

During the increased community tensions, Colchester Borough Homes initiated a residents meeting. It was well attended and included over 30 tenants (not all CBH tenants) other housing providers, police and family support agencies.

The residents in attendance were both victims and witnesses and extremely anxious about the issues they were experiencing. They wanted reassurance that action would be taken.

A great amount of time was taken to explain and manage the expectations but the common theme the residents concluded was 'The children are bored-that's why they resort to the behaviour'.

This is where Project Morpheus was born from and using some of the ideas voiced at the meeting, the project is where it is today.

Colchester Borough Homes' ASB Officer-Terry Fredericks Greenslade saw an opportunity to prevent and deter Young People from engaging in ASB activities. Having seen an increase in ASB on a particular estate, and being made aware of increased community tensions, he took the opportunity to design a diversionary project targeted at those who were at the centre of the issues.

CBH enrolled Essex Police Officers to refer into the project using Community resolutions and Community Protection Warnings along with Acceptable Behaviour Contracts. Youth Offending referred into the project as did Family solutions and other housing providers. It was open to all that would benefit from the project and was made accessible to all appropriate professionals.

The project was funded by Colchester Borough Homes and Colchester Borough Council and works with key stakeholders including Essex County Fire and Rescue service, The British Army, Local Councillors, Youth Offending, Colchester United Football Club, Youth Engagement Service and Essex Police. The project is designed and aimed toward young people aged 10-18 who have been engaging or identified as being likely to engage in low level crime and Antisocial Behaviour.

The unique approach of this particular project is the range of activities that develop key skills during each break in the school term.

# Project Morpheus

- Most projects involve a 'one off' event or a repeat of the same type but this project has several intervention types providing longevity and sustainable outcomes.
- The planning and commitment, orchestrating the multi agency approach and determination to get the buy-in from several agencies is the reason why this project deserves an award. Besides giving a taste of potential career opportunities, it teaches some essential life skills, encourages community cohesion, empowers youths to recognise and harness skills they already have and use them in a positive and constructive way, to care for the environment, learn team working skills, football skills and have a sense of pride in their community
  - The Project includes;
- July attending Make a Difference Days- taking part in community days of action to tidy up areas that need litter picks, painting or to improve the sense of community within an area.
- July weekend with the British Army-this is designed to instil discipline, teach basic skills around emotional control, team work, basic cooking and basic first aid skills. Hosted by Parachute Regiment.
- August work on a garden project at The Cannons to enhance the environment for the Cannons residents. You will be assisting the residents with activities and tasks. Gardening, equality & diversity, community spirit, environmental
- September Premier League Kicks- At the Colchester Football stadium teaching football skills, team work exercises and providing opportunities to better their health and wellbeing.
- September Paintball- to promote and encourage teamwork, competing as part of a team and achieve victory.

- October FireBreak- Well known for its excellent outcomes around discipline, providing insight into the challenges and skills firefighters require and teaching consequences of actions.
- November Community Tree Planting- Taking pride in the communities appearance, providing places for everyone to enjoy and caring for the environment. This includes bat and bird box building providing basic carpentry skills.
- December working with Essex Police to wrap and distribute Christmas presents for children in Colchester in less privileged situations than yourself. Essex Police every year run a Community Appeal and bring joy to thousands of families across the county, be a part of something special this festive season. Charity, giving, community spirit, compassion

# Make a Difference Day

- Communities in Greenstead came together today as part of Colchester Borough Homes' Project Morpheus incorporating their Make a Difference Day.



Colchester Borough Homes staff, Project Morpheus volunteers, residents, local organisations and community groups completed a series of activities to revitalise areas of Greenstead, with big clear-ups taking place at 10am and 1.30pm, starting in Penrice Close. This area had been a target of ASB and some of the youth involved attended.

After listening to residents' views on what improvements they wished to see in their neighbourhood. The Make a Difference Day team and the Project Morpheus attendees helped in clearing paths, cutting back overgrown communal areas, gardening, weeding, and litter picking.

Colchester Borough Homes' property services and repair teams, as well as Colchester Council's neighbourhood team, were on-hand to remove any abandoned items found and support the event more widely.

Philip Sullivan, the Colchester Borough Homes chief executive, said the Make a Difference Day had tidied up Greenstead's green spaces and strengthen the group's bond with the community. He said: "Building on the success of our previous events, the Penrice Close Make a Difference day, will maintain and improve common areas and green spaces and encourage residents to develop pride in their local neighbourhood. "It's an event that can really bring the community together."

