

# Craigavon Locality Planning Group Portadown Gets Active Summer 2019 Programme

1<sup>st</sup>-3<sup>rd</sup>, 8<sup>th</sup>-10<sup>th</sup> and 15<sup>th</sup>-17<sup>th</sup> July 2019  
St. John The Baptist College, Portadown

## BACKGROUND

July 2019 saw the continuation of the Portadown Gets Active programme, which aims to provide a positive and participatory response to the need to tackle holiday hunger and provide family support outside of school term time.

The 3<sup>rd</sup> Portadown Gets Active Summer programme was about fun, learning and food, encouraging young people to stay active during the summer months, attain a qualification, and enjoy a healthy breakfast and lunch.

Hosted in St. John the Baptist College, Oasis Youth, lead community partner, worked closely with key partners to provide 9 days of activities, education and meals.

Participants were Primary School age children eligible for free school meals. Referrals also came through the Craigavon Family Support Hub. Children from Portadown, Craigavon, Lurgan and Banbridge attended the Programme.

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



# How much did we do?

- ❖ The programme was open to children of all Primary School ages
- ❖ Children who were eligible for PGA were entitled to free school meals, or referred by the Family Support Hub
- ❖ 5 Full Time staff members from Oasis supported the programme
- ❖ Staff from SHSCT, NIACRO, CiNI, CYPSP and ABC Council helped on the programme

## PGA Summer 2019 programme dates:

Week 1 – 1<sup>st</sup> to 3<sup>rd</sup> July 2019

Week 2 – 8<sup>th</sup> to 10<sup>th</sup> July 2019

Week 3 – 15<sup>th</sup> to 17<sup>th</sup> July 2019

Gets Active Summer 2019						
Times		Monday 1st July Activities				
09:00	Staff Arrive					
09:15	Staff Meeting & Peer Mentors Arrive					
09:30	Children Arrive & Breakfast					
10:00	Welcome & Team Challenges					
	Sports 1	Sports 2	Mini Medics	Art	AofS	Kitchen
10:20	Incredibles	X-Men	Avengers	Guardians	Justice	Teen Titans
11:10	Teen Titans	Guardians	Avengers	X-Men	Incredibles	Justice
12:00	Lunch					
12:40	Free Time					
13:00	Sports 1	Sports 2	Mini Medics	Art	AofS	Kitchen
	Guardians	Incredibles	Avengers	Justice	Teen Titans	X-Men
13:55	Evaluation					
14:30	Children Depart & Staff Tidy Up					
15:00	Daily Debrief					
15:15	Clean up					
16:30	Home					





## How much did we do?



- ✓ Children participated in 18 x 50 minute sessions daily for 6 days, 2 trips and a Talent Show and Super Hero games on the last day.
- ✓ 36 sessions of physical activity sports provided by ABC Council Sports Coaches
- ✓ 18 educational sessions on Agents of Shield: a personal development programme for Super Heroes.
- ✓ 18 sessions of Mini Medics: First Aid training for children
- ✓ 18 sessions on Art and also in Kitchen, learning to prepare food
- ✓ Parents/Carers event on last day: information sharing on family support services in local area



## How well did we do it?

- ✓ Average 96 participants daily for 9 days
- ✓ 30 children participated via referrals through the Banbridge/Craigavon Family Support Hub
- ✓ Average 47 Peer mentors/volunteers daily for 9 days
- ✓ 3172 volunteering hours were given by young people as Peer Mentors and Blue Crew
- ✓ 286 breakfast and lunches each were provided during 9 days: total of 2574 meals provided
- ✓ The programme was evaluated daily (Peer Mentors were involved with the planning and the facilitation of the sessions)
- ✓ Partnership of organisations / agencies working together to support families in the Portadown, Craigavon, Lurgan and Banbridge areas



### Facebook Activity:

- ❖ 129 images posted on Oasis Facebook site
- ❖ 115 "Likes" , 26 "Loves"
- ❖ 6 shares
- ❖ 7 Comments



