

# BRIDGE CENTRE MOTORCYCLE PROJECT

## ANNUAL REPORT

2015 – 2016



## PROJECT SUMMARY

The Bridge Centre Motorcycle Project (BCMP) is a charitable organisation, operating as a part of The Haddington Bridge Centre Ltd.

First established in 1990 and became full-time in 1999. Now in its 25<sup>th</sup> year the Project has been running in a full-time capacity for 17 years.

The age range that the Project works with is from 10 to 25 and is designed to support young people who have a wide range of additional support needs by using off road motorcycles and team building games/exercises as mediums to engage them. All of our work is ultimately aimed at promoting inclusion and social welfare.

The 3 main types of work at the Project are:

- Group Work Programmes  
(Educational Support Programme)
- 1-2-1 Programmes  
(Individual Placement)
- The Club  
(Self-Referral)



Working with young people individually or in small groups to develop confidence, supports them to challenge themselves and work towards exciting and achievable goals. While learning new life skills.

The Project works closely with schools in East Lothian and other youth agencies/organisations with the aims of identifying young people who would benefit from taking part in an educational support programme.

In addition, the Project runs an evening and weekend Club for young people aged 10-16 to join. This part of the Project allows self-referred young people to learn the skills and techniques of off road motorcycling in a safe environment.

For more information, contact details are on the last page.

## **STAFF**

The Bridge Centre Motorcycle Project welcomed Garry Campbell on as the full-time member of staff in April 2015.

Garry has been involved with The Bridge Centre for a number of years starting out in 1996 as a club member at the Motorcycle Project and even getting involved with the Music Project. He volunteered at the evening clubs and other groups running at that time. Then becoming a part-time member of staff in 2012 and then full-time in April 2015.



**Garry Campbell**



**Rowan Mitchell**

Rowan Mitchell has gone down to 3-days a week in June 2015, but is still very much involved in the weekly programmes.

The Project is also supported by part-time workers Christopher Cockburn and Joe Cockburn. Their time is mainly focused on the evening and weekend Club. Also on board is Doug Haig (Community Development Officer) helping out with groups when needed.



**Christopher Cockburn**



**Doug Haig**



**Joe Cockburn**

The Bridge Centre Motorcycle Project is affiliated to the Auto Cycle Union (ACU) which is the governing body for Motorcycle sport in the UK. All members of staff have ACU Training and coaching licences.

## NEW VEHICLES

The Bridge Centre's Sunshine Coach came to the end of its life November 2015. After having the Variety Club Sunshine Coach for 12 years it was handed back to the Variety Club.

The new Bridge Centre vehicle was custom built to meet the needs of the Motorcycle Project and Music Project. Thanks is given to The Lamp of Lothian for their kind donation towards the cost of a new vehicle.



The rear section has been split in 2 sections.

The first section has been fitted with 6 extra seats giving us 9 seats in total, privacy glass side windows and also an emergency roof hatch. The side interior has been felt lined and extra speakers fitted in the roof.



The second section has been customised with a rubberised coating on the lower section to allow easy washing out and chequered plated wheel arches.

This section allows us to load 3 motorcycle with plenty of space for all other equipment when going off road.



## BIKES & KIT

The Project owns all its equipment, protective clothing & motorcycles. It has taken many years to buy the high standard of equipment that the Project prides itself on and we always aim to maintain all equipment and motorcycles to the highest standard possible.



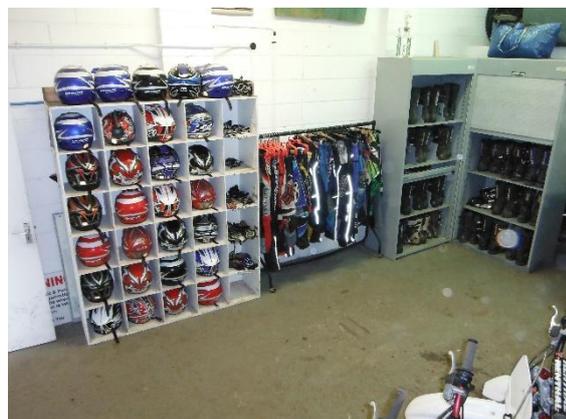
### Bikes

The Project has 10 bikes that we can use varying in size and power. All of our bikes are training motorcycles and not for competition use. This allows beginners to feel comfortable around the bikes. The bikes go through regular maintenance in house but are also sent to our local bike shop once a year for a health check.