# Operation Pegasus Pathway

The purpose of Operation Pegasus Pathway was to offer younger people who may have been engaged in Anti-Social Behaviour (ASB), an opportunity to develop self-motivational skills and to reward them for not engaging in ASB. The event was designed and delivered by 3 Para on the Merville Barracks in Colchester and the Friday Woods training area. The event was intended to provide alternative social choices and was offered to young people nominated by; Colchester Borough Homes; the Borough Street Wardens; Police Community Support Officers; Life Opportunities and various Youth Groups. The aim was to create a day to promote team spirit, leadership, communication skills, respect, and tolerance. Risk assessments were carried out, along with an administration order to outline the expectations from both parties. The weekend was conducted in nine military phases which all included a fun element: The weekend was conducted in nine military phases:

**Phase 1 - Arrival and Briefing.** Colchester Borough Homes (CBH) Supervisory Staff and arrived at Merville Barracks Reception Centre at 08.30hrs. The youths all arrived by 09.30 and were taken to the Sergeant's mess for the opening brief. A description the role of the Regiment in the modern theatre of operations within NATO and the United Nations was given by Regimental ergeant Major Mike Firth, during which time toast and beverages were served.

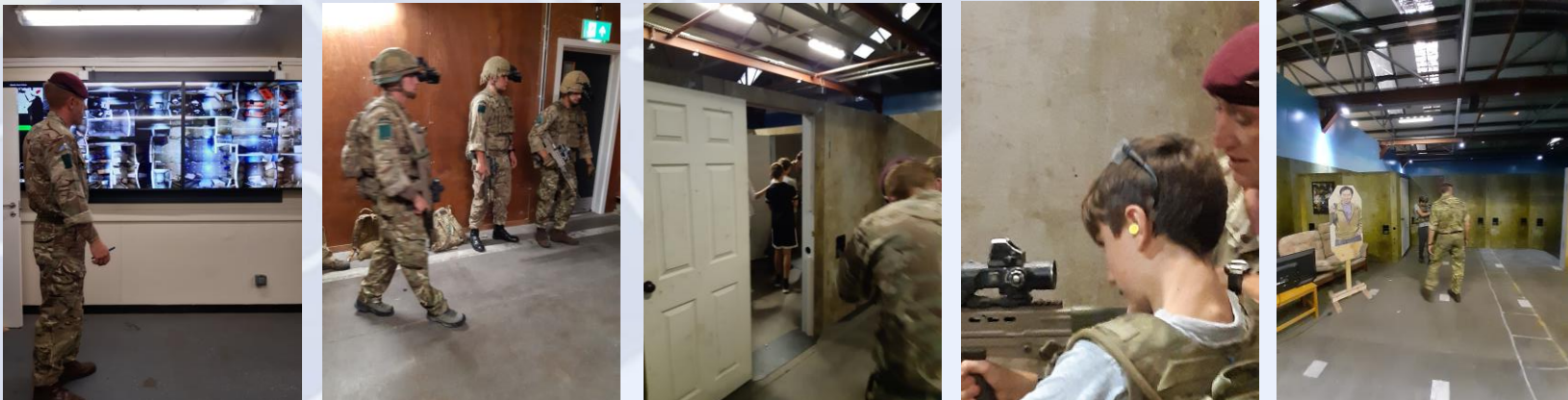
**Phase 2 – Weapons stands** Following the briefing the group moved to an area where several stands with weapon systems, each stand was relevant to a section within the parachute Regiment. These included sniper rifles, assault weapons night and thermal vision apparatus. There were also anti-tank weapons and vehicle mounted systems along with communication systems.



**Phase 3 - Parachute training** Our candidates were shown the standard parachute used for rapid deployment and the emergency parachute. They were given demonstrations on canopy deployment and how to manoeuvre the parachute while in the air. Airborne Infantry provide the British Army with a hard-hitting and quickly deployed force. Trained and equipped to deploy at the start of any action, often ahead of the main force, the Airborne Infantry are ready to use their speed to surprise an adversary and gain an early advantage. They specialise in rapid deployment either by parachute or helicopter. At the end of the session each participant was given a British Para wings badge.



**Phase 4 - Urban training facility** The Urban Training Facility boasts moveable walls; interactive smoke, light, and sound effects; and a video monitoring system for soldiers to be able to review their performance. It is designed to let troops, armed with rifles adapted to use paint marker ammunition, practise entering and moving through buildings, clearing the enemy as they go. These skills are the starting point for being able to operate in the complex and cluttered surroundings of towns and cities. Our candidates were able to watch as soldiers went through room by room and cleared a building of hostile forces (using paintball rounds). Our candidates were then given a walkthrough of the facility and then they were then given the opportunity to go through themselves under close supervision.



