

# GIRLS IN ACTION PROJECT

## Girls in Action Project Overview

**Introduction:** Springfield Club for Young People was one of ten youth settings around London selected to take part in the London Youth Defining Success Programme. As part of the Defining Success Programme, Springfield had to develop a distinct project working with colleagues from London Youth to design and implement an exciting project for our members. As part of the project Springfield are applying for Project Oracle Kite Mark validation at Level 1 which demonstrates good project management, monitoring and evaluation systems are in place.

**The Project:** Through discussions with stakeholders including members, volunteers and Trustees, it was agreed that a project focussing on our female members would have most impact. The Girls in Action Project was established. The Girls in Action project would work with twenty targeted girls aged 12-16 years of age on a programme of self-development. The Girls in Action programme would run for a number of weeks between May – November 2016 and would include a number of workshop with the aim to:

Inspire young people participating, raise their aspirations, equip them with the skills, knowledge, and experiences in a rapidly changing economic environment, and enable them to make fully informed choices about their futures.

### **The elements of the programme would consist of:**

1. Equality & Diversity
2. Money Management Workshop
3. Enterprise Workshop including Dragon Den Competition
4. Personal Safety, Online Safety & Social Networks, Sexual Health & Relationships
5. Home Economics: Cookery & Springfield MasterChef Competition
6. First Aid Training with British Red Cross
7. Visit to Leaside Club – Kayaking & Mountain Biking
8. Junior Sports Leaders – Youth Sports Trust Playmakers Award
9. Independent Living – Residential Weekend
10. Create a Springfield promotional video

### **Intervention Models**

The Interventions that will take place through the above activities will include: 1-1 support, groupwork, team building activities, mentoring and workshops.

### **Intended Outcomes from Girls in Action:**

- Increased Leadership Skills
- Increased Decision Making

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- Improved Understanding of Opportunities available to them
- Improved Self Image
- Improved Self Esteem & Self Efficacy
- Increased Resilience & Determination
- Improved Social Competencies
- More Responsibility & Discipline
- Raised Aspirations
- Increased Trust
- More Respect for others
- Improved Relationships
- Better Teamwork

### **Monitoring & Evaluation:**

As part of the project the working party had to develop a Theory of Change and a robust Evaluation plan to ensure we capture change in attitude and behaviour and understanding if real learning has taken place.

All the participants are required to complete a number of evaluation and monitoring tools in order to track the journey of change as well as looking at impact of the interventions. These include:

- LEQ – Life Effectiveness Questionnaire (at beginning and end of project)
- Workshop Session Evaluation form – citing areas of change and learning
- Case Studies

At the end of the project there will be an end of project report highlighting areas of best practice.