



WORKBOOK

DofE participant
workbook for the
secure estate



**YOUTH
WITHOUT
LIMITS**

DofE.org

Name: _____

Award Level: _____

Name: _____ Date of birth: / / _____

Licensed Organisation address: _____

Leader's name: _____


Award level: **Bronze** **Silver** **Gold**

Date DofE programme started: / / _____


Why I'm doing my DofE...

Things I need to do before I can start:


Decide what I will do for my Volunteering section activity

 I'm going to do:

Decide what I will do for my Physical section activity

 I'm going to do:

Decide what I will do for my Skills section activity





 I'm going to do:

Start to train for and plan my Expedition section

Things I need my Leader to do:

Things I might need to help me do my DofE:

To achieve your Bronze Award you will need to do an activity for each of the sections, over a set amount of time. You need to commit to at least one hour of activity towards each section each week.

BRONZE	 VOLUNTEERING 3 MONTHS	 PHYSICAL 3 MONTHS	 SKILLS 3 MONTHS	 EXPEDITION 2 DAYS AND 1 NIGHT
	Plus a further 3 months in either the Volunteering, Physical or Skills section			

Here are some ideas for activities in this section. Make sure you get your DofE Leader to approve your choice before you start anything.



Helping people

- Helping people to read
- Tutoring
- Youth work
- Being a Listener
- Helping someone with additional needs

Community action and raising awareness

- Campaigning
- Drug and alcohol education
- Peer education
- Personal safety

Working with the environment

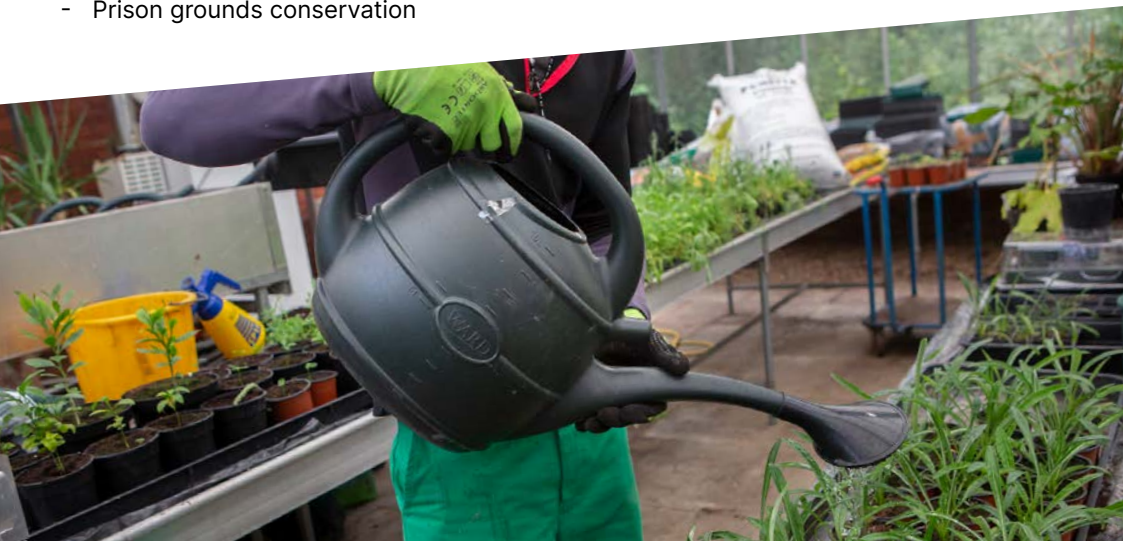
- Environment
- Litter picking
- Prison grounds conservation

Helping a charity or community organisation

- Fundraising
- Religious education
- Serving a faith community in prison
- Supporting a charity

Coaching, teaching and leadership

- Dance leadership
- DofE Leadership
- Group leadership
- Sports leadership
- Music tuition
- Teaching someone a skill





“Doing the DofE, I felt proud. I was making a difference and it was fulfilling which I’ve never really had in my life before.”

