

Newry Locality Planning Group Kilkeel Gets Active Youth Summer Programme 15 – 26 August 2016

Background

The Children and Young People's Strategic Partnership with partner agencies; Children in Northern Ireland, Pathway Activities NI, SPACE and Newry, Mourne and Down District Council recently piloted a holiday hunger programme in the Southern Health and Social Care Trust Area.

This programme was an opportunity for a partnership approach to address the growing concern of holiday hunger during school closure periods in Northern Ireland. The idea came about following a conference on child poverty "Making it Happen" which was supported by the Chair of the All Party Group on Children and Young People, Steven Agnew MLA and initiated by the Child Poverty Alliance, chaired by Children in Northern Ireland.

A two week pilot programme 'Kilkeel Gets Active Youth Summer Programme' was delivered in August 2016 with 15 young people between the ages of 12 to 16 years. The programme involved a range of physical and team building activities, Make Lunch sessions and an OCN accredited award for Healthy Living for the Individual.

The programme was funded through a collaborative budget; CYPSP Newry Locality Planning Group and the Reserve Forces and Cadets Association Northern Ireland.

Making a contribution to the following High Level Outcomes for children

- All Children and Young People are healthy
- All Children and Young People Enjoy, Learn and Achieve
- All Children and young people contribute to their community and society



Children and Young People from the Newry and Mourne locality receiving OCN accredited awards as part of the programme

How much did we do?

A total of **20 hours of physical activity** were completed over the two week programme equating to a minimum of **2 hours per day** of fitness including: Fitness Bleep Tests, Football, Team Building Games, Endurance Games – Climbing Tower and Bungee Run

A total of **6 Make Lunch Sessions (12hours)** were facilitated by a cooking facilitator from the Southern Regional College with the participants: Fruit and Yoghurt breakfasts, Homemade Burgers with Sweet Potato Wedges and Chicken Curry

A total of **30 hours study** was spent completing the unit content of the Healthy Living for the Individual OCN programme



Zorbing Experience



Make Lunch Session

How well did we do it?

- The total cost of the programme was £6910 of which £5360 contributed in kind.
- 8 out of 15 young people (53%) who attended from day 1 completed the programme with OCN accredited awards.
- 11 of the 15 young people (73%) were motivated to set personal goals during the programme to improve their lifestyle. I.e. walking to school, taking the dog for a walk, go swimming etc.
- 88% of young people who completed the programme reported they were eating healthier than before they joined the programme
- 7 out of 8 young people (88%) rated the programme good – very good in its effectiveness.
- 6 out of 6 staff (100%) rated the programme good-very good in its effectiveness
- Drop out due to; Health appointments, family illness , GCSE results, programme didn't meet expectations



Young people receiving OCN accredited awards with local principle Mr Dillon, St.Colmons College, Alan Lecky and Johnny Wallace from Pathway Adventures NI, Councillor Roisin Mulgrew from Newry, Mourne and Down District Council and Richard O'Flaherty from Department for Communities

Is anyone better off?

Physical Activity Outcomes

- 80% of young people demonstrated improved communication skills with team members when engaging in team sports on the programme
- 100% of young people reported to be more active since joining the programme
- 100% of young people demonstrated an understanding of the importance of keeping active & making healthy food choices
- 67% of young people reported they had made new friendships from the programme

Cooking Outcomes

- 100% of young people developed new skills and confidence in the kitchen: the ability to prepare and chop vegetables and follow cooking instructions
- 100% of young people obtained an understanding of food hygiene and safe food handling in the kitchen, i.e. the preparation and cooking of chicken
- 100% of young people demonstrated a better routine of preparing and eating together at meal times in the home
- 80% of young people had improved communication skills with family and friends during meal times
- 93% of young people were eating healthier since joining the programme and had addressed poor eating habits and the importance of diet in promoting personal health

OCN Healthy Living for the Individual Outcomes

- 53% (8) of young people completed the programme and received OCN accredited awards
- 100% of young people recognise the importance of personal fitness and how it contributes to a healthy lifestyle
- 100% of young people demonstrated greater awareness personal hygiene
- 73% of young people were motivated to set personal fitness goals and action plans
- 100% of young people had increased awareness of contraception methods and the importance of keeping safe



Positive Feedback

Ten young people reported to enjoy cooking & trying new foods

Staff delivering the programme highlighted it was an opportunity for less confident young people to push themselves & interact with peers

Ten young people said they had made new friendships on the programme

Two young people experienced the beach for the first time

Staff reported the positive contribution the programme brought to young people over the 2 weeks