

Please use the box below (or attach a separate report) to tell us more about progress towards your project targets since your last report. If you have achieved more or less than planned, explain why you think that is. If you have had to change your approach to delivery, let us know why and the impact of this. We would also love to hear from people who have been involved, or impacted by, your project through quotes, photographs or other media.

I feel that progress this summer has been good – the season has gone past unbelievably quickly! This summer, beside the water we delivered Yoga on the beach, Mindful Walks and Geology walks. On water activities were surfing, kayaking and stand-up paddle boarding. From July to September 109 individuals from family groups participated in BlueScapes activities, 348 young people (aged 14-18) and 127 adults participated. Please see below for the full profile of activities, participants, and breakdown of numbers.

Participant numbers and profile July-September 2021 BlueScapes

BLUESCAPES EVENT DETAILS					PARTICIPANTS			
EVENT	DATE	PROVIDER	ACTIVITY	LOCATION	FAMILIES	YOUNG PEOPLE 14-18	ADULTS	GROUP PROFILE
Yoga taster	19-Jul	Yoga with Ali	Yoga	South Tyneside			14	Public
PADDLE SPORT TASTERS SUP & KAYAK								
1. The Box Youth Project (Charity)	19-Jul	ACCESS ADVENTURE	Kayak & SUP	Co.Durham		16		Deprived
2. Inspiring Minds (Charity)	19-Jul	ACCESS ADVENTURE	Kayak & SUP	Co.Durham		16		SEMH
3. Durham Recovery College (NHS)	21-Jul	ACCESS ADVENTURE	Kayak & SUP	Co.Durham			16	SEMH
4. Pennywell Youth Group (Charity)	21-Jul	ACCESS ADVENTURE	Kayak & SUP	Co.Durham		16		Deprived
5. Public Taster session	22-Jul	ACCESS ADVENTURE	Kayak & SUP	Co.Durham	16			Public
6. Public Taster session	22-Jul	ACCESS ADVENTURE	Kayak & SUP	Co.Durham	16			Public
Boldon School Group	27, 28, 29 July	SOUTH SHIELDS SURF	Surf	South Tyneside		120		School deprived
LEAD Education Summer School	23,30 July. 6,13,20,27 Aug	ADVENTURE SUNDERLAND	Kayak	Sunderland		60		Deprived Focussed /Public
Seaham food festival	7/8.8.21	ACCESS ADVENTURE	Kayak/SUP	Co.Durham	40			Public
	7/8.8.21	Blooming Bamboo	Yoga	Co.Durham			24	Public
Changing Seasons Mindful walk	2.8.21	National Trust - Sarah	Mindful walk	South Tyneside			24	Public
Geology Walk	23.8.21	Magnesian	Geology	South Tyneside			20	Public
SEAAIR Walk White Lea Farm	31.08.21	National Trust Ranger		Co.Durham	37			Focussed-refugee
Reading the Rocks and Bluescapes	7.9.21	Bluescapes	Geology	South Tyneside			17	Public
Surf Mentor Project - Boldon	16.9.21	SOUTH SHIELDS SURF	Surf	South Tyneside		8		School exclusion
Veterans Group	15.9.21	ADVENTURE SUNDERLAND	Kayak & SUP	Sunderland			12	SEMH
Young Carers	18.9.21	ADVENTURE SUNDERLAND	Kayak & SUP			10		SEMH
EDC Paddle Sport Mentor Programme	22.09.21	ACCESS ADVENTURE	Mixed	Co.Durham		6		School exclusion
TOTAL PARTICIPANT NUMBERS JULY-SEPTEMBER					109	348	127	

Although some sessions were open to the public to book, the focus on removing barriers to participation led to a targeted approach for delivery. Economic barriers to participation were removed by providing some public free to book taster sessions. Additionally, youth groups in

deprived areas were targeted, and school groups were asked to ensure economically disadvantaged students (and those most affected by COVID) were priority for the school sessions provided.

