

Hessle Road Network



Horse Riding

The age range for this project was 9-18 and we had 4 young people taking part. They did five weeks of horse riding and learnt new skills each time. The young people were able to ride the horses and learn skills like trotting and how to jump over small barriers. They also fed, groomed and cleaned out the horse stables which they all participated in and enjoyed. In some of the sessions they went into the riding school and other times they went on rides around Paull Village. The whole group grew in confidence and two of the young women now have volunteer placements at the stables.



Dalby Forrest Trip!

On Wednesday 8th April 2015 a group of 35 young people went on a trip to Dalby Forest. The trip lasted all day and the young people had a great time. We were very fortunate with the weather and this enabled all of the planned activities to take place. The older group chose to tackle a challenging hill climb whilst the younger group chose to complete the Gruffalo trail. Once the walks were completed, everyone ate lunch together before heading off to the play park, or to take part in sports activities. The young people had a wonderful experience and it was a great bonding activity with new friendships forming between members of the group.



East Park Trip

On Tuesday 26th May 2015 the Girls Group reward trip to East Park took place.

The trip was to reward



good behaviour and the positive attitude displayed by the girls over the previous 10 weeks.

Overall, 11 young people were invited and 9 were able to attend the trip.

The day was a great success with all the girls really enjoying the activities. On our arrival at the park the girls took part in the activities and games being offered by Hype before heading off to the play park. After lunch we



had a look around the animal centre and the girls enjoyed seeing a variety of unusual animals including raccoon dogs and kangaroos. The day was topped off with ice creams before heading home.

Headstart Video

On Thursday 28th May a group of 5 young people travelled to Darleys Youth Centre to take part in making a YouTube video for the HeadStart YouTube channel. The aim of the video is to support young people to develop emotional resilience in order to help them overcome challenges in life as well as regulate and maintain better mental health in the future. Our group chose to talk about the positive and negative effects of the internet and social media in young peoples' lives and how it can affect their mental health.

Music Sessions

We have been running music sessions at Hessle Road Network for 3 months now. Initially, the sessions were a bit



chaotic with just a few young people getting together in the youth room with an acoustic guitar and jamming. Now, we have a six piece band able to write and perform music together with flair and confidence.

One of the really positive outcomes of the group has been the relationship building between young people.

Easter Sports Day

As part of our on-going programme of sports activities we took a group of 11 young women to a cricket fun day organised by the Yorkshire Cricket Board at Ennerdale Leisure Centre.



The session had attracted young people from all over the city and it was good to see the group working well with young people they didn't know displaying good team work and communication skills. By the end of the day the group were all tired but had enjoyed learning how to play cricket, we will now look to incorporate cricket into our weekly programme of activities.