

Craigmillar Adventure Project



# Capro Annual Report 2009



[www.capro.org.uk](http://www.capro.org.uk)

Craigmillar Adventure Project (Capro) was set up in 1992 as a recognised Scottish Charity and is a Company Limited by Guarantee, supported by the City of Edinburgh Council.

Capro offers a wide variety of challenging outdoor educational experiences to stimulate learning and development. We offer tailor made activities to suit the needs of each group that we work with, focused to meet objectives within the scope of personal and social skill development and offer a variety of accredited learning options whilst encouraging active and healthy lifestyles.

## Programme and Participation

The year, 1st April 2008 to 31st March 2009 has been a full and busy year for Capro, where we employed additional staff to ensure we could deliver our busy programmes, as well as develop the range of programmes we offered. We employed Antony Stone, who is a long standing Capro associate instructor, to join the team for a year to offer some instruction but also to carry out additional developmental duties to help improve Capro's services. Marion Lamb also joined us to offer additional administrative support.

Over the year Capro has provided outdoor education opportunities for a wide range of groups and individuals, offering taster sessions, accredited learning programmes, holiday provision and residentials to meet each group's specifications and completed the Grow Project in April 08. Funding was secured for a peer mentoring project which started in August 08 funded by the Cashback for Communities grant scheme.

Many of the young people we work with find that they achieve more by taking part in learning in a non-school environment and agencies have witnessed outdoor education motivating and engaging, particularly those pupils, who are at risk of exclusion from school. Experiential learning through first-hand experiences help demonstrates the relevance of knowledge, understanding and skill development.

At Capro we encourage the uptake of accredited learning opportunities. Six young people from The Top Service Project completed an open boats course over 8 weeks, culminating in an exciting trip down the River Tweed. Five of these young people achieved a Scottish Canoe Union 2 star award and one achieved a 1 star award. Achieving an award or certificate is a very positive outcome for young people who may be less likely to achieve results within a school environment.

*"This outdoor education experience benefited our young people greatly in that the young people we work with have behavioural difficulties and struggle to engage in an activity for any length of time. All our young people were successful in gaining an award and all benefited from raised self-esteem for their achievements. A very positive experience was had by all."*

### Top Service Project

Val MacDougall



### Union Canal - Craigmount High School

*"On the qualifier we worked really well as a team, it was really tiring but we helped each other and pulled through, it was very challenging but good team work helped"*

**Young person achieving their Silver Duke of Edinburgh Award.**



*"The young people who attended sessions expressed a sense of achievement. The instructor developed a good rapport with the young people and throughout the activities there was evidence of mutual respect. The service was excellent"*

**Hunters Hall Housing Cooperative, Sandra George**

Other Accredited Learning achievements were six Craigmount High School pupils who achieved their Silver Duke of Edinburgh Award in open boating and all achieved a Scottish Canoe Association 1 star award, including the accompanying staff!

Hunters Hall Housing Co-operative's senior youth club started the challenges within the Youth Achievement Award Scheme which are recognised by Asdan, they hope to complete them after their residential with Capro.

### Developing the Capro programme and accredited learning options

Knowing the huge incentives and feelings of achievement that accredited learning can offer participants; Capro used the additional development worker's time to further develop the opportunities Capro offers. In addition to existing schemes, over this year Capro became able to offer a wide range of new accredited learning options in outdoor education, for example the Scottish Canoe Association's Paddlepower Awards and other similar progressive schemes in orienteering - NNAS (National Navigation Award Scheme) and NICAS - the National Indoor Climbing Achievement Scheme. All of these schemes have clear progression routes for the participants involved. We will be promoting these over the coming year.

Time was also put into to how outdoor education can complement the exciting developments of the Curriculum for Excellence (CfE), which recognises that learning is embedded in experience. We believe that education in an outdoor environment provides one of the most valuable and rewarding experiences for a wide range of pupils, regardless of their backgrounds or abilities. It provides them with a knowledge and experience of unfamiliar environments and communities, helping them to build confidence and self-esteem. In particular these activities teach pupils leadership skills, the need for responsible behaviour and how to deal with new challenges, all of these can help towards young people achieving within the four capacities of the CfE to become successful learners, confident individuals, responsible citizens and effective contributors.



Over the year Capro piloted different ways that we could evidence how outdoor education enables young people to develop the four capacities of CFE.

Capro is tightly regulated as an adventure provider and again received our AALA Licence after our annual inspection. We also had to renegotiate our technical advice and have now teamed up with instructors from Benmore Centre for Outdoor Education to provide us with this advice.

