

ANNUAL REPORT 2022

Elevate and Inspire





At Urban Uprising, we help give disadvantaged young people the opportunity to transform their futures.

Our unique climbing programme gives 8-18 year-olds who face various challenges in life the chance to develop their physical, social and personal strengths with the support and encouragement of highly-trained positive coaches.

We know there are barriers – both individual and societal – that prevent some young people from accessing and consistently engaging with new experiences. Urban Uprising's vision is a society where all young people feel engaged and empowered to create a positive future for themselves.

In partnership with climbing centres and committed volunteer role models, we are here to support young people to address and overcome the individual root causes of the problem and become their own agents of change.

Thanks for taking the time to find out more about Urban Uprising and what we could achieve together.

“Climbing is a hook that enables disadvantaged young people to engage in something which is constructive, both mentally and physically challenging, fun and, above all, empowering. Many of the young people we work with wouldn't otherwise get the chance to participate in this great sport.”

Stuart Green, Urban Uprising founder



URBAN UPRISING

Multi-week Programme



Youth Orgs and
Schools

Provide:

- Cohort of young people from disadvantaged backgrounds
- Staff member/s to attend sessions



Climbing Centre
Partners

- Venue
- Climbing instructors



Young People

Program provides:

- Personal Development
- Sense of Community
- Role Models
- Physical Activity



Volunteers

- Coaching
- Support



Young People

OUTCOMES



- Increased** confidence to try new things
- Increased** resilience to deal with failure
- Increased** participation in physical activity

SCALING WALLS, OVERCOMING BARRIERS.

Urban Uprising operates programmes in Glasgow, Edinburgh, Aberdeen, Cambridge and Bristol; often working with young people from the most deprived areas.

These local areas have been identified through our own community mapping, consultation and government data for multiple deprivation indicators. This way we know we are operating where the need is greatest.

We collaborate with local youth organisations and schools who know the communities well and are able to identify the young people who are most in need.



The issues these young people face are complex and varied. For example, they may be:

- 🐱 Identified as 'at risk' and headed to negative destinations
- 🐱 Affected by low physical activity levels
- 🐱 Struggling in school, with low educational attainment
- 🐱 Experiencing poor mental health
- 🐱 Living with autism, anxiety or ADHD
- 🐱 Disproportionately affected by health and social inequality
- 🐱 Negatively impacted by unemployment, addiction, crime or traumatic life events.

Over and above these socio-economic challenges, many young people are also affected by issues such as negative stereotyping, the pressure of social media, and the ongoing impact of the coronavirus pandemic.

Together, we can set them up for a better future...



“Our time working with urban uprising has been a real journey that the students will cherish. We started off with a group of young people that were introverted and anxious. Through the progress of the course we have seen distinct changes in the pupils' attitude and mindsets.”

Sam, Teacher - Clarendon Academy



“One of the great problems with helping young people to help themselves is that they are often undervalued. So why would they value themselves? They are seen by so many others in society as a problem. Actually they are an opportunity. When someone takes time to show them something good, it will have a positive effect on almost all. For a subset, it will change everything. That is worth supporting.” –

Dave MacLeod, pro climber and Urban Uprising ambassador

THE PROGRAMME

Our programme centres on personal development and life skills. Rock climbing can be daunting, and breaking through that barrier to try it for the first time, or to try new and harder climbs, is a real confidence builder.

The nature of climbing is that you are failing much more than you are succeeding, and the experience of not being able to get past a certain point - or falling off the wall entirely - is an important part of it. Building resilience to deal with this failure and understanding that failing is a learning opportunity (and nothing to be afraid of) is very empowering for the young people.

Through our sessions, young people can discover a sense of belonging to a new and different community with many positive role models. We know that our work can have a hugely positive impact on the mental health recovery of young people following the pandemic.

“The young people here have gained so much from their experience with [Urban Uprising]: new skills, confidence, resilience and a new motivation to try new and challenging activities.”

- Maggie, Manager, Lambhill Stables



THE IMPACT

Our programme has 3 main outcomes for the disadvantaged young people:

Through a six to 10-week structured indoor programme young people are taught how to climb safely and responsibly. Each weekly session is around 1.5 hours long, and - where resources and instructors are available - participants are invited to take part in a day of outdoor climbing at the end of the programme.

We tailor the programme slightly for each group to suit their age, maturity and other specific needs. We also consider any particular areas of focus our partner organisations have been working on with the young people to date.

“ 'I've really enjoyed the new experience of climbing, the best things have been meeting new people and gaining confidence, I can't wait to come back'.

