

# Compass Programme with the John Muir Award – a case study

## Callander Youth Project, Perthshire

- We see a huge change in the majority of the youngsters participating. The sessions are a real challenge and often a rollercoaster of emotions are expressed, but ultimately the group learn to work together, and as individuals, become more confident, more able and more open in their view of the world around them. ◀



Jennifer Caine, Youth Support Worker

### Fact box

<b>Organisation</b>	Callander Youth Project	<b>Number of young people in organisation</b>	Approx 100
<b>Location</b>	Callander, Perthshire	<b>Age group</b>	S4-6

### Organisation background

The Compass Programme run by Callander Youth Project is a dedicated support service for pupils from McLaren High School. Students are referred to the project by year heads where they believe that some form of additional support is required – whether due to behavioural issues, learning issues, mental health, low self-esteem or other concerns. The majority of those referred are on Staged Intervention, as outlined in the Scottish Executive ASL Act.

The time young people spend in the Compass Programme is focussed on achieving the Duke of Edinburgh Award, including time at The Outward Bound Trust for personal development, and the completion of the expedition section of the Bronze Award.

### Reasons for selecting this bespoke course

The initial aim of the Outward Bound courses was to help students in their preparation for the Duke of Edinburgh expedition. The programme created for this not only developed practical skills such as navigation and campcraft, but also the important but less tangible skills of teamwork, communication and the building up of self-confidence and trust in fellow team members.

The John Muir Award was added to the programme to create a broader experience, giving students a link between themselves and the wider world around them. The structure of the Award fitted in well with the course and allows students to work towards a valued additional recognition, alongside their Duke of Edinburgh Award.



## Key outcomes identified by Callander Youth Project

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**Social development.** The course puts students into contact with other participants from a wide range of backgrounds and social groups. Initially this can result in discomfort but that soon turns to a sense of understanding and co-operation.

**Broader view.** The focus provided by the John Muir Award gives every participant a clearer view of the impact they have on their environment, and develops their understanding of the world outside of their everyday life.

**Confidence and self-esteem.** The challenges faced by many of the students prior to referral can result in low self-esteem, but the programme of development at The Outward Bound Trust plays a significant role in rebuilding this, really boosting the confidence of each individual.

**Building relationships and respect.** Coming to The Outward Bound Trust builds mutual respect and understanding not only between students but also in the relationships between students and project workers, which greatly benefits everyone when the course is completed.

“Adventure and reflection are key parts of an Outward Bound programme, and the John Muir Award works well by breaking this down so that participants think about experiences in relation to themselves, others, and the environment.”

**Dave Adams**, Senior Instructor, Outward Bound Metro

### For further information:

- > Callander Youth Project - [www.cyp.org.uk](http://www.cyp.org.uk)
- > John Muir Award – [www.johnmuiraward.org](http://www.johnmuiraward.org)
- > The Outward Bound Trust - [www.theoutwardboundtrust.org.uk](http://www.theoutwardboundtrust.org.uk)