

During the Adventure, young people are taught a range of basic survival and independence skills, this includes setting up a shelter, building fires (where appropriate), cooking lessons, nutrition and budgeting as the young people will accompany staff on shopping trips for supplies and take an active role in menu planning and managing their weekly budget.

There is also the opportunity to incorporate these skills into an AQA however this needs to be requested in advance as this is not part of the standard package and so a plan needs to be developed with the Esland School.

## **Engagement in Crisis Camps is proven to increase the young persons' self-esteem, confidence and can help to prepare them for re-integration to the community.**

The adventure also allows time for the young person to reflect on their life experiences prior to taking part in the camp and will be supported by the staff team to consider how their choices have led them to the point they currently find themselves. Staff will where necessary encourage the young person to develop a plan to help them achieve future goals as they prepare themselves for reintegration into the community.

### **Find Out More**

E. [info@eslandcare.co.uk](mailto:info@eslandcare.co.uk)

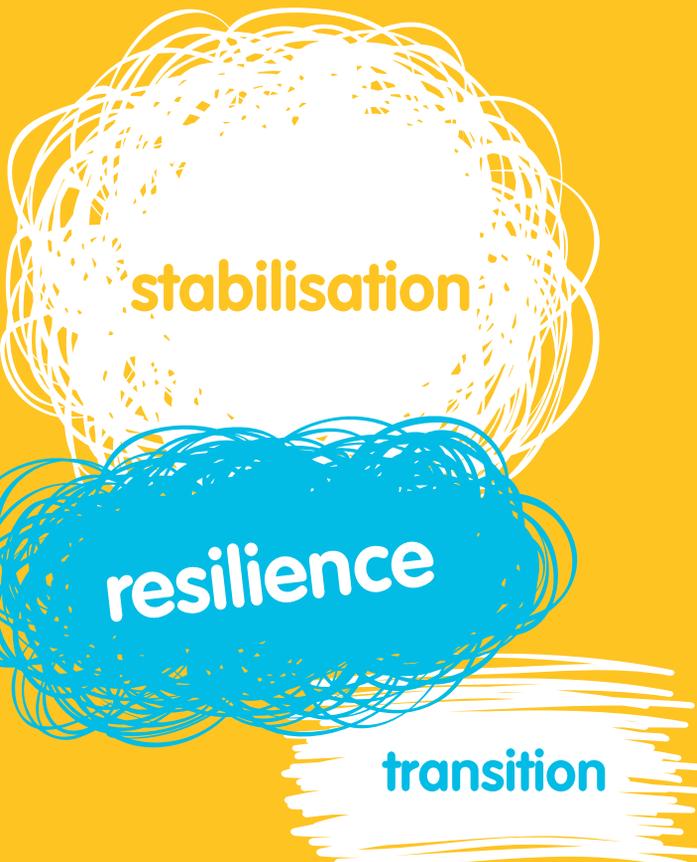
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[www.eslandcare.co.uk](http://www.eslandcare.co.uk)

**Esland Adventures is designed to serve as either a respite placement to prevent placements breaking down or as a long-term option with a view to finding the young person a placement.**

**Its primary function is to provide the following:**



**stabilisation**

**resilience**

**transition**

As a secondary function, the Crisis Camps provided through Esland Adventures enables our managers to make a decision on a placement without compromising the home or other young people. This enables all placements following an Esland Adventure camp to be a planned placement which can generally be a challenge to achieve due to the nature of the residential sector and due to the needs of the young people when placements break down in an emergency.

The staff on camp can facilitate full psychological assessments and can incorporate appointments with therapists, psychologists, YOT appointments, bail conditions, contact arrangements and other important dates into the camp plan. This can also include facilitating visits, tea breaks at a new placement towards the end of the camp and over-night stays to ensure the transition into their prospective home causes minimum disruption to the young person and to their peers already in placement.

As a minimum we will always provide an assessment as to what the young person needs to assist with placement searches. Whilst on camp, the young person would be supported by staff on a 2:1 staffing ratio. There will be a bespoke and full timetable of different activities each day throughout the program which will be made available to local Authorities prior to the camp commencing to ensure all parties are happy with the plan.

We are aware of the importance of consistency in a placement and therefore staff work on a rota of one week on and one week off. We can also arrange a full psychological assessment which will be carried out during the program and additional counselling/therapy put into place where required.