- Carson, participant

1

Increased confidence to try new things

2

Increased resilience to deal with failure

3

Increased participation in physical activity

SKILL DEVELOPMENT

Alongside these main outcomes, our skilled volunteer coaches and climbing centre instructors focus on helping participants develop specific life skills.

These skills 'themes' go beyond the climbing wall and can help in all aspects of their life. There are three themes, and each covers a set of skills or qualities.

PERSONAL

Confidence, resilience,
listening, responsibility, focus,
reflection, problem solving

PHYSICAL

Stamina, strength,
flexibility, coordination

SOCIAL

Trust, peer support, empathy,
respect, communication

Award Scheme

The young people will also be guided through an accredited award scheme for climbing competency: the National Indoor Climbing Award Scheme (NICAS). This gives them a focus for the physical and technical aspects of climbing, as well as earning a certificate at the end. There is a component of safety and managing risk within NICAS which helps a lot with building confidence.

Our 'Repeat' programme

Following their six to 10-week Climb Programme, Glasgow and Edinburgh groups can now attend our weekly drop-in 'Repeat' sessions, at no cost to them. These Repeat sessions allow participants to continue to improve their climbing skills and build on the positive relationships they have developed with our volunteers and instructors. This has been a big step forward for us and allowed us to deepen our impact significantly for the young people who choose to keep going.



OUR PARTNERSHIPS

We have partnership agreements with some of the best climbing centres in the UK, including:

- The Climbing Academy in Glasgow
- The Climbing Academy in Bristol
- Eden Rock, Edinburgh University Centre for Sport and Exercise, and Alien Rock in Edinburgh
- Rainbow Rocket and Kelsey Kerridge Sports Centre in Cambridge
- Transition Extreme in Aberdeen.

These centres provide free use of their climbing wall and equipment, and give us instructors at a discounted price.



How it works

We provide an intensive initial support package to climbing centre partners as they prepare to deliver their first climb programme, and lighter-touch support on an ongoing basis. In return, climbing centre partners are expected to provide appropriately qualified and values-aligned climbing instructors to help deliver the climbing elements of the programme. This will be delivered collaboratively with trained volunteers who provide informal coaching and support to young people.

Benefits for climbing centre partners

When we work together, it really is a partnership. In our experience of working with other centres, we know the climbing community wants to give back wherever possible, and Urban Uprising is here to help you do that.

Not only do we lead on the outreach work required to bring groups into the centre, we also co-promote and collaborate on fundraising initiatives to support the wider costs of the programme. We'll help you run competitions and club nights, and often run groups during the daytime when centres may otherwise be quieter.

Best of all, many groups and individuals continue their climbing journeys far beyond the programme itself, helping to grow and promote the local climbing community from the ground up.

Our links with Climb Scotland and the British Mountaineering Council

Urban Uprising is partnered with Climb Scotland (part of Mountaineering Scotland), who run the outdoor sessions at the end of each programme. Climb Scotland support us in endorsements and advertising, and collaborate with us to develop pathways for young people to continue their climbing experiences. As part of this, our programme participants get a year-long membership to Climb Scotland, which gives them access to further training (including becoming an instructor) as well as youth competitions and events.

Our partnership agreement with the British Mountaineering Council (BMC) functions in the same way as the one we have with Climb Scotland. When available, they provide us with funding that enables people to obtain qualifications (CWI/RCI Training) through their Instructor Development Programme. This provides employability and employment options.



HOW WE WORK WITH YOUTH ORGANISATIONS

We collaborate with local youth organisations and schools who know the communities and are able to help us identify the young people who are most in need.

We add value by taking a 'place based', joined-up approach to services, assets and investments in the locations we work, to maximise the impact of our combined resources and achieves better outcomes for local young people and communities.

Our programme is a unique experience that partner organisations would otherwise be unable to provide and young people would be unable to access. We tailor the programme slightly for each group to suit their age, maturity and specific needs. We also take into account the type of skill development work each partner organisation has been carrying out with the young people - to compliment and build on that.

Great care is taken to match our volunteers appropriately to each group. The volunteers work directly with participants as positive role models, skilled climbing coaches and mentors, alongside climbing centre instructors. They support the young people on and off the climbing wall and are essential to the operation, delivery, and development of our work. They guide and monitor young people, building their confidence to try new things, and their resilience to deal with failure.

Sharing the cost

Urban Uprising funds the majority of the programme and the partner organisation usually makes a contribution. This contribution depends on the funds available from Urban Uprising and the partner organisation at the time.



