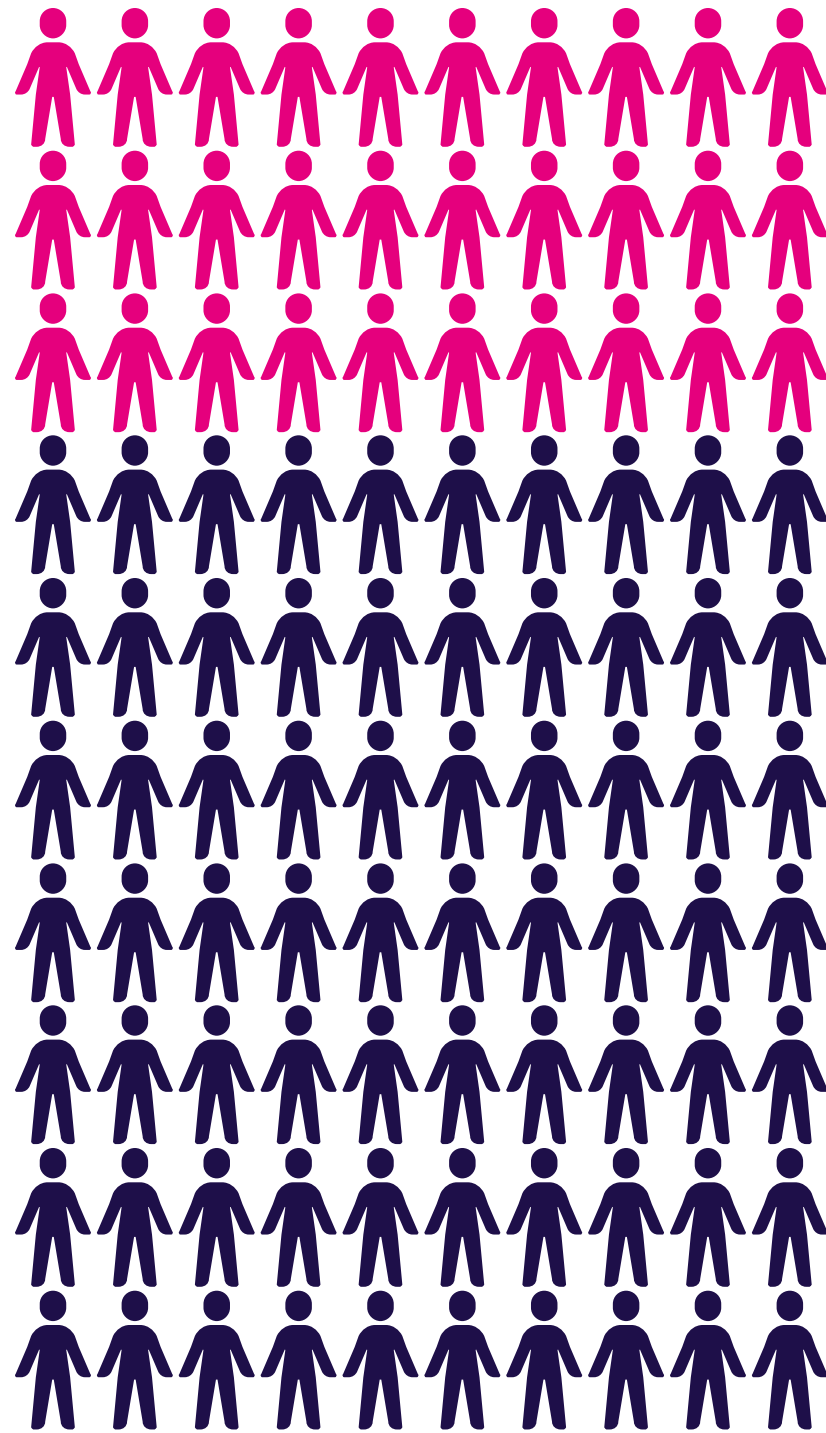


# Impact Report 2021-2022



**endeavour**  
empowering young people



**Before Endeavour**

Prior to being engaged with Endeavour, only 30.6% of young people had ever visited a national park.



