



Youth Work

Education

Recovery

Fund

Cumbernauld CLD and Venture Scotland | North Lanarkshire

Cumbernauld CLD and Venture Scotland worked together to offer 18 young people from Cumbernauld a range of outdoor learning experiences including rock climbing, canoeing, hill-walking and other outdoor challenges throughout the North Lanarkshire area. The learning was focused on improving young people's health and wellbeing and employability skills – including team-building, communication, problem-solving and empathy.

Direct Impact

All 18 young people have improved their health and wellbeing – in particular gaining confidence to try new things and step out of their comfort zone, and build self-esteem in the process. All of the young people involved also developed a more regular habit of being physically active – and noticing the positive impact this had on their emotional and mental health. So far, three of the young people involved have gone on to secure employment.

Feedback from Outdoor Team Leader:

“A big part of every session we deliver is about young people reflecting on what they have learned and speaking aloud in a group. I have seen a huge improvement in the young people's communication skills, and how they present themselves. Through peer learning I've noticed their confidence has grown and they are more assertive in the problem-solving sessions.”

Feedback from young people:

“Being at Venture Scotland has improved my confidence about my opinions and my feelings towards tasks. Also, it's helped me think about how I would approach situations in a work environment such as working in a team, with partners and how to try new things that I may or may not enjoy.”

“The skill that I think that I have improved since taking part in the Venture Scotland sessions is confidence as I am doing things that I would probably not do before...and communication because before I was a very shy person but I am starting to speak up more.”

“The team at Venture Scotland motivate me and make sure I know how capable I am – to never doubt myself. They help me to have a more positive mindset.”

“The Venture Scotland sessions have given me a chance to experience new sports and that's improved my physical health. Talking about mental health more has had a much more positive impact on not only myself but the people around me.”