

Youth Alive Trust Breakaway – Mid Year Report 2022

We ran two Breakaways in the July School Holidays, one for Intermediates and another for High Schoolers. We advertised through social media, in our local community and through existing contacts, and both programmes were both fully subscribed with 50 enrolments for each programme.

- 103 young people aged 11 – 18 registered for the two July Breakaways
- 17 Māori
- 3 Pacifica
- 56 Pākehā
- 27 No Ethnicity Specified
- 58 Males
- 45 Females



The Intermediate programme ran over three days and was a mixture of team building games, baking, swimming at Dudley Pool in Rangiora, 10 Pin Bowling, Laser Tag, team sports, cinema and a community service project planting daffodils. We were due to do a walk up the Adventure Park Track but the weather meant a change in plans. You can view the best of the intermediates photos on our facebook page or by [clicking on this link](#). The parents made a few comments on the post, such as:

[Dayna Hayward](#)

Awesome. Thank you soo much. This is the second one my daughter has been on, such a great programme

[Carol Tangelder](#)

Thanks youth alive trust ieasha had a great time

[David Gibson](#)

Best place to be on a rainy day @ the movies

[Leana Ilott](#)

Big thank you Youth Alive. Such an awesome opportunity for our local kids. 😊

[Shelley Belcher](#)

Thank you, you guys are amazing.

[Trishelle Sikma](#)

Thanks so much, my kids have had a blast 🌟

The Teens programme also ran over three days and we also ran a mixture of team building games, baking, 10 Pin Bowling, Laser Tag, Imagination Station at Tūranga, team sports, a day trip to Hanmer Springs Hot Pools and a community service project planting daffodils. They were also due to do a walk up the Adventure Park Track but the rain changed those plans too. You can also view the best of the teen photos on our facebook page or by [clicking on this link](#).

[Angela Curtain](#)

Thank you to everyone involved in helping make great memories and fun for everyone that went. Looks like a great time, really appreciate it. 🥳



Young People Feedback

64 surveys were completed on our final day

- 14 schools were represented in the surveys
- 63 out of the 64 young people said they were Satisfied or Very Satisfied with the Programmes (the one that didn't, we think was a joke, as they gave no reason why not and said they really enjoyed Hanmer)
- 63 out of the 64 young people said they were Satisfied or Very Satisfied with the Leaders.
- 50% of young people said they'd tried something new on Breakaway, 5% were unsure
- When asked to write anything that could be improved on, 12 wrote "Nothing!"



Community Service – Daffodil Planting

We often try to incorporate some kind of community service into our programmes, and the opportunity arose this time to work in partnership with the Guardians of Rawhiti Domain. They have been developing a new Woodland Playground in Rawhiti domain, with natural play areas and equipment. We did two separate sessions with both our Intermediates Group and Teens Group, and planted an estimated 4,000 daffodil bulbs in one day! We heard about the vision for the Woodland area from their coordinator and they also brought some of their volunteers who worked alongside our young people. It's not necessarily something young people would have chosen to do in their holidays, but it is something that builds community pride, creates ownership and the whole community will get to enjoy them this spring and every spring after that too! It also shows the public and that young people can be valuable contributors to the community, when sometimes they only hear negative stories.



We sent the best photos to The Star Newspaper, who produced an article in the Pegasus Post and also shared it on [The Star Newspaper Website](#). We also shared the photo's on social media and they have so far been seen by over 7,000 people, received nearly 200 likes and comments such as:

[Cathy Baker](#)

It was a great afternoon and so pleased that the rain held off. Nearly 4,000 planted this afternoon by these wonderful locals. That's, 20,000 daffodil bulbs done and dusted. Some in Thompson Park, some in the areas outside the Community Gardens by the Shaw Avenue, heaps around the Keyes Road entrance to the Domain by the substation and heaps more under the oaks and around the cherry trees. Today's effort was near the athletic track in front of the oaks.

[Donna Hatcher](#)

Well done to you all 🥰

[Kim Mōney](#)

Awesome team work [Youth Alive Trust Cathy Baker](#) . 👍 Awesome young people. 🙌 THANK YOU for all your hard work. Make sure you check the daffs out in spring 🌼 not a daff but closest I could find 😊 thanks again 🙌



[Dennis Wick](#)

Great job. Great to see the young ones involved in planting and improving their community.