Geology Walks (co-delivered with geologists Simon Hendry and Dave Roberts):

"I really enjoyed the geology walk on Monday. A fascinating insight to our world class coastline.

Thanks to Simon for the excellent delivery and to you for putting it together.

Kind Regards

Keith" (Keith Thompson attended Geology Walk 1)

"Emailing to say thank you for organising the walk. The session was excellent. I had wanted to find out more about the history and structure of the coast and the walk covered all I wanted to find out and more.

Really liked the way the session started out looking at geological history and how this coastal area fits in this. The first exercise made this very clear. It was really good the way the walk started by gently introducing the main rocks and geological principles and then built-up complexity by adding in the geomorphological processes which have shaped the coast.

The handout was v helpful as I kept forgetting the terms and names of main types of formation. Quite a lot of geological terminology.

If you run any future walks or talks can you please add my email to your contact list.

Thanks again

Peter" Peter Glaves attended Geology Walk 2

"We had a lovely time and both so informative and enthusiastic. Only draw back was time. We had only put in car park till just after 1 so we only managed to do I think 3/4 of the walk. Maybe we could have done 2 walks.

Thank you to you all"

Victoria and Clinton Leeks (attended Geology Walk 2)

"It was extremely interesting and educational, with the added bonus of being about our local area. It's fantastic to have Simon and Dave sharing their expertise - I learned a lot and enjoyed chatting with the other attendees. I'm really keen to attend any further events and would be happy to pay if that meant you could offer more events.

Thanks again

Kind regards

Lynne" (Lyne Rowan attended Walk 2)

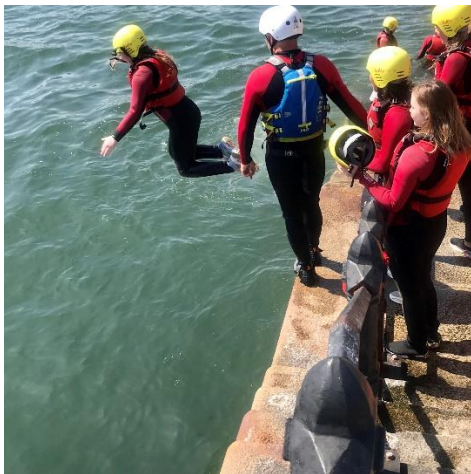
Photos from Boldon School Sessions, co-delivered with Dee. (Photo permissions in place).



“The students we brought to SeaScapes loved every second of their visit. Many had been to the beach before but few knew anything about the wildlife and nature that surrounded them. When I asked for a show of hands if anyone had learned anything that day, every single hand was raised. For many, they told me their favourite part of their whole week was being able to surf. This is something many of our students haven’t had the opportunity to do before. Personally, I believe increased confidence, resilience, determination and bravery is how they benefitted most from this activity.” **Miss J Lawton, Boldon School**

“Our students absolutely loved the week of summer school. As well as experiencing opportunities such as surfing, discovering marine wildlife in the rockpools, our students thoroughly enjoyed getting to know their new peers and members of staff. Hearing the students say that they would love to come to South Shields beach with their families during the summer confirmed that it was such a valuable few days, especially those from disadvantaged backgrounds who very rarely visit the seaside.” **Mr T Taylor, Boldon School**

Photos from LEAD Education Summer School (photo permissions in place).



During the school summer holidays SeaScapes ran the Friday of the LEAD Education Summer School programme, designed to engage disadvantaged students from across Sunderland. In the morning Dorinda led rock pooling activities or Louise did a beach clean, the afternoon was devoted to water sports.

