



Discover Interests. Build Skills. Create Opportunities.

What It Is

The Spark Project is an interest-led approach to engaging young people through **structured group activities** that feel informal but are intentionally developmental.

The Spark Project creates safe, low-pressure environments where young people can **explore interests, build confidence, develop life skills** and, over time begin to access pathways into **future opportunities**.

Approach:

Interest → Engagement → Skill Development → Opportunity

Why It Matters

Young people need:

Increased consistency and access to **meaningful interests**.

Regular opportunities to **engage in activities they enjoy**, alongside peers and adults outside their immediate living environment.

Support to **develop life and social skills** including communication, collaboration, decision-making and independence through shared experiences.

Cultivate **confidence** and **self-expression** over time through safe, peer-based environments where participation can grow naturally.

Early exposure to **future pathways**.

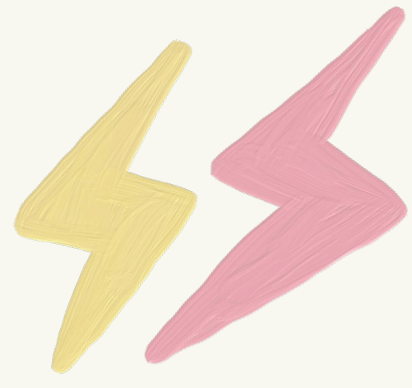
Connecting interests to **real-world skills** linked to education, training and employment.

The Spark Project starts with what young people care about rather than what we think they should engage in. This will create genuine buy-in and allows skills and confidence to develop naturally over time.

Spark Sessions & Areas of Growth Over Time

Each session creates the conditions for these areas to be explored and strengthened through repeated engagement.

Pokémon GO



Outdoor, activity-based group play.

- Social connection and communication
- Gameplay reduces pressure and encourages interaction
- Negotiation and decision-making
- Trading introduces choice, compromise and fairness
- Confidence and independence - navigation and new environments
- Emotional wellbeing - movement, fresh air and activity-based engagement
- Cognitive engagement - memory, focus and problem solving through familiar gameplay



Media Group (“Outrageous Ambitions”)



Creative storytelling through film, music, voice and animation.

- Confidence and voice
- Opportunities to contribute ideas and be heard
- Identity and self-expression
- Exploring personal stories and perspectives creatively
- Communication and collaboration
- Working together to shape shared outputs
- Early employability exposure
- Introduction to media, digital and creative skills

Ready Steady Glow (Beauty & Skincare)



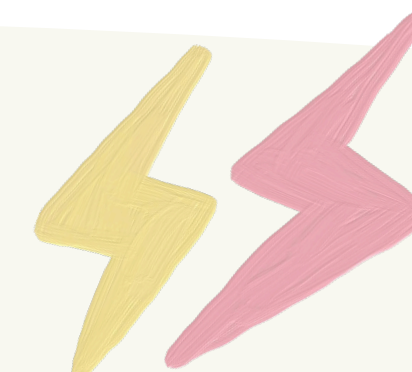
Hands-on session focused on self-expression and peer interaction. Confidence is built through low-pressure participation, peer interaction and hands-on activity, rather than direct focus on appearance.



- Confidence and self-expression
- Building confidence through choice, participation and personal style in a safe, non-judgemental space
- Identity and personal agency
- Using creative self-care and style to explore identity and ownership of self
- Communication and social confidence
- Sharing ideas and engaging in group conversation through a shared interest
- Emotional regulation through routine and sensory activity
- Calm, hands-on engagement supporting focus, consistency and personal control



Gaming Sessions (Planned)



Social, team-based engagement through gaming. Gaming for young people often provides control, belonging and achievement. These sessions aim to safely recreate those experiences in real-world group environments.

- Social interaction and belonging
- Creating connection through shared, familiar activity
- Teamwork and communication
- Cooperative play and shared goals
- Strategic thinking and problem solving
- Decision-making, planning and progression through gameplay
- Emotional regulation and resilience
- Managing challenge, frustration and success in a supported environment

What We're Already Seeing (Early Signals)

- Young people moved from quiet observation to active participation within a single session
- Increased peer interaction, sharing and confidence
- Strong engagement in hands-on activities

