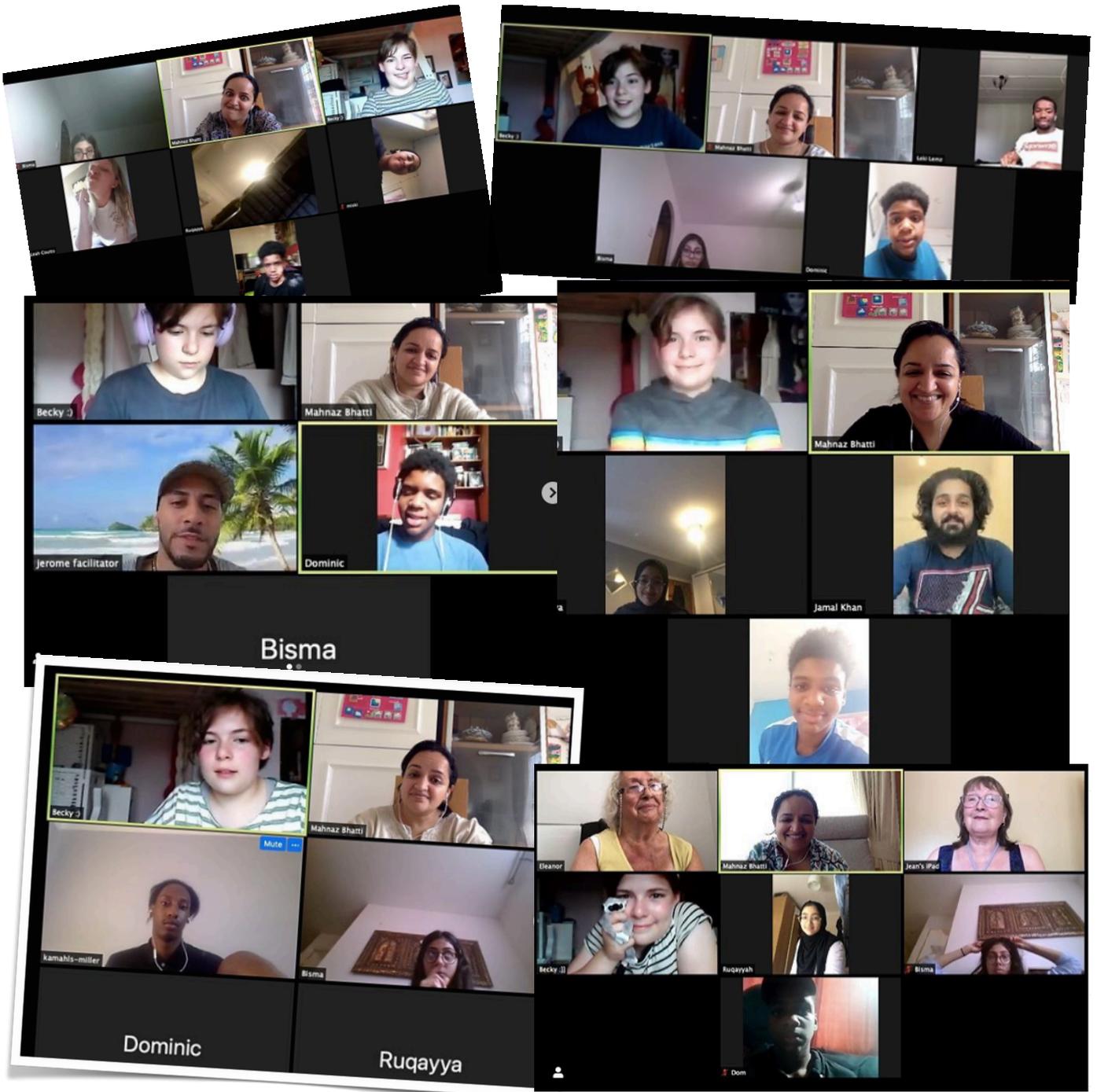




The Discovery Space



The "S.I.C.K" Discovery Space - Covid-19 (Walthamstow & Surrounding Areas)





The Discovery Space
14 September 2020

The Project

This [SICK Discovery Space](#) project was set up in May 2020 to engage young people (11-16 years of age) in Walthamstow and the surrounding areas during the Covid-19 pandemic.

The objective was to support them in learning about life and other people in their community, and to provide them with tools which are not taught in conventional educational environments while connecting them as friends across the borough.

The sessions were held virtually every 2 weeks over a period of 4 months and were overseen by a professional accredited coach and facilitated by a group of young, diverse, independent creators. One session was facilitated by two local senior citizens.

Feedback from the participants is detailed on pages 3-4, and the actions they undertook on pages 5-6. Costs associated with the project are on page 8, with key recommendations on page 9.

We had 8 young people registered in a short space of time and 4 left at various points in the project or didn't attend after registration.

