



## Year Three

**April 2016 - March 2017**

**In the third year of the Go Anywhere Do Anything (GADA) Project we have run more trips than previous years, retained our excellent volunteers and welcomed some new members into our community. This year we commissioned an independent evaluation of the project, which can be viewed on our website.**

### Activities and outputs

This year we have supported 57 adults with learning disabilities to choose, design and attend 62 days and evenings out across the capital – 19 more trips than year two, and 31 more trips than year one. We have provided 297 spaces that can be accessed, 110 more spaces than in year two. Over the 3 years of Go Anywhere, Do Anything, we have run a total of 136 trips, an average of 3.8 trips per month. We welcomed 15 new members to the project this year, and 7 members stopped attending. Our dedicated social buddies have volunteered nearly 1200 hours of their time, 600 more hours than last year. We did not recruit any more volunteers this year, however we did have one previous staff member join the volunteer team. We currently have 23 active social buddy volunteers. 100% of respondents to our recent volunteer survey, said they enjoyed volunteering and felt appreciated as volunteer, received the on-going support and felt the trips were well organised and enjoyable to attend.

We have run 6 formal steering group sessions with large groups of adults with learning disabilities and autism. People have been forthcoming in telling us all about what they want to do in and around London. We have also had regular one to one chats with members about what they would like to do.



## What difference have we made?

Go Anywhere, Do Anything has made a huge difference to our community. People are able to do all the normal things that others get to within society, with people that are there to support them because they want to be, rather than because they are paid to be.

Professionally our project is about early intervention and therefore the outcomes we achieve can sometimes be small or hard to measure. The idea is that even a small change, such as a noticeable increase in someone's confidence or someone being more aware of their rights, will have a long term impact on people's lives.

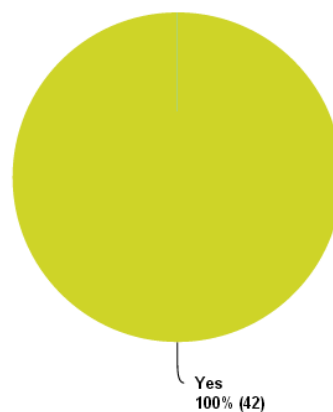
Recently, Share has introduced a new outcome measurement tool called the Student Star, a holistic tool which is customised for each member and focuses on the areas of their lives they wish to develop or improve. During the readings, approximately 85% of people have reported wanting to become more socially included and were given the goal to attend regular GADA trips. Go, Anywhere, Do Anything has been an invaluable tool to help us deliver real outcomes for people, and without GADA, we are unsure how many of these very important self directed goals would be possible.

This year we ran 62 days and evenings out across the capital, 17 more than our target of 45. We have 23 volunteers, 3 more than target, with a satisfaction rate of 100%, as opposed to our target of 95%. 57 people have been paired up with a social buddy during the year, 26 more than target. Of the 57 people that interacted with the project, 32 individuals have enjoyed 5 or more events; which exceeds our target. Last year, 17 people attend 5 or more event so we are very pleased to report that people have been interacting on a more frequent basis with the project.

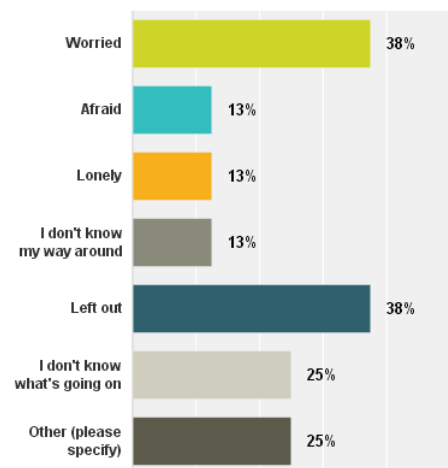
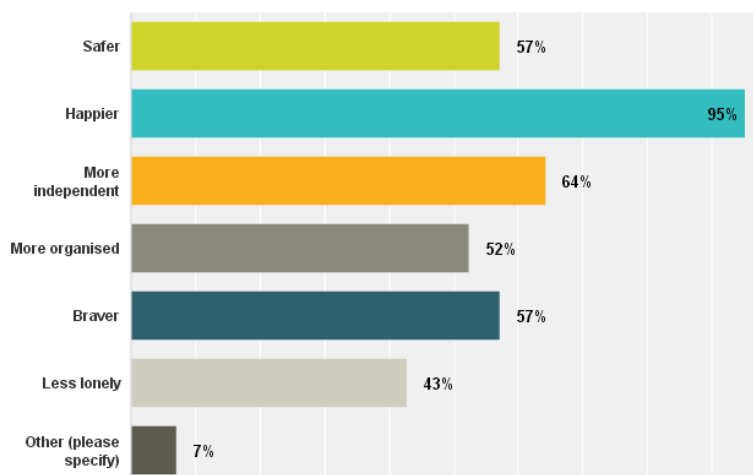
In our most recent survey, we asked 42 of our members to tell us how the project made them feel. 100% reported feeling more confident in accessing arts, sports and leisure events.