**With Endeavour**

During the Endeavour programme, 84.4% of students visited a national park.

**Endeavour consistently provides a positive impact on young people's access to green space.**



**Following access to Endeavour, 33.3% of students have made another visit to a national park.**

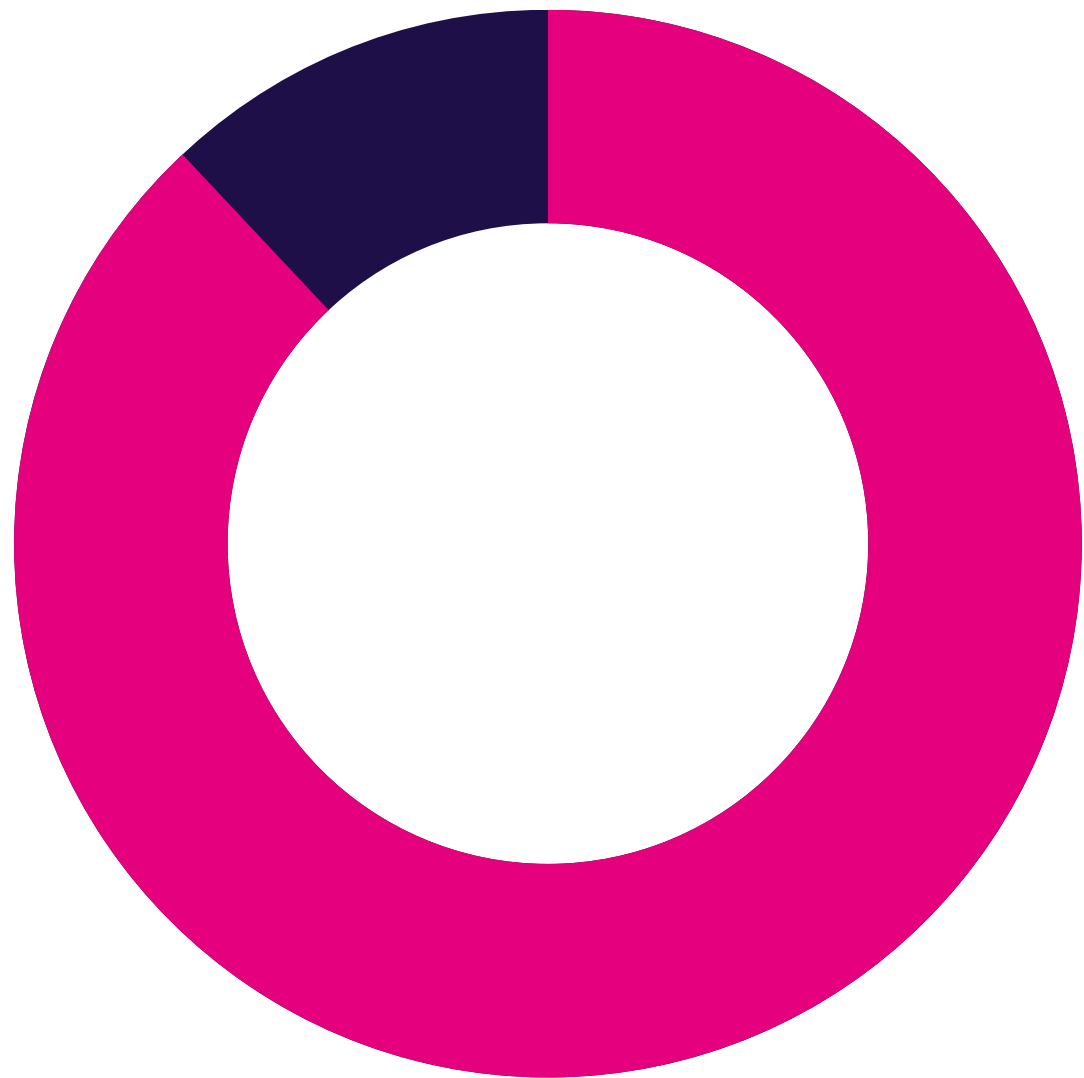
Studies have proven the need for young people to access green spaces in order to prevent anxiety and depression, with green space acting as 'effortless mindfulness'.

