was ready for a summer of fun, social engagement and resilience building! We weren't sure who was more excited - the young people or our legends Team!



BEACH FUN!

Medway Legends joined our Swale Legends and took part in their summer tradition of visiting Southend for the day! It was the first time on a ferry for some of our young people! Everyone thoroughly enjoyed walking the mile long pier (worlds longest leisure pier!) and had a great day playing on the beach, eating ice cream and finishing off with a ride at Southend pleasure beach.



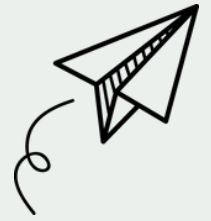
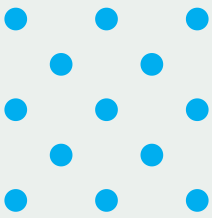
COME ON SWALE LEGENDS!

Our Swale Legends 'kicked' off the summer with a fundraising football tournament to celebrate their five years of being a group! They decided they wanted to challenge the YLF staff, who they beat 3-1 !! Well done team!



JUMP, JUMP, JUMP AROUND!

Our Maidstone Legends also followed their annual tradition as they headed off to the trampoline park. Everyone who took part in this physical activity were pretty worn out by the end, and needed a sneaky portion of chips to refuel! We are glad they had fun!



TEAM HOLIDAY!!

Our Gravesham and Sittingbourne Legends were in for a whole heap of teamwork challenges as they headed out for a residential weekend together! They did a brilliant job of communicating with each other as a group and helping each other to achieve the challenges. It was a brilliant trip that saw many of the young people thrive! What a team!



THANET'S CRAZY GOLF FUN!

Our Thanet Legends Hub had a crazy time together, putting their golfing skills to the test at Lost Island Adventure! New skills learned, a lot of fun had...and a little bit of maths practice while keeping check on the scores!



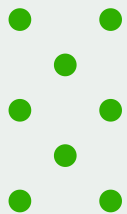
FITNESS FUN IN THANET !

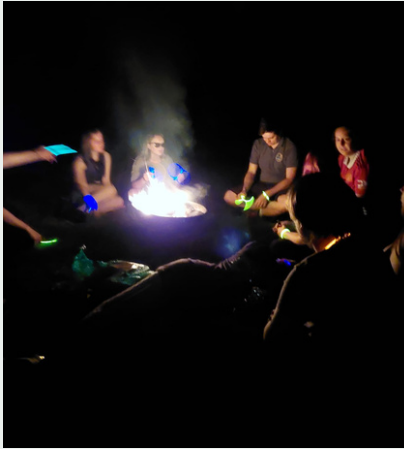
Our Legends took fitness and keeping healthy seriously this summer by completing an army style assault course, even the rain couldn't dampen their motivation - go team!



SUMMER BBQ FUN

Our annual summer bbq was another huge success! A day when all our Legends come together for a fun informal day of inflatable bouncy castles, swimming, yummy food, and unlimited ice cream, what more could you want?! This one of our favourite days where we build new positive relationships with peers, and achieve some personal developments, what a great day!





CAMPING TIME

Our senior Swale Legends experienced 24 hours camping in a field for the first time. They learnt how to put tents up (and the challenge of packing them away!), and life skills of safely managing a campfire, cooking outdoors together. The beautiful setting was the perfect place to help improve mental health in the great outdoors! great to see them have so much fun!



FISHING FRENZY!

Our Legends had the perfect summer adventure with a serene day of fishing. Blue skies, calm waters, and our group of enthusiastic anglers armed with fishing rods and buckets of bait. Whether you were a seasoned pro or a first-time fisher, there's nothing like the thrill of waiting for that elusive bite. We shared stories, had some friendly competitions, and even learned some valuable life lessons about patience and perseverance along the way.



FOOTY

Legends couldn't resist the call of the field, so they spent an afternoon playing football. From stunning goals to breathtaking saves, they were all in their element. Even those who had never kicked a ball before quickly got the hang of it, thanks to our patient coaching and the spirit of friendly competition. They discovered that sport brings us together, keeps us active, and creates unforgettable memories.



LAZER TAG MADNESS

Next up Legends dove headfirst into an adrenaline-pumping session of laser tag. The dark, neon-lit arena was our battleground, and we were all ready for some friendly competition. The sound of laser guns firing, the suspense of sneaking through the maze-like terrain, and the laughter echoing through the corridors made this experience unforgettable. Plus, it's always a great reminder that teamwork and strategy are keys to victory!

GEOFFREY'S STORY



Geoffrey recently joined our Legends Programme, he is selective mute, and functions at a slightly younger age than he actually he is. Geoffrey is able to still understand, but communicates via makaton and Geoffrey 'isms' as we say.

We invited Geoffrey on a residential trip away, which was to be his first time away from home alone, he had been placed in foster care at the age of 3, and has lived with his foster carers ever since. We were privileged enough to be able to offer him this opportunity, thanks to our amazing supporters that pledged for him and others to be able to experience the world away from home this summer.

Geoffrey arrived at the PGL site with mixed emotions, excitement, nerves and intrigue. He would give clear signs to staff when he was struggling and they were able to reassure him that everything was okay. The other young people in the group made sure that Geoffrey was okay too, making sure he was comfortable in his room and offering support when he wasn't sure what he needed for certain activities, they made sure he was always included.

Geoffrey wasn't particularly keen on the heights of many of the activities, and although he put the climbing equipment on and went over to try, his fears would get the better of him and he would take a step back.