### Do you now feel more confident about going places and events in the city?

Answered: 42 Skipped: 0



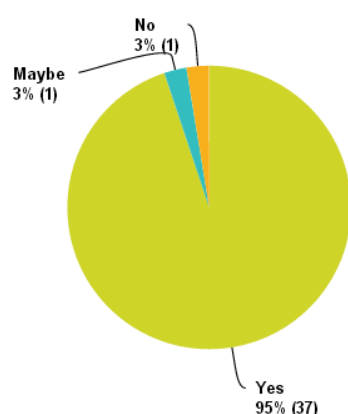
95% of our members say that Go Anywhere, Do Anything made them feel happier, 64% said it makes them feel more independent and 57% said safer and braver. 43% of people said they felt less lonely and 52% felt more organised. 37% of people reported that they still felt worried about attending trips or left out when they couldn't attend for whatever reason.



95% of members said that they would like to explore places outside of London in the future, and some even suggested going abroad with GADA – although the British seaside was the most popular!

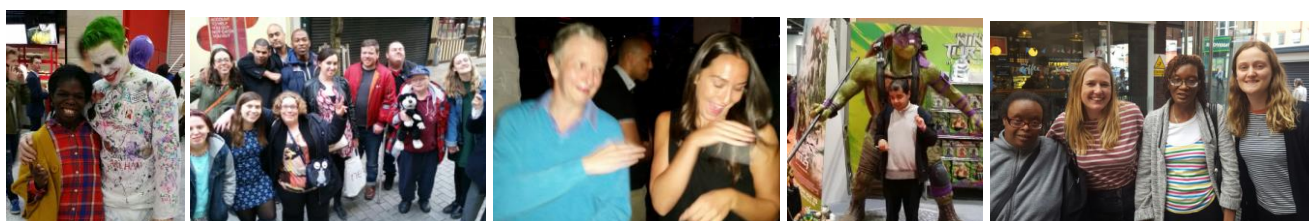
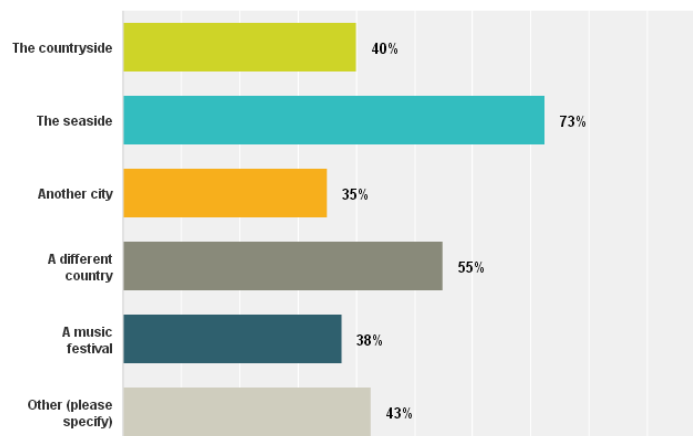
### Would you like to go somewhere outside of London?