With 1 in 5 young people experiencing anxiety or depression symptoms in the UK, 15-minutes in a green space can reduce anxiety levels by 14%-19%.

Young people have been noted to frequently underestimate the benefits of green space on their mental health, so introducing green space during their formative years has long lasting benefits.

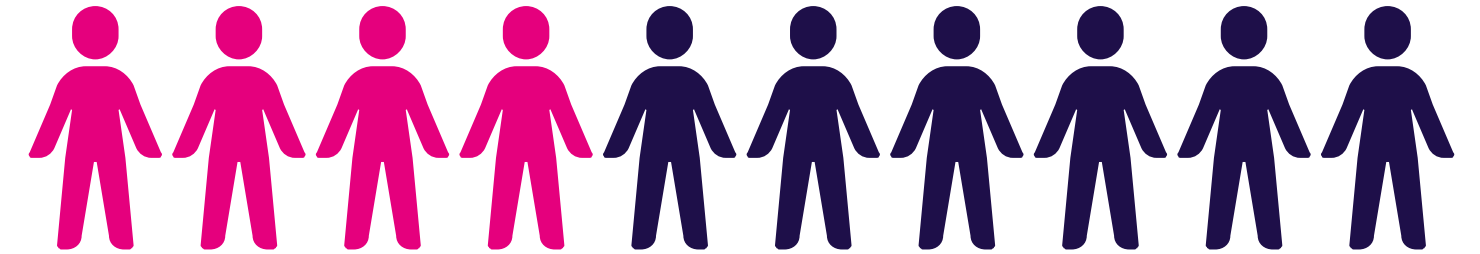


Prior to being engaged with Endeavour, only 22.9% of young people had taken part in an outdoor adventure activity.



During the Endeavour programme, 88.3% of students took part in an outdoor adventure activity.

