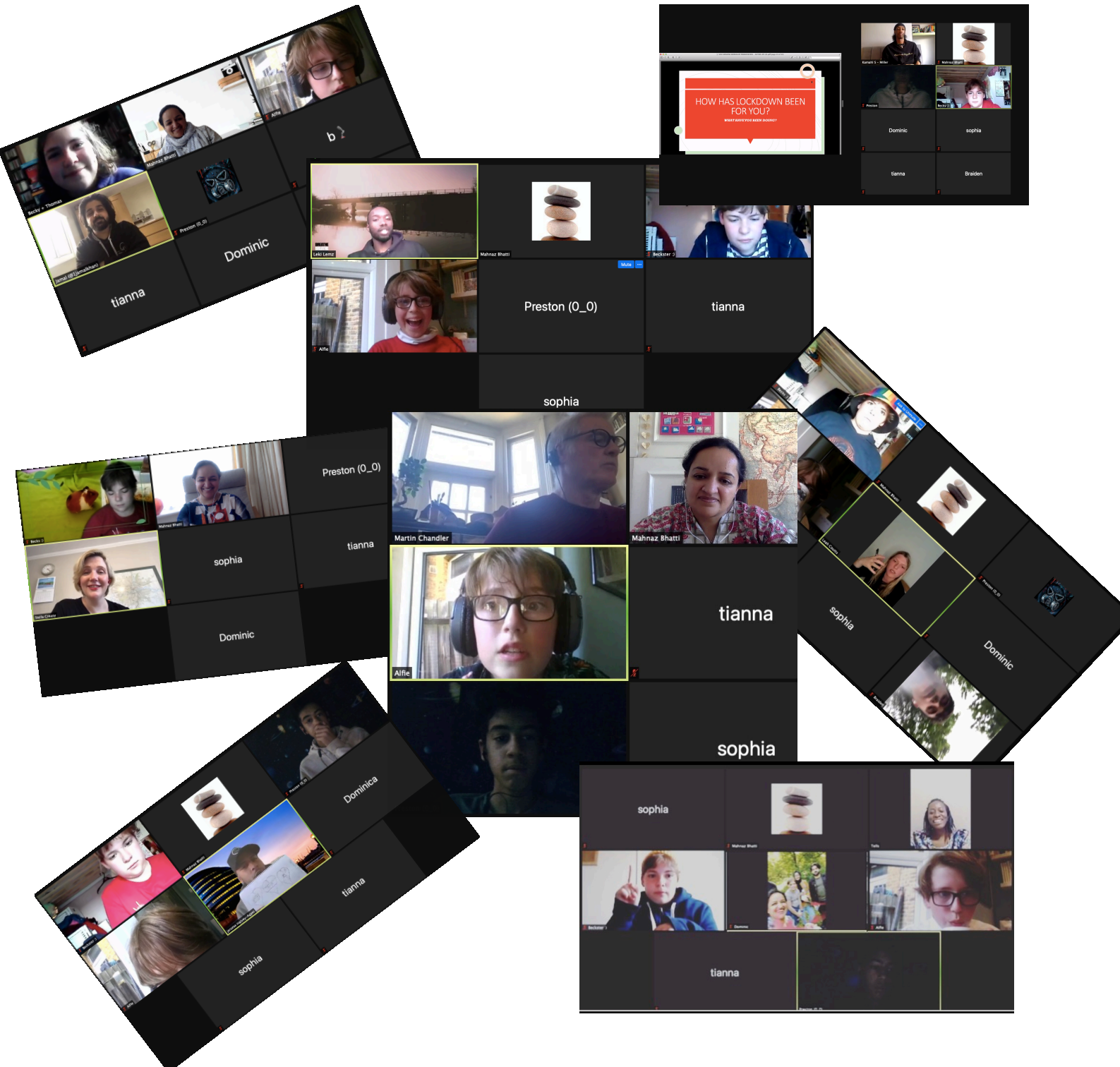




The “S.I.C.K” Discovery Space - Covid-19 (Walthamstow)





The Discovery Space
16 June 2021

The Programme

This [SICK Discovery Space](#) programme began on April 14th 2021 to engage young people (11-16 years of age) in Walthamstow (specifically William Morris and St James Street wards and funded by William Morris Big Local and St James Street Big local respectively) during the Covid-19 pandemic lockdown.

