Tackling Poverty Locally Online Directory

Above Adventure Outreach Programme.
Access to climbing through an outreach programme.

Part 4 - How-to Guide

This guide offers more detailed information and advice for those who may be interested in adopting or adapting the initiative in their local area.

This document comprises the following sections (click hyperlink to skip to that section)

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Title	Above Adventure Outreach Programme. Access to climbing through an outreach programme.
Organisation	Above Adventure.
Category	Fully Validated.
Poverty Impact	Mitigation.
Introduction to the Project	

The outreach programme, which provides access to climbing, is run by 'Above Adventure', a non-profit charity based within a purpose-built community centre and climbing gym in Kilmarnock, Ayrshire. The goal of the charity is to improve accessibility to the sport of climbing, with the outreach programme central to the organisations core aim of offering access to those disadvantaged by poverty, addiction, disability or otherwise. The outreach project offers tailored experiences to each group and works with individuals from schools, to addiction recovery groups.

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Initial Idea

Who had the initial idea?
Dean Pastulovic, Manager of climbing centre

How did the idea for the project come about?
Dean and was an outdoor climbing instructor, he had a traumatic incident in the army and suffered with PTSD, he did a variety of different things but kept coming back to climbing to help with his mental health. This developed into his passion of sharing climbing with those who are similarly disadvantaged through the "Outreach" program; eventually cumulating in the development of the centre of 'Above Adventure' that's in Kilmarnock today, delivering outreach sessions and kids clubs year-round.

Were plans informed by any published reports / papers / research evidence or practice from elsewhere?
Feasibility studies were completed, yet no specific detail is available. Self-completed feedback forms given to participants of the outreach program were given out and handed back - a continuous feedback cycle has been developed.

Was anyone else involved in developing the initial idea of the project?
Yes. Those on the board of Above Adventure helped to develop the program.

Were those with lived experience of poverty involved in developing the initial idea of the project?
No, but there are people involved now with lived experience of poverty.

Was funding required to support the development of the initial idea of the project?			
No		**Yes**	✓

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Please provide details of the funding that was used to support the development of the initial idea of the project.	
Which organisation provided funding?	Regeneration Capital Grant Fund, Robertson Trust, Local Authorities, and Renewable Energy Fund are the main funders.
How much was required?	N/A
What was the specific source of funding? (e.g., particular grant or policy)	Capital Regeneration Fund.

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Were specific resources – other than funding - needed when developing the initial idea of the project?			
No		**Yes**	✓

Please provide details of the resources that were required when developing the initial idea of the project.	
Staff/Volunteer Time	People to run outreach sessions and pick up/drop off the children.
Facilities / Workspace	Dumfries House climbing wall prior to the development of 'Above Adventure'.
Equipment	Climbing wall, harnesses, and minivan.
Local Knowledge	N/A
Food and Drink	N/A

What, if any, barriers had to be overcome when developing the initial idea of the project?
Funding.

What, if anything, helped enable development of the initial idea of the project?
The skills and expertise of those on the Board helped to develop 'Above Adventure'. From the outset the development and growth of the organisation, its facilities, and its programmes, would not be what it is today without the generous time of people.

How long did it take between having the initial idea and starting the project?
N/A

Who made the decision to introduce the project?
Dean Pastulovic, Manager of the climbing centre.

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Early Development – Pilot Project or Feasibility Study

Was there a pilot project or feasibility study?	
No	
Yes, a pilot project	✓
Yes, a feasibility study	✓

What did the pilot study or feasibility study involve?
Delivering outreach programme sessions at an established climbing centre.

Who was responsible for the design and/or delivery of the pilot or feasibility study?
Dean and members on the board of 'Above Adventure'.

Were those with lived experience of poverty among those involved in the design or delivery of the pilot project or feasibility study	
No	✓
Yes	

Was funding required to support the pilot project or feasibility study?			
No		Yes	✓

Please provide details of the funding that was used to support the pilot project or feasibility study.	
Which organisation provided funding?	Private Donator.
How much was required?	N/A
What was the specific source of funding?	Secured donation for Minivan.

Were specific resources needed to support the pilot project or feasibility study?			
No		Yes	✓

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Please provide details of the resources that were required for the pilot project or feasibility study.	
Staff/Volunteer Time	Delivery of climbing sessions.
Facilities / Workspace	Dumfries House.
Equipment	Climbing equipment.
Local Knowledge	N/A
Food and Drink	N/A

Was the pilot project or feasibility study evaluated?	
No	
Yes	✓

Through feedback forms which were collated into a report. This was then used to approach potential funders with the aim of developing 'Above Adventure'.