## How well did we do it?



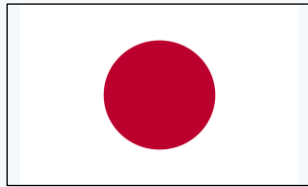
British



Chinese



Irish



Japanese



Latvian



Lithuanian



Polish



Portuguese



Romanian



Syrian

**Participants came originally from 10 different countries**



*Menu for Portadown Gets Active, Summer 2019*

*Cereal*

*Salad*

*Banana Cake & Custard*

*Toast*

*Pasta Bolognaise*

*Fruit Cup*

*Fruit Juice*

*Chicken Curry & Rice*

*Ice Cream*

*Water*

*Chilli Con Carne & Rice*

*Yoghurt*

*Sandwiches*

*Chicken Noodle Soup*

*Burgers*

*Wraps*

*Minestrone Soup*

*Hot Dogs*

*Fruit*

*Pasta Bake*

*Crisps*

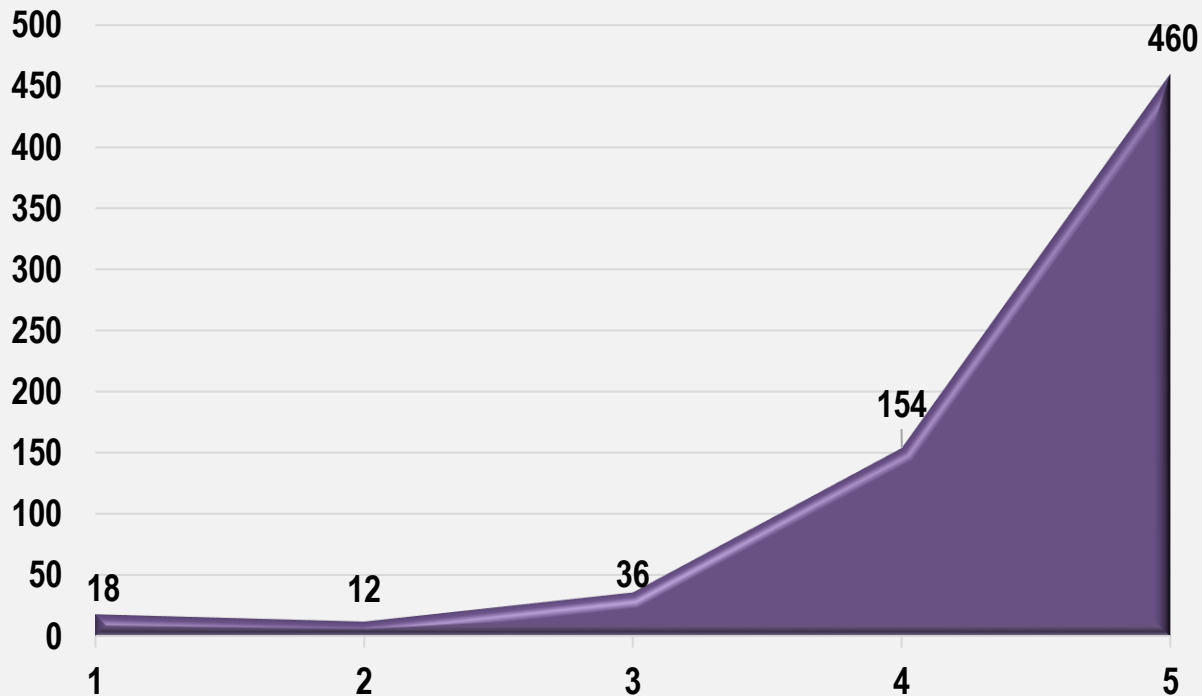
**Breakfast & Lunch Menus for PGA**

## How well did we do it?

At the end of each day, participants rated their experience of the day.

- 90.3% of respondents rated it either 4 or 5
- 68% rated the highest response; “I had the best time”

