

The Rushes - Programme Structure

Week 1

The group attended the Rushes Project for week one. Workers introduced themselves and outlined the Project's rules. The young men spent the first hour recreationally. The following hour was spent discussing the focus of the group over the next ten weeks. Group rules were agreed.

Week 2

The group attended the Learning Centre at Bellshill Academy and met with the sessional worker. The group were introduced to the concept of Mind Maps as a tool to focus on their use of drugs, alcohol and subsequent consequences.

Week 3

The group attended the Learning Centre where they used Inspiration software on the PC's available to construct Mind Maps.

Week 4

The group continued to expand Mind Maps regarding their drug and alcohol use. The consequences as regards offending and the after-effects for everyone involved were of particular focus.

Week 5

The group attended the Learning Centre. The time this week was spent in the recording studio with a Sound Engineer. The young men began to experiment with music and sound effects to identify ideas for the coming weeks.

Week 6

Focus for the group switched back to Mind Maps. The links were taken away and the group were left with words and phrases from which to form lyrics for their C.D.

Week 7

The group worked with the Sound Engineer and recorded music and sound effects that they felt suited the lyrics they had made, also what coincided with their musical preference.

Week 8

The young men again worked in the recording studio with the Sound Engineer and finished the recording of the music and sound effects. Final lyrics for the track were also agreed on and printed.

Week 9

Final week at the Learning Centre. The group recorded the lyrics and this was added to the music with the help of the Sound Engineer.

Week 10

The Young Man's Group met for the final time at Ruses. The group were given time to socialise and spend recreationally. The last hour was spent evaluating their experiences and listening to their C.D.