Was there evidence from the pilot project or feasibility study that confirmed that it was working / it would work?	
No	
Yes	✓

It was confirmed through the pilot project that climbing helped children to exercise and experience their natural surroundings.

Who made the decision to continue with the project beyond the pilot or feasibility study?
Dean Pastulovic, Manager of the climbing centre.

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Was the design of the project modified following the pilot project or feasibility study?	
No	
Yes	✓
The project design is open to continuous change and development in line with client feedback.	

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Accessing the Service and Engaging with Service Users

Is there a referral process?	
No	
Yes	✓
If an organisation wants their young people to access our funded outreach programmes, they must apply through the Board.	
Is referral the only way that potential clients are made aware of the project?	
Yes	
No	✓
Other than referral, how do potential clients come to know about the project?	
Through schools and kids' clubs.	
What is the most common way through which users typically access the service?	
At the moment, through schools.	
Do you take steps to keep in touch / reach out to service users?	
No	✓
Yes	

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Working with People with Lived Experience of Poverty

Are those with lived experience of poverty involved in <u>delivering</u> the project?	
No	
Yes	✓
A staff member who was originally a project participant has had lived experience of addiction and poverty.	

Are people with lived experience of poverty involved in <u>managing</u> the project or project governance?	
No	✓
Yes	

Are people with lived experience of poverty involved <u>in any other aspect</u> of the project? *If so, please describe below*.	
No	
Yes	✓
Providing help with coaching.	

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Leadership, Governance and Partnership Working

Who is responsible for managing the project?	
Gail Watson (operations). Other aspects of the work are generally managed by the Board.	
Is this the only responsibility of the person managing the project?	
Yes	
No	✓

What proportion of the manager's overall workload is given over to this project?	
Most of it	✓
About half of it	
Just a small proportion of it	

Is there a Project Steering or Advisory Group?	
No	
Yes	✓
The Board acts as the advisory group, which includes professionals and passionate climbers	

Are any other governance arrangements in place to review strategy and performance?	
No	
Yes	✓
The centre and outreach program has strategy and performance review quarterly. Staff reviews are conducted every six months.	

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Links to Wider Policies, Strategies and Statutory Requirements

In your opinion, is the project aligned with national and/or local anti-poverty strategies and priorities (e.g., local authority or health board priorities)?	
Don't know	
No	
Yes	✓
You naturally have to align with the strategies and priorities, for example with the Robertson Trust.	

In your opinion, has the project benefited from being part of this anti-poverty strategy?	
Don't know	✓
No	
Yes	

Is the project part of any other strategy?	
Don't know	
No	
Yes	✓
Inclusivity in sport, receiving funding from sport Scotland to develop inclusive climbing facilities	

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In your opinion, has the project benefited from being part of this strategy?	
Don't know	
No	
Yes	✓
This focus on inclusivity is built into the very design of the centre; with specific equipment for those with physical impairments, staff trained to work with children with additional support needs and who may be experiencing economic disadvantage. The centre has benefitted from this inclusivity strategy which has left no one behind and has not "singled out" specific groups.	
Is the project delivering a service that is a statutory commitment?	
No	✓
Yes	

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Funding

Has external funding been secured to support the work?	
No	
Yes	✓

Please provide details of the external funding that was used to support this work?	
Which organisation provided funding?	39 individual funds.
What was the specific funding stream/source/scheme?	Renewable energy fund, among others.
How much funding was secured?	£4.3 million.
For how long has funding been secured?	Historic. This was for the capital development of the centre. Details on timescales for current and future funding securement N/A.

Is future funding from the same external source a possibility?	
Don't know	
No	✓
Yes	

Has a specific sum been secured from the host organisation to support this work?	
No	
Yes	✓

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Please provide details of the funding that was used secured from the host organisation to support this work?	
How much funding was secured?	N/A
For how long has funding been secured?	Funding is available as long as there is membership fees paid to the centre. Paid membership fees contribute towards the funding of the outreach programme delivery.

Is future funding from the host organisation a possibility?

Don't know	
No	
Yes	✓

Is future funding from the host organisation based on pre-agreed outcomes or outputs being delivered?

No	
Yes	✓

Pre-agreed outcome or outputs include:
- Increasing membership income to self-fund outreach programmes.
- Using commercial surplus to support the delivery and development of the centre as a way to incentivise people to become members, improve their wellbeing, and improve outreach program funding.

