



## Grow, Achieve, Learn Programme

Grow, Achieve, Learn (GAL) is our unique personal development programme offered to young people aged 9 and above living with By the Bridge families

The programme is designed to create a range of opportunities that give young people chances to develop their skills, knowledge and life experiences - alongside traditional and formal education.

Many statistics show that outcomes for young people once they leave care are not as positive as for non-looked after children.

Children in care and young people may not have the support systems in place that we would wish for them to have. Therefore, we believe that it is our duty and responsibility to equip our young people with the things that they need to become independent and ready for the challenges that adulthood can bring.

## Tailor-made programmes

GAL includes tailor-made programmes that identify and support the interests and strengths of our young people.

An example of this was a young person who has a particular interest for working with animals. By the Bridge worked with the young person to identify specific opportunities (volunteering at a local kennels, day course in dog grooming) and supported them to make this happen. The young person's aim is to get an apprenticeship in animal care.

## Working in Partnership

Grow, Achieve, Learn works in partnership with an array of different organisations, allowing us to offer opportunities to young people they may have thought unattainable.

By the Bridge is also a registered centre for The Princes Trust Achieve Programme, Children's University and Arts Award. We are continually exploring more opportunities for us to enable young people to further develop and prepare for their future.

## Preparation for Independence

We want all young people to be fully prepared for living independently. All of our young people are supported to complete the Grow, Achieve, Learn Skills Award. This is an independence skills development programme that looks at financial, practical, social and emotional literacy and skills development.

By the Bridge work with foster families and young people to oversee the progress throughout the programme, with the goal of young people completing the Skills Award and receiving their reward.

## Examples of GAL Workshops:

- First Aid courses offered by St John's Ambulance
- Personal Safety Days offered by the Suzy Lamplugh Trust
- CSE and online grooming training programme "Zac and Lottie" which uses online simulations of social media accounts of fictional characters to give young people the skills they need to stay safe in personal relationships
- Legal High Awareness offered by local Drug and Alcohol Partnerships
- Breakdancing and drama workshops that seek to develop understanding of the physical self, emotions and communication
- Raft building and water sports days that promote problem solving and enhance trust and relationships
- A partnership has been agreed with the Princes Trust in order to create accreditation of the workshops through their young leaders and personal development awards