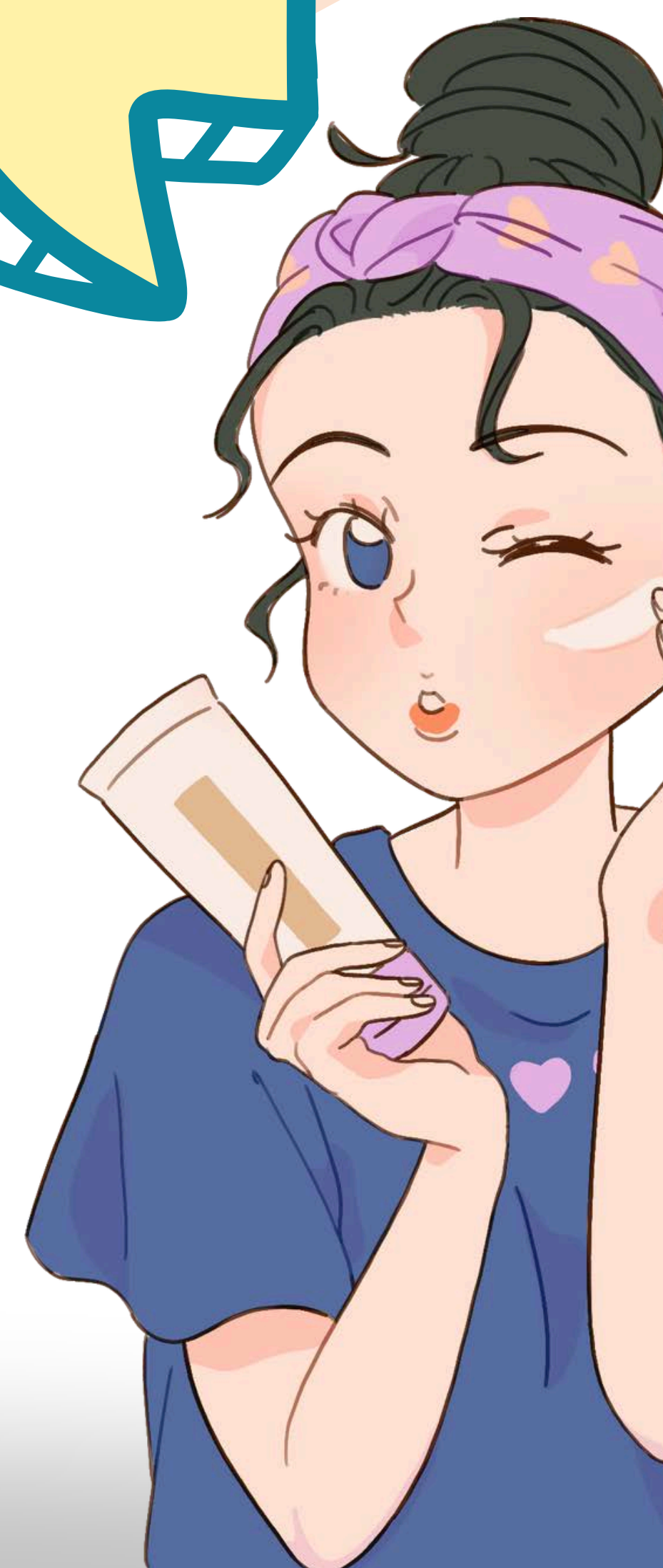
Ready Steady Glow feedback:

- Best moment: "Sharing ideas and hearing tips"
- Learned: how to remove makeup and apply a base
- Vibe: relaxed, fun, friendly
- 100% would return

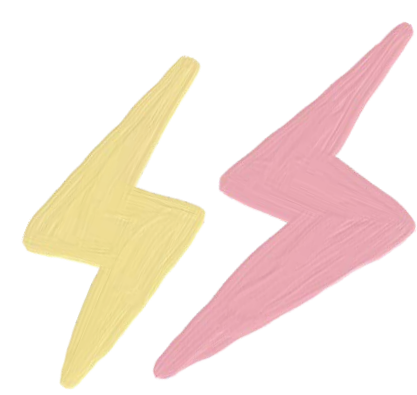
Media Group feedback:

Best Moment; "Filming the video in front of the camera"

Best Moment : "Highlighting and writing similar words I understand and having a laugh with the girls"



Key Principle



The Spark Project is not about immediate outcomes.
It is about:

- Gradual increases in participation
- Repeated positive experiences
- Growing confidence, skills and independence
- Trust built through consistency
- Opening up opportunities and pathways for the future

Why This Matters Operationally



The Spark Project is not a recreational add-on. It is:

- A structured engagement tool
- A foundation for long-term personal and social development
- A pathway that supports future education, training and employment
- A model that can be scaled and adapted across our clusters



The Ask

- Support attendance and consistency
- Recognise The Spark Project as developmental practice not leisure
- Support gradual scaling across clusters as capacity allows

For further information please contact Ali
Alison.Carruthers@carevisions.co.uk