Answered: 39 Skipped: 3



### If yes... where would you like to go?

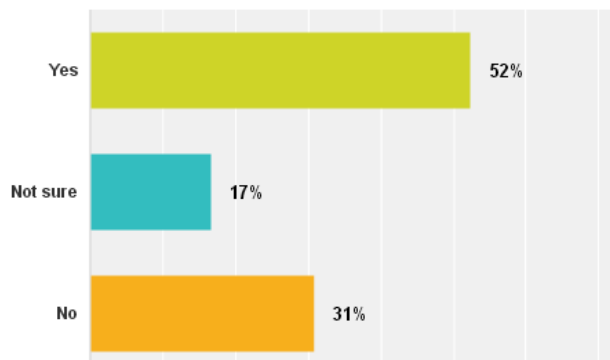
Answered: 40 Skipped: 2



We asked people to tell us how they felt about staying out late, 52% said that they thought we stayed out late enough in the evening, whilst 58% of people said they wanted to stay out later. We found this was a very difficult question to answer as the concept of staying out late was complex for some people to imagine. We often found that when we asked the question in a slightly different way, the response was different. If 58% of people do want to stay out later then this is great news for GADA as it is broadening people's expectations and demands of their social lives. When we asked people why they didn't want to stay out late, the most common response was that their family members or carers would be worried about them or that it was too tiring.

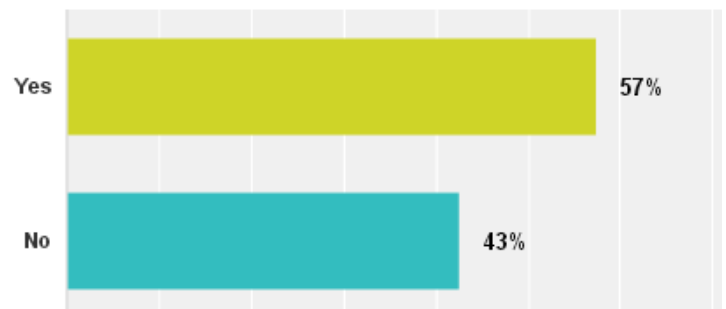
### Do we stay out late enough?

Answered: 42 Skipped: 0



### Would you like to stay out later?

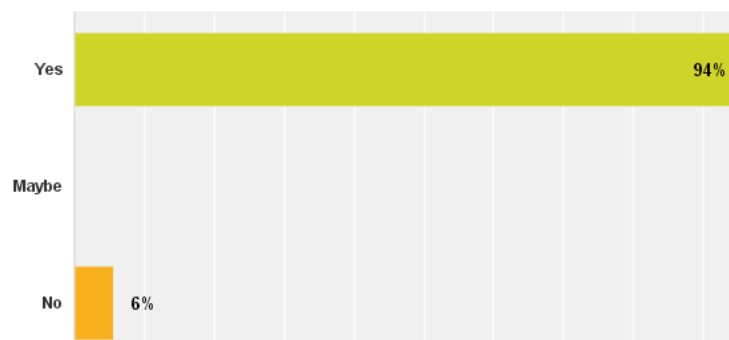
Answered: 40 Skipped: 2



Throughout the year 40 people set themselves health and wellbeing goals to achieve through GADA. Of these 40 people, we surveyed 35 of them to see how they've done. 94% of them said that GADA had helped them to achieve their health and wellbeing goals and two people said that it hadn't. People's goals included wanting to be healthier, wanting to be more active, wanting to make new friends and spend more time with current friends and wanting to be more independent.

### Has joining in with Go Anywhere, Do Anything trips helped you to achieve your goals?

Answered: 35 Skipped: 7



86% of members said they became a member of GADA so they could spend more time with their friends and 79% said it was because they wanted to enjoy London. 69% said they signed up to meet new friends and 52% said it was good for their mental health. 50% said that GADA helped them to stay healthy and keep fit.

100% of people have said that GADA makes their life better and told us several reasons why. The main reasons for people's lives being better seemed to be around an improvement in their social network, that they got to meet new people, spend more time with their friends, see new things and get out the house more.



