

# BELLA OUTDOORS ADVENTURE PROGRAMME

## Overview

This free programme was aimed at teenage girls in International Protection Accommodation Services. The girls were new to the country and unfortunately were unable to access school at that time. Therefore, an intervention was needed in the interim. Sports Active Wexford linked in with Creative Ireland (who funded the programme), Sheilbaggan WWETB and Wexford

## Aims

- Create a sense of inclusion and ownership of the programme
- Increase physical activity
- Engage the girls in outdoor activities in their local area and encourage utilising the local walks and trails
- Promote socialisation between the IPA groups
- Create friendships
- Enhance creativity
- Increase awareness of the leave no trace campaign
- We also had a “leader” involved in the programme, who was an older girl (aged 19). She has gone through the IPA programme and was a good role model for the group going forward.

## Implementation

For 4 Saturdays, 14 girls got to explore Carrickbyrne Hill, Forth Mountain (both local to the girls) Curracloe Beach, Ravenwood, and Wexford Arts Centre where they experienced map reading, identifying flora/fauna and leave no trace. They participated in a music (sounds) and art workshop in the woods. They created sound maps which required the girls to draw themselves in the centre of the page, then listen and illustrate on the page all the sounds they could hear around them. Sound mapping has been proven to help ground people and provide many therapeutic effects. Finally, in the Wexford Arts Centre, another workshop was facilitated where the girls created a collage based on their experience of the programme. Curracloe was chosen as the girls had never been to a beach. Wexford Arts Centre was chosen to integrate the girls into a public area and will allow the girls to get creative in their own way. The programme was advertised directly with the IPA's and participants signed up through Wexford Local Development at no cost.



## Feedback

“I enjoyed everything about the programme”

Enjoyed the food, the girls, the organisers of the programme, the beaches and the dogs”

“I loved the beach, making new friends and making art”

“Loved the beach”

“I enjoyed every bit of the programme. We got to see the beautiful views from the mountain tops”

“I enjoyed making new friends and having fun”

“Enjoyed everything, especially met a new friend, the art tools and activities were so great. Thank you a lot for everything. There was a lot of activities, I loved doing and there were many lovely people I met during the programme.

## Outcomes

Some of the girls have linked in with the Creative Youth Lab in Wexford Arts Centre. Also the girls living near Carrickbyrne Hill have since used the trail for walking. But the most important aspect, is that the programme was led by the girls as they decided the activities they would like to do. They were also given the responsibility of creating a group name.