## Endeavour boosts young people's access to outdoor adventure.

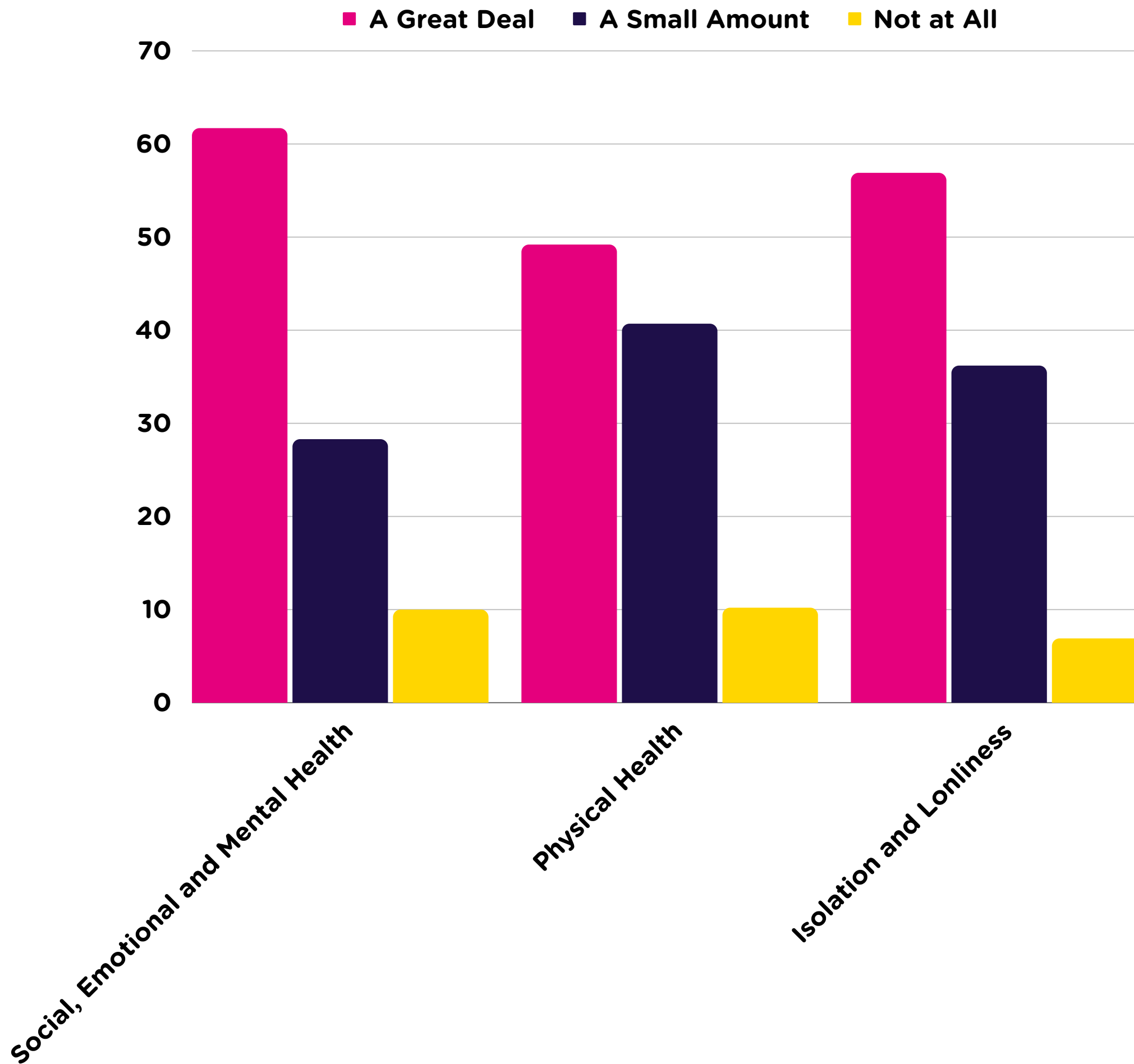


Following access to Endeavour, 43.3% of students have taken part in another outdoor activity.

Studies have proven that access to outdoors adventure education programmes have a variety of mental health benefits, including; increased self-efficacy, mindfulness and well-being. Studies identified that outdoors adventure activities can improve young people's happiness, life satisfaction, and lower their perceived levels of stress. For Endeavour service users, these are core benefits for wider life challenges.

Adventure activity allows young people to discover more about themselves - developing their interpersonal skills and supporting them in adult development. Outside of this, adventure activities are proven to improve sleep (linked to additional wellbeing benefits).

Endeavour's nature-based adventure approach aligns with the UK Government's 25-year environment plan regarding public health.



## Partaking in Endeavour activities is proven to boost mental and physical health of young people...

The NSPCC identified mental health as important to children’s safety and wellbeing as their physical health, with this impacting children’s education attainment, relationships and physical wellbeing.

With many Endeavour users having personal challenges at home and in education, the work of Endeavour in improving mental and physical health is paramount. Development in children’s social, emotion and mental health supports them in developing the resilience to cope with life challenges and provide the foundations for developing into a well rounded adult.

