

Camp Camp 2017 Stewardship Report

Grow Your Glow



Camp Camp is a four-day residential for LGBT+ young people living in Cambridgeshire. It provides opportunities for young people to develop leadership skills, build self-esteem, foster hope and resilience, explore their creativity and curiosity, and connect with resources to support their health and wellbeing (physical, mental, social, sexual, educational, and spiritual). Camp Camp provides a supportive space for youth to celebrate and be celebrated for who they are.

It was supported by...

- Children In Need
- Arts Council
- The Kite Trust
- Community donations

Huge thanks to Anna White at UBC's CampOUT!, a similar programme based in British Columbia, Canada, who generously shared much of their practice, experience and resources with us, which made our process infinitely smoother and easier. We could not have done this without them!

Our Vision

Camp Camp is founded on the following values:

- 'Normal' doesn't exist

- All forms of diversity are celebrated
- We are agents of change
- Each person's individual journey is affirmed
- People are welcome as they are
- Self-care is celebrated in all its forms

Our theme this year was 'Grow Your Glow' and this was embedded throughout every aspect of the programme. We focused on artistic expression, self-development, life skills, and self-care, operating from the idea that in order to really affect positive change in the world, we have to take care of ourselves first. The camp was centred on the idea of wellbeing as a holistic practice, one that we engage with and develop. Young people were challenged to identify what was special about them, and to grow that spark and share it with others. Each young person was given a t-shirt, a notebook to record their experiences, and a cookbook with all the recipes from the week so that they could recreate them at home.

We were joined by Acting Now who delivered three half-day workshops to young people throughout the week, and which kick-started our new partnership with them; a weekly drama session for LGBT+ young people which began this autumn.

Community Guidelines

1. Create an atmosphere of non-judgment, respect, inclusivity, and acceptance
2. Mistakes are OK with positive intent
3. Platinum rule: Treat others as THEY wish to be treated
4. Acknowledge/create quiet spaces and leave room for silence, low-energy times and reflection
5. Move up/Move back: create space for all and remember to listen
6. Respect all emotional and physical boundaries. Get consent before hugging, taking pictures, etc.!
7. Remember – It's OK to ask for help!
8. Patience with self and others
9. Everyone has the right to pass if they choose
10. Use inclusive language as best as you can
11. Respect accessibility needs and prioritise accessible spaces; Support different needs as defined by individuals
12. Engage in controversy with civility
13. Speak to an idea not the person
14. Care for self and others. Be responsive to your own needs
15. Invite participation: support and celebrate everyone's contributions
16. Honour silence, listening and witnessing
17. Foster vulnerability and connections
18. Confidentiality – "What's said here stays here; what's learnt here leaves here."
19. Respect the non-negotiable rules at all times
20. Be curious, challenge by choice, and remember: feeling uncomfortable is different from feeling unsafe
21. Affirm and appreciate hard work, self-care, community work and invisible work.
22. Look out for one another
23. Have FUN!

Theory of Change

Activities	Mechanisms of change	Impact	Goal	Mission
Games	Young people are supported to learn about healthy boundaries	Young people have an increased sense of self awareness		
Free time	Young people feel respected, valued, and respected	Young people have an improved sense of self worth		
Creative self-expression	Young people feel supported and challenged to try new things and explore their curiosity	Young people feel inspired to learn and grow		
Workshops	Young people feel safe enough to be vulnerable	Young people have an increased sense of connection	Young people have a greater sense of connection and awareness of holistic health and wellbeing	LGBT+ young people are empowered to make healthy and successful transitions to adulthood
Skill development	Young people have fun	Young people feel empowered and capable of affecting change		
Group discussion and reflection	Young people feel they have permission to care for themselves	Young people feel motivated to care for themselves and others		
Varied programme of activities	Young people feel empowered to establish and maintain nourishing relationships, and develop trust with adults and peers			
Cooking and cleaning		Young people have increased emotional resilience		

Financing

Each participant paid a nominal fee of £20 to attend to indicate their dedication and commitment. All other costs were subsidised by The Kite Trust. It costs the charity approximately £500 for each young person to attend the residential.