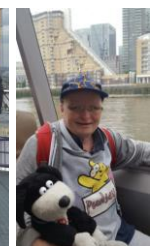
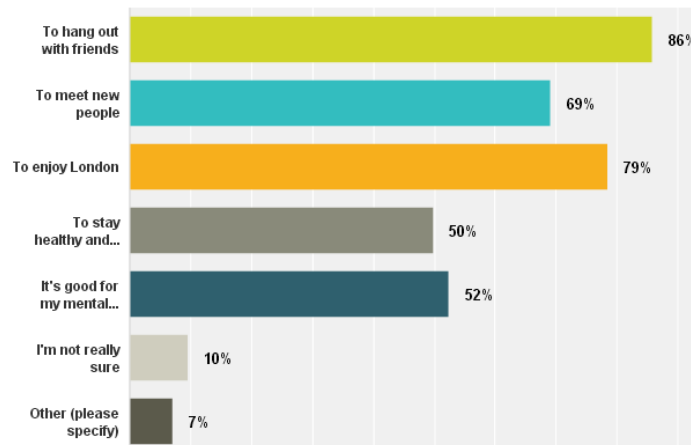
## Do you think that being a member of GADA has made your life better?

Answered: 42 Skipped: 0



## Why do you choose to come out with Go Anywhere, Do Anything?

Answered: 42 Skipped: 0



## Case study – Ummair

Ummair joined Share in 2012, and studies Independent Living with us. Ummair lives with his family in Wandsworth and has a keen interest in cricket and the weather. Ummair is often seen observing from a far, and would prefer to sit quietly out of the lime light. It wasn't until the project had been running for over a year that he decided he wanted to get involved. After some discussions with other staff at Share and a bit of gentle persuasion, he approached the GADA staff team and asked if we may be able to go to watch a cricket match. We took this opportunity and booked up some tickets to see Surrey Vs Leicestershire at The Oval in May 2015. Ummair had such a great time with his friends, that soon after he asked if we could go again. A year later, Ummair has helped GADA to arrange two more visits to The Oval, one of which was to see England V Sri Lanka – a dream line up for Ummair. Ummair's confidence has grown both inside and outside of Share, he has been chatting more with his friends, been more active in the



Ummair at the cricket

community and has begun to branch out with his GADA trip ideas. Over the last six months Ummair has suggested and been on trips to Farnborough Air Show, the TFL Train Depot, Indoor Rock Climbing and to play Crazy Golf. Ummair has just started travelling independently to and from Share, and hopes to move into independent living in the future.

**When our Independent Evaluator asked Ummair to tell her about the project, he said:**

*"I like watching cricket on TV but I prefer to watch it in real life. I feel happy when I am watching a cricket match, it is my favourite sport. I am doing something soon that I have never done before, rock climbing. I am happy to try something new. I am also going to do crazy golf. I definitely want to try that!"*

**Ummair is very close with his family, and his mum told our Independent Evaluator the following:**

*"The project is absolutely wonderful. Ummair has been out to so many different places, his confidence has grown. He has met so many different people, and made lots of new friends. He is now more confident in travelling independently. He is proud to tell me that he is going out with his friends. In the past, he would have been stuck at home. He is much more independent. I would like to see the trips expand to 2/3 days including an overnight stay. That would be really good and make Ummair feel grown up. I think since the GADA project has started Ummair talks and converses more, and he engages better with his peers and friends. I really do hope that Share do get continued funding for GADA."*



## Feedback from those who have benefited

As a user led project we are driven by the feedback our members give, so we conduct regular surveys to find out what people do and don't like. In our most recent survey (April 2017) our members said some very positive things and below are some of the comments we received:

I got a lot of new friends	I feel more independent
I get to meet different people	More confident travelling
I like going out	I get to stay out late
It's good to talk to new people	I've enjoyed being with the social buddies
I've been to golf	I've made more friends
Gives me a chance to socialise and relax	I get to buy things and go out
Makes me happier	I've been on a train
Because I've got people there to help me	Makes me feel happy, it's fun.
I get to see my friends	I enjoy it and everyone is kind who comes
I get to meet new people and make new friends	I feel happy when I go on
Going to new places	I get to go to different places which makes me feel
Because it's good	more confident to go to places on my own
I like it as I get to go out more	Good to see new things
It's good for me	It helps to make me happy
I've been more active	It helps me be healthy
It's a lot of fun	It's made life fun
It makes me feel happier	The volunteers are very friendly
I like going to museums	Going to new places and learning
I'm happier	It lets me be with my friends which I like
I've tried new things	Helps me improve on how I meet new people in new
Getting out and about	places.
I like it	Less lonely
I don't stay indoors as much	Made more friends
I get to mix with my friends	I am not at home on my own so much
I like the trips	I get to go out and have fun
It's good to see things	I get to take pictures
My social skills have got better	It's exciting and surprising
It increases my confidence	It's lovely and I like going out more often (parents
	don't go out much)