“During Summer 2021, LEAD Education was proud to be working in partnership with Bluescapes as part of our LEAD Summer Active (HAF) programme. Together, we developed amazing opportunities for learners across the Northeast by delivering a variety of activities including outdoor education, conservation, and beach schools. Learners from disadvantaged backgrounds accessed this provision throughout the summer and the impact/feedback has been incredible. We engaged with hundreds of learners throughout the summer, provided healthy meals, fun activities and we can’t wait for our next project together.” **Steve Mann – Director at LEAD Education**

Poor mental health is another barrier to participation, groups and charities who focus on building confidence and resilience in individuals with poor mental health were approached to bring groups to closed sessions. I have built relationships with the South Tyneside and Durham Recovery Colleges (these are the first level of mental health intervention services before referral to CYPs or CAMH's), ensuring that young people, adults, and veterans can access water sports to promote wellbeing and positive changes in mental health. Impact data will be collected from the group sessions and will be analysed, providing legacy for this project and sustainability for water sports business keen to engage with social prescribing.

*“The students really enjoyed their activities and they loved the instructors. **It was lovely to see them smiling when some of them don't do that very often!** Well organised and great fun!”* Ann, founder of charity Inspiring Minds NE.

Finally, the groups we chose to engage with as part of the BlueScapes/SEA Air project are FODI and Sanghini who work with the refugee community in South Shields and Sunderland. Our project is an immersive dance project, which started with a walk along the coast at Easington led by National Trust rangers to connect the group and their families to the Durham coastline. Weekly dance and journaling sessions have started in Roker, and the final dance performance will take part on the beach in October.



Training for SeaScapes staff in water safety has been completed. The SeaScapes waterside delivery team (plus National Trust Outdoor Active Apprentice) have completed the Royal Lifesaving Society National Water Safety Management Programme, Levels 1 and 2. NWSMP is designed to “equip anyone working in, on or near water with essential knowledge and skills to make informed decisions about managing safety, enable group leaders to deliver safer activity at open water sites, develop occupational water safety skills for employees working around the water margins.”

(<https://www.rlss.org.uk/national-water-safety-management-programme>) This programme is endorsed by the Health and Safety Executive and completion ensures that SeaScapes is compliant with Statutory and Civil obligations, especially the Health and Safety at Work Act 1974 with related regulations and covering Safe Systems of Work.

In terms of delivery, the south end of the region has been problematic. I have established good relationships with water sports providers in South Shields, Sunderland and Seaham and delivery this summer has been from these three locations. From Seaham to Hartlepool there are no water sports businesses along the coast, and the business in Hartlepool (On-Water) has not been easy to engage with (despite numerous calls and emails.) To address this, I will explore a different method of delivery for next Summer where providers bring kit (inflatable Paddle Boards and kayaks) to locations where launch directly from the shore is viable, such as Crimdon and Seaton Carew. The benefits of this are two-fold: firstly, we open up water sports to communities that are currently excluded from access, secondly it is an opportunity to add value to water sports businesses along the coastline, extending their current reach and providing economic legacy beyond the scope of SeaScapes.

BlueScapes Progress Report: October - December 2022

Mental Health Photography Walk at Souter Cancelled due to amber weather warning

October 11th: Mental Health Day Mindful Photography Walk Noses Point: Theme “unequal world” participants were asked to take pictures on a camera phone that illustrate “unequal world” whilst walking along the Durham Coast from Noses Point along Blast Beach to Hawthorne. We walked and talked about inequality on the Durham coast and the impact of inequality on mental health. Participants spoke about how inequality in their life had impacted on their mental health, I was really humbled by their honesty. Their “homework” was then to reflect on the theme and the walk and send me one image that they took on the walk that best illustrates this. Here are some of the images received with participants comments:



Image 1: Blast beach – pool at the bottom of the cliff, this image shows an imperfect reflection; “in an unequal world people struggling with mental health issues can see perfection in the world around them and try to fit in, but they don’t feel worthy.”

Image 2: chemical pools on Blast Beach “inequality allowed people to exploit the landscape and ruin it to make money – leaving the community and environment poorer and more unequal.”

