

# Hessle Road Network



SUPPORTING YOUNG PEOPLE AGED 9-21 IN THEIR  
PERSONAL, SOCIAL AND EDUCATIONAL DEVELOPMENT



## Summer Activities July—September 2012

### THE DEEP

7 young people took part in the trip to The Deep on 14 August 2012. They enjoyed looking at the exhibition about the sea and were really interested in looking at the fossils and virtual information boards.

After this they visited the interactive area where they had the opportunity to touch some of the creatures and all of the young people lined up to touch a starfish.

There was also a large tank which had many different species and the young people said the highlight was being able to see the stingray close up.

At 2.00 pm the group gathered round the tank which help the sharks and giant stingrays and were able to watch the scuba divers enter the water and start the feeding.

The day was great—everyone really enjoyed it and learnt a lot about sea life and how many different species of fish live together.



### Go-Ride at Network

Hessle Road Network hosted a Go-Ride racing event on 16 August 2012. Go-Ride Racing is a new initiative in partnership with Sky designed to encourage more young people into entry-level cycling.

*Many young riders find it daunting to enter their first race and compete against more experienced riders who are often equipped with the latest bikes and specialist equipment. Go-Ride Racing offers riders under the age of 16 the opportunity to compete in a real race environment against cyclists of the same age and ability. Once novice racers have gained confidence they are encouraged to make the step up to open regional competition. (British Cycling 2012).*

We knew many young people were interested in cycling from our weekly youth session. We already run occasional 'cycle club' rides for those more committed (fit) cyclists. It seemed logical to host the event in the hope of encouraging more young people to start cycling and perhaps join our club or other clubs in the area, or maybe just have some fun with their peers. Cycling, like all exercise, has positive subsidiary effects on a person's health and overall wellbeing. This further persuaded us to commit HRN's time and resource to organising the event.

We wanted to attract as many young people as possible because we didn't want young people to miss out on a rare visit from British Cycling to their local area. With that in mind we promoted the event through local networks with help from Hull City Council's Sports Development Team. In addition we posted 150 letters to young people accessing our project and put out additional flyers both whilst out on outreach sessions and via a blanket posting throughout the area.

In total over 60 young people attended the event. 34 of them took part in races throughout the day, with the remainder also enjoying the other activities HRN had organised including arts and crafts.





## YORKSHIRE WILDLIFE PARK

A mixed group of both girls and boys attended the summer trip to the Yorkshire Wildlife Park near Doncaster. All of the young people were excited about visiting the Park and the main topic of conversation beforehand was what animals they would see.

First to greet us were the meerkats and mongooses which were very popular with the young people. As we walked around we were able to take full advantage of the interactive nature of the park which allowed us to feed wallabies, walk in the lemur's enclosure and through the South American area which had monkeys as well as other wildlife.

During the trip we were lucky enough to be asked by the raccoon trainers if we would participate in the training of their new raccoon which involved us learning over whilst the raccoon ran across our backs.

After lunch we headed to the tiger enclosure where the group were given a quiz to complete with a prize for the person who had the most correct answers. The young people enjoyed reading all of the interesting facts and answering the questions.

When we had finished seeing all the animals everyone was eager to finish off the day in the play barn and gift shop. We all had a brilliant day and the young people want to return in Summer 2013 when the giraffes will be there!

## HAWAIIAN DISCO

**HRN held a Hawaiian Disco on 17 August. 41 young people came to the disco, some in fancy dress.**

**Young people danced to all sorts of music and they loved the party songs, especially the Cha Cha Slide.**

**We also had various competitions including:**

- Limbo
- Dance Offs
- Hula Hoop
- Pin the Apple on the Pig

**At the end of the disco we awarded prizes to the Best Fancy Dress and Best Dancer.**

**The disco was really good and all of the young people enjoyed themselves, as did the staff.**



## BILLABONG TRIP

The Wednesday night mixed session for young people aged 13+ has been a very successful session at HRN for many years and the majority of the group are leaving school and moving on. We offered them some suggestions on what trip they would like to go on over the summer and the whole group wanted to visit Billabong Water Sports Centre at Leven. At the Centre you sit in a rubber dinghy and are dragged around the pond by a speedboat.

12 young people took part in the trip and they all went around the pond 4-5 times each.

The best part of the day was watching the young people fly off the dinghy and skim across the water like a stone and then watching their faces as they resurface.



In addition to those shown in his newsletter we also organise the following trips and activities over the school holidays: trip to East Park, Capture the Flag at Beverley Westwood, Come Dine with Me, trip to Fraisethorpe Beach, Andy Warhol Art Project, camping at Burton Constable, Street Games Festival, trip to York Maze, Orienteering, Swimming at Woodford Leisure Centre, Disability Sports, BBQs and Horse Riding to name a few.

If you would like more information on any of our trips and activities please contact:

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