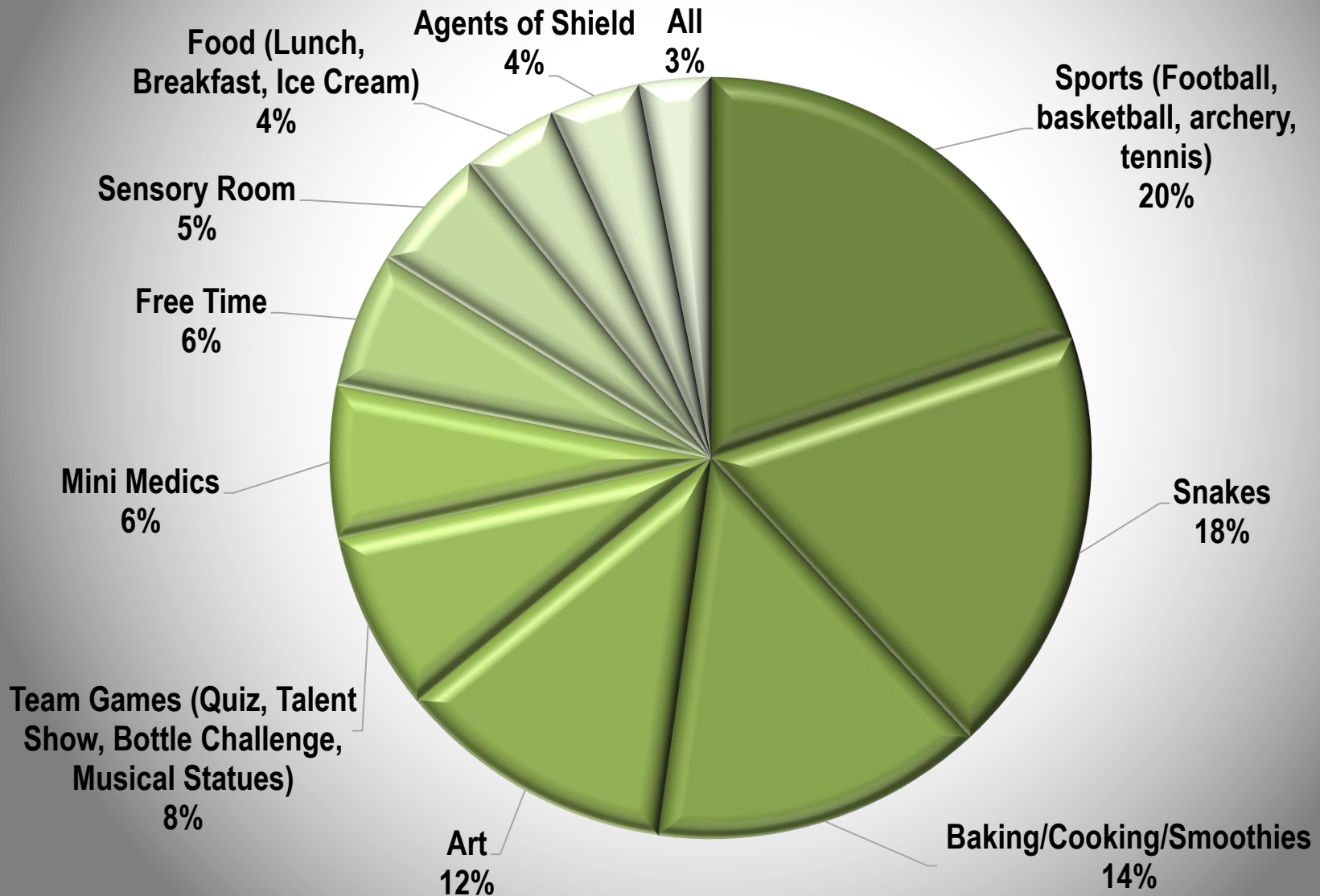
### Rate your overall PGA experience today



Scale: 1 = I didn't like it and won't be back  
5 = I had the best time



What activity or session did you enjoy MOST and why?