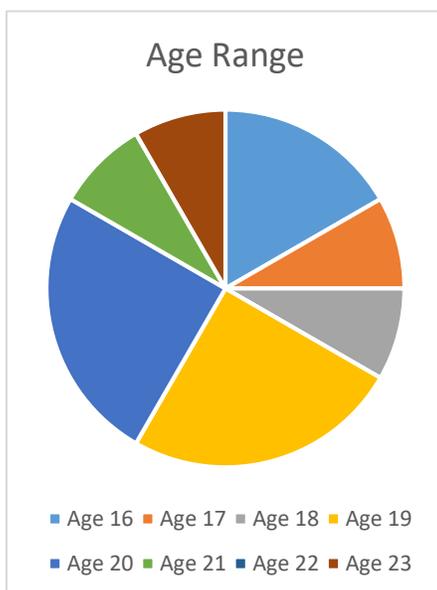
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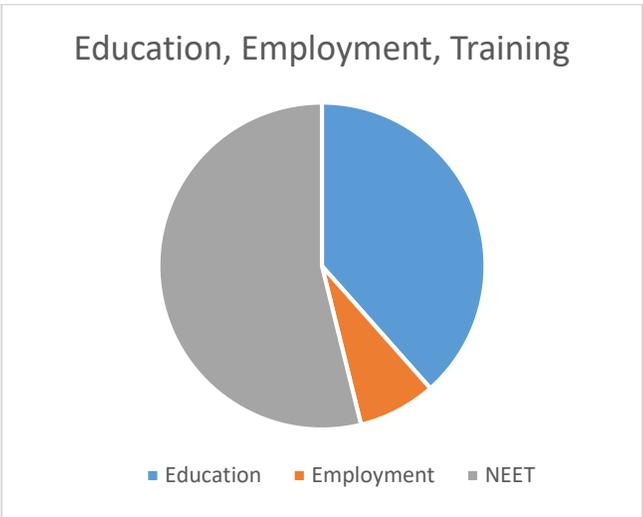
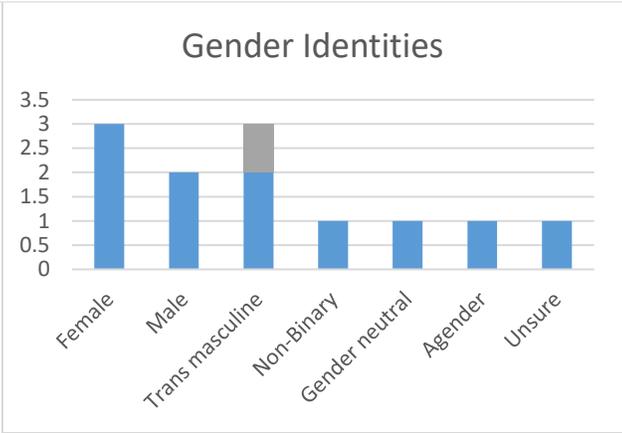
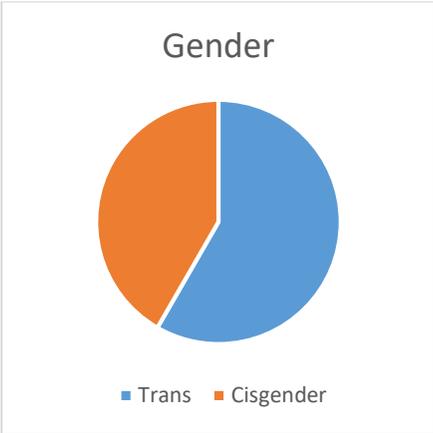
Residential Centre	£ 1,152.00	£ 1,152.00
Staff O/T	£ 1,651.25	£ 1,577.00
NI/pension	£ 198.15	£ -
Mini bus	£ 675.00	£ 641.24
Activities	£ 500.00	£ 319.00
Food	£ 800.00	£ 611.58
T-shirts		£ 124.50
Cook books		£ 220.00
Ear plugs		£ 7.19
Total	£ 4,976.40	£ 4,652.51

CampOUT! has a scheme in which businesses, local community members, and donors can become “Fairy Godparents” and sign up to contribute to the experience by sponsoring a young person in order to make it possible for them to come. They have an annual event to celebrate and honour them, and their contributions have tangible benefits for the young people who are given access to camp. The Kite Trust is considering a similar scheme in which local businesses and community members can demonstrate their motivation to support LGBT+ young people by sponsoring them to come to Camp Camp.