**Phase 5 - Field Kitchen** Following the mornings activities we all went to the field kitchen for lunch. Chefs had prepared hotdogs, burgers, Nepalese curry and rice. Various examples of improvised cooking equipment were on show and were demonstrated.



**Phase 6 - Field craft.** - Our candidates were transported to Friday Woods to participate in learning survival techniques under supervision of a Section Leader. They were instructed on how to :Erect various styles of field shelters. Utilise ration packs. Orienteering. The training started with the basics of personal camouflage and concealment, stealthy movement in the field, and learning to work as part of a team to accomplish certain tasks. The field kitchens provided fish finger baps and sides for the evening meal.



**Phase 7 - Command Tasks** – Once the shelters and base camp were in place our candidates had to trust each other and work together in a team to overcome practical problems by using their physical and mental abilities. Command Tasks are tasks that require team members to communicate effectively in order to work efficiently as a team and complete each task. Our candidates



**Phase 8 - Sleep and breakfast.** – Following the command tasks our candidates elected to either sleep in their individual shelters or by the main encampment. The soldiers of 3 para set up observation points to monitor any movement during the night. Once everyone was awake field rations were distributed until the breakfast wraps arrived at 08.00. All areas were cleared; all equipment was accounted for and returned.





- **Phase 9 – Ceremony & Departure.** On arrival back at the Garrison we were met by Colonel who congratulated our candidates on completing the weekend and he handed them all signed certificates. Photographs were taken of our candidates and Military personnel in front of the Pegasus Staue.



## Colchester United Premier league Kicks

Project Morpheus collaborated with Colchester United Premier League Kicks, enabling us to feed our candidates into the Kicks program. Colchester Borough Homes in turn was able to educate all or the participants by delivering targeted workshops.



The program uses the power of football as a tool to engage young people aged 8-18 across the United Kingdom. Thanks to funding from the PLCF Colchester United Football in the Community have delivered over **160 sessions** in this period, across **5 venues**.

Alongside the physical activity, the young people also engage in workshops that are delivered by the Kicks staff, as well as local partners. Both Colchester Police and Colchester Borough Homes regularly delivered workshops on subjects around community safety and anti-social behaviour.

Being a part of the program also allows young people to play in tournaments and represent Colchester United. Recently, a group of U14 participants went to Norwich to take a part in the Canary Cup, where they played against 3 other community foundations. An internal tournament was run during the Easter holidays for over **50 participants**.

As a Premier League Kicks participant, it opens the chance for young people to start their coaching journeys. Recently CFC Kicks program had a former participant volunteer at one of the Premier League Kicks sessions. This has now led to him becoming a member of staff at the club during the summer programs.

## Community Engagement at The Cannons 26.08.22

- Project Morpheus has funded the purchase of the insect hotels, hedgehog homes, bird boxes and bat boxes. The Bird and Bat boxes will be installed by the young people that have signed up to the project Morpheus. The bat boxes were installed by to provide nesting sites to expand the already established colony of bats in the grounds of the Cannons. The insect hotels and hedgehog homes will encourage a bio-diverse environment. The bird boxes were put up to encourage birds to nest with in the Cannons complex, bringing colour and interest into the garden.  
KTM Care run the community garden project, within the Cannons for their service users that have Autism and Learning Disabilities. Tenants from the Cannons are encouraged to join in and help with the garden. An afternoon tea is to be kindly laid on for our older people, KTM Care service users and the Project Morpheus participants. The day is also to encourage education between all groups with regard to diversity and inclusion within our communities.
- People with different backgrounds, with and without disabilities are welcome to meet and work in the garden for the day to make society more inclusive, diverse and sustainable.
  - The photographs below were taken at our last event which took place at The Cannons



# Paint Balling Day

The Paint Balling Day was organised as part of Project Morpheus. The core group of participants were eager to get involved and build a great team spirit. The event promoted teamwork and Comradery.



The day was funded by Colchester Borough Homes and the day was subsidized by Delt Force Paintballing Ltd.

Colchester Borough Homes funding once again allowed us the use of their minibuses for transport. Many of this year's participants are stating that they are wanting to return again next year.



## Firebreak 2023

This course aims to engage directly with young people aged 10 to 17, to address public safety issues, in particular those that affect women and girls. Essex County Fire and Rescue Service and saw our group of young people take part in a 5-day development course, where they learnt about fire safety. They were also able to explore healthy relationships and how, as young people, they can challenge inappropriate behaviour and role model positive behaviour.



Trained firefighter mentors worked with the young people to increase their personal development and transferrable skills through operational firefighting drills at the fire station.



Following the course, the young people will have the opportunity to act as ambassadors to their peers and within their schools and communities. They will also achieve an AQA accredited qualification.