What are the future - longer-term - prospects for this work if existing funding sources were no longer available?

The scale of outreach is dependent on the scale of the commercial surplus that is generated.

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Staffing and Resources

Do existing staff from the host organisation contribute toward the work of this project as part of their broader work for the organisation?		
	No	
	Yes	✓
All staff are trained on outreach programme delivery.		
Are existing staff from the host organisation paid extra (for example, taking on extra hours) to contribute toward the work of this project?		
	No	✓
	Yes	
Have additional paid staff been employed to contribute toward the work of this project?		
	No	✓
	Yes	
Are volunteers involved in delivering the project?		
	No	
	Yes	✓
Volunteers complete climbing wall instructor programmes to help deliver outreach programmes on a voluntary basis.		
Are specific resources – other than staff/volunteer time and money - needed to support the delivery of the project?		
No		**Yes** ✓

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Please provide details of the resources that are required to deliver the project?	
Facilities / Workspace	The Centre.
Equipment	IT equipment to book Outreach Programme sessions.
Local Knowledge	N/A
Food and Drink	The base camp café provides free meals for individuals enrolled on the Outreach Program or the Kids Club.

Are any of the resources needed to deliver the project provided in-kind, rather than budgeted from project funds?	
No	✓
Yes	

Were new IT systems, additional software, or upgrades to existing software (databases, Apps) required to deliver this project?	
No	
Yes	✓

New websites, specific software for running climbing centres, and an AI Chatbot on the website. AI processes and analyses the website generated data to aid in the formulation of insights that are beneficial to visitor experiences and insights. AI is also used to help write social media content, newsletters and other things.

Was additional training – for staff or volunteers - required to deliver this project?	
No	
Yes	✓

- First aid training.
- Physical and mental health training.
- Climbing-specific training to use specific equipment.
- Safeguarding and child protection training is also given.

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Monitoring and Evaluation

Is there baseline data to describe what things were like before the start of the project?	
No	
Yes	✓

Is the difference that the project is making measured or monitored by the host organisation?	
Yes	
No	✓

Has an external organisation been employed to formally evaluate the project?	
No	✓
Yes	

Is there an intention to employ an external organisation to evaluate the impact of the project in the future?	
Do not know / No current plans	N/A
No	N/A
Yes	N/A

Is there an intention to undertake your own formal evaluation in the future to estimate the impact of the project?	
Do not know / no current plans	✓
No	
Yes	

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Impact

To what extent have the aims of the project been achieved?	
Fully met	✓
Making progress toward meeting Aims	
Not making progress	

What difference has the project made?
Above Adventure provided employment for an individual with lived experience of homelessness, lifting them out of unemployment. They help numerous children access the sport and continually seek to engage individuals in the community, which has the potential to aid in the formulation of new friendships.

Have conditions or demand changed since the project was introduced?	
No	
Yes	✓

The popularity and growth of the sport of climbing has led to a greater demand for the service.

Has the project had the capacity to meet these changing conditions and demand?	
Yes	✓
No	

Has the project changed through time?	
No	✓

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Has the project had any unexpected or unintended outcomes?	
No	✓
Yes	
In your opinion, is the project having an impact on tackling poverty?	
No	
Yes	✓
The Project aims to offer an escape from the struggles of daily life through exercise. This escape, in combination with the development offered through the outreach program, has had an impact in tackling poverty. One staff member began their journey with the charity as a recipient of the outreach program dealing with addiction, they now help to deliver projects while being provided a stable income. The project also feeds children who otherwise may not have a stable diet or intake of meals through the provision of a breakfast and lunch. Overall, the Outreach program helps to deliver poverty alleviation through the sport of climbing and the fostering of a stable community spirit.	

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Learning from Experience

What is working well?
• Continual investment into the centre. • Expansion of the programmes.
What, if anything, is working less well?
• Targeting the customer base properly. • Finding out what works and what does not.
What are the key learning points that you'd like to share with other practitioners?
• Securing funding is difficult. • Be specific around the aims of the programme and quantify what you intend to do, e.g. serve 20 outreach sessions a quarter.

Are there plans to develop or expand the project in the future?	
No	
Yes	✓
Plan to develop the member base of the project.	

How easily do you think this project could be replicated in another setting?
The outreach programme could be replicated relatively easily in another setting, but securing the funding for development of the centre in which it was delivered would be the hardest part.

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