“For my DofE I was making snuffle mats for dogs, a rubber mat with a bunch of holes and you get felt in all colours and styles, loop it through the holes and tie it together then put dog treats between the bits of felt. I was getting letters from people I didn’t even know to say they loved their dog mat and I was really pleased. I wanted to do it for my DofE and because it’s good for me to rehabilitate, to do something for a community. Actions have consequences and whatever way we can sort of repair the tears we’ve made in the community is important. I jumped at the chance to be able to give back.”

→ **My chosen activity:**

My goals for this section:



Date I will start: / /

Date I will finish: / /

My Assessor for this section:



Volunteering – activity log

Notes

- This activity log is only a personal record of the time you spend on your activities for each section.
- You can ask your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry.



DATE	WHAT YOU DID	HOURS	INITIALS

If extra space is needed, use an additional log.



To the Assessor

Thank you for assessing this participant in their Volunteering activity for their DofE Award. To achieve an Award, participants need to prove what activities they've been doing, how they've progressed and how they've met the goals they set for each section. Please complete your report below.

What to include in a report:

Please describe the achievements of the participant as they did this section. Say how they met their goals, what skills they have developed and mention any memorable things that they accomplished. Please remember to keep your comments personal, positive and encouraging. Thank you for supporting young people with their DofE activities.

Description of activity: _____

Date started: / / Date finished: / / (Months)

Goals set by participant: _____

Assessor's comments:

Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and form part of their permanent record of their DofE programme. Please note: the information you have provided in this report will be scanned and stored by the DofE as part of its record of the participant's achievement. The DofE will not share your personal data with third parties.