“Got to say, absolutely loved the mindfulness walk and got a lot from it. Spoken to a few of my friends and encouraged them to join us next time. It’s difficult to choose pictures but sending a couple that I feel fit in with the topic.” C. Fernie



October 27th Blue Wave Performance on Roker Beach

The collaboration with the SEA Air project to deliver an immersive dance project with two refugee community groups (FODI and Sanghini) came to a conclusion in October with a performance on Roker beach. The project started with a Nation Trust ranger led nature walk along the Easington coast (photo 1), then continued with costume dyeing workshops (photos 2 & 3) and weekly reflective journaling sessions (photos 4 & 5)



The final dance performance took place under a rainbow on Roker beach in October.



November 3rd: COP Walk Souter to Marsden Beach

Led by Eric Wilton with geologist Simon Hendry and engineer Tom Ward who was involved in the Redwell Steps project, this walk and talk focussed on the impact of climate change on our coastline. It was well attended, and there were some interesting talking points/questions raised.



Impact Assessment: Data write up

Two groups of vulnerable teenagers participated in a BlueScapes funded surf or paddle sport intervention over a six-week period during Autumn 2021 during school time.

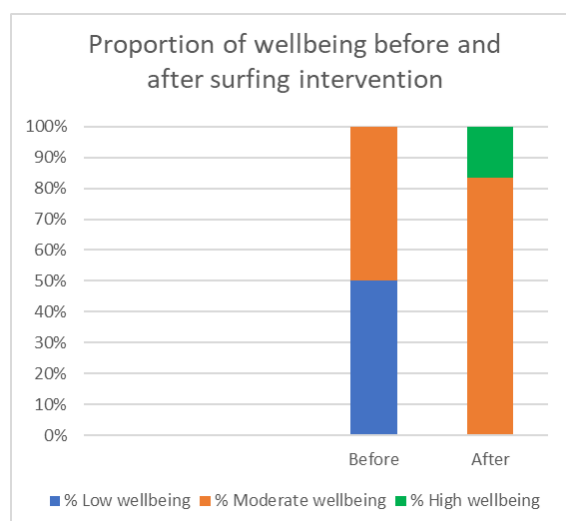
- One group participated in a Surf Mentor Project with South Shields Surf, they were buddied up with a volunteer and worked with them on a one-to-one basis during their surf sessions.
- The second group completed the British Paddle Sport Discover Level 1 qualification.

Both groups showed a statistically significant improvement in their mental wellbeing following the six-week watersports intervention. (Although this is a very interesting result, and clearly demonstrates impact, caution is advised as the sample size here is very small!)

Group 1: Surfing for students at risk of permanent exclusion

Students in this group were aged 14/15, they are currently not accessing mainstream education, but are in an inclusion unit for persistently poor or disruptive behaviour. This group participated in the Surf Mentor Programme delivered by South Shields Surf School. The results show a statistically significant increase in mental wellbeing of this group following their surf intervention.

Descriptive statistics		Before intervention	After intervention	Change	Positive change?	Statistically significant change?	Wilcoxon signed rank test P value
% Low wellbeing		50%	0%				
% Moderate wellbeing		50%	83%				
% High wellbeing		0%	17%				
Mean score		41.8	57	14.83	Yes	Yes	p<0.05
Standard deviation		4.9	4.6	4.2			
By age	13-15	41.8	56.7	14.83	Yes		
By gender	Male	43.0	57.6	14.60	Yes		
	Female	36.0	52.0	16.00	Yes		
Number of people with a meaningful positive change (%)					100.0		
Number of people with a meaningful negative change (%)					0.0		