### Protective Clothing

Anyone on a motorcycle at the Project is supplied with all the protective clothing necessary when riding. It is in our policy that all protective clothing supplied is worn correctly.

New to our kit this year was 4 of these Wulf Sport helmets direct from Wulf Sport Ltd. Two sets of Thor knee braces and a few new pairs of One Industries motocross trousers.



## Track Site

The Project's track site is designed to provide a safe and easy learning environment for beginners as well as providing enough excitement to interest our more advanced riders.

The track site undergoes regular inspections by the ACU (Auto Cycle Union – the governing body for motorsport in the U.K).



The track design allows us to break down sections into training circles for training complete beginners and then opening up into a figure of 8 section before allowing riders to ride the full track. There is a clearly marked pit lane for riders to enter and exit off the track. The paddock area (safe area) at the top section of the track is sectioned off from the pit lane this is where groups / riders can sit on our picnic benches while waiting on their turn.



The Project prides itself on keeping a high standard of safety at the track and continues to develop and maintain it to ensure it is a fun and safe environment for all young people to learn and practice off road riding



The Project is grateful for all the help and support it has received in maintaining the track over the years from Robert Dale (land owner), Ben Gray (East Fenton Farm) and Alistair Aitken (Traprain Farm).

## The Club

The Project runs a Club for young people aged 10-16 that runs in the evenings and weekends. It provides them with an opportunity to learn how to ride off road motorcycles and learn basic mechanics in workshop sessions. The Club currently has 30 members from all over East Lothian and now Mid Lothian.

## Induction

The Project runs an induction course that lasts for approximately 6 sessions. These are designed to introduce the young people in to The Project and one another. Induction sessions are normally no more than 6 members. This allows the young people to see what the Club is like and decide whether or not they are really interested. The induction process enables the group members to become proficient riders before joining the Club.



*Club Off Road 2016*



*Induction Training 2016*



*Induction Group 2016*

## Off Roads

The format we use allows members to pick and choose a date and time to ride from a selection of dates given to them by staff via text message. This allows Club members to choose their preferred off-road session slot and has proven to be successful, as members are now more likely to turn up for sessions meaning that sessions can run at full capacity.



*Club Off Road 2015*



*Clean up after*



*Club Off Road 2016*

## Workshops

The workshop sessions in the evenings for club members teach the basics in how to maintain and check over bikes before use. Unfortunately, over the past 12 months there have been no workshop sessions running in the evenings as there initially was not enough interest and also there wasn't the staff availability. For the future there are plans to set up a small group to be involved in restoring a classic motorcycle that was donated to the Project a few years ago.

For more information, contact details are on the last page.

## Programmes

Throughout the year the Project has run a number of exciting Educational Support Programmes which have been particularly successful.

Programmes have been varied with some having the main focus on sport/riding and others incorporating all aspects of Project expertise, such as:

- Group work & team building
- Confidence exercises
- Target & goal setting
- Group discussions
- Healthy lifestyle
- Responsibility

Each programme is tailored to the needs of the organisation, agency's or school's that we are working in partnership with. This is key so we can work with such a large age range.

The Project also use local recreational activities:



*East Links Family Park*



*Foxlake*

These activities can be used for team building and improving self-confidence.

## Health and Wellbeing

Diet and healthy eating has become embedded into all our programmes during recent years. Project staff have become increasingly aware of young people's poor diet, their attitude and understanding of what is healthy and what is not. As a result, the Project now incorporates a healthy breakfast and lunch which all young people take part in. Young people get the opportunity to try new foods and experience with making up their own lunches. This element of the programme has been popular with all who have taken part.

### Programmes Run in 2015 – 2016:

#### **Pennypit Outdoor Pursuit (POPS):** April – June 2015

POPS group offers an alternative timetable for Preston Lodge school pupils. The programme includes: mountain biking, swimming, skiing, Off-Road Motorcycling, snowboarding and College visits. The aim to develop self-confidence, leadership skills and help the young people to think about their future plans as well as learning new Life skills.



