

## **CHILL OUT ZONES**

### **WHAT IS A CHILL OUT ZONE**

Chill Out Zones provide open access “play” sessions for Children and Young People aged between 8 – 13 years in their local areas. They are a “model” which can be adapted to meet the needs of local Communities.

The Chill Out Zone Projects’ objectives are linked to a number of Every Child Matters outcomes.

The primary objectives that the Zones are working with the Children and Young People towards are:-

- To choose not to offend, re-offend and engage in anti-social behaviour
- Develop self-confidence and enterprising behaviour
- Be safe from crime and anti-social behaviour.

The Zones have a number of secondary objectives as a consequence of the activities that they are engaged in which include amongst others:-

- Achieve personal development and enjoy recreation
- Keep mentally and emotionally healthy
- Lead a healthy lifestyle

We hope that we can help to make a difference to the Children and Young People’s lives, choices and experiences.

Children and Young People in the Zones are involved in decision making about the activities and the ways in which the Zones are run, for example the Children and Young People have put together the Zone rules and the subsequent punishments for breaking those rules. Each Zone can accommodate between 30 – 40 children and young people aged 8 – 13 years at any one time.

A short DVD showing what a difference the Zones make to the lives of the children can be seen by visiting [www.yorkplayspace.org.uk/fun\\_at\\_chillouts.php](http://www.yorkplayspace.org.uk/fun_at_chillouts.php)

During 2009 – 10 York Playspace continued to facilitated 3 Zones. They are situated at Tang Hall Community Centre, Moor Lane Youth Centre, Dringhouses and 68 Centre Youth Centre, Heworth.

Due to funding changes and cuts in April 2009 it was necessary to change the days and times on which the Zones were run.

Heworth and Hull Road Ward continued to fund the Tang Hall Zone and together with funding from City of York Council we were able to continue to open the Zones every Tuesday and Thursday evenings from 4pm to 7pm only closing for 2 weeks in the summer and 2 weeks in at Christmas.

Unfortunately we had to cut the opening days of both Moor Lane and 68 Centre Zones. From opening 2 nights per week throughout the year, those Zones were reduced to one night per week 4pm to 7pm and closed 2 weeks at Easter, 6 weeks in summer and 2 weeks at Christmas. We are also very grateful to for the support that Heworth Ward Committee give the 68 Centre Chill Out Zone; and Woodthorpe and Dringhouses Ward Committee have given us this year. Without this support both financial and otherwise we would not be able to run the Zones. All the Zones have now been open for 7 years or more.

A big investment has been made in the Training of our Staff not only in the statutory areas of First Aid, Child Protection and Level 2 and 3 in Playwork, but also in areas such as Developing Children's Self Esteem, Behaviour Management, drug awareness and much more. This investment has not only developed the Playworkers personally and made them more positive but has benefited the Children and Young People in the way in which they deliver the service. All Playworkers have had the appropriate checks carried out.

In October 2009 the Children and Young People at the Zones all entered a competition to design the York Playspace 2009 Christmas card. All entries were voted on by the Children, parents, Trustees and invited guests at the Annual General Meeting held in November. There were 2 winners, both receiving a prize; Jodie aged 9 from Tang Hall Chill Out Zone and Kelsey aged 9 also from the Tang Hall Chill Out Zone.

Jodie's picture was placed on the front of the card and Kelsey's was placed in the inside of



the card.



The cards were produced and sent to all members of Trustees, staff, funders and other supporters during December 2009. We hope to run the same competition again next year as it was such a success.