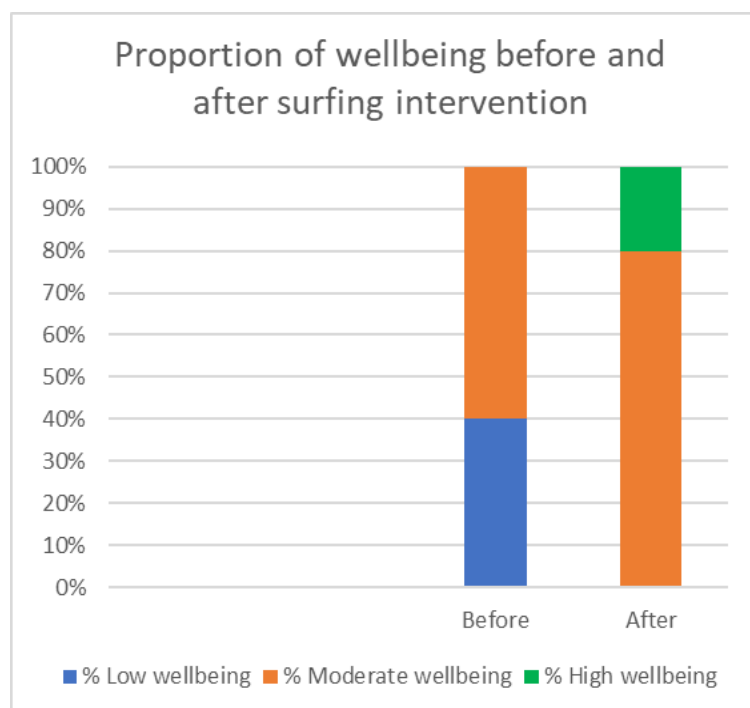


Wellbeing Score	Before	After
% Low wellbeing	50%	0%
% Moderate wellbeing	50%	83%
% High wellbeing	0%	17%

SCHOOL GROUP EDC1: SEMH STUDENTS

Students in this group were aged 15/16, they are currently not accessing mainstream education, but are in a unit for students with additional needs This group participated in the British Canoeing Discover Paddle Award delivered by Access Adventure, Seaham. The results show a statistically significant increase in mental wellbeing of this group following their paddle sport intervention.

Descriptive statistics						
	Before intervention	After intervention	Change	Positive change?	Statistically significant change?	Wilcoxon signed rank test P value
% Low wellbeing	40%	0%				
% Moderate wellbeing	60%	80%				
% High wellbeing	0%	20%				
Mean score	40.8	57	15.80	Yes	Yes	p<0.05
Standard deviation	10.7	5.5	9.3			
By age	13-15	40.3	57.5	17.25	Yes	
	16-24	43.0	53.0	10.00	Yes	
By gender	Male	40.8	56.6	15.80	Yes	
Number of people with a meaningful positive change (%)				100.0		
Number of people with a meaningful negative change (%)				0.0		



Wellbeing Score	Before	After
% Low wellbeing	40%	0%
% Moderate wellbeing	60%	80%
% High wellbeing	0%	20%

BlueScapes Progress Report April, May, June 2022

SUP Safety Sessions

Three days of SUP safety sessions were held at Seaham and Hartlepool at the start of the paddle sport season in April/early May. These sessions were aimed at people who may have purchased paddle craft (SUP in particular) over the last 3 years, but lack risk assessment experience (tides, wind, wave awareness) and personal water safety skills. These sessions were fully booked and were so popular that one provider (Access Adventure, Seaham) then added additional dates for the public to book at pay for.

Sea Company Veterans Surf Project

The Veterans Surf Project got underway at South Shields. One Veteran Volunteer attended Surf Coach qualification at the start of April (a second coach completed the majority of the training course, but did not finish as he contracted COVID, there is a second course towards the end of the season where he can complete his training.)



Matt Blair runs the sessions at the surf school, here are the testimonials he has provided:

“My name is Wayne, I currently work for the veteran’s charity, Walking with the Wounded. We bring our beneficiaries to Sea Company, as it has an amazingly positive effect on their physical and mental health. I have surfed in the past, so I fully understand the benefits that it gives you. What I love about it is that it is a full mind and body work out. Physically it like no other exercise, as you can never beat mother nature, so you are always kept humble. Mentally it helps me to focus on the task in hand, forgetting about the tribulations of everyday life, I find it’s an almost spiritual experience and a great benefit to my mental and physical wellbeing.