*Foxlake Pops 2015*

#### **Ross High:** April – July 2015

The aim of this programme was to work with a group of 13-14 year olds from Ross High. The young people were identified by the guidance staff and interviewed by Project staff. The main aim at the start of this programme was to bring the group together and really focus on team building exercises which would ultimately bring the young people closer together.

School support from Linda Girot every session really helped to bring the group dynamics together faster. Linda really takes the time to know each group member individually. This is key when talking about and suggesting suitable targets for the young people to work on over the 10 weeks.

A large amount of staff time was spent encouraging and empowering the group members to believe in themselves, as there were big fears around the motorcycles. Staff worked really hard to help most of the group members to overcome this and learn a new life skill. Small steps were taken throughout this time to ensure they felt safe, relaxed and built a trusting relationship with the coach. This process also meant that they achieved the small targets set out for them and they could leave feeling proud of their achievements.



#### **North Berwick High: May – June 2015**

The aim of this programme was to work with a group of 2<sup>nd</sup> year pupils from North Berwick High. The young people were identified by the guidance staff and interviewed by Project staff. The main aim at the start of this programme was to bring the group together and really focus on team building exercises which would ultimately bring the young people closer together.

Each young person on the programme set themselves a target on an area of their school life they could improve on and was monitored over the 10 weeks with the use of a target booklet. This was a good way of monitoring and getting feedback from teachers and also for the young people to see how they were doing.



#### **East Lothian Community Wardens: July 2015**

The aim of this programme was to bring together young people from Prestonpans. Provide a new experience and learn new life skills. To work with others in a small group setting and with new peers in an unfamiliar environment and also provide a fun activity during the summer. The Programme provided a unique opportunity for the Community Warden to get to know and further develop relationships with group members.

Due to staff being on holiday we were down to one coach but had support from Mark Brunton (Community Development Assistant) and also Mandy Smith (Community Warden). In conclusion all 6 members finished the programme with being able to ride the full track and achieve their goals with the level of riding.



### **North Berwick Summer: July 2015**

The aim of this small group programme was to work with North Berwick Youth Café. Arranged and organised with Scott Walker for the young people interested from the Youth Café to come along and learn to ride an off road motorcycle and provide a fun activity through the summer holidays.

### **Musselburgh Grammar: September – November 2015**

The aim of this programme was to work with a group of 13-14 year olds from Musselburgh Grammar. The young people were chosen by the guidance staff and interviewed by Project staff. The main aim at the start of this programme was to bring the group together and really focus on team building exercises which would ultimately bring the young people closer together. All the young people had real fear and issues with regards to the off road riding. This became another strong focus point for the staff to work with and over the first 4 off road sessions. A large amount of staff time was spent encouraging and empowering to believe in themselves.

As already stated most of the young people had a real fear despite telling staff stories about previous experience on bikes. For two of the young people in particular this was a real issue as they had informed the group they could already ride however this was clearly not the case. Staff had to spend a great deal of time supporting the group with enabling them to overcome fear and anxiety.

Small steps were taken throughout this time to ensure they felt safe, relaxed and built a trusting relationship with the coach. This process also meant that they achieved the small goals set out for them and they could leave feeling proud of their achievements.



## **Knox Academy: September – December 2015**

The aim of this programme was to work with a group of 2<sup>nd</sup> year Pupils from Knox Academy. The young people were identified by the guidance staff and interviewed by Project staff. The main aim at the start of this programme was to bring the group together and really focus on team building exercises which would ultimately bring the young people closer together.

The group worked well together and over the 10-week programme each young person worked on 1 or 2 targets set by themselves. We had school support when available from Scott Marnoch in the morning during our target discussion to talk about how each young person had managed with their targets. This worked really well as some of the group member's targets was to gain more confidence in class and speaking more. Having these discussions in small groups gave them the confidence to push themselves further.



Small steps were taken throughout the programme to ensure they felt safe, relaxed and built a trusting relationship with staff. This process also meant that they achieved the small targets set out for them and they could leave feeling proud of their achievements.

