



LLANDYSUL PADDLERS OUTDOOR EDUCATION CENTRE

Location: The Wilkes Head Square, Pont Tyweli, Llandysul, Carmarthenshire, SA44 4AA

☎ 01559 363209

✉ LPbookings@aol.com

Opening times:

Monday – Sundays 9am – 5pm

Llandysul Paddlers Canoe Centre is an outdoor activity centre located on the River Teifi in Llandysul. It was founded as a community-driven organisation that provides outdoor recreational opportunities for people of all ages, with a focus on engaging young people. The centre offers a range of activities including canoeing, kayaking, rock climbing, coasteering and other outdoor adventure-based sports. The organisation has earned a reputation for fostering personal development, team-building skills, and resilience through its programs (Sapin, 2012; NOS, 2019).



Paddlers' Vision

- **Engage with Nature**
🌿 Enjoy outdoor activities to create love and respect for the environment.
- **Implement Healthy and Active Lifestyles**
🏊 Encourage everyone to get moving and stay healthy.
- **Grow and Thrive Together**
☀️ Develop skills like teamwork, resilience and leadership through outdoor adventures.

Paddlers' Aims

Llandysul Paddlers is committed to creating a sustainable future where outdoor recreation fosters healthy communities and empowers young people (Jeffs and Smith, 2005). Through outdoor activities like canoeing and paddleboarding, the centre aims to promote physical and mental well-being, teamwork, resilience and leadership. By aligning with the National Occupational Standards of Youth Work Wales (NOS, 2019) and the Principles and Purposes of Youth Work in Wales (WAG, 2022), they strive to equip young people with the skills and knowledge they need to thrive.