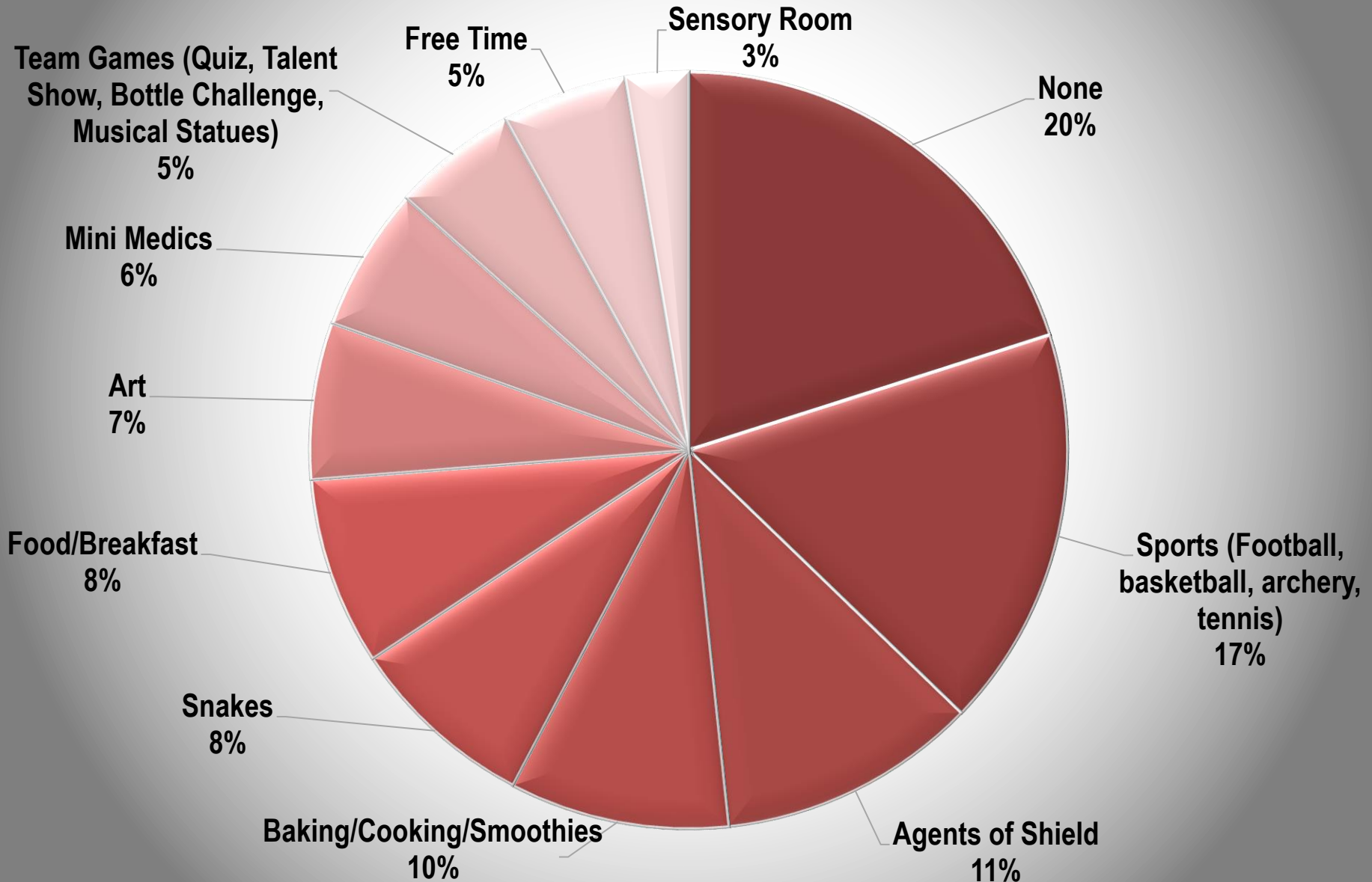


### What activity or session did you enjoy MOST and why? (Continued)

Activity	Comments
Sports	Sports – Enjoyed learning something different
Art	Art was fun & different
Baking/Cooking	It was fun making muffins. You got to do everything
Team Games	Team games are fun & cool
Snakes	I have never touched a snake before!
Mini Medics	It was great to learn something new and I liked Dr. ABC
Sensory Room	The sensory room was relaxing and fun
Food	I liked going to eat at lunch
Agents of Shield	Darren's session was so much fun
All	Everything was fun
Free Time	Free time because you get to play with everyone

## How well did we do it?

What activity or session did you enjoy LEAST and why?



