



# **CLIMB 4**

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Who are we?  
What do we do?

# Who are we?

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Climb 4 is a local user led, social enterprise. With a passionate team delivering creative, learning and training programmes and activities. Providing early intervention support for vulnerable children, young people and families.

Mission- to provide Creative, Learning environment, that is Inclusive, benefitting the Mind and Body 4 community well-being.  
(Climb4)





**CLIMB4**

## Aims

Our aims link closely with 3 of the Early Help strategic Partnership priorities-

- Improved Child Health and Well-being
- Increased achievement and involvement in education, training and employment for children, young people and families
- Building Family and Community Strengths

## Climb 4 Outcomes

1. Develop inspiring and creative, training, education and support activities.
2. Widen Access and increase engagement for those experiencing inequalities
3. Create positive social connections and relationships
4. Empower people, engaging the community in the creation, development and management of Climb 4 organisation and programmes.



CLIMB4



  
**CLIMB 4**

# Parents Act Together For Children's Health

Developmental and well-being programme for Parents/Babies and Toddlers- ideal for isolated parents/carers or those struggling with attachment/bonding issues. Providing a supportive peer network for parents experiencing post-natal depression. Provides evidence based developmental activities to prevent developmental delays and prepare for school readiness. – **Presently supported by NELC Early years to deliver Parents and Baby/Toddler provision in 4 Family Hubs – Reynolds, Central, Nunsthorpe and Immingham. This provision is also available to schools or outreach organisations.**

Weekly Parent and baby '**Boogie Babies**' 0-1 developmental group- includes baby massage, songs, rhymes, musical instruments, sensory props and dancing.

Weekly **PEEP Developmental Groups** 2-4 – includes Free play activities, sensory play, messy play, art and craft, songs and dances.

**PATCH – Peer Support/Assistant Volunteer opportunities available- But also can include a Peer Mental Health support worker if requested.**



### **Healthy Lifestyle Holiday club-**

Providing positive activities during the school holidays for children aged 5-11 (Juniors). Run by specialist team of practitioners, teaching assistants and coaches. 3 Days February, June and October Holidays. Cost £10 (as not funded). Delivered at Centre 4 only. (No Lunch Included)

#### **Activity Days –**

**Sport-** Ball games, techniques, Athletics, Sport Games

**Expressive Arts-** Drama, Street Dance, Music, Singing, Story creation, Arts and Craft

**Science –** Fun and educating experiments and games

**Nature-** Art and craft 'Green' creations, including Outdoor visits to Farm/Beach/Greener Futures

**Universal AFTER SCHOOL/BREAKFAST Clubs-** We can also run afterschool/Lunch time/breakfast provision using the above Activity themes – Sport, Expressive Arts, Science and Nature- these can be general exploring all elements of our scheme or focusing on just one e.g. Street Dance.

### **HAF- Holiday Activity and Food Fund- 4 Day provision (Easter, Summer and Christmas)**

1 x week April, Summer x 4 weeks, 1 x week at Christmas Create the Tiger clubs will be provided at Centre 4, West Marsh Community Centre, Shalom, Pilgrim Academy Immingham. 20 FSM Free School meals /LAC and SEND places available per day/per venue. FREE places include a 2 course meal, snacks and refreshments. Also offer paid places @£10 no meal/ £15 with meal.





## **RESPECT Holiday Provision 11-16**

- Runs through School Holidays
- HAF- Holiday and Food provision runs during Summer, Easter and Christmas – with Free FSM places
- Guest Speakers
- Specialist Coaches
- Day Trips



## **RESPECT Youth Club 11-16**

- RESPECT Youth Den- @ Immingham Old Library 6-8pm every Monday (Term Time)
- Chance to socialise, take part in challenges & enterprising activities, explore music skills/DJ (partnership with Freestyle Academy)
- RESPECT- Chilled- @Inspiration Station Centre 4 4.30-6.30 every Wednesday (Term Time) for those who prefer a quieter environment (15 max)



# **PAM – Positive Active Minds**

## **Early Intervention Mental Health Peer Support Network Programme-**

Accessible for those children, young people and their families who are experiencing low level mental health issues/or are at risk of these developing. Aim is to prevent escalation to higher level of need.