The project not only benefits its members, it also has a positive impact on carers. Some carers told us:

- *"This project has been very good for M, they have been to so many places. I know in school they did trips but this is different, it has helped to build his confidence. Having a different routine and change is good. M needs someone to go with him, he cannot do it on his own. I have seen M grow in confidence, he talks more now. If the project did not continue then the family would be very disappointed for M, he does not have much of a routine at home and often goes to Share. This project is a lifeline for him because he can rely on other people who are not family members and he gets to see different things which makes him more independent."*



- *“The GADA project has been fantastic, they have been to so many different places, some of which I have never heard of. I have seen H grow in confidence. The day before the trips, he is really excited and happy. I was a bit concerned initially about the evening events, but Leanne and Joe have reassured us. I would like to see family members to take part in some way in the future, for example if there was a weekend away.”*
- *“The GADA project has been great for K, she goes out so much more. It has empowered her, given her pride in herself and her self-esteem has improved so much. She is happy to take the lead role in projects, she is very enthusiastic and proud about her role in the project. When she goes to meetings she feels that her input is valued. The GADA project is fantastic, there has been a wide range of events from seeing a band, going to a disco, watching a show or experiencing rock climbing. I think it has been planned incredibly well, it needs to continue!”*

In our most recent volunteer survey, we asked our volunteers for some feedback:

- Keep up the ace work - GADA is easily the best programme I've been involved with.
- The best bit for me is seeing the smiles on the members' faces
- I really enjoy the trips. I always leave feeling happy. I forget about my everyday life and just enjoy the hours I'm volunteering for, and that's great.
- I love the inclusive, non-judgmental environment the trips have. I love meeting new people and seeing different sites in London.
- I've enjoyed getting to know new people, helping out in the community, exploring London, being involved with a team & feeling valued.
- I'm so pleased to be a part of such a brilliant programme and it's so lovely to see how much the members enjoy the activities. Fingers crossed you get the funding required to keep the programme running
- The best thing is the sense of accomplishment when introducing the members to something new



## What have we learnt?

This year we have continued to see the demand for this service in our community grow. Again, this year we haven't specifically marketed the project (beyond our general charity marketing), and we've seen our membership grow by 15. This year we wanted to try and engage more people in the project, however ensuring it is done in a meaningful way where they are accessing frequently. Upon issuing our quarterly schedule of events, we ask members to complete a sign-up sheet. When we receive them back people have often ticked most of the trips – indicating that they would like to go out every weekend. In the last three months alone, we've been oversubscribed on 13 out of 17 of the trips on offer. Unfortunately we don't yet have the capacity to be able to support people to go out quite as



Sign up sheets



often as they want to, however we hope with future funding we may be able to expand our project in this way. We have learnt that we simply cannot stop running this project after the City Bridge funding expires. We are doing everything we can to fundraise to keep it going.

We have also learnt that with the right training, planning and support, our social buddy volunteers are able to run trips without staff present. 63% of trips this year were run by volunteers, compared to 23% last year. Staff are always 'on call' if needed, but essentially the volunteers are in charge. We have a fantastic group of volunteers who are very committed to the project and its members. We receive regular detailed feedback from volunteers and support them in every way we can. With volunteers running most of the trips, staff time can be focused on developing the project, risk assessing and working with members who have more complex needs.

Again this year we've found that volunteers don't claim back travel expenses as much as we had anticipated at the beginning of the project. This has meant we could use the money to put towards running more activities and events for members to enjoy.



### What worked well?

A lot of things have worked well throughout year three of the project. We have seen that our volunteers remain committed to the project, and those that have moved on, have been for reasons such as relocation or increase in work demands. In our most recent survey, as well as 100% of volunteers feeling happy with being involved in the project, all of them also said they would like to continue to volunteer even after the project funding runs out. 82% of volunteers were happy with their volunteer commitment, and the rest wished they could volunteer more.