What progress did they make towards their goals? _____

What did they achieve, what skills did they learn? _____

How frequently did they take part in this activity? _____

Any other comments? _____

Signature: _____

Date: _____

Assessor's first name: _____

Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

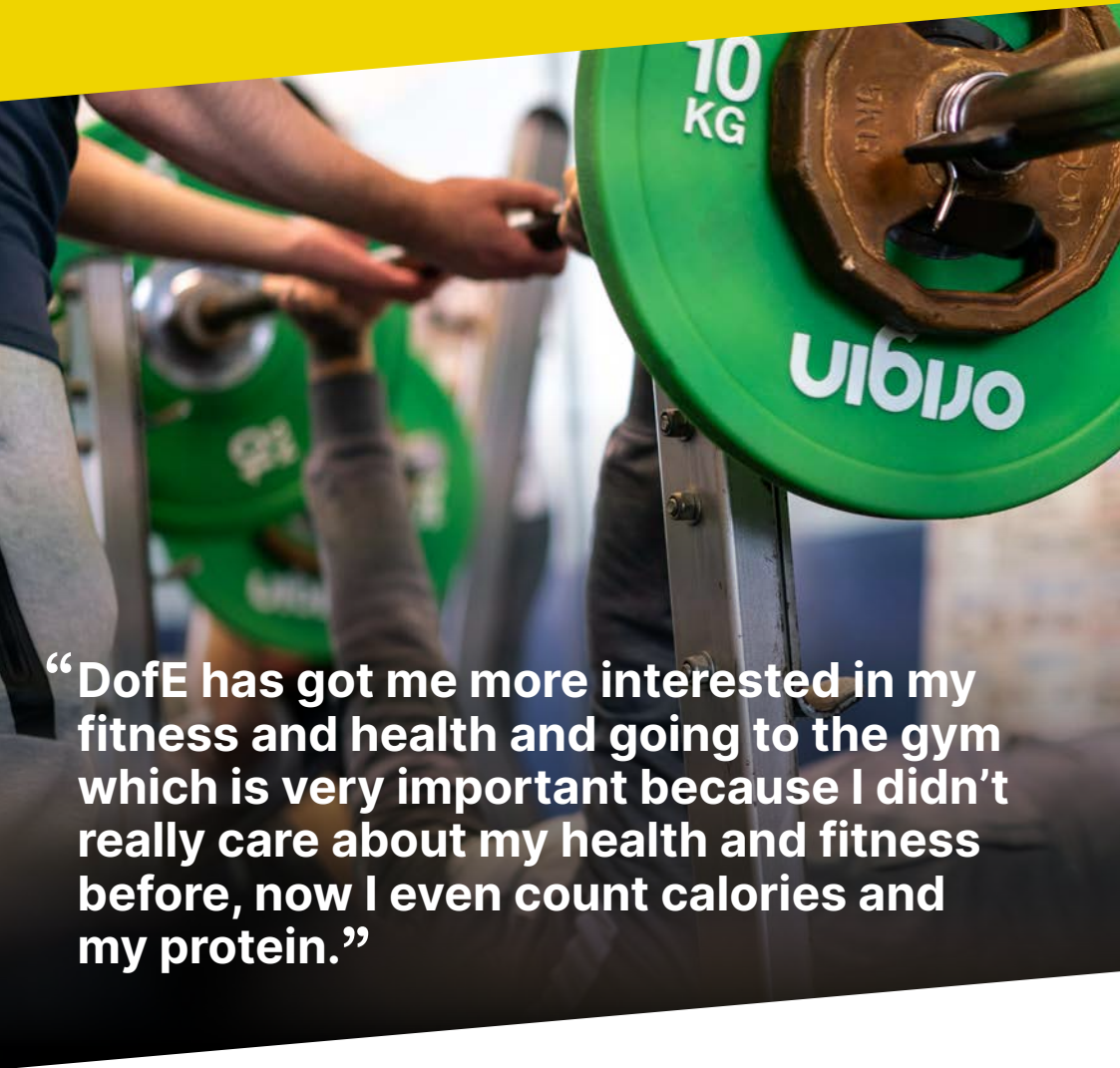
Email: _____

Here are some ideas for activities in this section. Make sure you get your DofE Leader to approve your choice before you start anything.



- Athletics (any field or track event)
- Gymnastics
- HIIT sessions
- Street dancing/break dancing/hip hop
- Table tennis
- Fitness classes
- Gym work
- Physical achievement
- Weightlifting
- Parkrun
- Yoga
- Tai Chi
- Basketball
- Dodgeball
- Football
- Netball
- Tug of war
- Ultimate flying disc
- Volleyball





“DofE has got me more interested in my fitness and health and going to the gym which is very important because I didn't really care about my health and fitness before, now I even count calories and my protein.”

“For my Physical I did strength training. Before DofE I didn't really know how to train properly but the PE staff wrote me out a programme to show me how to improve my strength, they helped a lot. I've really enjoyed going to the gym, it's given me a new hobby, an interest. I train a lot, four or five times a week, and plan to do that on the outside.”



➔ **My chosen activity:** _____



My goals for this section:

Date I will start: / / **Date I will finish:** / /

My Assessor for this section: _____



Notes

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DATE	WHAT YOU DID	HOURS	INITIALS

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To the Assessor

Thank you for assessing this participant in their Physical activity for their DofE Award. To achieve an Award, participants need to prove what activities they've been doing, how they've progressed and how they've met the goals they set for each section. Please complete your report below.

What to include in a report:

Please describe the achievements of the participant as they did this section. Say how they met their goals, what skills they have developed and mention any memorable things that they accomplished. Please remember to keep your comments personal, positive and encouraging. Thank you for supporting young people with their DofE activities.

Description of activity: _____

Date started: / / Date finished: / / (Months)

Goals set by participant: _____

Assessor's comments:

Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and form part of their permanent record of their DofE programme. Please note: the information you have provided in this report will be scanned and stored by the DofE as part of its record of the participant's achievement. The DofE will not share your personal data with third parties.

What progress did they make towards their goals? _____

What did they achieve, what skills did they learn? _____

How frequently did they take part in this activity? _____

Any other comments? _____

Signature: _____

Date: _____

Assessor's first name: _____

Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

Email: _____

Here are some ideas for activities in this section. Make sure you get your DoFE Leader to approve your choice before you start anything.



