

ARCHERY, MOUNTAIN BIKING, GARDENING, GIG ROWING & CANOEING



Growth through opportunity & outdoor pursuits

Opportunities to participate in sport, outdoor activities, growing and preparing their own food that can be fundamental, formative experiences for young people to develop themselves in lots of ways.

It challenges them to do something new, commit to practising and training. As their competences and skills grow so does their confidence and they make connections with others, valuing the time, interest and effort invested in them. As they develop further, many often become leaders themselves, with a growing compassion and care to help others gain similar benefits that they've enjoyed.

It doesn't necessarily matter what the activity is, if a club or organisation is committed to nurturing young peoples' interests and abilities. For some it can provide the first supportive environment they've had which helps them to believe in themselves, push their boundaries, outlook and aspirations so that they can then apply these positive experiences to other parts of their lives.

Who we are trying to help

There are significant numbers of young people in the Bridport area live in situations that limit their expectations, esteem and confidence.

Some experience bullying, abuse or neglect, others face barriers to basic opportunities because of economic or family reasons. These challenges can often result in limited social development or poor physical and mental health.

We are offering an opportunity with potential to act as a positive catalyst to improve happiness, health, outlook, bring real change to young peoples' aspirations and futures.

How

We wish to give over 40 young people (targeted within local schools, youth and social services) free opportunities to try at least 2 exciting outdoor activities (from 5).

We'll provide ALL the equipment and fees required so each young person can pursue their favoured activity for at least 12 months with our local partners, putting additional arrangements in place to ensure they, and the organisation helping them, have the support they need.

We will track and review their progress, health outcomes, development as they continue. As most activities immerse them in the outdoors we hope that their appreciation and love of nature will grow the more they experience it.

35-45 young people 10-16yrs in May/June 2019 www.supernatured.org.uk



Brighter futures – Bridport & West Bay