Attendees

12 young people between the ages of 16 and 23 joined us at Camp Camp this summer.





Staff



4 staff members: Jess, Lara, Tom, Bam. The team worked very well together and each offered various workshops to young people on a range of topics.

What happened?

- We spent the week at CEES Stibbington Centre, just outside of Peterborough. We benefitted from having the centre completely to ourselves, so we could create a cohesive atmosphere.
- We ran a range of workshops, including:
 - o Yoga
 - o Social media
 - o Health and wellbeing for trans folks
 - o Music
 - o Anxiety and stress management
 - o Queer-friendly sexual health
 - o Astrology
 - o Cooking
 - o Crafting and board games
- Free time
- Storytelling
- Campfires



What we learned/will do differently

- Weekend/bonding time for staff ahead of the residential? Time to get to know the space – “community building through getting sh*t done”
- Drama sessions too long – perhaps have more varied programme of workshops
- Necessary for staff to have time for breaks (maybe bring in external facilitators in PMs to allow staff to have a long break?)
- Practical foods, simpler/more accessible recipes and careful ordering (care not to over-order)
- Space – having separate space as sole occupants very important
 - o Outdoor space
 - o Campfires
 - o Kitchen
- More free time for YP
- Quiet time before bed (YP tended to get wound up before sleep)
- Staffing – at least 4 staff members for a max of 16 YP (1:3 or 1:4 ratio)
- Over-ordered food
- Kitchen hard to deal with on last day – it needs to be cleaned thoroughly by YP to prevent stressful load-out

- Adequate time for closing circle
- Expand the length of the programme and run Mon-Fri

What young people said

“I loved the morning talks too because it’s good to have open discussions and work through issues together”

“I liked the love that could be felt all around the group”

“I loved the support from the staff who were absolutely fabulous”

“[I really liked] being out of my comfort zone, pushing myself and doing things I wouldn't normally try like drama”

“I thought it was really special for us to have that space. It was such a perfect experience”

“My favourite moment was my 1-2-1 with Jess since it's helping me reach my goals outside of camp whilst prioritising my identity.”

“I really liked how open and accepting the space and people were. Everyone had access to anything they needed.”

“Connecting to everyone, felt like I really connected to everyone in that moment when I played the song I wrote”

“I feel like my smile has come back this week”

“Everyone was so lovely- it made me feel more comfortable with being in a group- next time I am in a group I will try to talk to people more. I can get quite anxious - people might get my body language, this has given me more confidence to do this”



Final reflections

Camp Camp was a remarkable experience for young people and staff alike; we came out of the experience feeling refreshed, inspired, nourished, and energised. Staff found new levels of confidence in themselves and each other, and young people emerged from four days of Camp Camp magic almost unrecognisable from the people who entered the space on Monday. Each person had a renewed sense of self, a greater inspiration to make a difference in their local communities, and a deeper awareness of the value of taking care of themselves.

Our hope is that it can become an annual event, growing our capacity to include more young people from more areas, especially those from rural areas and ‘hard-to-reach’ demographics. We hope to build in a youth leadership and mentoring programme, involving young people in the design and planning processes and fostering intergenerational relationships between LGBT+ young people.

Planning has already begun for next year’s programme, which aims to include more young people and run for an extra day so that each person can get the most out of the experience. We will continue to foster safe spaces for young people to meet others who ‘get’ them, to learn, grow, and explore, and to learn about all the ways they can make a difference in the world around them.