## How well did we do it?

### What activity or session did you enjoy LEAST and why? (Continued)

Activity	Comments
Sports	Didn't like the games. Sports 1 wasn't exciting
Agents of Shield	Found it hard to spell and read in AOS
Food	There was only one choice at dinner
Art	Someone threw my art in the bin
Baking/Cooking	Not very involved in cooking
Team Games	Didn't get to go up in the team games
Mini Medics	Didn't like mouth to mouth
Snakes	The snakes were extremely scary
Free Time	Free time – Didn't like outside in the rain.
Sensory Room	Got bored in the sensory room



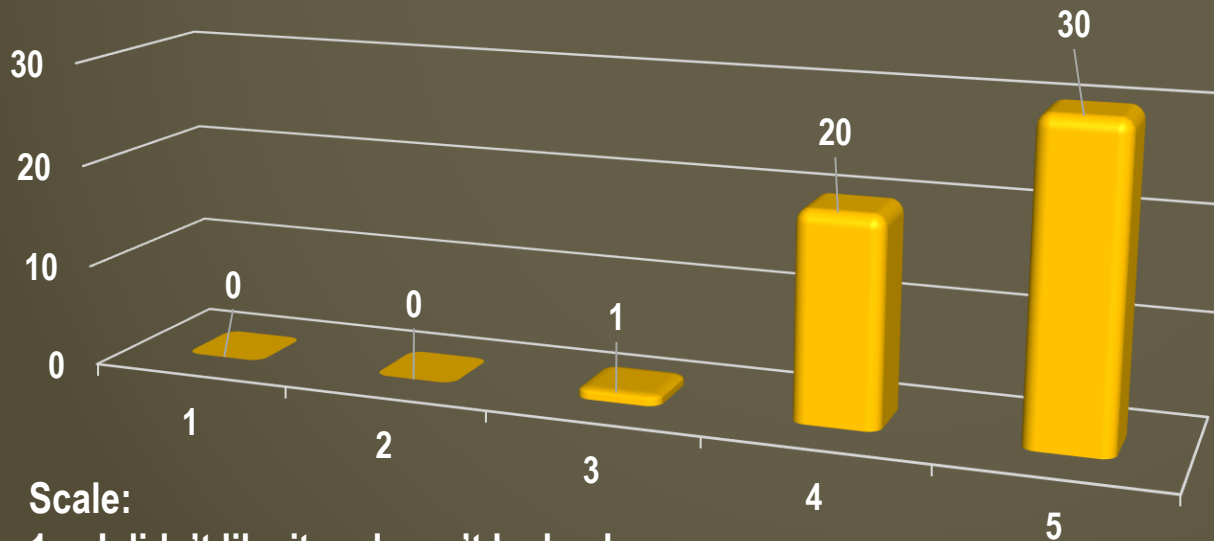
## Peer Mentors

Of the 51 Peer Mentors who completed final evaluation forms:

- ✓ 49 (96%) stated they felt valued as a volunteer
- ✓ 49 (96%) stated they planned to volunteer for PGA in the future
- ✓ 45 (88%) stated they **learned something new or improved their skills by taking part in PGA**
- ✓ **12 Peer Mentors obtained an OCN qualification in Cultural Diversity, delivered by Youth Link NI**



## Peer Mentors rating of overall PGA Summer 2019 Experience



Scale:

1 = I didn't like it and won't be back

5 = I had the best time

- 98% of Peer Mentors rated their Summer 2019 PGA experience in one of the 2 highest ratings
- Only 1 Peer Mentor rated their experience out of the top 2 highest ratings

# Is anyone better off?

## PARENTS FEEDBACK

19 parents completed post programme evaluations:

✓ All (100%) said that their children talk about Portadown Gets Active at home

The **top benefits of PGA** for parents were that it:

- keeps my child occupied
- makes my child happy
- gives me / my family more free-time
- helps my child make new friends
- provides activities &/or healthy food for my child



## Feedback from Parents of Participants

They talk on the way home in the car about what they have done and had for lunch.