If I could point to one of my beneficiaries Mark, who was a veteran in his mid 30’s who was struggling with anxiety, depression, and psychosis. Prior to engaging with Op Courage Mark had pretty much become a recluse, rarely leaving his home for fear of what the outside world had to offer. Mark and I worked on his confidence for several weeks before he felt ready to attend Sea Company (Surf School). When you arrive you are greeted by Matt and the rest of the guys, who are

amazing! Once we got our wetsuits on, we grabbed our boards and headed to the surf. After a warm up and a demonstration we hit the water.

If I said to you watching Mark in the water was like watch a butterfly breaking out of a cocoon, it would be an understatement. Mark took to it like a duck to water, he fell in love with surfing. Physically he was exhausted, but mentally he said that he felt amazing. Mark said the following to me when I asked him what he felt whilst he was out in the water. **“It was like someone had turned the voices in my head off. For the first time in years there was silence in my head, I felt at peace. All I needed to do was concentrate on the waves, it felt amazing, I wasn’t scared, I wasn’t afraid I just felt alive!”**

Surfing was the catalyst for Mark making some amazing changes in his life. He joined his local YMCA gym, he made changes to his diet, eating as healthy as he could afford. He attended more of the surf session, and in some cases, he took public transport by himself to attend. Mark also formed a support network with two other veterans from the school. Mark has since managed to regain control of his life after a substantial period of mental health crisis, and he puts this all down to the power of surfing.”

-Wayne

“I was a surfer before I went to Sandhurst and unfortunately sustained a brachial plexus injury and further complications. I spent 2 weeks in Morocco prior to the commissioning course and I left my heart there. I hope to reconnect to it soon.

When having therapy for the mental scars I'm asked to go to my safe place. It's out back: floating on my board, the sun in my eyes patiently waiting for the next set, the feel of the current on my hands at peace with myself and the world.

Surfing is incredibly inclusive; it can be adapted to suit the needs ability and physical limitations of anyone. One of the reasons I'm moving back to the North East and specifically the coast is the lifestyle choice: the healing power of the ocean. Matt proactively got in touch with me via Instagram and I couldn't wait to have my first session.

Being given the chance to surf with a group of individuals with similar acquired physical and mental barriers will be comfortably uncomfortable. I know there's something calming and soothing about surfing that touches your soul and fills you with happiness.

It's vital that these initiatives keep running as it helps in reducing isolation, improving confidence, manage stress, manage anger and addiction for some. Creating resilience and independence in a community that's so often neglected and forgotten about. We know from social prescribing initiatives and research community designed initiatives are very successful. Programmes like Sea Company have the power to reduce health inequity, improve the health, wellbeing and quality of life of veterans. Which arguably contributes to a better society for all.”

-Chloe

“I love the sessions with Matt and the rest of the gang – you don’t have to be clinically depressed when you turn up but it is a massive mood lifter – always feel 110% better at the end. It is a great laugh, with likeminded people, outdoors and sometimes in challenging conditions and makes you feel like you’ve achieved something. I have to admit I prefer the bodyboarding but I feel like I’ve mastered it now and can do it with no supervision – it’s such a great feeling “riding the waves” Thanks Matt.”

-Sam

“I benefit greatly from the surf sessions both physically and mentally. I feel happier in myself since going along to the sea company Sunday sessions. Matt pitches the lessons at exactly the right level for each individual and creates a positive community that encourages healthy chat both during and after each surf. People often hang around for a brew after the lessons and are beginning to meet up during the week to surf with each other.

Floating on a surfboard I feel much more comfortable chatting to and listening to others that I absolutely would not be open to in any other environment. My fitness training is now geared towards surfing, and I am encouraged to train more often, therefore benefitting physically as well as mentally.

Sea company are doing a fantastic job and in my opinion is one of the most inclusive veterans’ charities I have come across; there is no “entry requirement” and is entirely indiscriminate across ranks of all armed services.”