STRENGTH IN NUMBERS

In addition to the core team, we are lucky to have a thriving and engaged community of volunteers who enrich our programmes both with climbing experience and life experience.

Their dedication to the young people we work with is inspiring, and their enthusiasm speaks for itself.



“I love climbing, and to get the opportunity to introduce young people who would otherwise not get the chance to try climbing is really fantastic. It's great to work with other passionate and fun volunteers to help give the young people we support a great rock climbing experience.”

- Chris, Volunteer

Recent mental health and wellbeing statistics from the NHS show we are facing a crisis for our young people. This, coupled with diminishing services, has meant the demand for Urban Uprising's programmes is greater than we can currently meet from a financial perspective.

We know our service addresses this need. We have tailored our programme so that the coaching focuses on building confidence and resilience, alongside the physical health benefits.

Over 86% of the young people consistently attended sessions, and time and time again, participants tell us the programme has made a positive difference to their lives.

	2017	2018	2019	2020	2021	2022
No. of participants	24	33	52	57	96	153
No. of groups	3	3	5	7	10	16
Total sessions (indoor)	34	19	46	29	97	140
Total sessions (outdoor)	0	0	0	2	2	5
Active volunteers	15	30	56	100	150	150

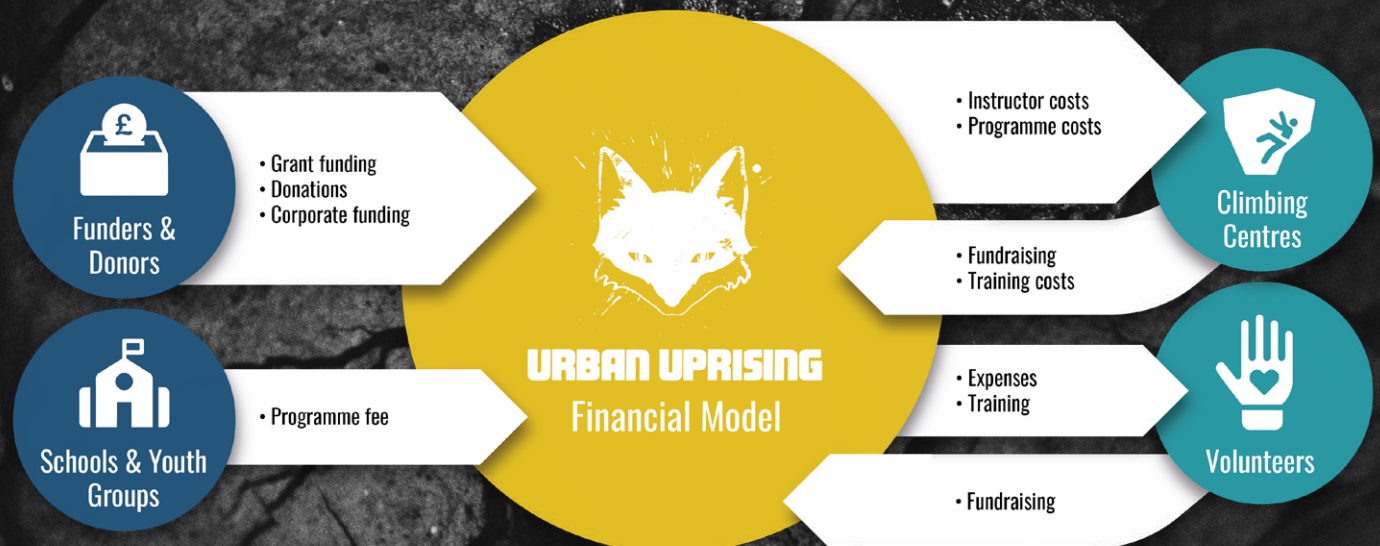
“Climbing made me feel inspired to work harder and seize every new opportunity which comes my way!”

– Rameez, participant



In 2022 we were able to reach a funding target of £110,000. We're very proud to have achieved that, but we're still just getting started. The growth and impact we want to achieve for young people in 2023-2026 is even more ambitious.

This diagram shows the financial flow between Urban Uprising and our Stakeholders. The majority of our income comes from our Funders and Donors, and mainly pays for instructor and programme costs. We are very grateful to all of our supporters. Current funders can be found on our website.



2022 HIGHLIGHTS



Ran our first programme at a new venue in Bristol - 'The Church' (TCA) adding roped climbing to what we offer in Bristol.