The objective was to support them in learning about life , their communities 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 week over a period of 10 weeks and were overseen by a professional coach and facilitated by a group of young, diverse, independent creators and leaders in the community. One session was broadcast by Highams Park Radio station too.

We had 12 young people registered in a short space of time and 7 attended the sessions.

3 out of the 7 attended all 10 sessions. Others had exams and were unable to make it for various reasons. All were certified with an indication of the number of days attended. These were handed out at the final meeting which was held in Lloyds Park (socially distanced). Each received personalised cupcakes and eco friendly water bottles as gifts to celebrate their own personal achievements and attendance.



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Personal Outcomes & Feedback

| Person | Desired Personal Outcome (06/05/20) | Outcome Met? (16/06/20) | 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 | Be more confident - feel more comfortable to share your ideas. | Yes | - | Inspiration | Radio Show | Scrolled through tiktok and snapchat | Because it's a good experience and a chance to do different things. |
| Person B | To be more confident - speak more | In some ways I have become more confident. | I've learnt that everyone is different in their own ways and has something that stands out about them. They are all fine with who they are. | The facilitators were inspiring in many different ways | My highlight was being able to talk to Stella Creasy and being on the radio | If i hadn't done the course I would be less productive each week. You had to complete a task plus having to talk about the event ideas got you thinking a lot. | I think it should continue as it educates you on what other people go through and it brings you out of your shell as you are able to speak more comfortably. |
| Person C | Time management - be earlier to things. | Yes it did help as I set times for myself for when to revise and I the times every time | I've learnt that everyone is different and people react in different ways | The facilitators gave me confidence to say what I want to say rather than saying what people want to hear | My highlight was reuniting with everyone from the first one and showing each other how far we have grown | I probably would have stayed in my shell and not have that much confidence | These should continue because it creates a safe space for people to go and its a place where people can say what they want and not be judged. |



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| Person | Desired Personal Outcome (06/05/20) | Outcome Met? (16/06/20) | 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 D | Created a film for the group to watch | No we did not, but I have a reason for it. Half the ad phased in my friends room and (according to the govt/me being occupied with school) we either weren't allowed to enter each others houses or we couldn't | I've learned that everyone else is more productive than me 😂 but in all seriousness, I found out a lot about new people I may never have met if it wasn't for this organization. I've learned that more people are home educated, that more people have new opinions I would never have thought of for myself, so much that I can't/don't want to squeeze into one text. | The facilitators gave me a new lease on my surroundings/myself as a person/ other opinions my 12 year old brain would never imagine. Some made me open my mind to everything in the world, some made me more productive and thoughtful, some made me really think (Stella made me surprised) | My personal highlight was probably the progression of my thoughts of the people I spent one hour a week for 9 weeks. Spending time with someone and having them open their hearts out to people and myself witnessing it was surreal (and I learned what Sophia and tianna looked like 😂). | If I hadn't done the course I probably wouldn't have learned about myself in some aspects. I know that sound weird, me not knowing about myself, but I actually didn't know much. I've learned a lot that I can't pinpoint at this moment (to put it in perspective it's 9pm on Saturday after school) but I am really grateful I did these two journeys. I may not do these again as there was some repetition that I'd rather not experience for a third time but I do appreciate doing it these times. | These should and probably will (no matter what I say) continue after the Generation of Rebecca because so many other people will want/need these sessions. It's a really good after-school activity to open up your mind, heart and life to some new stuff. I would love to be back in these programs as a guest and look at what this little hunk of bone, flesh and anime left behind her and see what the younger generation came to be. |



