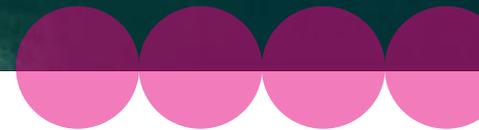
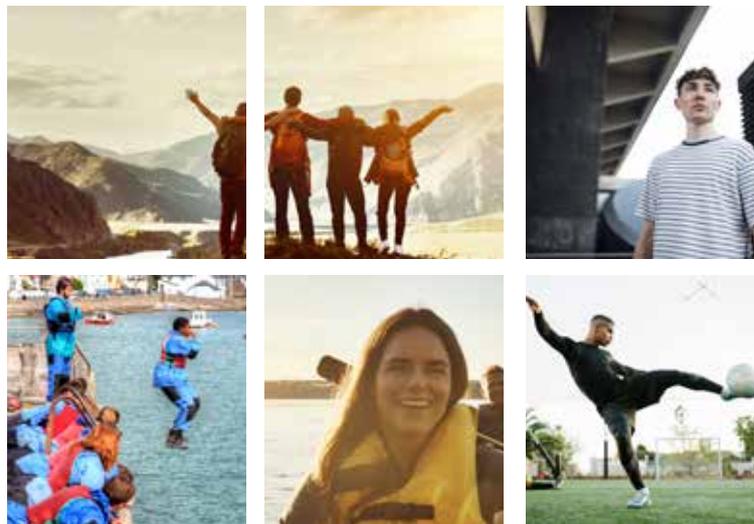




Activity and Intervention



Inspiring and supporting young people to live happy, healthy and successful lives



Activity and Intervention

Keys Group's Activity and Intervention services are homes that provide crisis intervention using outdoor activities as a positive interrupter to young people's negative cycles. The services are licensed with the Adventurous Activities Licensing Service (AALS) and the company employs a full time, highly qualified and experienced Activities Manager who is

responsible for ensuring that the services operate with appropriately qualified staff, high quality outdoor activity risk assessments and robust safety procedures and equipment in place. We also consult with a range of external technical experts when necessary.

The services provide a 90 day stay with 2:1 staffing levels.



I wanted to make sure I said thank you to you all for the excellent service I think you have provided for C so far, he is the most settled and happy his parents have seen him in a long time.

Social Worker





During the programme, arrangements can be made to facilitate activities with other young people, subject to a full risk assessment, to avoid feelings of isolation and to help prepare young people for their return to community living, following their stay.

Each service is located within a registered children's home. However, children will spend significant periods in temporary accommodation, or go camping during summer months, with activity instructors and care staff. This is designed to create an environment where young people can take part in adventurous activities whilst benefiting from dedicated time with staff, away from potential distractions. During the programme, arrangements can be made to facilitate activities with other young people, subject to a full risk assessment, to avoid feelings of isolation and to help prepare young people for their return to community living, following their stay.

Initially young people receive 2:1 support at all times. As the programme progresses, they may spend less time off-site and staffing can possibly be reduced to 1:1, if deemed appropriate. Young people can also go out on activities and camp together in small groups of 2 or 3 young people, if appropriate.

The services use a variety of off-site accommodation such as cottages, caravans and camping (weather permitting). The accommodation chosen is located in rural settings and near the planned activities.

Each service is located within a registered children's home. However, children will spend significant periods in temporary accommodation, or go camping during summer months with activity instructors and care staff.





Young people told us that “staff don’t judge you”, “They are here to help you to learn to change for the better” and “I feel like I can be myself at last. They have shown me that I can make something out of my life and follow my dreams and be someone”.



CIW report

The programme is physically challenging and is effective in supporting young people to achieve stability and a positive routine. The activities improve self-esteem, self-worth and confidence, and allow young people to develop new skills. They also allow young people to take risks more appropriately. Outdoor activities include mountain biking, canoeing, kayaking, abseiling, bouldering, indoor/outdoor climbing, mountain walking, horse riding, and numerous others, as well as less energetic activities such as beach walking, fishing and visits to farms and parks. The programme also incorporates educational visits and all of the services are registered to provide AQA unit awards. Each service has its own equipment for the activities that is safety-controlled and monitored by the qualified Activities Manager.

the staffing is a positive way of reducing the external risks presented to the young person, risks presented to themselves and others, and is often used as a positive alternative to secure accommodation or as a step-down from secure accommodation.

In addition, the placement is used as an assessment period to ensure that the next long-term placement is planned and sufficiently prepared to meet the young person’s needs. The aim is to support the placing authority to develop a transition pathway for the young person and we will seek to identify a potential suitable placement within our ‘standard’ children’s homes or leaving care services, as part of an ongoing aim to ‘step-down’.

The activity programme and the intensity of



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The services are creative and flexible and engage most young people very quickly



Keys Activity and Intervention services have an excellent track record of working successfully with:

- young people who exhibit aggressive behaviours
- young people who are regularly missing from care or have been missing for lengthy periods previously
- young people who are high risk in terms of their offending behaviour
- young people that have been subject to, or vulnerable to, child criminal exploitation such as county lines or child sexual exploitation.

The services are also experienced in working with young people who present sexually inappropriate behaviours or have a history of substance misuse.

The staffing levels and the nature of the programme lead to very positive placements for some of the most challenging young people. The Activity and Intervention services can be a positive placement option for young people who are at risk of the above as they offer young people a safe, nurturing environment which is often worlds away from the exploitation and abuse they have experienced.

In our experience, young people thoroughly enjoy the activities on offer as it provides them with a unique opportunity to 'be themselves', explore a range of new experiences, learn new skills and raise self-esteem and confidence. For many young

people who have been exploited where secure accommodation may have been considered, this can provide a positive alternative in reducing risk and improving chances of longer-term positive outcomes.

Activity and Intervention services have in many cases successfully avoided placement breakdowns. The services are creative and flexible and engage most young people very quickly. The period of time in placement can be negotiated, both at the point of referral and throughout the placement and can be for as little as a few days, one week, or up to the full 90 days. Extensions past 90 days are only agreed in exceptional circumstances and are usually when there is a clear plan in place for the young person's transition pathway.

We liaise closely with the placing authority and youth offending team in regard to any orders outstanding and transport young people to any appointments ensuring they do not breach any orders. Through discussion with the placing authority and social worker, a contact plan will be formulated, and the services will provide transport to and from contact, which can be supervised, should this be required. During the placement, extensive work is undertaken with young people through individual direct work to address their presenting behaviours. Young people also learn about and understand risks, triggers and underlying causes and they are supported to develop more appropriate coping strategies and make informed positive choices.





I've had a great time at Active8. It has honestly been the best 83 days of my life.



Young Person Active8



“ JA has made an incredible amount of progress since arriving at Dewis. Thank you so much for all your support to JA. ”
Social Worker



Keys Group
Maybrook House
Second Floor
Queensway
Halesowen
West Midlands
B63 4AH

t: 0121 728 7800 (option 2 - 2)
e: referrals@keys-group.co.uk

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www.keys-group.co.uk