## ... This includes beginning to tackle loneliness.

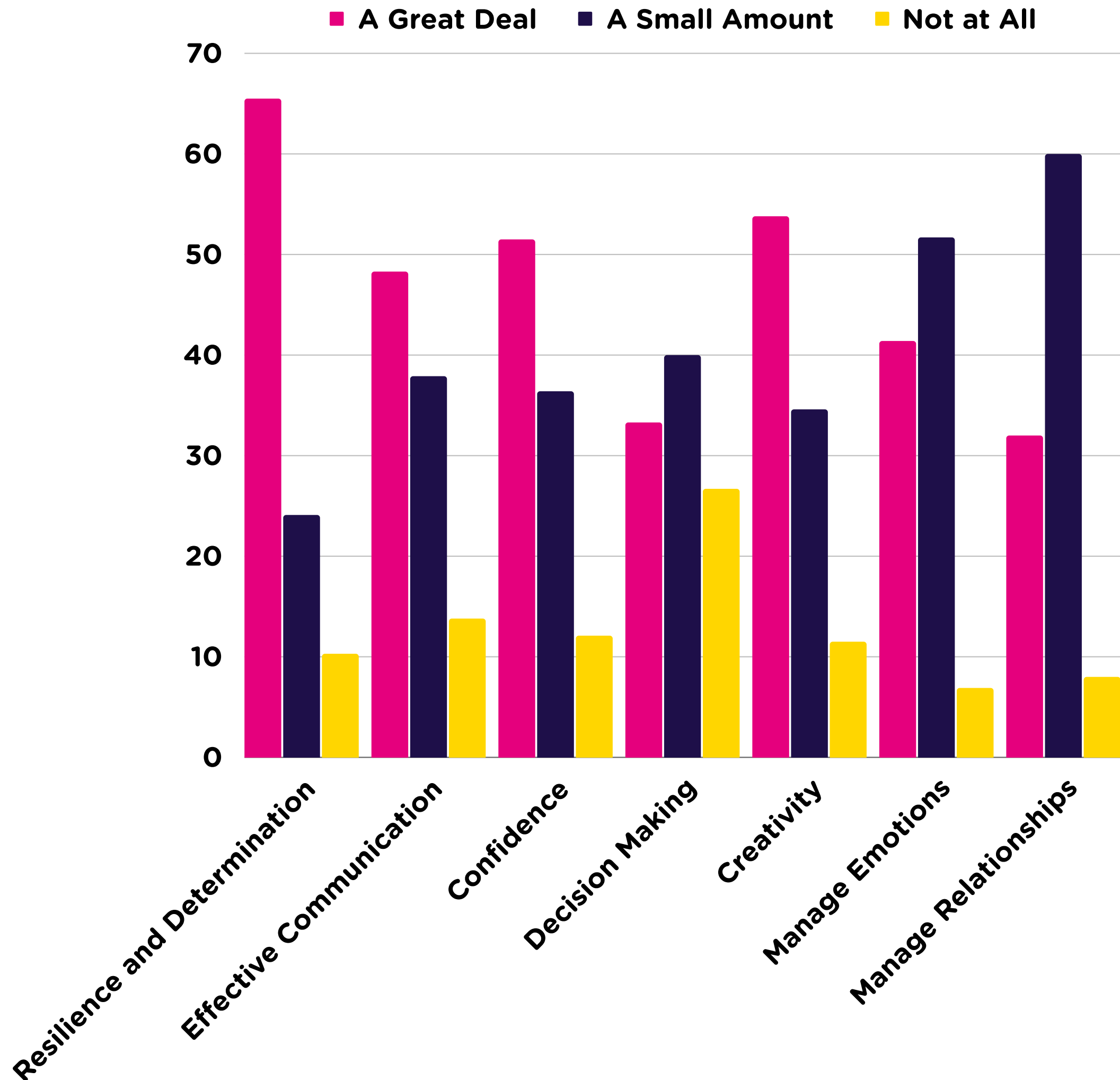
Those aged between 16-29 are over two times as likely to report feeling lonely often or always than those over 70 (9.7% versus 3.7%). Younger generations are expressing high or chronic levels of loneliness. Endeavour users do see their feelings of loneliness improve. However, the growth in social media use and wider impacts of the pandemic, making this side of Endeavour’s work paramount.

# Partaking in Endeavour activities provides young people with a wide range of benefits, including; developed resilience, communication and confidence.

Endeavour proactively supports young people in developing the skills to become well-rounded adults.

Resilience has been identified as a contributor to positive youth development, making the development of such skills critical to supporting young people in becoming adults in wider society. Likewise, resilience is consistently linked to; empathy, problem-solving and communication skills as well as self-esteem and confidence.

Endeavour is noted in improving decision-making in young people, supporting them in their ability to understand and judge risk taking in positive environment, which are noted to strongly support positive safe risk taking in adulthood.



# Headline Impacts

- Partaking in Endeavour activities is proven to boost mental and physical health of young people, including loneliness.
- Partaking in Endeavour activities provides young people with a wide range of benefits, including; developed resilience, communication and confidence.
- Endeavour boosts young people's access to outdoor adventure.
- Endeavour consistently provides a positive impact on young people's access to green space.