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| Person | Desired Personal Outcome (06/05/20) | Outcome Met? (16/06/20) | 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 E | More fit by running - I'll be running for 20 minutes | I got a new bike at beginning of this month so I've been using that, previous months I didn't do much running. | I learnt that we're all different but work well as a team and everyone is kind | Each facilitator was unique and inspiring and I enjoyed listening to their personal stories and doing writing exercises. | My highlight was speaking on the radio and asking each other questions which was a very fun experience. | If I hadn't joined the discovery space I would probably just have been bored at home reading, going to the park etc | I think this project should continue because it is valuable to connect with new people and help you come out of your comfort zone. |
| Person F | Joined late | N/A | To push each other to complete a task | A space to hear others talk about their experiences and learn from that | Probably hearing from people about how they help the community | I'm not sure | Because it is a great way to connect with the community |
| Person G | Joined late | N/A | I have learnt that even over digital social club, it can be as social as a physical one! | The facilitators gave me a lot of things to think about and lots of things to open up and broaden my mind | My highlight was definitely seeing everyone in person and receiving my certificate. | I would have probably spent my Wednesdays doing homework, reading, texting or playing. | These should continue because they provide a calm space for youngsters to relax and be open. |



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Outcomes Set and Actions Taken

| Person | Date | Action to Complete in 2 week period | Completed |
|--------|----------|--|------------------|
| A | 14/04/21 | Drink 1 litre of water a day | Yes |
| | 21/04/21 | Finishing off the picture | Yes |
| | 28/04/21 | Complete Textiles work | Yes |
| | 05/05/21 | More workouts at home | Kind of done |
| | 12/05/21 | Do 4 workouts and film. | Did 3 workouts |
| | 19/05/21 | Complete Textiles work | Yes |
| | 26/05/21 | Submit the email for the project ideas | Yes |
| | 02/06/21 | Plan the idea on confirmation | Yes |
| | 09/06/21 | Follow up on the radio station | No |
| | | | |
| B | 14/04/21 | To play sports 4-5 times a week | Yes |
| | 21/04/21 | Complete overdue homework - English | 50% done |
| | 28/04/21 | Have something to do for next week | Still nothing |
| | 05/05/21 | Try out a new sport - tennis | Not been able to |
| | 12/05/21 | Play Tennis | Yes |
| | 19/05/21 | Read a book | No |
| | 26/05/21 | Go for a run | Yes |
| | 02/06/21 | Plan the idea on confirmation | No |
| | 09/06/21 | Revise for mock exams. | Yes |
| | | | |



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| Person | Date | Action to Complete in 2 week period | Completed |
|--------|----------|--|--------------------------------------|
| C | 14/04/21 | To read 2 books (artemis fowl) | Read one and a half. |
| | 21/04/21 | Draw 5 more pictures | 4 done and doing the 5th |
| | 28/04/21 | More drawings - 3 | Yes |
| | 05/05/21 | Make a new dish | Done - Chicken curry & Chicken pasta |
| | 12/05/21 | Complete 2 books | Done - Artimus Fowl |
| | 19/05/21 | 30 mins of fitness cardio every day | 4/7 days |
| | 26/05/21 | Cook 3 more dishes | Cooked one |
| | 02/06/21 | Plan the idea on confirmation | Yes |
| | 09/06/21 | Send pics of birthday | Yes |
| | | | |
| D | 14/04/21 | Complete history assignment | Yes |
| | 21/04/21 | Go on a bike ride to the wetlands | Yes |
| | 28/04/21 | A few runs | 2 complete |
| | 05/05/21 | Attempt 3 runs | Yes |
| | 12/05/21 | Go for an hours walk outside of London | No |
| | 19/05/21 | Go for an hours walk outside of London | No |
| | 26/05/21 | N/A | |
| | 02/06/21 | N/A | |
| | 09/06/21 | N/A | |
| | | | |