Performance arts

- Circus skills
- Conjuring and magic
- Singing
- Speech and drama
- Yoyo extreme

Science and technology

- Aerodynamics
- Anatomy
- Astronomy
- Biology
- Botany
- Weather/meteorology

Music

- Composing
- DJing
- Evaluating music and musical performances
- Listening to, analysing and describing music
- Music appreciation
- Playing a musical instrument
- Playing in a band
- Reading and notating music

Conservation

- Gardening
- Growing carnivorous plants
- Plant growing
- Vegetable growing

Games and recreation

- Cards (i.e. bridge)
- Chess
- Dominoes
- Mah Jongg
- Model construction and racing
- Snooker, pool and billiards
- Sports appreciation
- Table games
- Strategy games

Learning and collecting

- Aeronautics
- Aircraft recognition
- Anthropology
- Archaeology
- Astronomy
- Comics
- Fashion
- Genealogy
- Heraldry
- Language skills
- Movie posters
- Reading
- Religious studies





Life skills

- Alternative therapies
- Cookery
- Democracy in action
- Car/motorcycle maintenance
- Bike maintenance
- Event planning
- First aid – St John Ambulance/
British Red Cross
- Hair and beauty
- Hairdressing
- Library & information skills
- Life skills
- Money management
- Skills for employment