## **East Lothian County Group: September – November 2015**

The aim of this programme was to bring together young people from around the County. Provide a new experience and learn new life skills. To work with others in a small group setting and with new peers in an unfamiliar environment and also provide a fun sporting activity.

Over the sessions we talked over lunch about health eating as healthy eating has become embedded in all our programmes. There were a few issues with bullying over the course of the programme but staffed handled this and one group member was removed from the programme.

The programme finished with the remaining young people achieving the level of riding that was set out for them and more within the time they had on the motorcycle. Three of the group members have now become Club members.



### **Preston Lodge: February – May 2016**

The aim of this programme was to work with a group of 2<sup>nd</sup> year Pupils from Preston Lodge High School. The young people were identified by the guidance staff and interviewed by Project staff. The main aim at the start of this programme was to bring the group together and really focus on team building exercises which would ultimately bring the young people closer together.

Each young person set themselves a suitable target to work on over the course of the programme. School support from Pamela McIntosh was key in helping the young people who were struggling with remembering their target books and providing them with help throughout the week while working on getting their books signed by teachers.

Two young people decided after the first 3 sessions that the programme was not for them after a little chat with staff as they were not willing to put any effort in to the programme. This then brought the rest of the young people on the programme together and throughout the programme each young person was able to achieve the targets and level of riding set out.



### **West Lothian Youth Inclusion: March 2016**

The aim of this programme was to work with a group from West Lothian Youth Inclusion Project who provides a consistent resource and support for vulnerable young people aged 16-25 and who live in West Lothian.

Former Project staff Lindsay Auld was the organiser and support worker for this group. The main focus was to learn how to ride an off road motorcycle, whilst developing core skills including time keeping, responsibility etc. Over lunch at the track site we had discussions about career options and where you could use this new life skill they were learning.



### **Community Wardens Group: March 2016**

The aim of this programme was to bring together young people from Prestonpans. Provide new experiences and learn new life skills. To encourage positive and supportive behaviour for young people identified who lack opportunities over the Easter holidays.

We managed to have some positive influences on a number of group members and build a beneficial working relationship. (Despite this being challenged at the end of the first session) Staff managed to engage group members and provide new fun experience over the 2-day programme.



### **Dunbar Grammar: March – May 2016**

The aim of this programme was to work with a group of 13 - 14-year-old Pupils from Dunbar Grammar School. The young people were identified by the guidance staff and interviewed by Project staff. The main aim at the start of this programme was to bring the group together and really focus on team building exercises which would ultimately bring the young people closer together.

Over the sessions the young people really pushed themselves with their targets with 50% of the group having completed their target books every session. This was an extremely good confidence booster for some of the young people within the group. The small group really helped each group member to build confidence in themselves.



### **East Lothian Works 1-2-1 Placement: March – May 2016**

The aim of this 1-2-1 placement was to work with a young person from East Lothian Works. To help them increase their employability skills as well as learning a new life skill.

Over the sessions time keeping was monitored as the young person made their own way to the Bridge Centre. Staff talked about C.V writing and also about preparing for job interviews during the course of the day. At the end of the placement the young person had successfully manage to learn the basics in off road riding.



## Events Worth Noting

### Bridge Centre Open Day 9<sup>th</sup> May 2015

The Bridge Centre held an Open Day to show the diversity of activities that are currently on offer. Throughout the day all groups that run activities were asked to be involved to give a short demonstration or taster session to the public who attended. The Motorcycle Project had a display of motorcycles in the Bridge Centre courtyard and also set up a Rolling Road machine where anyone could have a go on a motorcycle without it moving. The workshop and kit room were open to the public to come in and have a look around and chat to staff and some club members about what goes on at the Project.



### Haddington Gala Day 17<sup>th</sup> June 2015

The Motorcycle Project was involved in the Haddington Gala Day and joined in with the parade around Haddington. Some of the Club members were asked to come down, put on some kit and join us in our vehicle for the parade. Once round at Nelson Park, the Club members handed out some flyers to promote the Project.