Paddlers' Focus

 **Well-being:** Promoting physical and mental health.

 **Confidence:** Building self-esteem and self-belief.

 **Lifelong Learning:** Fostering a love of learning and personal growth.

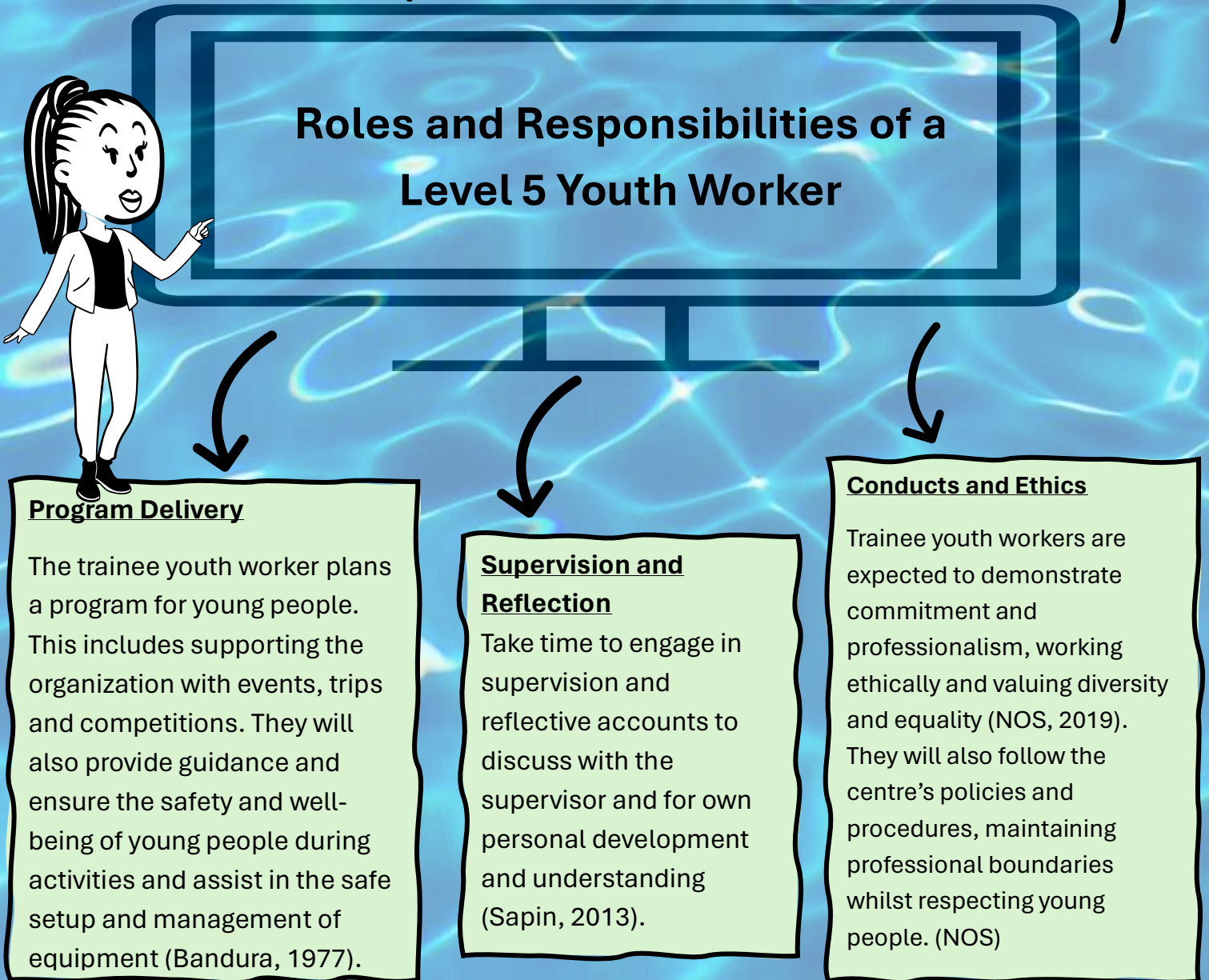


Skill Development

At level 5, individuals can further personal skills like teamwork, problem-solving and leadership. They will encourage healthy lifestyles and promote physical and mental well-being (Sapin, 2013).

Engagement with Young People

As a trainee youth worker, individuals will be responsible for working alongside other staff members to assist in outdoor activities like canoeing, paddleboarding and team-building exercises (Kolb, 1984). They will focus on building positive relationships with young people and creating a supportive and inclusive environment (Rogers, 1961). They will also identify and address the needs and interests of young people.



Roles and Responsibilities of a Level 5 Youth Worker

Program Delivery

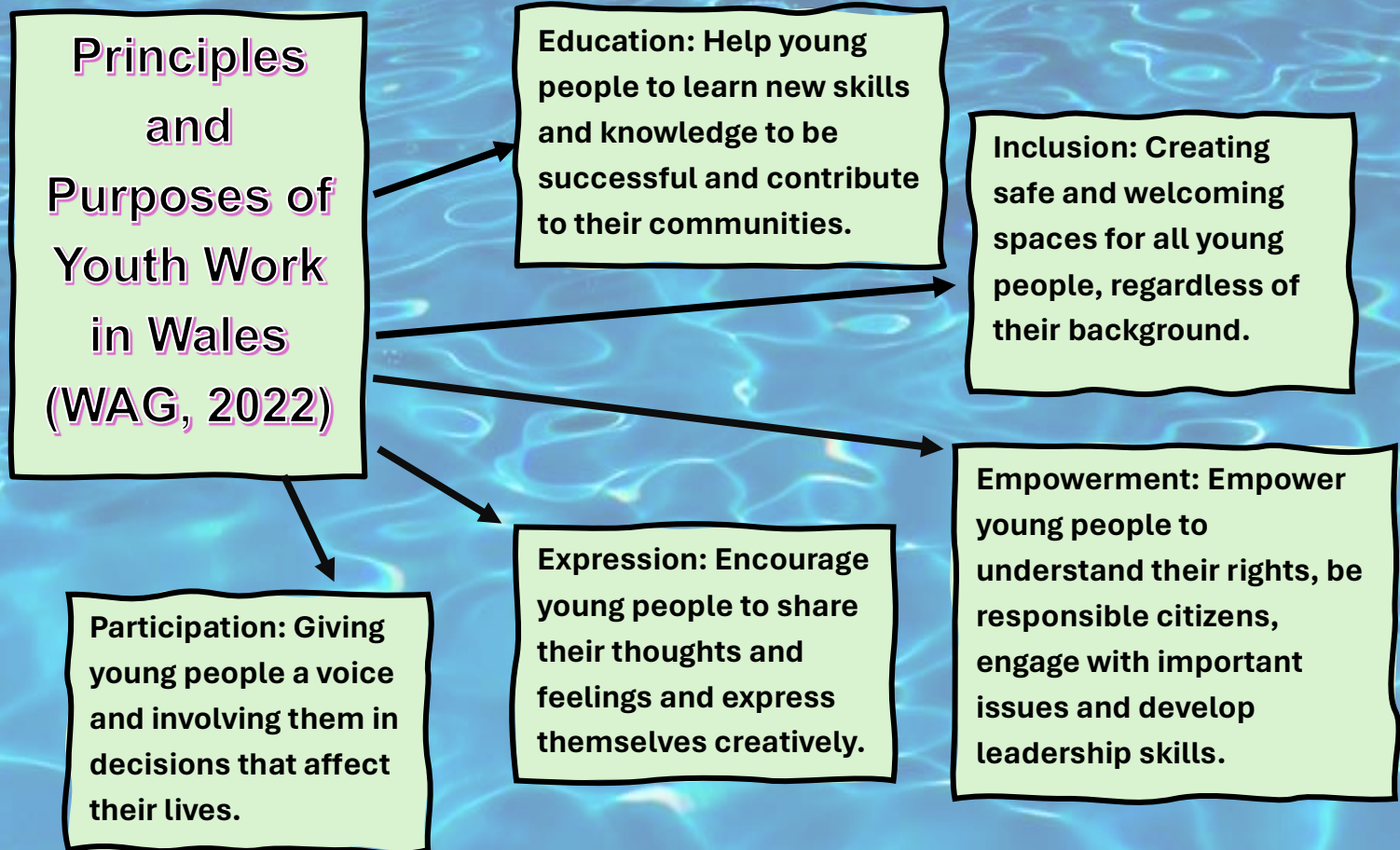
The trainee youth worker plans a program for young people. This includes supporting the organization with events, trips and competitions. They will also provide guidance and ensure the safety and well-being of young people during activities and assist in the safe setup and management of equipment (Bandura, 1977).