Ran our first programmes with our new partner Kelsey Kerridge in Cambridge.



Created our first formal multi year agreement with a partner organisations to work with them and groups of young people from their organisation year on year.



Developed our partnership with Climb Scotland which significantly increases and improves the delivery of our outdoor sessions.



Staff and volunteers attended a training weekend at Glenmore Lodge in preparation for our first residential with young people planned for 2023 at Glenmore Lodge.



Provided FUNdas training for session volunteers in both Scotland and England. This training helps volunteers better assist the instructors in coaching young people in the technical aspects of climbing.



2022

No. of participants

153

No. of groups

16

**Total sessions
(indoor)**

140

**Total sessions
(outdoor)**

5

Active volunteers

150

EVALUATING OUR IMPACT

IN 2022:



We saw an increase in confidence to try new things, resilience to deal with failure and participation in physical activity in the young people when we combined the evaluation data from the young people, volunteers and staff from the partner organisations.



Over 86% of the young people consistently attended sessions.



56% of the groups we worked with had BAME young people in them.



On a scale of 1 to 10 we received a 9.7 on average from partner organisations for the question 'How likely would you be to recommend Urban Uprising when talking to other organisations/schools?'

Outcome 1: Young people will have increased confidence to try new things.

Feedback forms from the young people

Relating to question 'How do I feel about doing rock climbing?' (choosing between list of positive and negative emojis). By the end of the programme **97%** of the young people felt positively about climbing. This improved from **71%** feeling positively at the start. Of the young people who felt negatively about climbing in the first session, **88%** felt positive by the last session

Relating to question 'How confident am I to try new things?'. We measured the confidence of young people to try new things on a scale from 0 (no confidence whatsoever) to 4 (very confident). **44%** of the young people indicated an increase in confidence in trying new things between the first and the last session. In addition, the percentage of young people scoring positively (3 or 4) on the confidence scale increased from **67%** to **72%**.

Relating to question 'Would I come climbing again?' (yes, no, not sure)

77% said yes

18% said they were not sure

1% said no

4% left this blank

Observation logs from the volunteers

We commonly observe young people masking their fear and marking themselves as more confident than they actually are in the first session form (particularly the males). Volunteers observed that **most** young people increased in confidence over the programme. This was the most mentioned change of all 3 outcomes.

Feedback from the staff of the partner orgs we work with

100% said yes to the question - 'Thinking generally about the group, would you say the programme increased their confidence to try new things?' (yes/no/it's hard to tell)

Some quotes relating to confidence taken from answers to the question 'What observations do you have about the young people (collectively as a group and/or individually)?'

'The pupils quickly gained confidence in their climbing and the instructors were excellent in promoting different strategies and adjusting their styles to suit the needs of our pupils. The pupils spent a lot of time outside of climbing talking about different routes they wanted to try and how they could go about tackling them.'

- **Dave, Teacher, Choices School**

'The instructors and volunteer team from Urban Uprising were fantastic with the group. Some participants really struggled with their confidence in the first few weeks - but the volunteers were extremely supportive and patient, and offered great advice which really increased their skills and confidence levels.'

- **Morven, Youth Worker, Lambhill Stables**

'We saw the confidence grow in all the young people that attended, it has been especially hard for them post pandemic and there has been a noticeable difference in their behaviour and confidence at school too.'

- **Joy, Support Worker, SPACE Project**

'Over the weeks it was noticeable how confident and supportive the young people were becoming during the climbing sessions. The young people would be asking to come back the following week, which speaks volumes in itself.'

- **Gary, Youth Development Worker, Edinburgh Young Carers**

'Many of the students involved saw a growth in the confidence within the classroom as well as physically. Some students started making better choices within their friendship groups.'

- **Ciaran, Teacher, The Glafraid School**

'The students all progressed in confidence, but a few in particular really excelled. One boy in particular commented to my colleague during the week 9 session "I didn't really have any friends before and now I have 3 people that I hang about with outside of school". We can't thank you enough for the opportunities you're providing our students.'

- **Sam, Teacher, Clarendon Academy**



Outcome 2: Young people will have increased resilience to deal with failure.

Feedback forms from the young people

Relating to question 'How do I feel when I fail at something?' (choosing between list of positive and negative emojis)

11% changed from negative to positive response

9% changed from positive to negative

80% stayed same

Relating to question 'Would I come climbing again?' (yes, no, not sure)

77% of young people said they would come climbing again

18% said they were not sure

1% said no

4% left this blank

Observation logs from the volunteers

Again it was observed by volunteers and staff at partner organisations that despite a number of young people not recognising it in themselves, **most** young people had increased resilience to deal with failure. They were willing to persevere with climbing routes that they weren't managing to complete. Most managed to get over the frustration and fear of failure.

