

Climbing for Confidence

About

'Climbing for Confidence' is a physical activity intervention that aims to improve confidence, communication and teamwork in young people

Using the experienced team and local facility, Green Spider Climbing, we hosted 2 sessions as part of Children's mental health week for pupils in years 7 and 8 that struggle with their confidence and resilience.

The sessions started with team building activities with a focus on communication, teamwork and trust. This was then followed by different types of climbing on the walls – rope assisted, auto-belays and bouldering.

These sessions were made possible through an award from the Small Sparks Fund. This Fund, distributed by the Herefordshire Community Foundation, has been awarded from funding received by Herefordshire Council as part of the UK Shared Prosperity Fund (UKSPF).

In numbers

8 Schools	7 BAME
61 Pupils	34 SEND
	5 LAC
32 Female	27 PP
29 Male	3 EAL

BAME	Not White (British or English)
SEND	Special Educational Needs and Disabilities
LAC	Looked after child
PP	In receipt of Pupil Premium funding
EAL	English as an additional language



Feedback

We gave each young person a questionnaire to complete at the start and the end of the sessions:

68% said their confidence has improved
69% said their teamwork had improved
64% said their communication has improved

89% found something hard but kept trying
88% were proud of something they did
98% said they enjoyed it
97% said they would like to do it again

[I] Struggle with talking to people but it was easy enough to talk here.

My trip to green spider was one the best things I have ever done. It was a great bonding experience for me and everyone else and I'd quite happily go again (wink, wink, nudge, nudge). It pushed me to go big and push myself to new limits. I feel I can work better in a team now as I was usually a very independent person.

Before I went climbing I felt scared because I don't like heights. When we were there, I didn't want to climb to start with so I asked others to go first.

When I started, I had lots of encouragement, and I went as high as I could then came back down. I persevered and climbed again. I overcame my fear of heights. I felt really happy that I had accomplished it- I went home and told everyone I had faced one of my fears!

I would definitely go climbing again- it was good fun!

Impact Story from a teacher

This student was initially reluctant to attend the climbing activity, but as some of his friends were going he would give it a try.

By the end of the afternoon, I think he had surprised himself in what he was actually able to achieve. He wasn't particularly comfortable with the height when attached to the rope but each time he seemed to get a bit higher and the smile on his face when he returned to the floor, told me that he was pleased with himself, although I am not sure that he would actually admit it.

He did particularly well on the bouldering wall. There was one route on an overhang that he was attempting, but kept falling off. Instead of giving up, which I would have expected, he kept trying and after a few attempts managed to complete it. When I asked him how he felt about having persevered, he said he had surprised himself.

The day after the activity, his tutor spoke to me to tell me that the student had been very excited to tell him how he had got on. The tutor also said that he normally doesn't have too much to say, but was very keen to share how well he had done.

I teach this student and I have noticed that my relationship with him has changed and he is more willing to give things a go.

I believe that this opportunity has given this student some self-confidence and improved his self-esteem.

When I saw him the day after and asked whether he had enjoyed the climbing he said yes!