



COMMUNITY TRUST
At The Heart Of The Community

**Charlton Athletic
Community Trust**

Next Steps Residential

May 2021 - Report



Introduction

A vital component of the added value to KMPT EIP is the provision of the “Next Steps” residential trips. These trips are delivered in addition to the main project with full costs provided by CACT. The Next Steps project focuses on providing unique residential opportunities for young people who have suffered a first episode of psychosis.

Each trip consists of a 4-night stay in Cornwall and is aimed at clients who are at an advanced stage of their recovery pathway. The trips offer a residential experience away from home, along with exciting coastal activities such as kayaking and coastering. Each trip also includes a bespoke educational visit to The Eden Project. 14 clients from the KMPT EIP services took part in the Next Steps during May 2021.

Participant breakdown:

- 14 participants
- Male 50%
- Female 50%
- Age ranged from 17 to 58 years-old
- Received 840 accumulated hours of delivery

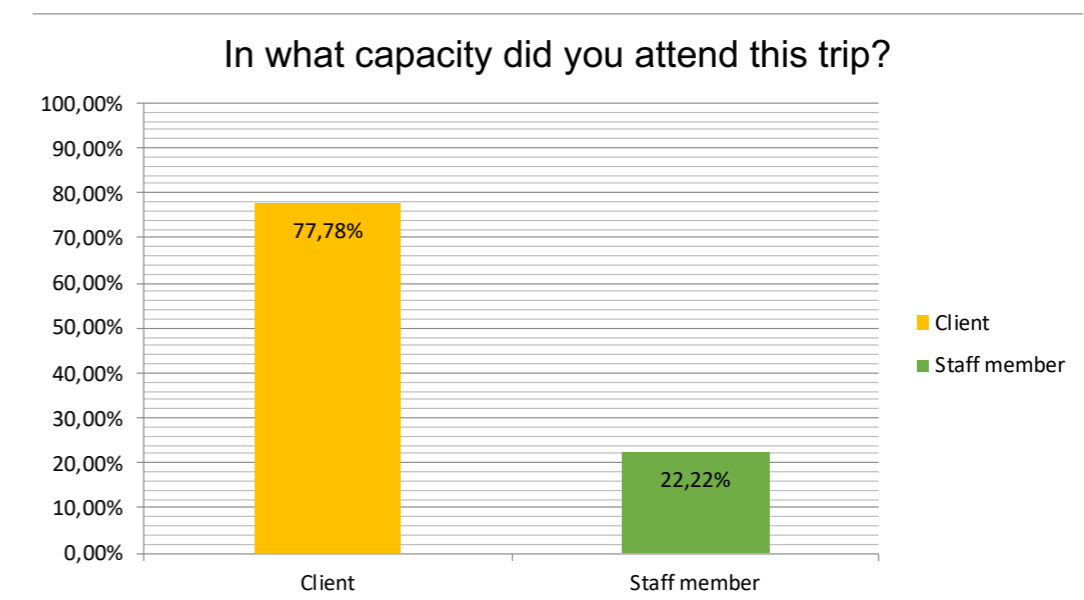


Outcomes

As shown in the table below, 100% of participants thought their relationships and support received from staff was excellent. 94% rated the activities on offer as excellent with the other 6% believing they were good, similarly to the quality of venues and facilities. When asked to rate their overall enjoyment of the Next Steps Residential Trip, 89% rated it as excellent whereas 11% as good.



In the completion of the feedback surveys, we saw a mixture of client and staff feedback which provides an extra outlook on the programme and its benefits to the clients in the perception of some of the staff who attended the Next Steps Residential. In the table below outlines the percentage of in what capacity the feedback came from.



In the feedback survey, four questions and one additional comments section was asked of the client and staff to complete. The four questions were:

1. What does it mean to be able to attend these trips?
2. What have you managed to achieve from attending this trip?
3. What was your favourite part of the trip and why?
4. What was your least favourite part of the trip and why?