Feedback from the staff of the partner orgs we work with

Relating to question - 'Thinking generally about the group, would you say the programme increased their resilience to deal with failure?' (yes/no/it's hard to tell)

92% said 'yes'

8% said 'hard to tell'

0% said 'no'

Some quotes relating to resilience taken from answers to the question 'What observations do you have about the young people (collectively as a group and/or individually)?'

'It was amazing seeing the difference in the kids over the course of the programme. Their initial anxieties decreased dramatically - they learnt how to keep safe whilst also taking planned risks. They developed a strong sense of achievement. One child had really low self-worth and often spoke about being 'rubbish' at everything. By the end of the project he proudly told me how good he was at climbing and this was a really magical moment.'

- Mel, Youth Development Worker, Edinburgh Young Carers

'For some it built their resilience to try new things. It also developed their problem-solving skills as they were always figuring out which routes to take on the wall.'

- Megan, Youth Support Worker, Crossroads

'Risk is an important part of childhood and I think taking risks and doing something physical challenges them to overcome their fears. I think it also teaches them not to give up when something doesn't go your way, but to keep trying, building their resilience.'

- Ashleigh, Youth Worker, Crossroads

'It was brilliant to see the increased resilience throughout the programme. Some young people were quite defeated when they initially started but as the programme went on, they realised that when they keep persevering, they are able to do the climb and achieve their goal.'

- Kayleigh, Teacher, Beeslack High School

3

Outcome 3: Young people will have increased participation in physical activity.

Feedback forms from the young people

Relating to question 'How often do I do physical activity per week?' (Scale of 1 to 5 from none to every day)

25% Increased

18% Decreased

57% Stayed the same

Relating to question 'Would I come climbing again?' (yes, no, not sure)

77% said yes

18% said they were not sure

1% said no

4% left this blank

Observation logs from the volunteers

When combining data for all young people, volunteers observed that **nearly all** young people increased in their participation over the programme. This was only an observation of the sessions as they do not know about their physical activity beyond that. This outcome was not commented on as much as the other two.

Feedback from the staff of the partner orgs we work with

Relating to the question - 'Thinking generally about the group, would you say the programme increased their participation in physical activity?' (yes/no/it's hard to tell)

85% said yes

15% said it's hard to tell

0% said no

Some quotes relating to participation taken from answers to the question 'What observations do you have about the young people (collectively as a group and/or individually)?'

'Many of the young people that took part in the climbing do not do regular physical activity. They are often put off by team sports and sit out of PE so it was great to see the young people engage and enjoy moving. The range of games and activities helped the young people to see that taking part in exercise can be really fun and there are so many alternatives to what they think physical activity is.'

- Kayleigh, Teacher, Beeslack High School

'We now have 5 of the 10 young people involved becoming TCA members and regularly meeting out with youth club times to go bouldering on a regular basis.'

- Morven, Youth Worker, Lambhill Stables

'Anonymised was very keen to take part in the programme as soon as they heard about it. I think they got a lot out of it and it was really good to see them have a bit of freedom and participate fully. With their diabetes their life can be somewhat restricted at times, so I think it was of huge benefit for them to have some autonomy and be able to be a bit more independent and take some risks.'

- Youth Worker

“All the adults are really helpful. I now can get up to the top of the sloped wall. I never thought I could, but now I know I can.”

- Connie, participant

THE ONLY

WAY IS UP

FUTURE GOALS

Urban Uprising aims to increase the numbers of young people who have access to our programme, and deepen the experience and impact of what we offer. We also want to develop and grow our thriving and engaged community of climbing centre partners and youth organisation partnerships.

By 2026, at least 150 young people a year will have the opportunity to take part in Urban Uprising's climb programme. Feedback from young people, volunteers,

instructors and partner organisation staff will show an increase in confidence and resilience in 70% of the young people when the data is combined.

Over time, we have a secondary goal to help bring about a cultural change in the climbing community, with more stakeholders moving to make the sport more accessible. The aim is to encourage increased diversity and inclusion of people from all backgrounds.



CAN YOU HELP US?

Let's elevate and inspire more young people

If you'd like to know more about forming a partnership with Urban Uprising, we'd love to hear from you.

For an initial discussion, please contact Ben Campbell at ben@urbanuprising.org