### The Vital Statistics

Over the year Capro has worked with 1,204 participants, 89% of our work is with children and young people aged between 8 and 25 years old. Capro has enjoyed working with and for over 50 organisations to include projects, agencies and organisations in the voluntary, statutory and private sector. Capro relies on a wide variety of volunteers to support its work, particularly for the holiday programmes working with the Craigmillar Youth Challenge and of course not forgetting Capro's dedicated Board members.

A total of 925 hours were clocked up by volunteers and peer mentors. Thank you for all of your commitment and hard work.

### Craigmillar Youth Challenge (CYC)

CYC is a long established multi agency partnership group working across professional boundaries to offer both universal and targeted holiday provision in the greater Craigmillar area. Capro gives the CYC office space, administrative support and outdoor instructors and equipment. The Police offer officers to work alongside the young people as well as the other workers from local schools, drugs project, church, East Early Intervention, but importantly the programme is also reliant upon the hard working volunteers and youth helpers. Programmes are designed to be challenging, supportive and fun and include a variety of outdoor education opportunities. Over the summer seven young people achieved their BCU 1 star in open boats. The youth mentors, supported by the Cashback for Communities Fund, also took an active role in the holiday provision. A bumper 636 places were taken up over Easter, Summer and Autumn, allowing young people from P5 to S3 to take part in exciting holiday provision. CYC runs its programme by fundraising efforts.



Craigmillar Youth Challenge



Craigmillar Youth Challenge

### Capro Summer Programme

As well as the CYC holiday provision, Capro also offers outdoor adventure activities to agencies across Edinburgh. A busy summer programme offered a further 216 young people outdoor education sessions from agencies such as Smile Childcare, Epilepsy Scotland, Inch Community Centre, Young People's Unit, Pilton Youth and Children's Project to name just a few.

### Peer Mentoring Project

Capro received a grant of £22,429 from The Cashback for Communities grant scheme to operate this Peer Mentoring Project to operate over 18 months. This is a partnership project with Castlebrae Community High School and Craigmillar Youth Challenge (CYC) and employed a senior youth worker, a youth worker and outdoor instructors. The project targeted pupils who were at risk of or involved in anti-social behaviour. This project alternated indoor sessions where they learnt peer mentoring skills and outdoor sessions to build up their skill base in their choice of activities.

Six of the mentors out of a group of eight volunteered their time to be Peer Mentors with the CYC holiday programme over the October, Summer and Easter holidays, helping to support the younger children taking part in the adventurous and challenging activities on offer. One of the peer mentors went onto college to study childcare but still manages to help out with CYC.



Summer Programme



Peer Mentoring Project



*"I have got a lot out of the Craigmillar Youth Challenge. I have gained a lot of new skills e.g. learnt to be more confident with different age groups. I have got more confident than when I started to be a youth helper"*  
Shanna, Peer Mentor Project

## The Grow Project

Capro worked with four voluntary sector youth projects, (The Citadel, The Big Project, Pilton Youth and Children's Project and Canongate Youth Project) to offer outdoor education sessions as part of this groupwork programme promoting emotional resilience. This project finished on 11th April 08 with a big celebration event at Ratho International Climbing arena organised by Capro, where the young people enjoyed the climbing session and then presented trees with their achievements about their learning and were presented with their certificates. After 3 months of tracking the young people's progress, the independent evaluator of the Grow Project gave a presentation of the findings of the project to interested stakeholders, with a well received presentation and evaluation booklets produced, which showed the outcomes for young people, gave examples of good practice and highlighted the learning that was achieved by the participating partners. The programme helped the young people to understand their own feelings and others and helped them to build confidence and self-esteem. The young people particularly enjoyed the outdoor sessions.

*"The review techniques were kept simple and understandable...the review that worked best and was mentioned by various children at the Celebration Event was 'comfort zones', this worked well to create a conversation about thoughts, feelings and emotions of others. Outdoor education can push participants into their 'stretch zone', i.e. perhaps feeling a little scared of heights and then over-coming this by climbing up, with the encouragement of team members - this is where powerful experiential learning takes place."*

### Instructor working with the Grow Project

Antony Stone

## Partnerships

We actively seek to carry out more targeted work with young people and work with a variety of partner agencies to deliver quality youth work programmes involving outdoor education to meet identified needs.

Capro also believes that sharing information and good practice amongst other professionals in similar areas of work adds to the quality of service that is offered. Capro has taken an active part in various multi-agency fora both locally in East Edinburgh and city-wide. Some of these include City of Edinburgh Council's Outdoor Education Advisory Group, Project Manager's Group, Families, Children & Young People sub group of the Portobello/Craigmillar Neighbourhood Partnership to name but a few.

