



Time for Change!

Life-changing opportunities

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The Eight-Week Programme

The Challenge for Youth 8-week programme aims to provide an opportunity for young people to participate in an intense person-centred programme which will make use of a range of outdoor and centre-based activities to explore and reflect on personal circumstances and behaviours which have led to the breakdown of relationships.

The programme will facilitate each participant to identify priorities for change and build actions into a plan that will be supported for an initial six weeks on return from the residential.

(Further ongoing support will be provided by the agency/worker who has made the referral)



Time for Change Pricing:

The full cost of the programme is calculated at **£2,350 per person**. We would expect statutory referrals to try to meet these costs. However, as a non-profit making charity, Challenge for Youth recognizes the difficulty many individuals and community organisations have in meeting costs and is pleased to announce that a **number of bursaries** will be available to individuals which will meet some or most of the costs. These bursaries have been achieved with the generous support of **Children in Need**. To discuss individual applications and bursaries please contact Marty Pelan or Paul McKinstry on 9023 6893.

For further enquiries about Time for Change please contact:

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An overview of the Time for Change programme...

This programme is designed to support young people who want and need an opportunity to change some aspect of their lives. It also offers an opportunity for young people to get a break from their familiar environment and away from distractions in order to reflect on where they are and where they are going.

We have designed the programme to be progressively more challenging and participants are supported to move steadily building on each achievement, learning from each experience...

Our evaluation process involves an in-house developed evaluation tool called “Now and

Then”©, which as well as measuring distance travelled during the programme, provides a opportunity for reflection, feedback and action planning for the future.



1. Introduction

Prior to the residential, the young people will meet with staff and each other.

Each participant will be supported by a team of 5-6 staff who will be fully-qualified and experienced to deliver the programme. Some of the team will have been through similar programmes with Challenge for Youth and similar experiences in their own lives.

There will be clear expectations communicated regarding behaviour and participation on the programme. If these expectations are broken, it will result in the individual being removed from the main programme to an individual support option. It is important that the experience is not ruined for other participants.



2. The intensive 5-day Residential:

A maximum of six young people from a range of referral points, will travel together to one of two locations to participate in an intense person-centred programme. This will make use of a range of outdoor and centre-based activities to explore and reflect on personal circumstance and behaviours. This journey will be part of the programme and opportunities to build relationships will be a focus at this stage. We currently run the residential element in Glenborrowdale on Scotland's mid-west coast and on Rathlin Island off the County Antrim coast.

3. Final Phase:

The final phase of the programme is to agree an action plan with each young person. This can be shared within the group in order to create some accountability to each other and link into the group support and review meetings over the six weeks that follow.

A meeting will be set up with the referrer on return to ensure momentum and motivation are built on and a smooth transition into meeting the aims within personal action plans....

4. Graduation:

A graduation and moving on celebration event will bring the programme to a close. At this stage support networks from the community where the young person is living will be in place. Workers on the programme will organise a reunion/review after 3-6 months. At this stage the young person will be reminded of how they felt while on the programme and encouraged to keep moving forward or be supported to set further plans.