Key outcome responses from question one:

“As a staff facilitator it’s been a real privilege supporting and attending Cornwall Next Steps Residential trips. I have seen the benefits to clients in improving confidence, social skills, learning new skills, going to new places (some have never been out of Kent) and on a personal level I love the whole experience!” – Staff

“As a coordinator I felt that the whole trip was especially beneficial for all my clients that I work with. New relationships have been forged. Everyone said that they’ve had an amazing time.” – Staff

“It means everything to me.” – Client

“Recently, I have been worried about COVID and going outside. These trips have built up my confidence about going outside.” – Client

“It means a lot as you have to be able to see how the people you care for are managing in the community. It brought us together, not as a professional but as a person who they can trust with their care.” – Staff

“Being able to get away from regular life and have a break has let me completely reset. It’s inspired me to want to get my life progressing again.” – Client

“It’s been excellent and has helped me a lot with my anxiety.” – Client

“It’s been great for my mental health and well-being.” – Client

Key outcome responses from question two:

“Build confidence, try new things, face challenges/fears and feel proud of myself.” – Client

“This trip and the activities have shown me what I can achieve. I have managed to beat my fear of heights and make new friends.” – Client

“I have managed to achieve greater patience, tolerance, inclusion and having fun. The trip has managed to bring the guys and girls together well and make friends.” – Staff

“I managed to overcome my fear and have confidence of doing things in which I can apply to my personal life when it comes to certain situations. I also managed to encourage others in the sense of motivating them.” – Client

“Confidence in being part of a group over an extended period. Simple things like talking and managing anxiety in group dynamics.” – Client

“Developing new relationships and understanding with my clients as well as other members of staff. Challenging myself in undertaking new activities I didn’t feel I could do before.” – Staff

Key outcome responses from question three:

“Difficult to pick one, all activities thoroughly enjoyable, each one challenging for different reasons and seeing participants tackling/overcoming some of their personal challenges, growing in confidence with each experience.” – Staff

“The zip wire over the Eden Project and being able to see my aunt and cousin for the first time in over seven years.” – Client

“I loved all of it, particularly the coastering and walk, and getting to enjoy the amazing terrain/scenery.” – Client

“Coastering and zip wire as it’s something I have never had the chance to do before.” – Client

“I really enjoyed all of the trip, but my favourite part was the Eden Project and the zip line because I like plants and I beat my fear of heights and I would not have been able to do it on my own.” – Client

“The whole package was brilliantly put together. Everything was amazing. Being part of a supportive and caring group of people. The group has bonded very well. Everyone has been kind, respectful and supportive of each other.” – Staff

“My favourite part was coastering as it helped me with confidence to get in the sea.” – Client



Key outcome responses from question four:

“The drive, Carl’s 80s music wasn’t loud enough.” – Client

“I cannot say there was a least favourite part because the activities I was anxious and fearful about doing have proved to be some of the best experiences. It feels good to overcome your fears and achieve something.” – Client

“None, I was able to fight my fears and the support from my colleagues made it the best trip.” – Staff

“Going home because Cornwall is a beautiful place.” – Client

“The coastal walk but only because of the weather. It was too cold.” – Client

“The journey home but I wasn’t the poor person driving! Couldn’t fault anything about the trip. Well done to all who organised this!” – Staff

Key outcomes responses from additional comments section:

“Maybe do the zipwire before the dome tour, so that those who were nervous could relax and enjoy the tour after. Group meal on last night to reflect back. Chill out evening mid-week instead. Thanks Carl and Terry - you’re stars!” – Staff

“If the next trip could be longer and could we visit the castles next time.” – Client

“Wish it was for longer, was really fun and enjoyable. Thank you, team!” – Client

“Both Terry and Carl work extremely hard to ensure everyone has the best experience.” – Staff

“It was the perfect trip, thank you!” – Client