We asked one of our regular volunteers, Alix, to tell us about her experience so far.

*"I was new to London and I wanted to find a way to meet people, explore the city, as well as giving back to my new community. Volunteering for Share has without a doubt met my expectations, and in many ways, has exceeded my expectations. I wasn't sure what to expect from Share, having never done anything like this before, but the training was done really well, so I didn't feel nervous on my first trip. I have gained a new appreciation for life, and for being lucky enough to be completely independent. It has taught me not to take my independence for granted. I have met so many amazing people through Go Anywhere Do Anything, I truly feel that my life is better for being involved. The staff & students are so friendly, it makes going on each trip such a fun experience. I like being able to show students what London has to offer and experiencing new things with them. Get involved- you won't regret it for a second!"*



Alix with members Doddy, Joyce and Anand

We have seen an increase in the user led approach to running GADA – we get members more involved in the planning of trips and we are spending much more time 1-1 with people to find out what they want to do next. Our large steering group approach to planning trips has continued but we have been trying out different ways to run it so that everyone's voice is heard. We have developed our use of technology, including our digital Immersive Learning Space and using popular communication app Whatsapp to communicate with our volunteers on the go.



## Key achievements

We like to think that GADA has increased the expectations that our members have of their lives. When we first started the project, going out to socialise without a paid carer or a family member was alien to some people, now it's the norm for almost everyone on the project. We are so proud that each one of our members reports that GADA makes them happier and that we have helped people to achieve health and wellbeing goals they set for themselves. We want to support people to live the life they want to, and the fact that members say that when they socialise with friends and meet new people, they feel better about themselves demonstrates the impact that GADA has – especially in terms of early intervention for people who may be at higher risk of experiencing ill mental health.

We have several examples of members that have broadened their horizons this year. For some people, especially those that have a very set routine, going out without always knowing what's ahead, can cause anxiety. Our easy read daily plans and excellent volunteers, have helped people to feel safe whilst with us and set expectations. When we asked people what they wanted to do at the beginning of the project, people often told us things they had done before. Now, people are sharing bigger and more creative ideas, people seem far more excited about wanting to experience something they never have done before.



## What hasn't worked as well as we'd hoped?

We would have liked to have had more time to be able to support members of our community that have various complex barriers to inclusion, such as those with serious health concerns or poor support structures. We do as much as we can to support these people to attend trips; however some issues are often out of the control and remit of this project. We haven't had the staff capacity to be able to get really stuck in to try and fully resolve or help towards some of the problems or barriers that people have faced. We often found ourselves referring to other professionals such as social workers or health care workers, or other members of the Share wellbeing team.





## Challenges

Some of the biggest challenges we face on this project are logistical ones – how do we ensure that if we are staying out till midnight, everyone gets home safely? How do we support a member who struggles to walk to go to see Fireworks at the top of Alexandra palace? What do we do if a member becomes anxious due to London crowds and wants to leave immediately? What do we do if someone's carer doesn't want them to come out, yet they keep signing up to trips? We still find that some of our members do not come out as much as they'd like to, and this is often due to resistance from family or a lack of support from residential staff. We have made some progress with family members who have been fearful or worried about the person they support being out and about, however this will always be a challenging area that is very tricky to deal with. These are all challenges that we face on a regular basis and we take regular action to ensure that we plan appropriately, risk assess each trip and provide advocacy where we can to support members.



## Where are we featured?

Our work is fully documented on our website, which is regularly updated:

<http://www.sharecommunity.org.uk/independent-living-wellbeing/go-anywhere-do-anything>

We often use Twitter, Instagram and talk about Go Anywhere Do Anything on our Facebook:

<http://www.facebook.com/sharecommunity>

<https://twitter.com/sharecommunity>

[https://www.instagram.com/share\\_community/](https://www.instagram.com/share_community/)

We have made short videos on some of our trips, these are all on our You Tube channel:

<https://www.youtube.com/watch?v=7ZAfucOgw9M> – Karoke night

<https://www.youtube.com/watch?v=TfmkXDX3RiQ> – The Best things about GADA

<https://www.youtube.com/watch?v=L2yNgCjT65A> – Mad Hatters tea party

<https://www.youtube.com/watch?v=mPzB61V5YXk> – Paralympic festival

[https://www.youtube.com/watch?v=7y\\_bWIXcZAo](https://www.youtube.com/watch?v=7y_bWIXcZAo) – Lucky voice