*"For some of Scotland's communities, accessing outdoor spaces can be an infrequent experience. Our young people attending the Capro programme this year came from a range of ethnic minority backgrounds. Working in partnership with Capro provided our junior group a unique personal and educational opportunity to appreciate and develop links with outdoor areas through experiential learning. Feedback from the group was very positive. One of the young Sikh girls commented that it was the first time she had ever 'splashed in boots in puddles'."*

### Multi-cultural family base,

Bina Chaudhry, social worker/group practitioner

*"Thank you for organising the rock climbing course. Antony was a superb instructor who related well to the youngsters and I am sure some of them will pursue their new interest in the future. Never been let down by Capro – always deliver what has been agreed"*

### Southside Community Centre

Keith Smith



The Grow Project Celebration Day

## Training for Instructors and Volunteers

Capro put on team building training techniques for Capro's instructors and volunteers and also offered X-sail training to our staff, volunteers and to interested local workers. We hire out our X-sails (Blokarts / land yachts) to those who have undergone this or similar training.

Other staff training has consisted of child protection training, mental health awareness, epilepsy awareness, building resilience in children and young people and we undertook training with our Board members to increase their capacity to govern the organisation in an ever changing world, especially within the voluntary sector.



X-Sail



## Launch of Capro's new website

At last this year Capro managed to develop a much needed new website. Do take a look at:

[www.capro.org.uk](http://www.capro.org.uk)

We have had lots of favourable feedback, well done Antony and Launchsite. We also created a host of new publicity information and leaflets. See these on the website under 'Reports', take a look at "The Curriculum for Excellence" and the "Accredited learning" reports.

## Chair Person's Report

The year 2008 to 2009 has been a busy year for Capro and I have been impressed to read through this report and see all that Capro has achieved over the year. Sometimes when you are involved you don't realise just how much is going on within the organisation and writing an annual report is a good time to be reflective and pat our own backs.

The development work that Antony Stone carried out for Capro has added great value to what we can offer and the new publicity materials have attracted new organisations to us. Capro's new website is a great asset and is now populated with new reports and information about our new accredited learning opportunities in outdoor education and a comprehensive report about the benefits of outdoor education for young people and how learning in the outdoors can help young people achieve skills for life as well as being healthy, fun and challenging. We have also updated all our volunteering policies and procedures whilst updating other policies to keep abreast of the many changes.

Attracting funding is essential to our work and we were really pleased when we were successful at gaining a grant from The Cash back for Communities for the Peer Mentoring Project, to run over eighteen months, working in partnership with both Castlebrae High School and the Craigmillar Youth Challenge (CYC). The young people involved gained a lot of confidence by helping out with the CYC, it was a privilege to personally volunteer alongside them and see their confidence improve and how good they became working alongside the younger children, a particular thank you must go to Shanna Creelie for her time and commitment as a peer mentor and congratulations are extended to her gaining a place at college to study childcare.

During the year the Board undertook training with Edinburgh Volunteer Centre and two of our trustees attended the from "Good to Great" events which we found very informative and has helped us build up our capacity to govern Capro within an ever more complex environment of strategic and legislative change.

This year has also brought challenges within a sector that is going to be going through very rough times over the next few years, especially with the City Of Edinburgh Council facing huge financial challenges requiring large cuts to be made over the coming years and the review of council services. Capro is going to work to ensure we can continue to offer as many young people as possible opportunities to learn and enjoy the benefits of outdoor adventure education.

I would like to take this opportunity to thank all the staff and volunteers for all their hard work and commitment they give Capro. I would also like to thank the trustees for all the time and hard work that they have given to Capro to ensure we go from strength to strength.

Owen Thomas  
Capro Chair Person

[www.capro.org.uk](http://www.capro.org.uk)

## Directors

Owen Thomas – Chairperson (from 30th October 08)  
John Witherspoon – Treasurer  
Liz Haggart – Company Secretary (from 30th October 08)  
John Williamson – Trustee (till August 2008)  
Linda Wright – (till 30th October 2008)  
Sean Barry – (till 30th October 2008)  
Emma Pipes - Trustee  
Kate Towie - Trustee

## Staff, Volunteers, student and work experience placements

Liz Wilson – Coordinator  
Steven Drylie – Instructor / Storekeeper  
Sandra Millar – Administrative Assistant  
Minnie Fraser – Cleaner  
Marion Lamb – Clerical Assistant (temporary)  
Antony Stone – Associate Instructor/ with additional development duties/Youth and Children's Youth Work Organiser  
John Williamson – Instructor / Youth and Children's Worker  
Bob Baird, Richard Cook, Mike Martin, Gregor McMeechan and Sara Rasmussen – Associate Instructors

## Volunteers

Owen Thomas, Emma Pipes, Gordon Hunter, Mathew Clarkson, Lauren Millar.  
Youth Helpers – Shanna Creelie, Kevin Cowan, James Hobbins, James Fyfe.  
Telford College – Outdoor education student placement – Emma Pipes.  
Princes Trust Placements – Bon Barillo, John McGee and Mathew Rendall.