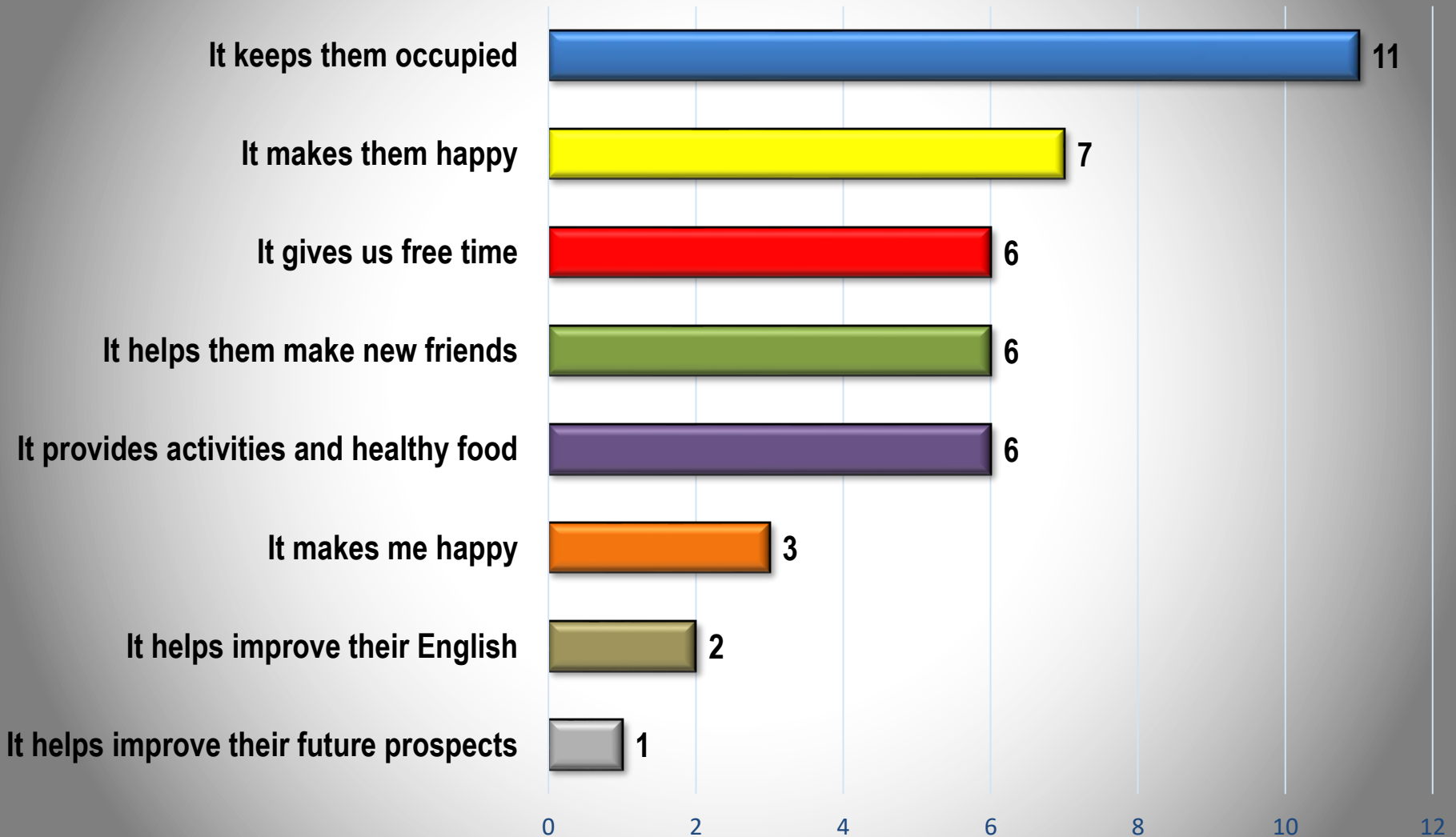
Gives us something to get up for. Takes kids away from worries at home. Lets them have fun in a fun and friendly environment.

It helps my children to interact and builds up their confidence, plus it gives me quality time with my other daughter at home.

Takes the pressure off finding everyday activities.

They have been so excited about the activities and the people / kids / leaders. Learning new things - different crafts. Variety of food.

## How Does Portadown Gets Active Benefit Your Family?



Feedback from Parents & Carers



# Is anyone better off?

I appreciate the scheme so much. It is invaluable to the community as a whole.

The kids got really excited about making capes, going to the cinema and everything

I'm happy and my children are very happy

## Comments from Parents & Carers

Fantastic experience. Kids enjoyed it and leaders were fantastic

(The kids) have said they have enjoyed it. Learning lots and enjoying the games

For my daughter, it is her first time as a volunteer. I am so proud she found a place for volunteering