Supervision and Reflection

Take time to engage in supervision and reflective accounts to discuss with the supervisor and for own personal development and understanding (Sapin, 2013).

Conducts and Ethics

Trainee youth workers are expected to demonstrate commitment and professionalism, working ethically and valuing diversity and equality (NOS, 2019). They will also follow the centre's policies and procedures, maintaining professional boundaries whilst respecting young people. (NOS)



Paddlers are committed to ensuring good quality youth work practice by aligning with the principles and purposes of youth work in Wales (WAG, 2022) and the core values of youth work (NOS, 2019).

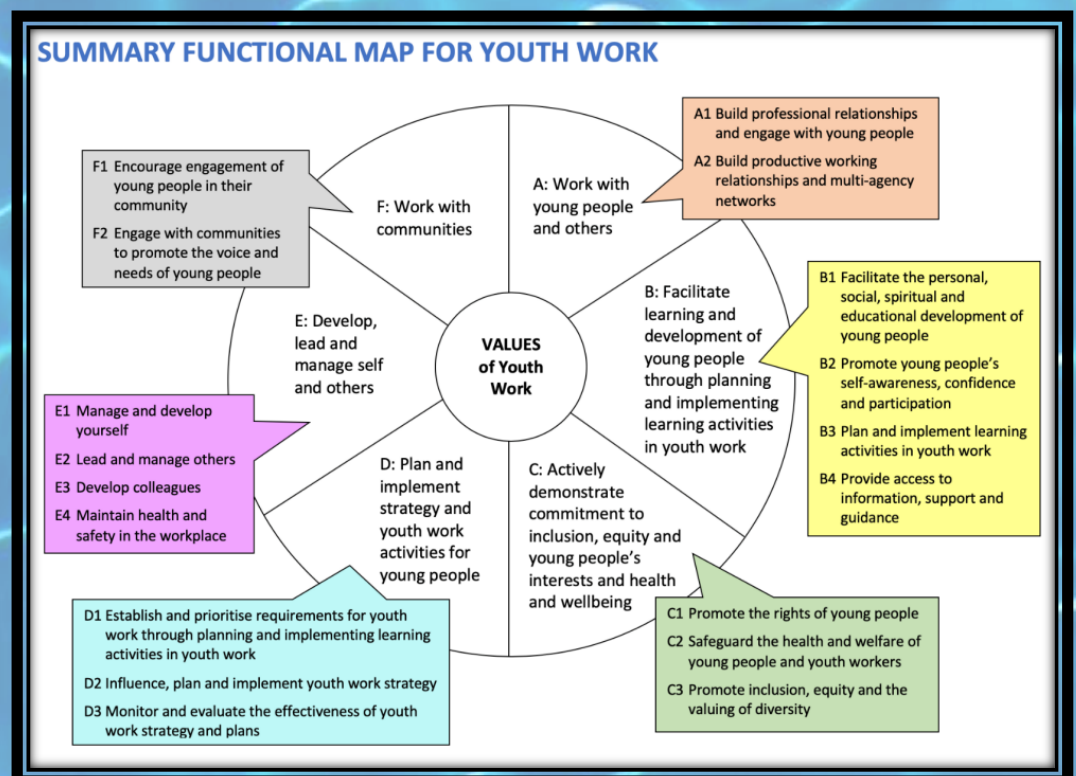


Figure 1.(NOS, 2019)

Reference list

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- Bergsteiner, H., Avery, G. C. and Neumann, R. (2010) 'Kolb's experiential learning model: critique from a modelling perspective', *Studies in Continuing Education*, 32(1), pp. 29–46. doi: 10.1080/01580370903534355.
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- Jeffs, T. 1943-, & Smith, M. K. (2005). *Informal education: conversation, democracy and learning* (3rd ed.). Educational Heretics Press.
- Kirschenbaum, H. and Jourdan, A. (2005) 'The Current Status of Carl Rogers and the Person-Centered Approach', *Psychotherapy: Theory, Research, Practice, Training*, 42(1), pp. 37–51. doi:10.1037/0033-3204.42.1.37.
- (no title) (no date) *Llandysul Paddlers Club and Canoe Centre*. Available at: <https://llandysul-paddlers.org.uk/> (Accessed: 26 November 2024).
- Sapin, K. (2012). *Essential skills for youth work practice* (2nd ed.). SAGE.
- Principles and Purposes of Youth Work Wales, 2022.
- Youth Work National Occupational Standards (CLD Standards Council Scotland, 2019).