[Evie Walker](#)

Thanks for all the bulb plantings on the domain! It's so important to honour our wild spaces! They will look so beautiful in Spring. You guys are AWESOME!

[Emma Rodriguez Dos Santos](#)

Amazing work and wow whatta lotta bulbs!

[Netty Bolton](#)

Wow thankyou, it's going to look amazing in full bloom!

[Annette Cook](#)

Well done and thanks.

[Kim Button](#)

Sooo good!! So many awesome young people out there

[Vicki Cook](#)

Awesome work - well done!! ❤️

[Faye Higgins](#)

Awesome taiohi 🍌

[Tracey Lee](#)

Nice work



Vision and Outcomes

Youth Alive Trust has been running Breakaway Programmes young people since their contract began with MSD in 2013! We have ran 34 Breakaways in that 10 year period for nearly 2,000 young people. It has become one of our key programmes, and has multiple benefits:

- It is a recreational early intervention programme that provides social support for possible at-risk young people.
- There are no barriers to participation as it's free, and we promote the key fun activities as an incentive to come along.
- Young people are told they must enrol for the whole programme, giving us youthworkers quality time to build relationships and trust, and also giving them time to build friendships with other young people. It allows for deeper relationships and greater opportunities for referrals for other supports if needed, such as counselling, mentoring or budgeting for the family.
- Teenagers are particularly hard to initially engage in community activities, but if they have a taste for what Breakaway is at the younger age of intermediates, they're more likely to engage in their teenage years as the barriers have been broken down.
- We use the same leaders during our term programmes and our Breakaway holiday programmes, in order to build deeper trust and continuity.
- Older Teenagers and Young Adults volunteer on our Breakaway programmes, learning leadership skills alongside trained youthworkers and gain valuable experience for the workplace. This year we had two students from Canterbury Uni studying to be youthworkers with us.
- The longer time frame opens up the type of activities we can do with young people, which are limited on a normal weekday evening.
- Each day must have at least 60 minutes of physical activity, so it promotes fitness and health.
- Our programmes have a target to teach young people something new, or provide a new experience for them, which may lead to a longer term hobby, such as walking in the hills, gardening, baking, rock climbing or mountain biking.
- Our pre-Christchurch Breakaway for the teenagers has recently become an annual camp at YMCA Wainui, where the young people take part in more adventure based activities, and provide an even deeper opportunity to connect with each other and their leaders.
- It gives us the opportunity to promote our other social early intervention programmes to a wider group of young people who don't engage in our normal term time programmes.
- Young people see what it means to be a leader on a YAT programme, and they aspire to be leaders on future programmes. YAT has seen people attend Breakaway programmes who have become future volunteers and future staff members too!
- We believe the funder gets very good value for money, from the relatively small contract we receive, compared to the amount of young people receiving positive interactions and support.



Case Studies from July 2022 Breakaways

Case Study 1

Ari* hadn't enrolled in Breakaway but came along with his mate on the first day as he'd heard about it. A couple of the teens called in sick, so there was space for Ari to join in for the day. He hung out with his mate the whole day and took part in all the activities, even if a bit reluctantly at times. He had to be 'talked to' by leaders twice in the day, once for climbing into the children play area at Tūranga which was closed off to the public and another time for refusing to join the group when leaders were giving everyone instructions about what was going to happen next. The next morning his Mum turned up with him and said "You must have done something right, because he came home and said 'I tell you what Mum, there a bunch of f***cking good leaders there' – and he doesn't say that about any adults, or any of his teachers – you need to write that in your annual report". His Mum told us he'd been getting into trouble with the police with a bunch of other young people on the streets and she's been trying to find somewhere that could engage him. He came back everyday, didn't need to be 'talked to' by leaders again and told us he'd start coming to the Friday night teens youth club we run during the term time.

Case Study 2

Kaia* was a big personality on our intermediates Breakaway. She said her Nan had heard about it from another Mum, so enrolled her, having never been to any of our programmes before. She told us she'd moved to Christchurch to live with Nan because her Mum had gone to jail. She absolutely loved Breakaway, was always first to volunteer, got involved and was a natural leader. She connected with young people who don't go to her school and told us she'd be starting to come to our Friday after-school intermediates youth club.

