

WHAT AGENCIES SAY ABOUT OUR SERVICES

2007 and 2008 have been extremely busy years for Capro with full school term-time programmes, school holiday programmes, residentials, team building events for staff teams and young people. In addition the Grow Project operated over 6 months, as well as other active partnership work being developed.

Agencies have commented favourably about the skills and experience of Capro's instructors, particularly when working with individuals who are quite vulnerable and sometimes challenging to work with.

Here are some of the agencies comments who have used our services:-

"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".

The service exceeded the "intended outcomes", "couldn't have been better", "exactly what we required was delivered" and the young people achieved awards and improved self esteem from this positive experience.

Top Service, Midlothian Council

"Clearly the staff are highly trained and experienced in working with difficult young people"

"The staff have been very helpful and understanding of the dilemmas faced working with "hard to work with" young people

Sharon Stoddard

Midlothian Young Persons Exclusion Project.

"For some of our young people the outdoor education experiences are what they will remember more than anything. It is great to have fun and be outdoors. Speedboats, climbing and water-sports – all FAB"

Heather Holmyard

Panmure House School Support Centre St Ann's

"I found Capro staff to be most helpful and accommodating. Without their degree of help and flexibility a really successful 3 day residential with my group would not have gone ahead. We were delighted with the service from start to finish"

Sheila Abbasciano

Panmure House School Support Centre St Ann's

"The Outdoor instructors are talented, skilled and build the confidence of the young people taking part. They deliver the tuition with humour and enjoyment"

Ian Murdoch

Inch Community Centre

"I am very positive about Capro's work as our experience over several years of working with Capro has been hugely beneficial to our youth work. For most of the young people in the club Capro provides them with their first taste of outdoor adventure. The tuition and safety measures are very good"

Keith Smith
South Side Community Centre

"Great outdoor service and education that offers lots of challenging and quality activities for young people. Excellent resources and instructors which give you peace of mind when doing more challenging work with students"

Lorraine Dickson
In Step Castlebrae Community High School

"The Capro Instructor impressed the Duke of Edinburgh Hunter's Hall Youth Work Staff. His interaction with young people, his professionalism as an instructor and his general likeableness, all first rate".

Hunter's Hall Youth Work Staff

"Our group can be difficult to manage – the instructor recognised this and sought advice and management guidance from staff. This worked well in achieving a balance".

Health & Social Care, Northumberland Street

" X has been happy to ask for support in classes, although previously he was reported to be reluctant to let anyone know he needed help".

Shona Thompson, Principle Guidance Teacher, Liberton HS

"The boys gained a great deal from the Capro experiences. During their participation none of the boys involved got excluded, and all became a lot more motivated, managing both to turn up for and pass their agreed standard grade exams".

Susan McIver, Guidance Teacher, James Gillespie HS

At the start of the programme, the group was fragmented and found it difficult to work together and follow instructions. By the end of the programme there was a tangible improvement in how the group got on together and tackled different activities.

Within class, the group also worked better together and were much more willing to work with class mates they would not usually work with. There was a general improvement in co-operation within and outwith the group".

Morag McKenzie, Teacher

Staff commented that the strength of the programme lay in:-

"...a large focus on learning by doing. Pupils enjoyed the programme and this allowed the establishment of a connection with the outdoors in a non threatening manner. The young people were given the opportunity to experience environments outside their own field of familiarity, and helped them become aware of places they could visit.

A sense of connection between land, self and each other was fostered."

Susan Mclean – Children Worker, Holyrood HS

"I feel the work of Capro is of significant value and has opened doors for many of the children/young people who have had the privilege to participate on their programmes, which are an enriching and positive experience".

Nichola Frith, Family Support Worker, Solas

"CAPRO is an excellent project and Outdoor Education a wonderful opportunity for young people who may not have experienced success in school to build up their self esteem and learn about team work."

Susan McIver, Guidance Teacher, James Gillespies HS

"Participants gained a real sense of achievement and their positivity was evident at the end of each session. The informal and flexible nature of the programme worked well. "

Kenny Curtis, Working Together Youth Worker, Broughton HS

"The activities really encouraged participants to work together and stretched them as individuals. The program was extremely beneficial as a positive and alternative form of learning."

Fiona Lundius, learning Support Teacher, Liberton HS

The following comments were from staff involved with the Grow Project: -

" Since embarking on the Grow Project, he has established friendships and confidence. I wish he could have more of this kind of input"

Referral Teacher Grow Project

"The reviewing techniques were kept simple and understandable...the review that worked best and was mentioned by various children at the Celebration Day was "comfort zones", this worked very well to create a conversation about thoughts, feelings and emotions of others."

Grow Project Staff

"Activities were great, went really well. Instructor was perfect...they were very encouraging of each other. Instructor spoke about comfort zones, the stretch zone and the panic zone. The purpose of the session was to come out of our comfort zones and stretch ourselves. All children stretched themselves...met the aims of building confidence, dealing with difficult situations, not giving up, team work and building relationships with each other."

BIG Project

Team Building for Staff Teams

Over the last year Capro have had more and more requests to work with staff teams using outdoor education as a tool to enhance team member's abilities to work more effectively with each other and to have fun at the same time. We have been praised for our abilities in this area.

Here are some comments:-

"The Capro Team Building experience has been an important and valuable annual event for Currie Community High School's Support Staff over the past 3 years. The team building experience in my view provides positive, closer and more understanding relationships between individuals, which adds real value to the school over the subsequent 6-12 month period"

Phil Pache, Currie CH School

Antony, Capro's Instructor was commented upon for "his evident experience, relaxed but safety conscious approach, and his positive engagement with the group."

Number 20 – on behalf of homeless and vulnerable people.

"Very impressed with the service. The opportunity for the Team to be away from the Centre and focus on something physical was really beneficial. It meant not only an enjoyable day but development to team cohesion and communication. The instructor was skilled, able to gauge well participants needs, backed up by good preparation and hit the appropriate mark on each activity.

The Junction – Young People, Health and Wellbeing

What participants said about taking part in Capro programmes and activities:-

"I enjoyed the group and will miss it. Thanks for helping me overcome my shyness".

Kirsty, Leith Academy

"I learnt that it's ok to feel scared sometimes, and that I can do things that I think are too hard!"

Steven, Craigour Park Primary

"Things aren't so scary once you try them out. I was scared of new people in the group, but once I got to know them I found out they were just like me!"

Ryan, Liberton HS

"Thanks, the group work and the activities were cool. I learnt that it was ok to talk within the group, and once we got to know each other it was easier to express yourself. We had fun, but we learnt stuff too!"

David, Portobello HS

"I've learnt that I can be more patient, that I have to manage my anger, and when I get angry I know I have to walk away and that's it ok to take time out. I also learnt that it's important to work as a part of a team, and that helping others is important too."

Tony, Pirniehall

"Thought the caving was a challenge but exciting" Participant – Currie CH School

"If you push yourself, you CAN do it!"

Jordan, Fort Primary

Grow Project Participants

"We were set a challenge to go through the pipes and assault course, we didn't think we could do it but we did"

"You get to trust people because they trust you".

"I learned that I need to communicate more and understand my feelings." "The moment I will remember with Sean: When we went tunneling, he encouraged me to do it"

"Y clearly enjoyed this project. He always looked forward to it each week. Y told me at the end that he had achieved all 3 of his targets and was very proud of himself."

"You get to trust people because they trust you."

"You get to understand people."

"It pure minted!
Thanks for all the fun, when can we come again?!"
Lloyd, Holyrood High School