

# Motorvations

## Brief description

Motorvations is a voluntary sector organisation delivering a positive alternative educational programme to; marginalised excluded 'at risk' young people, who have special educational needs, a variety of physical and mental health problems and do not fit into any other educational system. We have a proven track record in engaging and motivating young people in constructive activity in our workshops offering both trade qualifications and life skills. The latter include; sexual health, c-card condom scheme, smoking cessation, substance misuse, anger management, financial awareness, fitness and nutrition and basic skills in numeracy, literacy and information technology. This broad-based approach to education significantly improves their chances of gaining employment and ultimately achieving economic independence. Our courses are accredited by NOCN Qualifications and City and Guilds. We aim to improve our young people's; self-esteem, confidence, social skills, behaviour, knowledge and life chances. We have adopted the 'Every Child Matters' framework for success, linking physical well-being of young people to academic attainment by offering a wide range of physical activities.

## Funding

The Department of Health (DH) Young People's Development Programme (YPDP) funded a three year initiative (2004-07). New funding from DH (amount £35,000 to March 2008) has recently been secured under the 'Youth Work 4 Health' initiative. London Councils have provided funding for our 16+ NEET (not in education, employment or training) project. Tudor Trust has funded our physical fitness project, providing fitness equipment and sessional staffing. The Clothworkers Foundation, The Percy Bilton Charity and the Hilton in the Community Foundation have contributed to equipment for our nutrition centre.

## Staffing

We have nine years experience in promoting the inclusion of young people and in engaging them in constructive activities. Our team now consists of a development manager, operations manager, four project workers, careers adviser, basic skills tutor, and a part time administrator. Due to the very diverse nature of the young people that we work with, staff are equipped with extensive skills and qualifications in working with disaffected and disengaged young people. For example, training has included; counselling skills, drugs awareness training, sexual health, c-card condom scheme, smoking cessation, anger management, health and safety, first aid, mountain biking qualifications, youth worker qualifications, careers advice, basic skills tuition. Our staff are regularly called upon to attend child protection reviews, due to the diverse needs of the young people that we are working with.



## Nature of the provision

### Which groups of young people does the project help?

Our young people are aged between 13 and 17 and have missed a significant part of their education due to years of exclusion from mainstream education. They come from socially deprived backgrounds, low-income households, single parent families, are in care, or come from families with a history of unemployment, violence, or substance misuse. These young people have often suffered violence, physical and sexual abuse and suffer social exclusion. They live in areas of deprivation and suffer from poor levels of basic skills and social skills. They have a variety of special educational needs, mental and physical health problems. Our young people predominantly come from Barking and Dagenham, Havering and Redbridge, although many travel further as no alternative education provision exists that is available to them in their local area.

Motorvations offers a broad range of healthy lifestyles learning, including sexual health, c-card condom scheme, smoking cessation, substance misuse, alcohol misuse and has introduced an on-site fitness centre. This offers personal fitness plans and health assessments and a nutrition centre with juice bar, teaching young people healthy eating options.

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Our young people are actively encouraged to contribute to the development of the project and popular open forums enable all our young people to be involved given their various special needs.

### Outcomes

Our beneficiary outcomes are considered to be excellent given the challenging young people on our programme. Last year 70 per cent achieved NOCN qualifications, 60 per cent of year 11's entered work with 20 per cent entering Further Education. 10 per cent quit smoking with our smoking cessation scheme.

The growing rise in obesity is a major concern and a prioritised area of health for young people. To help tackle this and the poor diet among our young people, we have introduced an on-site gym providing personal fitness plans and training programmes. Complementing this is our nutrition centre and juice bar which enables young people to learn healthy ways of preparing and cooking food. This has also given them a social area to discuss issues important to them.

Other outcomes include:

- Transferable tool and workshop skills helping young people with their future employment chances.
- Increased self-esteem, confidence and social awareness.
- Raised awareness of their sexual health with an understanding of the importance of relationships.
- Raised awareness of the dangers of drugs use on both themselves and society – including smoking and alcohol.
- Improved health through sport participation.

### Measuring effectiveness

**How are young peoples progress and achievement measured and recorded?**



Monitoring is undertaken on an individual basis. We have a client monitoring system in place which involves a personal file for each young person containing their agreed goals and targets. Each of these tailored personal development plans are designed to suit their specific needs and are reviewed on a monthly basis which enables realistic goals and targets to be set. Improvements in physical fitness and diet are also recorded in this plan.

Start of programme/end of programme feedback questionnaires

are completed in order to evaluate each programme and to measure if targets and desired outcomes are being met .

#### How is the project evaluated?

During a recent OFSTED inspection of provision in the borough, Motorvations was ranked 'outstanding' in every criteria and was the top ranking provision for young people in the Borough of Havering. Informal feedback indicated that the project was 'truly outstanding'. Barking and Dagenham Local

Education Authority's Quality Control Department provides an annual 'Quality of Provision Review' in order to sustain the quality and help with future development of our provision.

The effectiveness of our work has also been reflected through various achievement awards including:

- The Guardian Charity Awards – Winner 2006
- Thames Gateway Community Involvement Award for innovation, replication and sustainability – 2006

- BT Speaking and Listening Award – 2006
- The O2 – It's Your Community Award 2006
- Transport for London Cycle Award

#### What are the finding of any evaluations to date?

Havering Education Authority found that Motorvations is 'a professional well managed provision providing targeted youth work. It's holistic approach has enabled it to develop new and innovative ways of engaging young people in order to meet the

growing needs placed upon them'.

#### What factors help the delivery of healthy youth work?

Motorvations has enjoyed nine years of progressive development backed by an experienced pro-active management team.

The project employs qualified and experienced staff who have adapted to the changes the project has seen in recent years. Staff support involving regular individual reviews and staff meetings have also been key factors in the method and mode of delivery.

Ongoing training has enabled Motorvations' staff to move the project forward in tackling health issues in young people.

Strong links and support with the local PCT exist, allowing for a sustainable route for referral in specific areas when required.

#### What factors hinder the work?

As with all voluntary sector organisations core funding is always an issue.

Many of the young people we work with come from low income deprived areas. Many of the health issues we are trying to tackle are second/third generation, inherent problems often caused by lack of health and nutritional information. We are constantly battling with a take away food culture, with social interaction neglected during meal times.

### Partnership/ multidisciplinary working

#### What other agencies do you work with on a regular basis?

We have established strong working relationships across three London Boroughs as well as in Essex.

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Referrals come direct from Local Authority Pupil Services, YOTS, schools, Connexions, Youth Service, Social Services and other youth organisations such as Positive Activities for Young People.

**When working in partnership what is the distinctive contribution of your project?**

We are able to identify specific areas through our expertise and experience that young people may need support in.

As part of our commitment to young people's health and development we attend regular review meetings where we are



able to share our thoughts and observations with partners..

**Has this partnership resulted in greater collaboration or increased understanding between partners?**

Local Authorities invite us to all review meetings for referred young people. All staff have been trained

in child protection issues and we have a dedicated child protection officer from the local authority who attends the project on a regular basis to discuss any concerns we may have.

## Strategic Impact

**Do you consider this project to be innovative, in terms of healthy youth work)?**

The project strongly adopts the Every Child Matters – 'Be Healthy' framework. This is reflected in the development of the gym, nutrition and health elements of the project and the national recognition we received through the Guardian Charity Awards.

**How do you disseminate the learning from the project?**

With a well established network of youth organisations gained through our work with the Department of Health and The National Youth Agency through the Young People's Development Programme we have been able to share our expertise and good practise through local and national events.

More recently we have been asked to share information through presentations at various youth events.

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