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| Person | Date | Action to Complete in 2 week period | Completed |
|--------|----------|--|---|
| E | 14/04/21 | Show the group an older video I created | Yes |
| | 21/04/21 | Make a movie | Started on the discovery thing |
| | 28/04/21 | Show some pictures of legoland and what you've learnt | Yes |
| | 05/05/21 | Pics of a sunset on the beach and zara | Done - without the Zara |
| | 12/05/21 | Watch the Jurassic Park films (the middle ones) | Watched 3 and then stopped to look after your mental health |
| | 19/05/21 | Making of HP pics | Video created instead |
| | 26/05/21 | Not have one | Yes |
| | 02/06/21 | Pictures of twin and brownie (guinea pigs) | Yes |
| | 09/06/21 | N/A | |
| | | | |
| F | 14/04/21 | N/A | |
| | 21/04/21 | Write a short horror story | Yes |
| | 28/04/21 | Write 2 acoustic poems | Yes |
| | 05/05/21 | Do an entire sheet of algebra questions and share what it's good for | Yes |
| | 12/05/21 | N/A | |
| | 19/05/21 | N/A | |
| | 26/05/21 | N/A | |
| | 02/06/21 | Wear a dress to school | Yes |
| | 09/06/21 | N/A | |
| | | | |
| G | 21/04/21 | 3 runs | Yes |
| | 26/05/21 | Revise for mock exams. | yes |



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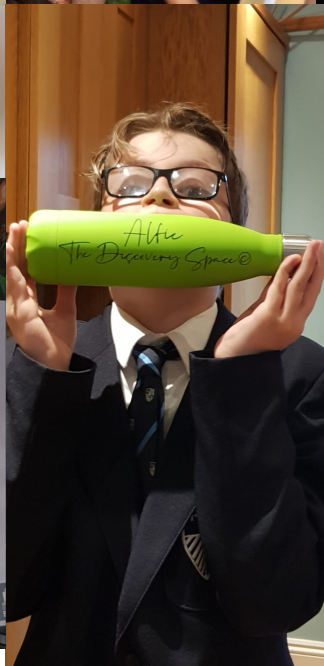
Recommendations

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. A group with different faiths and sexual orientation.
5. To give them a voice on the local community radio station.



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Parents Feedback

"Dear Mahnaz,

I would like to congratulate you on the Discovery Space Programme that you led and my daughter Sophia Wedderburn took part in.

I saw the notice on a local facebook group and was encouraging my daughter and her friend to join up. I wasn't sure exactly what it would involve the information on it was not detailed.

With lockdown I was increasingly concerned for her inactivity, she was really happy living like a recluse, she hardly engaged with online learning as she found it hard not being at school. I was encouraging her to join anything try something new. I was delighted that her and Tianna eventually signed up.

Week 1 she behaved as if I had forced her to join.

Week 2 she sounded a little more engaged.

Week 3 onwards she was more involved and seemed to have chats with team members.

At half term we raced back from seeing Grandma in Devon to make the session time at home, but were delayed in traffic, she had to do the session on her phone in the car and she was quite impressed that Stella was involved. The radio show involvement heralded the announcement that she will be the next Chris Evans, (how do I point her in the right direction to a career in broadcasting I wonder?)

By the end I noticed a change in her and she was discussing with me her ideas for events and seemed to be on the task till late. Her confidence in the last two sessions has soared your name is dropped constantly and the energy and smiles I was greeted with after the last session from Sophia and her friend, proudly producing the certificates and goodies brought a lump to my throat.

Thank you Mahnaz and all the team behind you that made this happen.

Warmest regards

Rachel"

"As a homeschooler Preston looked forward to Wednesday afternoons' with discovery space, preparing himself in between sessions, completing tasks set and learning more from senior creatives. overall a pleasant experience supporting further growth."

Fontanna Kennedy