### **ACTIVITIES AVAILABLE**

- 1-1 Emotional Support sessions
- Family Support sessions
- Children and Young People Anxiety workshops
- LGBTQ+ Creatives Group
- Home Education Group
- Termly Fundraising Events
- Social Groups
- Early Years Family Support and Workshops

Currently open for referrals from schools safeguarding, child protection officers, other statutory and VCSE organisation- Contact [laura.nelson@climb4.co.uk](mailto:laura.nelson@climb4.co.uk) Children, Young people and Families Manager for more information and referral pathway.







## **ARTS 4 HEALTH**

### **Creative Learning Opportunities to improve Health and Well-being**

**Specialist provision for Children, Young People and families who have Social, Emotional or Mental Health needs (SEMH), Looked After Children (LAC), Young Carers, those with Special Educational Needs and Disabilities (SEND).**

- 1-1 Bespoke Creative Learning Packages for Children/Young People with SEND- Creative project based learning
- Specialist After School/ Lunch time clubs- Dance/exercise, Singing, Performing Arts, Arts & Craft, Science and Nature
- School Intervention Courses- project based learning to improve skills and build resilience

#### **WEEKLY GROUPS- Adult Groups and Home educated groups available**

- Fitsteps Dance Exercise weekly workshops
- Creative Mindfulness weekly workshops
- Drama and Creative Writing workshops
- Nature Groups- Walking groups/Outdoor Creative learning activities



## Personal Development Volunteer and Training Pathway.



- **STEPP UP** — Personal development 12 week training.
- **Work Experience/volunteer opportunities-** Admin/business support, Media, Activity assistants, Peer Support,
- **Sessional Bank Progression Pathway**



## Value of Funding

- Organisation growth and sustainability
- Provide a reliable and professional service
- Meet community Need- Create new initiatives- turning participant/community ideas into reality
- Providing life skills opportunities for the community
- Develop strong partnerships/collaboration with statutory and other VCSE organisations.
- Develop the value of Therapeutic Arts

## Impact

- 2022-2023 Supported 1500 children, young people and families
- Improved Mental Health- building resilience, confidence, self esteem, reducing anxiety and depression and improving motivation.
- Reduced isolation- made healthy peer and adult relationships
- Raised aspirations- achieving true potential through raised self awareness.
- Improved employability skills
- Improved physical health and well-being
- Progressed into further education or employment
- Improved social skills
- Improved pre-school development

# CASE STUDIES

After leaving a successful career due to intense pressure I lost my direction in life.

My self-esteem, and confidence took such a hit. I questioned who I really was and couldn't find an answer. It was a really difficult time as I could see no way forward.

I then came across CLIMB 4 and enrolled on their Employability and Self Development course 'Stepp Up' and things began to change.

I felt so supported and valued that I began to feel like I could be me again.

Through CLIMB 4's time and belief in me, I developed a strong sense of belonging within the organisation which allowed me to focus on my goals and aspirations for the future.

Through funding from HLC Community Fund Climb 4 were able to offer this person a fixed term contract to support the delivery of STEPP up.

This person has now set up her own business. Which she says

'I am grateful for all the support and experience that my time with Climb 4 has given me. It gave me the skills, and confidence to believe in myself again, and realise my potential.'

When I met the team at CLIMB 4 I was living in Supported Accommodation - I felt alone, low on confidence and self-belief and had left college as I couldn't give it my all.

I joined CLIMB 4's '4 U BY U' programme, uncertain and lacking confidence with very little experience but the team saw something in me. I felt like a failure, but CLIMB 4 believed in me and gave me a chance.

After some months volunteering I was offered the opportunity to take a Level 2 Teaching Assistant Apprenticeship - which gave me such a sense of self confidence.

I was no longer the girl who had dropped out of college, but someone who was valued by my team but also able to support so many other people especially through running the summer holiday clubs.

I have achieved so much and am striving toward new goals. I've now moved onto a level 3 Apprenticeship and am so happy - looking forward to a positive future.

After achieving her apprenticeship she has now gained a permanent position as a SEND Lead support worker.



**Together We Can Build a Brighter Future**