### Knox Academy Volunteers Fair 7<sup>th</sup> September 2015

The Bridge Centre Motorcycle Project was asked along to the Knox Academy Volunteers Fair to set up a stall in the Schools Hall with various other organisations / agencies to talk to S3 and S4 pupils about the volunteer opportunities at the Bridge Centre.



## Charley Boorman

After the great news in 2015 that Charley Boorman had agreed to be a Patron for the Bridge Centre Motorcycle Project we received an email from him in January 2016 asking how the Project was doing and also telling us all about his busy plans for the year.

He wrote:

“Just about to travel to Australia to do a motorcycle tour with 30 clients. Heading mostly on the road from Melbourne to Sydney via Tasmania. Tasmania is one of the great motorcycle areas.

Then in March to a place called the Darien gap. Which is a crazy bit of jungle between Panama and Columbia. No one really goes there. The last time someone took vehicles through was in 1973!! It took them 100 days to do 100 km! Since then the jungle has shrunk a bit but still no real roads to get through so that's the challenge. The big problem with travelling through the Darien is that it's full of terrorists, drug smugglers, crocodiles, big snakes, bugs to name but a few obstacles. Also swamps thick heavy jungle rivers and mountains! I must say I'm really looking forward to it.”



Then in February 2016 we learned that Charley had broken his leg in a collision with a car while attending the media launch of the new Triumph Explorer in Portugal. Our thoughts went out to the well-known and loved motorcycle traveller so we decided to send him a personalised card from all the Club members and staff wishing him a speedy recovery.



## **North Berwick High Volunteers Fair 9<sup>th</sup> February 2016**

The Project was also asked along to North Berwick High Volunteers Fair to set up a stall and talk to pupils about volunteering opportunities and also to promote the Project.

## **STRiVE 11<sup>th</sup> February 2016**

StriVE is the Third Sector Interface (TSI) for East Lothian that provide support, learning and development opportunities for both individuals and organisations through Volunteering, Organisational Support, Youth, Adventure and Wellbeing teams.

The Motorcycle Project was invited along to STRiVE in Tranent to give a presentation to organisations/agencies that work with STRiVE on what The Bridge Centre Motorcycle Project can offer and some of the work carried out. Rowan Mitchell prepared and delivered a small power point presentation to the individuals who were at the event. It was also good to chat with other agencies that we could work with in the future.



## **Bridges Project Birthday 29<sup>th</sup> February 2016**

The Bridge Centre Motorcycle Project attended the 30th birthday celebration for Bridges Project whom the Bridge Centre has worked with over the years.

Bridges Project is an independent, local charity which works with young people in East Lothian and Midlothian to help them manage the transition from adolescence to young adulthood and life beyond school. This was also a good opportunity for Garry Campbell as the new full time member of staff to meet other contacts from a wide range of other agencies / organisations.



## **Funding**

The Project is delighted that it continues to receive support and Partnership Funding from East Lothian Council. The Council has continued to provide funding for the salary of one full time Project Worker. The Project Worker has a responsibility for fund raising and co-ordinating the day to day running and administration of the Project.

In addition, The Bridge Centre has continued to adhere to a social enterprise model, reinvesting assets into The Motorcycle Project in support of its ongoing work in Haddington and across East Lothian.

**The Project would like to acknowledge the following for their support and involvement throughout 2015 – 2016**

Doug Haig (Bridge Centre Manager & Community Development Officer) and Annette Sadler (Senior Business Support Assistant) and all other Bridge Centre staff, volunteers and friends who have been exceedingly supportive of the Project.

The Lamp of Lothian Trust continues to recognise the value of the work that the Motorcycle Project delivers and has again this year supported the purchase of a new vehicle.

