

TLwT Pilot 1: Movement

Troy Tanska & Alayne McDonald



**Severnside
Community Rail
Partnership**

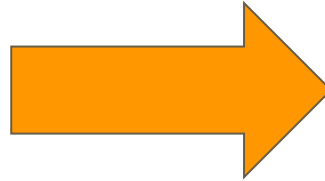


**40% of 16-24 year olds
reported feeling lonely
'often or always'**

**Intersectional
disadvantages increase
risk of loneliness**

**Only 1% of visitors to UK
National Parks come from
BAME backgrounds**

**People who spend 120
minutes in nature a week
experience improved
wellbeing**



Rail as an enabler

**'Movement' supports
young people to access the
wellbeing benefits of
spending time with peers
and in nature via rail**

Outcome Ambitions

Young people...

- Feel more able to plan a journey and travel by train
- Have positive shared experiences
- Have better understanding of rail services and accessible destinations
- Develop a range of personal skills
- Feel less isolated and more connected
- Have greater confidence and self-esteem

Empowering Partnerships

Ask yourself:

- Who are we as a CRP?
- Who would benefit most from this project?
- Who already works with these groups in my local community?
- What are their values and priorities?
- Are we working with the right range of partners?



Identify Partners



**Relationship -
building and offer**



**Trip research and
co-design**



Delivery



**Trust takes time! Make the offer as
easy for your partners as possible.**

- 23 days out by rail
- 160 young people engaged
- 10 destinations visited
- 12 partner organisations worked with
- 70% of young people said they felt more confident using the train
- 83% enjoyed spending time with others



Our role as delivery facilitator

EX 8

Date: Sat 20th May 2023

Activity: Strawberry Line cycle and picnic

Group: Cycle Sisters

Group size/ attendees: 2x CS youth/ support workers Participants 10x young people and family members

SCRIP- Troy Tanska lead;

First aider: Troy Tanska

Purpose: Reducing isolation with rail and group experience in nature for young people. Active travel local Easton group walking to SR; then by rail from Stapleton Road train station to Yatton Station (direct no changes); active travel cycling (main activity); same return route

Photographic consent: TBA via CS

Accessibility: mobility cycles available for hire (all bikes hired from Strawberry Line)

Attending: total attendees 12x max

Useful links:

[Bike hire Somerset. Rent adult, kids & adaptive bicycles online \(strawberrycycles.com\)](#)

[Welcome to the official site of the Strawberry Line - The Strawberry Line](#)

[Strawberry Line - Suztrans.org.uk](#)

- Safeguarding and safety
- Budgeting
- Project management
- Delivery!
- Monitoring and evaluation
- Planning and organisation

Time	Location /schedule	participants	Notes
9:15	Meet Pickle Factory Easton		Walk to SR station approx. 20 mins
9:45	Meet Stapleton Road outside Sugarloaf opp. mosque	1x SCRIP ; 1x B&G	
10:09	Dep Stapleton Road Station Platform 2 Dur 36 mins to Yatton direct	All SCRIP Troy Tanska lead,	Station / Rail safety talk & flyer with questions (yellow line) Group rail tickets to book Platform 2
10:45	Arrive Yatton station Platform 1	All	Platform 1 Walk to Strawberry café at Station for drink
11:30	Strawberry Cycle hire adjacent Yatton Station (Platform 1)	all	Bike hire arranged. Pick up bikes and guide
12:30 – 13:30	Picnic lunch Sandford?	all	
13:30-14:30	Experienced cyclists to continue on cycle route until 14:00 then to return to Sandford and rejoin group		Beginners group to stay Sandford 13:30-14:30 or return to Yatton (bad weather option)
15:30	Return bikes to Yatton hire unit before 16:00	all	
15:30-16:00	Strawberry Line Café drink	all	
16:23	Train to SR (28m) direct	all	
16:51	Arrive SR Plat 1	all	
17:15	Easton Pickle Factory		End of trip

- Book group travel rail pass 15x Yatton return

PC costs

picnic lunch @£12 pp x 15 = 180

Strawberry café £5 x 2 = 10 x 15 = 150

Total food and drink = £330

- take red stickers for no consenters
- chair & photo romantic with Mervin



'I was terrified of being on a train platform for ages, and because it was a rational fear I didn't think I'd get over it, but today I did. Incredible...'

'It was great to get away from home life and to experience new things. It made me realise there's more out there than we know.'



'It was nice to spend time with my friends and it was nice to get to know new people.'



'I have never seen the country before'

'Loved spending time with other people and learning new social skills.'

'This is the best day of my life'

'I am really, really, really tired. But I really like walking. It makes me calm.'



‘One of my favorite observations of these trips is the transition from awkward and quiet individuals when they first arrive on the station to developing their confidence, being in new environments and connections with new friends- then we see them as having merged socially and returning with confidence and excitement.’

‘Young people on the activities connected and socialised well with each other and made positive connections.’

‘It’s so nice to see them enjoying this knowing most of them didn’t have these opportunities as young children.’

‘The young people really benefited as it gave them a chance to be themselves and have conversations and a laugh with their peers.’



Challenges

Industrial Action / Cancellations

Seasonality/wet weather/daylight

One-off interactions

Delivery timeframe

Opportunities

Think outside the box & collaborate

Look for Plan B / silver linings

One-off interactions

CRPs working together

'I work with these young people every day and most have never ventured further than the limits of Bristol itself.

This pilot provided the opportunity for underprivileged, vulnerable, young people to have an experience that would have otherwise been inaccessible to them.

And not only that, traveling on a train was a new experience for many.'

Senior worker 1625IP youth housing project