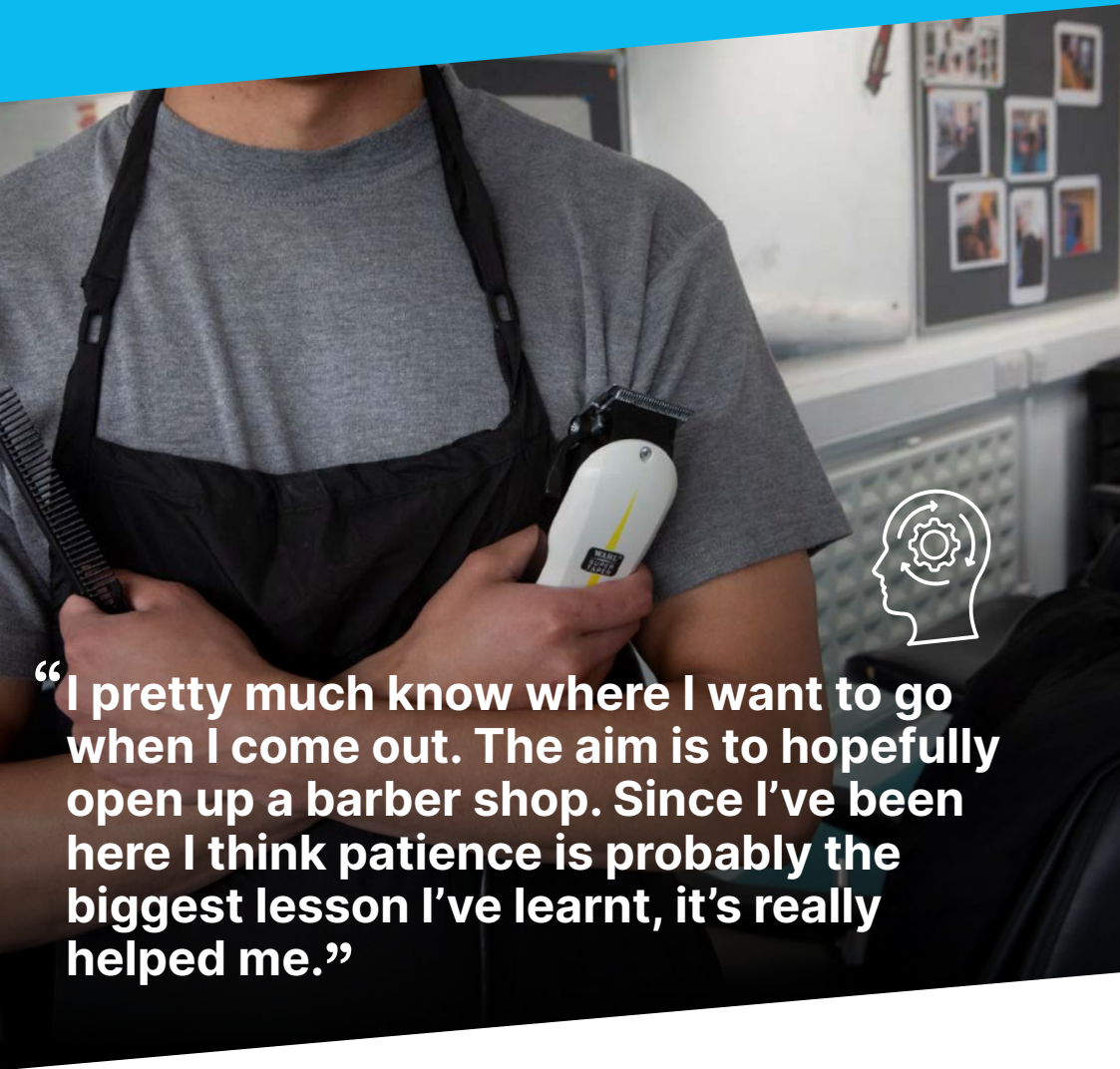
Media and communications

- Communicating with people who
are visually impaired
- Communicating with people who
have a hearing impediment
- Film and video making
- Newsletter and magazine production
- Writing

Creative arts

- Cake decoration
- Ceramics
- Clay modelling
- Crocheting
- Drawing
- Knitting
- Lettering and calligraphy
- Model construction
- Painting and design
- Soft toy making





“I pretty much know where I want to go when I come out. The aim is to hopefully open up a barber shop. Since I’ve been here I think patience is probably the biggest lesson I’ve learnt, it’s really helped me.”

“I’ve got a lot of time in jail so I thought I might as well put it to good use. Barbering was never something that I thought I wanted to do. And then I came here and you know this kind of became a thing. I worked in the barber shop for like a year and then I become a teacher assistant for another half a year. Practice makes perfect and I like detail and stuff like that. I’m trying to do as much as I can so I have as many options for when I come out. It doesn’t just look good on your CV but it’s good mentally and physically. I’ve realised that this is not where I want to be. Mentally it’s helped me grow. I’m optimistic about the future. My first goal is to open a barber shop.”

→ My chosen activity:



My goals for this section:

Date I will start: / /

Date I will finish: / /

My Assessor for this section:



Notes

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DATE	WHAT YOU DID	HOURS	INITIALS

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To the Assessor

Thank you for assessing this participant in their Skills activity for their DofE Award. To achieve an Award, participants need to prove what activities they've been doing, how they've progressed and how they've met the goals they set for each section. Please complete your report below.

What to include in a report:

Please describe the achievements of the participant as they did this section. Say how they met their goals, what skills they have developed and mention any memorable things that they accomplished. Please remember to keep your comments personal, positive and encouraging. Thank you for supporting young people with their DofE activities.

Description of activity: _____

Date started: / / **Date finished:** / / (Months)

Goals set by participant: _____

Assessor's comments:

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What progress did they make towards their goals? _____

What did they achieve, what skills did they learn? _____

How frequently did they take part in this activity? _____

Any other comments? _____

Signature: _____

Date: _____

Assessor's first name: _____

Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

Email: _____

Your Bronze Award Expedition will be a two-day one-night, self-sufficient adventurous journey.



You will be part of a team and together complete an expedition with a shared aim, plan and cook an expedition menu and be self-sufficient throughout. Your DofE Leader will be able to explore ideas about what is possible, but your expedition could consist of journeying through the local countryside whilst camping at a local campsite or could be completed in your grounds undertaking physical challenges if you are unable to be released on temporary licence. Many young people have completed exciting and rewarding Expeditions and never left their Secure Estate location.





“For my Expedition we all done 4k on the bicycle machine, 4k on the rowing machine and a 4k walk on the running machine. Then after we went down onto the AstroTurf and camped out for the night.”

“We set up tents and played a bit of football down there, it was brilliant, good to get out of your cell and stay out for the night. We went down to the field with the compasses and we'd done coordinates and had to direct ourselves to the right bits of the coordinates. It was pretty hard to pick up but, once you get the hang of it, it's all right. I remember cooking up the bacon and sausages in the morning was good, I haven't had a fry up in a couple of years. And I remember just lying down and looking up at the stars, you don't get to do that often in here, you're always in before dark.”

How do you feel doing your DofE has helped you develop?



Would you recommend the DofE to your friends?

Tick here if you'd like details on how to complete your Silver and/or Gold DofE programme when you're released

After you're released, you could do your Gold DofE through DofE Direct. No club to join as it's all controlled online. [Visit DofE.org/DofEDirect.](https://www.dofe.org/dofedirect)



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