3 out of the 4 remaining are eligible for certification as they attended all sessions. These were handed out at the final meeting which was held in Epping Forest (socially distanced). Each received personal notepads and book vouchers as gifts to celebrate their own personal achievements. They want more and deserve more, and as our future community leaders it is our duty to enable them to achieve this!



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Personal Outcomes & Feedback

Person	Desired Personal Outcome (06/05/20)	Outcome Met? (26/08/20)	What have you learnt from each other?	What did the guests give you?	What was your highlight?	If you hadn't done this what would you have done?	Why should these continue?
Person A	To have a deeper insight into myself and opened my eyes to the world around me	Yes	We are all similar and also very different. We are all human in different ways.	School gives you book smart. And this gives you street smart. Good for tweens (9-12).	Eleanor and Jean - Very honest and we could talk about anything and things went off on a tangent.	Watched youtube videos	To meet more young people.
Person B	To be more positive	Yes	Less social anxiety. Feel better!	Nice & interesting	Meeting different people from different backgrounds and seeing their mentality	Going out for my friends and being with family	School is all about learning and education and it's less about mental health. Schools don't care about mental health although they say they do. They care less about bullying and racist comments and more about targets. I feel you <i>want</i> to cover mental health but schools <i>have</i> to.



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Person	Desired Personal Outcome (06/05/20)	Outcome Met? (26/08/20)	What have you learnt from each other?	What did the guests give you?	What was your highlight?	If you hadn't done this what would you have done?	Why should these continue?
Person C	To be more confident	Yes	I can talk to people more. Be more social.	They were more understanding than what's there usually. Inspirational - thank you	Jamal was fun and i created lots	Doing whatever and watching vides online	Here you can talk about anything and you're heard. At school no-one will listen.
Person D	Learnt more about friendship	Yes	You can learn from each and every person in this call.	They gave good advice	Jamal - I wrote a poem because of him	Sleeping / chilling and watching TV	You can talk about what you want. You're not restricted to say what you feel and allowed to do it without being punished.



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Outcomes Set and Actions Taken

Person	Date	Action to Complete in 2 week period	Completed	
A	06/05/20	Be more active daily (drawn up a timetable)	Yes	
	20/05/20	Lot more positive to myself and other people	Yes	
	03/06/20	Make at least 5 new comics	Yes	
	17/06/20	Know more about the LGBTQ+ community	Yes	
	01/07/20	Coming out to my parents	Yes	
	15/07/20	Bring something back from holiday	Yes	
	29/07/20	Learn something new.	Yes	
	12/08/20	Take a pic of myself and friends and put in a frame and show us	Yes	
B	06/05/20	Hand in assignments	Yes	
	20/05/20	Go on a daily walk (80% done)	Yes	
	03/06/20	To be more knowledgeable about the history for Black people	Yes	
	17/06/20	Finish her essay	Yes	
	01/07/20	memorise my poems for the gcses	Yes	
	15/07/20	Revise everything done at school (maths, science & English)	Yes	
	29/07/20	Revise business studies	Yes	
	12/08/20	Explore new parts of the forest with a friend	No	



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Person	Date	Action to Complete in 2 week period	Completed
C	06/05/20	To read a whole book (Harry Potter and the chamber of secrets)	Yes
	20/05/20	-	
	03/06/20	Finish my school work	Yes
	17/06/20	Walk every day	Yes
	01/07/20	Read 2 book (read one)	Yes
	15/07/20	Do exercise and eat healthy every day	
	29/07/20	-	
	12/08/20	Go for a bike ride every day	Yes
D	06/05/20	To read 2 whole books	Yes
	20/05/20	Study for the exam 5/6 - music (11/15) and science (25/30) / day 2 learn about history (10/10) and share.	Yes
	03/06/20	45 min run (from 30 mins)	Yes
	17/06/20	Write a poem about my future	Yes
	01/07/20	Explore a new part of the forest	Yes
	15/07/20	Draw my life in 10 years time (2030)	Yes - drew a superhero
	29/07/20	Stay up for a sleep over for 2 nights with friends	Yes
	12/08/20	Summer school work	No



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Recommendations

We would recommend that another phase of this take place (4 months) for a number of reasons :

1. Mental health / wellbeing : Pastoral care is evidently an issue in schools based on the feedback of the young people, possibly due to pressure to perform academically and meet targets within the schooling environment. This initiative working with schools in the borough will aid with a young persons well being and we would be happy to lease with the schools in the next phase of the project.
2. It will also enable young people in the community to connect with other young people in other schools - including those who are home schooled (which was the case in this project).
3. To build confidence and take brave steps by the young people in the project by allowing them to own their own desired actions, set their own agendas in a space where they are encouraged and supported by their peers.
4. To push their own mental boundaries and explore through their own fruition in a safe space where they can be heard.
5. To give them a voice on the local community radio station.



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