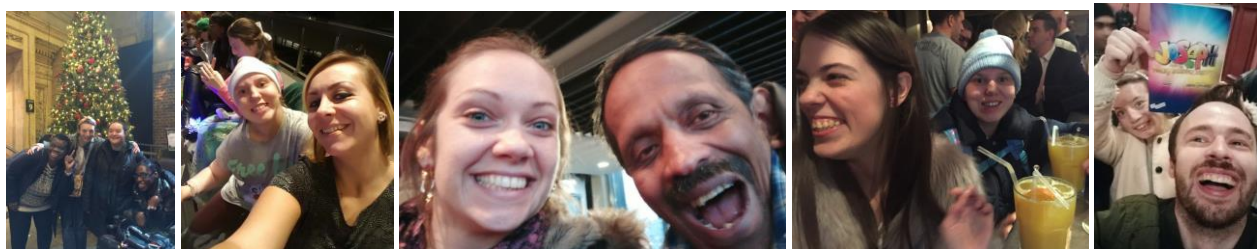
<https://www.youtube.com/watch?v=Y25P0FGAJB8> – Fifth harmony

<https://www.youtube.com/watch?v=calUJQBR7Ns> – Chessington

<https://www.youtube.com/watch?v=xR8h8Kqrq4E> – Go Anywhere, Do Anything 2017

We have also had a documentary made about us by South West TV, which can be viewed here:

<https://www.youtube.com/watch?v=x2BG9kEzotQ&t=209s>



## Environmental Impact

We try to be as environmentally friendly as possible. We have become much more digital and we try where possible to reduce our paperwork. We try not to print unnecessarily and we make use of e-tickets. If we do print, we will print double sided and recycle paper, waste and cartridges where possible. We mostly travel using public transport and only travel by taxi if absolutely essential.



## Monitoring Framework

<b>How many people have benefited this year?</b> <ul style="list-style-type: none"> <li>57</li> </ul>	<b>What gender are our members?</b> <table border="1"> <thead> <tr> <th>Gender</th><th>%</th></tr> </thead> <tbody> <tr> <td>Female</td><td>54</td></tr> <tr> <td>Male</td><td>46</td></tr> </tbody> </table>	Gender	%	Female	54	Male	46																		
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<b>In which Greater London borough do our members live?</b> <table border="1"> <thead> <tr> <th>Borough</th><th>%</th></tr> </thead> <tbody> <tr> <td>Wandsworth</td><td>84%</td></tr> <tr> <td>Merton</td><td>4%</td></tr> <tr> <td>Lambeth</td><td>5%</td></tr> <tr> <td>Bromley</td><td>2%</td></tr> <tr> <td>Richmond</td><td>2%</td></tr> <tr> <td>Southwark</td><td>2%</td></tr> <tr> <td>Croydon</td><td>2%</td></tr> </tbody> </table>	Borough	%	Wandsworth	84%	Merton	4%	Lambeth	5%	Bromley	2%	Richmond	2%	Southwark	2%	Croydon	2%	<b>What age group(s) are our members?</b> <table border="1"> <thead> <tr> <th>Age group</th><th>%</th></tr> </thead> <tbody> <tr> <td>16 - 24</td><td>16%</td></tr> <tr> <td>25 - 44</td><td>51%</td></tr> <tr> <td>45 - 64</td><td>33%</td></tr> </tbody> </table>	Age group	%	16 - 24	16%	25 - 44	51%	45 - 64	33%
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Asian; any other mixed/ multiple ethnic background)	
Asian/ Asian British (including Indian; Pakistani; Bangladeshi; Chinese; any other Asian background)	11%
Black/ African/ Caribbean/ Black British (including African; Caribbean; any other Black/ African/ Caribbean background)	30%
not known	5%

## Closing thoughts

We'd like to thank the City Bridge Trust for investing in the Go Anywhere, Do Anything project. It has changed so many people's lives and we hope it will continue to grow. We now know that we have funding for at least the coming year to continue this amazing project.

