



DARE TO VENTURE

INTRODUCTION

The Dare to Venture programme, delivered by Be-inn Unity, offers young people a unique opportunity to build resilience, confidence, and essential life skills through outdoor adventure. Led by experienced armed forces veterans, the week-long programme immerses participants in team-building exercises, mental health awareness, survival skills, and a final expedition to put their learning into practice.

Through structured activities, our desired outcome is for young people develop trust, social connection, and confidence, while also learning to embrace nature as a source of well-being. This report highlights the programme's impact, backed by data from pre- and post-programme surveys.



KEY IMPACT AREAS

BUILDING TRUST

One of the core goals of the programme is to help participants feel more comfortable within a group setting. Many young people initially expressed hesitance in trusting others. Before the programme, trust levels averaged 1.6 out of 3. By the end, this increased to 2.6, representing a 53.3% improvement. Participants also reported enjoying time with their peers more, with fun ratings rising from 2.0 to 2.7, a 36.8% boost.

53%

The programme fostered stronger relationships, resulting in a 53.3% increase in trust among participants, demonstrating the power of shared experiences in building social confidence.

EXPRESSING FEELINGS

For many young people, opening up about emotions can be challenging. Through group discussions, reflective exercises, and guided conversations, confidence in discussing feelings with others increased from 1.6 to 2.2, a 50.0% improvement. This shows the value of safe spaces where participants feel supported to share their thoughts.

50%

A 50.0% improvement in emotional expression highlights the importance of providing young people with safe and supportive environments to communicate openly.

KEY IMPACT AREAS

CONNECTION WITH NATURE

Time spent outdoors has a proven impact on mental and physical well-being. At the start of Dare to Venture, participants' confidence in spending time in nature averaged 2.0 out of 3. After the programme, this had grown to 2.6, marking a 41.2% improvement. The overnight expedition, where young people took charge of navigation and survival skills, played a significant role in this growth.



41%

The 41.2% increase in confidence to explore nature independently underscores the programme's role in empowering young people to embrace the outdoors as a source of personal growth.

MENTAL WELLBEING

Perhaps the most striking transformation was in self-reported mental wellbeing. On a 0-10 scale, where 0 represents feeling very sad and 10 represents feeling very happy, participants initially rated their mental well-being at 4.2 on average. By the programme's end, this had risen to 7.3, an incredible 55.6% improvement. This suggests that the combination of outdoor activity, teamwork, and structured reflection had a powerful impact on emotional health.



55%

With a 55.6% improvement in self-reported happiness, Dare to Venture has proven to be a powerful tool in enhancing young people's mental well-being.