On the second day, the youth group could see Geoffrey was intrigued by the zipwire, he put the equipment on, looked at the steps, hesitated, and went to sit back down. Two of the other young people supported him to go up the tower and see if he could gain confidence to have a go, with the encouragement, and the whole youth group cheering, a lot of pausing, waiting, and then deciding to go for it, he finally did it! Everyone was cheering and crying happy tears as they knew how much of a challenge that was for him. Not only has he had his first ever experience away from his foster home at the age of 14 years, but there he was conquering his fear of heights. Well done Geoffrey!

Geoffrey made it clear by signing to his leaders that he was pleased he had achieved the goal, but decided once was enough !



RESIDENTIAL EXPERIENCES

Story.....

This summer we accepted the ultimate summer challenge!
Squeezing in not one, not two, not three, but five trip away!!!
The overnight stays were planned to help develop young people's social skills, build resilience, and learn life skills. See below what happened, and hear first hand feedback from our young people about their time away!



Our Thanet Legends were the first to set off as they headed out for their first ever overnight trip away as a group, and for some of them the first ever time of leaving Thanet!

“This is the furthest I have ever been away, I have never been to Ashford before”.

It was great to see the young people working together on various team building activities, learning to listen to each other, work together and develop their skill set as individuals but also as a team.

Young people learnt some life skills as they learnt how to make their beds, keeping their place tidy, trying new foods.

It was great to see young people overcome their fears as they challenged themselves to come out of their comfort zone, their confidence really grew as they began to realise just how much they can achieve if they put their mind to it, what a great thing to see! What great memories and experiences to take away.

“This was challenging but so worth it!”

Young Legend



RESIDENTIAL EXPERIENCES

Story.....



Our Medway, Swale, and Gravesham Legends then took turns to experience summer residentials, again for some of them this was their only holiday or trip out, for others it was their first time away

“ It was great overcoming fears, I was scared before having a go at abseiling, but as soon as i had gone down the wall a little bit it got a lot better and a lot less scarier”

It was aga great to see the young people working together on various team building activities, learning to listen to each other, work together and develop their skill set as individuals but also as a team.

Young people continued to build positive healthy relationships with their peers, in new environments and new challenges with the comfort of having trusted youth workers by their side.

There was bundles of team spirit on this residential as the young people encouraged and supported each other every step of the way. They were especially supportive of each other when they saw their friends struggling with confidence on an activity, offering lots of encouraging cheers and pep talks, and reminding each other that they could achieve anything they put their minds to!





FEEDBACK

from young people and carers

"Stage one of getting outside my comfort zone completed. For self improvement or something. Only like 7 more activities to go" Thank you!"

LEGENDS YOUNG PERSON ABOUT A RESIDENTIAL

M ENJOYS COMING TO THE GROUP AND IT'S GOOD TO HEAR THAT HE IS TALKING TO OTHERS AND TAKING PART IN THE ACTIVITIES!

FROM M FOSTER PARENTS.

Proud of completing riffle shooting."

LEGENDS YOUNG PERSON ABOUT RESIDENTIALS

"I'm pleased I came, I am looking forward to going home and getting sleep."

LEGENDS YOUNG PERSON ON ABOUT RESIDENTIAL

"I FEEL ONLY AT HOME, I FEEL HAPPY HERE WITH PEOPLE FROM THIS GROUP."

LEGENDS YOUNG PERSON ABOUT A RESIDENTIAL

THANK YOU FOR EVERYTHING YOU HAVE DONE FOR C. YOU ALL NEED TO BE PROUD OF THE WORK YOU DO AS IT IS AMAZING NOT JUST FOR C BUT ALL THE YOUNG PEOPLE YOU SUPPORT.

FOSTER PARENT.



FEEDBACK

from young people and carers

“I’d first like to say club as a whole has been a god send I have seen such a big change in my child’s attitude and his personality club has helped him open up to making new friends and new ideas and having the courage to do things he never would of done before even do things I couldn’t offer him it has really opened up his world.

The summer holiday activities has grown his confidence and I as a parent really appreciate the things you do for/with him

He went away for a few days and we both were nerves about this as we have never spent time apart before but he came back a different person it really cleared the air at home and has made him so happy club has not just lifted him but lifted all the family at home to it’s made us become closer as a family.

I personally love the club he goes to as it’s not your regular youth club I don’t think he would of lasted there but here he can meet children who are similar to him and understand there are more like him out there and meet them become friends with them as his always struggled to make friends.

“It’s not just a club to us it’s a life line”

FEEDBACK FROM A PARENT ABOUT THEIR SON ATTENDING ONE OF OUR LEGENDS GROUPS



FEEDBACK

from young people and carers

I am writing to thank the Young Lives Foundation, especially Lucy, Ellie, and Sophie. The legends programme that they facilitate has been inspirational and exciting for my two foster children. They have grown in confidence, made new friends, had new great experiences including fire safety, theatre and water sports. Plus been supported with the trauma they have experienced due disturbance of safety and love. Which has been exceptional.

Ellie Sophie and Lucy are brilliant, bright caring and assiduous make children feel completely comfortable and infuse them to gain the best out of all the wonderful experiences on offer.

FOSTER CARER

Resources and LINKS

Please visit our YouTube Channel and follow us on our social media channels for regular updates, news and videos:

www.facebook.com/Legendsylf

www.twitter.com/Legendsylf

www.instagram.com/Legendsylf

www.youtube.com/channel/UCsEKgNGGaLEko7TMZp7gfs

Also check our website and blog for further information about our work and impact - and don't forget to sign up to our newsletter. Thank you.

www.ylf.org.uk/legends

www.ylf.org.uk/blog

Please note that all information and activity reported in this report is correct as of September 2022 and in line with current government procedures and guidance.



Supporters and **FUNDERS**

The Legends Programme would like to thank the following grant makers, supporters, donors, businesses and organisations for their continued support.

We would also like to highlight our gratitude to all individual donors who have given support to our Legends. Thank you!





LEGENDS

programme



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