The Bridge Centre Board of Directors:	<b>Jacqui Aitken Kath McGonigle, Sophia Spiewak Gary Galbraith, Gordon Horsburgh</b>
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**Angie Davie** - Pennypit Outdoor Pursuit  
**Linda Girot** - Ross High  
**Patricia Shepherd** - North Berwick High  
**Mandy Smith** - East Lothian Community Wardens  
**Scott Walker** - North Berwick Youth Café  
**Graham Forrest** - Musselburgh Grammar  
**Scott Marnoch** - Knox Academy  
**David Fenwick & Suzie Queripel** - Social Work  
**Yvonne Binks & Pamela McIntosh** - Preston Lodge  
**Ian Robertson & Lesley Gillies** - Dunbar Grammar  
**Lindsay Auld** - West Lothian Youth Inclusion  
**Katharina Skwara** - East Lothian Works  
**Karen Brown** - East Lothian Works  
**All other Professionals, school staff & workers**

**Robert Dale** - Lochhouses Farm (Land Owner)  
**Ben Gray** - East Fenton Farm  
**Alistair Aitken** - Traprain Farm

The Project has greatly benefited from the ongoing friendship, guidance and support from **Lady Richardson** and **Sarah Donaldson** who have generously given their time.

The Project is also grateful to the ongoing support and generosity from the Brent family and individuals and groups who have seen fit to make donations that have helped the Project to purchase essential pieces of equipment.

**And to all the young people that have engaged with the Project throughout the year, who have made the Bridge Centre Motorcycle Project a worthwhile place for all involved.**

## Programme Statistics 2015-2016

<b>School Programmes April – June 2015</b>	<b>No of Sessions</b>	<b>No of Young People</b>	<b>Attendance %</b>
Pennypit Outdoor Pursuit (POPS) April – June 2015	9	5	58%
Ross High School April – July 2015	10	7	91%
North Berwick High School May – July 2015	10	6	64

<b>Summer Programmes 2015</b>	<b>No of Sessions</b>	<b>No of Young People</b>	<b>Attendance %</b>
East Lothian Community Wardens July 2015	4	6	100%
North Berwick Youth Café July 2015	4	6	71%

<b>School Programmes August – December 2015</b>	<b>No of Sessions</b>	<b>No of Young People</b>	<b>No of sessions</b>
Musselburgh Grammar September – November 2015	10	8	74%
Knox Academy September – December 2015	10	8	94%
East Lothian County - September – November 2015	8	4	96%

<b>School Programmes January – June 2016</b>	<b>No of Sessions</b>	<b>No of Young People</b>	<b>Attendance %</b>
Preston Lodge High School February – May 2016	10	7	84%
Dunbar Grammar March – May 2016	10	7	90%

<b>Easter Holiday Programmes 2016</b>	<b>No of Sessions</b>	<b>No of Young People</b>	<b>Attendance %</b>
West Lothian Youth Inclusion March 2016	2	3	83%
Community wardens March 2016	2	5	90%

<b>1-2-1 Programmes 2016</b>	<b>No of Sessions</b>	<b>No of Young People</b>	<b>Attendance %</b>
East Lothian Works March – May 2016	10	1	80%

### **Forthcoming Plans for August 2016**

- To run another Educational Support Programme with Knox Academy
- To run another Educational Support Programme with Ross High

### **Evening & Weekend Club Statistics 2015 - 2016**

<b>Month</b>	<b>Number of Off Roads</b>	<b>Number of Young People Attended</b>
April 2015	5	24
May	2	13
June	2	11
July	1	6
August	1	11
September	2	15
October	2	14
November	2	6
December	3	12
January 2016	0	0
February	1 + 1 Cancelled	8
March	3	21

### **Induction Programmes**

<b>Induction</b>	<b>Number of Young People</b>	<b>Attendance %</b>
June – August 2015	4	75%
March – May 2016	6	86%

### **Website**

The website ([www.bcmp.org.uk](http://www.bcmp.org.uk)) over the years has been an excellent information reference point for professionals and young people to find out about the Project. The site became mobile friendly in September 2015.

Now that we have a Facebook page that is updated regularly the website is useful for professionals looking for more in-depth information on what we can offer.

## Facebook

The Project's Facebook page continues to grow in popularity. It is proving to be a main point of contact for club members, participants on specialist group programmes and Project staff. The Facebook page has proved to be a good way for staff and participants to document what they have been doing, not just during the course of a programme, but over the course of several years.

It enables young people to look back at their involvement with the Project. It also allows young people to show family and friends their involvement and achievements at the Project. Facebook is a useful tool when getting young people to reflect on progress made and their development as young adults.



**BCMP GOT MUD**

## CONTACT INFORMATION

For further information, then please contact: Garry Campbell

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