-James

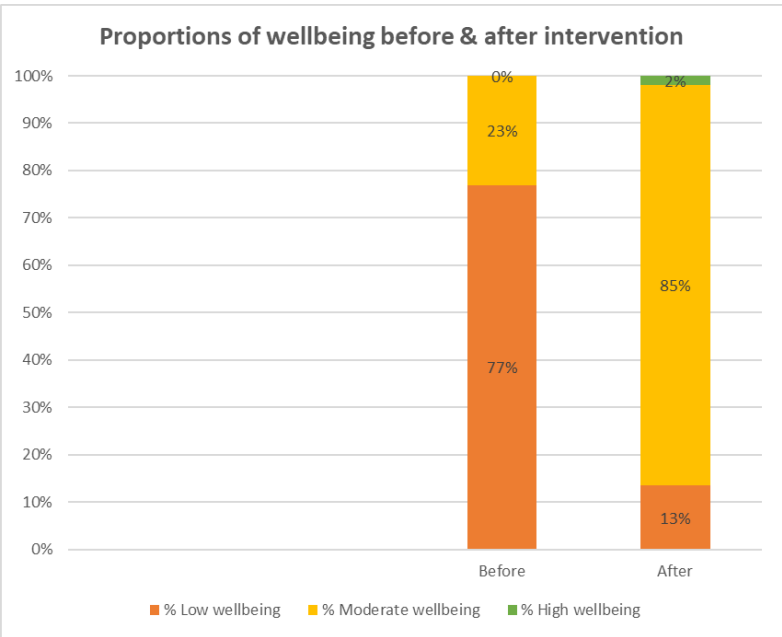
As well as personal testimonies, veterans completed a wellness questionnaire at the start of their sessions, and then a second one at the end of the 6-week block of surfing. Initial data analysis has shown a statistically significant change in the wellbeing of participants following their surf sessions ($p < 0.05$ on Wilcoxon signed rank test).

On the next page, **Chart 1 shows:**

The mean wellbeing scores before and after surf sessions, this chart shows a positive increase in the average wellbeing score of 9.12 which is statistically significant.

Chart 2 shows the changes in reported feelings of wellbeing from participants before and after surfing intervention.

Please note that this is initial analysis, of a small data set, more data will be collected and analysed over Summer 2022.



	Before	After
% Low wellbeing	77%	13%
% Moderate wellbeing	23%	85%
% High wellbeing	0%	2%

South Tyneside Cultural Partnership Walk: a collaboration with Arbeia

In partnership with Arbeia Roman Fort two walks were developed: the first (on Saturday 11th June) was led by Arbeia staff/volunteers and focused on the social history of South Shields. The route started at Arbeia and ended at Trow rocks. This walk was attended by 12 people.

(The second walk will take place in July, starting at Souter and ending at Trow, and will focus on the geology of the area.)

Chi Gung at Souter – The Little Company of Calm

A six week block of low level activity designed to promote mobility and mindfulness started at Souter on June 21st. The course was limited to 16 participants and was fully booked.

Launch of on water BlueGym sessions promoting mental wellness of coastal communities

South Shields:

Taster sessions for BlueGym mental wellness surf are running each Thursday night. These sessions have reduced numbers and a slightly longer duration than usual taster sessions to reduce participant stress/anxiety. Following these taster sessions, participants are offered a longer course of surfing that they can attend if they believed it to be of benefit to their mental wellness. From the first surfing course 7 out of 8 places were taken.

Seaham:

We ran two days' worth of weekend taster sessions from Seaham for people with to try SUP/Kayaking with the intention of lifting their mood and increasing mental wellness. These taster sessions were fully booked, had reduced numbers and were of a longer duration than usual taster sessions to ensure a low stress environment for participants, and to reduce any stress/anxiety about water or new situations/equipment. From these taster sessions, participants were given details of a longer course of paddle sports which they could attend if they felt it of benefit to their mental wellness. BlueGym Mental Wellness sessions started on July 2nd, and 7 out of 8 places were booked on this course.

Impact data from both the surf and paddle sessions will be collected using the Warwick Edinburgh Mental Wellbeing Scale (same as used on the Veterans Surf project), and then analysed.