Case Study 3

Sara* used to attend our programmes as a young person, including Breakaway as an intermediate. She has left school, is currently unemployed and undecided what she wants to do as a career. She volunteered on both the Intermediates and Teens Programme. She ran the kitchen activity for both programmes and made some special connections with a group of girls, even persuading some of them to join her in the ice-pool at Hanmer. She told us on the final day that she'd love to be a full time youthworker, or maybe work with young people in another context such as a teacher aide.

Case Study 4

Maia* used to come to YAT programmes as child, but their family moved to the other side of the city. Mum has kept in touch via social media and enrolled her Intermediate child and her teen daughter up to programme. Maia came with her brother on the first day to see if she knew anyone on the teens enrolment list, as her Mum said she had high anxiety about attending. On day one of the teens programme, she signed-in, but didn't engage with any other young person (even though one of the other girls really did try). She didn't join any of the team building activities, but one of our leaders just sat with her, chatted to her and heard her story. She agreed to come to the daffodil planting, but again didn't join in, and called her 'support worker' who came and picked her up (with Mum's permission). We'd said that we'd love to see her again tomorrow, and she'd be welcome to bring a friend. We were surprised to see her the next day - with her friend! They joined in all the activities and again connected to the same female youthworker as the day before. Mum told us she's unlikely to come to Hanmer, because of self-confidence issues in a bathing suit, but again she and her friend turned up, took part, and even got into the ice-pool! Mum was so thankful and amazed she lasted the week, and is willing to drive across town for her to engage in our Friday night teens programme too.

Emails from Parents Post-Programme

My granddaughter attended breakaway for the first time in July. She stated that she really enjoyed going because she made lots of friends, enjoyed activities that she would not normally have the opportunity to do. She said the leaders are all really nice and they make her feel good.

The variety of activities provided by youth alive trust are so important for the young people as it provides a safe space to learn some life skills and have people who support them.

Thanks,

CT

YAT has been able to offer a fantastic programme for young people who may not have had the financial or other opportunity to join and engage in activities unless funding was provided. YAT has always provided wonderful mentoring and support to young people built around fun-filled activities in group settings that can really empower a young person and build on their strengths. I have been fortunate to have my children attend programmes at YAT knowing that their physical, mental and emotional wellbeing is at the forefront of what YAT does.

I hope that YAT is able to continue to provide this wonderful programme for many years to come.

Thanks,

AF

Dear YAT Team,

The Breakaway Programme has been invaluable in providing our 12-year-old with a fun, safe and supporting environment during the holidays. Our 12-year-old is the oldest with 5-year-old sister and a 2-year-old brother. Breakaway means that he gets the chance over the holidays to hang out with his peers, foster new relationships and attend age-appropriate activities that are not always possible when you have younger children to care for.

We really hope that the Breakaway programme can continue to provide for Youths in East Christchurch.

Kind regards,

CS

My sister absolutely loved her time at the breakaway events last week.

It was great for her to socialize and get to do things we normally couldn't afford.

I went on these events and camps as a teen 17 years ago and they are the highlight of my teen years.

Many Thanks

AL

I've been meaning to ring to thank you for the amazing time my daughter had on the breakaway program. She has previously struggled socially and was bullied at school. She absolutely loved it, she thought the, leaders and activities were engaging and fun and created connection. What she loved most about it was she felt welcomed, accepted and that she felt she fit in.

Providing a safe space for teenagers where they can connect, etc, build their social skills, and feel they belong is crucial at this time in their life. This is vital especially living in this technological world. She even enjoyed the plantings for the community. She has asked to go on the next breakaway. That in itself speaks volumes, as teens, they often sit and zone out on their phones or complain about programs. She has also now signed up for your Friday night Surge youth club.

Breakaway ticks all the boxes, 10/10.

Thanks again,

TS

This was my sons first time attending the 3 day Year 9 holiday programme. He wasn't sure about attending but had a fabulous time! He really enjoyed hanging out with people his age over the school holidays & absolutely loved the activities! Often during the school holidays, he spends the entire time at home as I have to work fulltime plus holiday programmes are not designed for his age group & are often cost prohibitive. This holiday programme enabled him to socialise with people his age, get out & about, plus have some fun at a very affordable price.

Would love for there to be more for him to attend in the future. Believe it is extremely beneficial for his wellbeing & mental health to be active during the school holidays instead of being stuck in front of the playstation etc only focused on technology.

Warm regards,

LF