## Finances

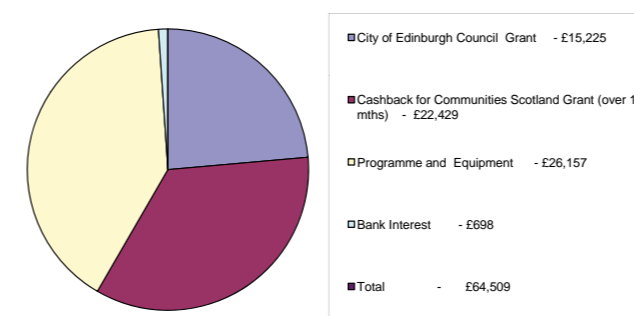
Receipt and Payment accounts from April 1 2008 to March 31 2009 are available from the Capro office.

(These pie charts are a summary of figures from this period) Capro's accounts are independently examined by A W Scotland.

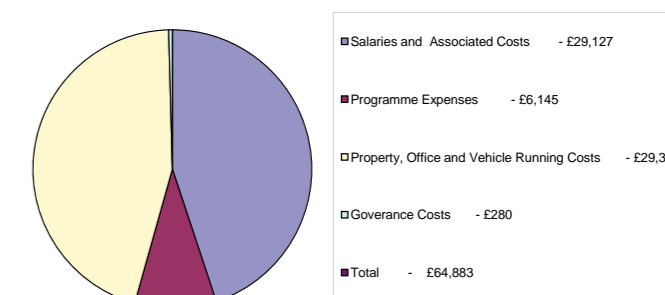
The City of Edinburgh Council's Children's & Families Department support Capro by a small revenue grant and three workers are employed by the Council to work in partnership with Capro's Board to further the objectives.



Income - April 2008 - March 2009



Expenditure - April 2008 to March 2009



# Gallery



[www.capro.org.uk](http://www.capro.org.uk)



## Agencies that Capro has worked with:

Craigmillar Youth Challenge  
Castlebrae Community High School  
Panmure House School Support Centre  
Newbattle Young People's Services  
Drummond Community High School  
Green Team  
Inch Community Centre  
Hunters Hall Housing Cooperative  
Young Persons Unit Royal Edinburgh  
6VT  
Befriends  
Princes Trust  
Action Group  
George Heriot's School  
Forth Sector  
Duke of Edinburgh / Friends of the Award  
Craigmillar Library  
Craigmount High School  
Canongate Youth Project  
Lothian and Borders Police  
EVOC  
Blue Skies Group  
Ratho International Climbing Arena  
East Lothian Outdoor Education Dept.  
Beechraigs Country Park

Smile Childcare  
Portobello High School  
Top Services (Pupil Support Service)  
South Side Community Centre  
Currie Community High School  
In step  
Jack Kane Community Centre  
Edinburgh Canoe Club  
Epilepsy Scotland  
Northumberland Street  
Pilton Youth and Children's Project  
Telford College  
Castleview Community Centre  
Venchie  
Fabb Scotland  
Café K  
CEC Services for Communities  
Citadel Youth Project  
The Big Project  
Set in Motion  
LAYC  
Number 20  
Fordell Firs  
Edinburgh Ranger Services  
Port Edgar

## License

Capro is registered with the Adventure Activities Licensing Service as licensed to provide specified activities under the following headings: - kayaking, open canoeing, improvised rafting, sailing, rock climbing, gorge scrambling, hill walking and mountaineering and off-road cycling.

Registration number R1022. Confirm on Telephone 02920755715.

## Contact us

Craigmillar Adventure Project (Capro) is a company limited by guarantee No. SC 249306 and is a registered Scottish charity No. SC 030889. Registered office: Unit 5, Castlebrae Business Centre, 40 Peffer Place, Edinburgh. EH16 4BB.

Capro is supported by City of Edinburgh Council's, Children and Families Department and has approved provider status.

Telephone: 0131-652-1557

Fax: 0131-652-2365

e-mail: [liz@capro.org.uk](mailto:liz@capro.org.uk)

[www.capro.org.uk](http://www.capro.org.uk)