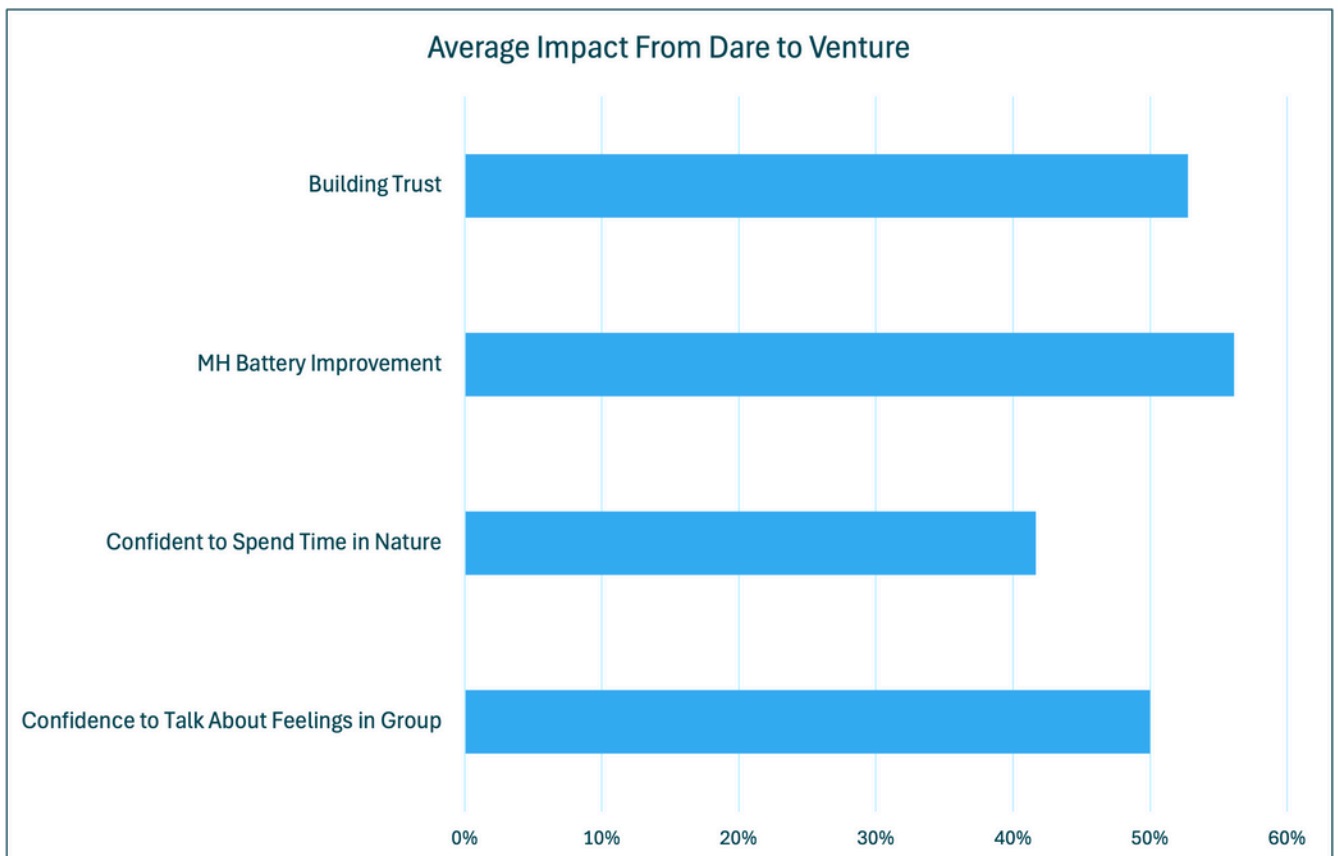
VISUALISING THE IMPACT

We measured the impact across the key areas using a question set co-design with a team from the University of Glasgow School of Health and Wellbeing. Participants are asked question at the start and end of the programme to ensure consistency. They answer with either 1 = Not at all, 2 = A little, 3 = A lot.

1. I trust people in the group.
2. I have fun with people in the group.
3. I am confident to talk about my feelings with people in the group.
4. I am confident to spend time in nature.

We also asked the following question to gauge their overall mental health using the “battery” method.

1. Pick a number that best describes you battery level in terms of how you feel. (0 = very sad 10 = very happy)



THE REAL STORY



Log Cabin



Pizza Night



Team Lunches for Hill Walk

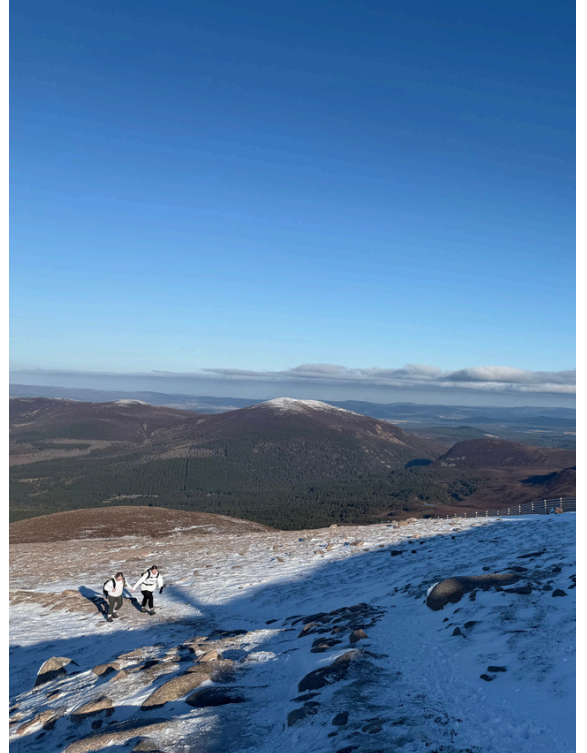


Taking in the Views

THE REAL STORY



Clouds Rolling In



Charging to the Summit



Eating Lunch at the Station... (-17 degrees!)

THE REAL STORY



100m from the Top!

THE REAL STORY



Out for Dinner on Thursday Evening



Visit to the Reindeer Centre



Celebrating Success!

SUMMARY

We could not be prouder of the young people who chose courage and stepped into vulnerability. Their achievement can not be under estimated, reaching an altitude of 1140m in very harsh conditions is testament to their mindset and resilience.

The Dare to Venture programme has made a profound impact on those who took part, providing them with essential life skills, stronger peer relationships, and an improved sense of wellbeing. The significant increases in trust, communication, and overall happiness reinforce the importance of outdoor experiential learning.

This report demonstrates the tangible benefits of investing in initiatives like Dare to Venture, ensuring that more young people have access to meaningful growth experiences that shape their future.

We extend our heartfelt thanks to our funders at The Newark Trust who kindly match funded this programme, and a thank you to the team at Clydeview Academy for your trust. Your contributions have made a real difference in the lives of these young people, helping to equip them with the skills and confidence to embrace life's challenges head-on. An impact you are potentially never going to see.

