

## Background

Portadown Gets Active is a partnership approach to address the growing concern of holiday hunger amongst children during school holidays. The aim of the programme is to support families (primarily those with children who are in receipt of free school meals) overcome difficulties faced during school closure times.

The first Portadown Gets Active programme took place in August 2017 in Presentation Primary School and has continued during Halloween and Christmas of 2017, Easter and Summer 2018.

The Halloween 2018 PGA Programme took place on 29<sup>th</sup> and 30<sup>th</sup> October at the Community Interculture Programme in Portadown. Participants were Primary School age children eligible for free school meals. Referrals also came through the Craigavon Family Support Hub and Autism Services from Southern Health & Social Care Trust.

Children from Portadown, Craigavon, Lurgan and Banbridge attended the Programme, and enjoyed the provision of a healthy breakfast and lunch, a fun science workshop, inclusive sports, arts and crafts and a trip to local trampoline park. Parents and carers also enjoyed workshop on Colour Breathing a programme on 29<sup>th</sup> October to promote self care for parents and families.

**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
- ❖ 66 children participated over the 2 days
- ❖ Children who were eligible for PGA were entitled to free schools meals, or referred by the Family Support Hub
- ❖ 20 children participated via referrals through the Family Support Hub
- ❖ 42 Peer mentors and Volunteers from Oasis Youth supported the programme
- ❖ 7 staff members from Oasis supported the programme
- ❖ Staff from Oasis, SHSCT, Family Support Hubs, NIACRO, CiNI, CYPSP and ABC Council contributed to the programme through their time and work on the Planning Group.

Monday 29th October Activities			
09:00	Staff Arrive		
09:15	Staff Meeting & Peer Mentors Arrive		
09:30	Children Arrive & Breakfast		
10:00	Welcome & Team Challenges		
	Sports	Art	Maisy's Lab
10:20	Pumpkins	Spiders	Toffee Apples
11:05	Spiders	Toffee Apples	Pumpkins
12:00	Lunch		
12:45	Sports	Art	Maisy's Lab
	Toffee Apples	Pumpkins	Spiders
13:30	Evaluation		
14:00	Children Depart & Staff Tidy Up		
14:30	Daily Debrief		
Tuesday 30th October Activities			
09:00	Staff Arrive		
09:15	Staff Meeting & Peer Mentors Arrive		
09:30	Children Arrive & Breakfast		
10:10	Depart for Trampoline Park		
10:35	Trampolining		
12:15	Depart for CIP		
12:45	Lunch		
13:15	Team Challenges		
13:35	Evaluation		
14:00	Children Depart & Staff Tidy Up		
14:30	Daily Debrief		

*Copy of the daily itinerary*

**Peer Mentors  
Preparing  
for PGA**



# How much did we do?



## Arts & Crafts



- ❖ Each child participated in 3 x 45 minute sessions on Day 1
- ❖ Sessions included Inclusive Sports, Art and Maisy's Lab (science based fun experiments).
- ❖ Inclusive Sports facilitated by ABC Council Sports Coaches, Art provided by Oasis Youth and Maisy is a qualified Pharmacist, linked with Portadown Community Intercultural Programme.
- ❖ Day 2 consisted of a 90 minute session at Jump Box Trampoline Park in Balbridge.
- ❖ On both days a 20 minute session on Team Challenges took place for children to work together
- ❖ 10 parents/carers took part in a 45 minute session on Colour Breathing, provided through SHSCT.



## How well did we do it?

- ❖ 588 volunteering hours were given by Peer Mentors and volunteers based on 6 hours each day with a 2-hour planning session prior to the programme.
- ❖ 132 breakfast and lunches were provided on each of the 2 days, giving a total of 264 meals provided
- ❖ The programme was evaluated daily. Peer Mentors were involved with the planning and the facilitation of the sessions
- ❖ 61 (92.4% of participants) evaluations were completed by children on Day 1, 59 (89.4% of participants) evaluations were completed on Day 2

- ❖ 20 (100% of participants) Peer Mentors completed evaluation forms at the end of the programme
- ❖ Communication: PGA on Facebook reached 198 people (Likes)
- ❖ Partnership of organisations/agencies working together to support families in the Portadown, Craigavon, Lurgan and Banbridge areas



***Inclusive Games***

# Is anyone better off?



**Maisy's Lab**



- ❖ 20 Peer Mentors completed post programme evaluations:
  - 95% (19) felt valued as a volunteer
  - 100% (20) hope to continue volunteering at PGA in future
  
- ❖ 10 parents/carers attended and participated in the parents programme:
  - 100% agreed that PGA was beneficial to their children for social, educational and physical health
  - Parents/carers reported feeling more relaxed as a result of the Colour Breathing session

## Is anyone better off?

- ❖ 98% of the children rated their overall PGA experience as at least 3 out of 5 (1= Didn't like it and won't be back, 5= Had the best time)
- ❖ 73.5% of children asked claimed the "had the best time" on both days
- ❖ 60% of children agreed their favourite activity on Day 1 was Maisy's Lab, where they enjoyed learning about science through experiments
- ❖ 92% of children reported to have enjoyed the trip to Jump Box, with 56% reporting to have found it Excellent/Loved it/Amazing
- ❖ Parents agreed they valued the time for taking care of themselves through the parents/carers activities

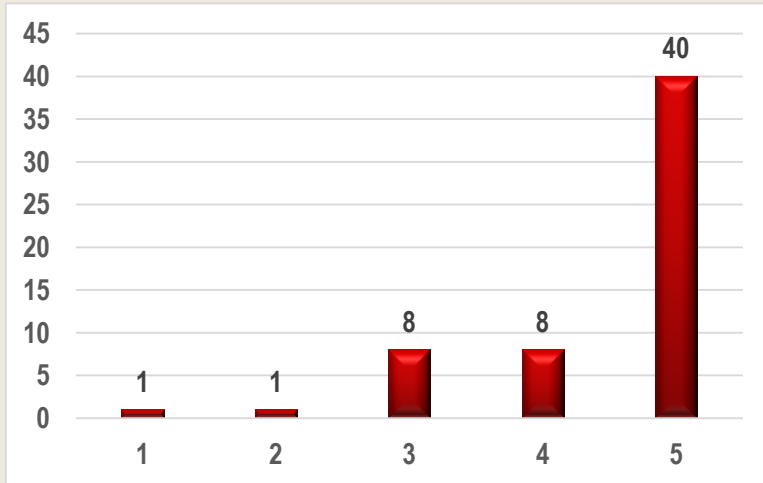


*Trip to Jump Box*

# Is anyone better off?

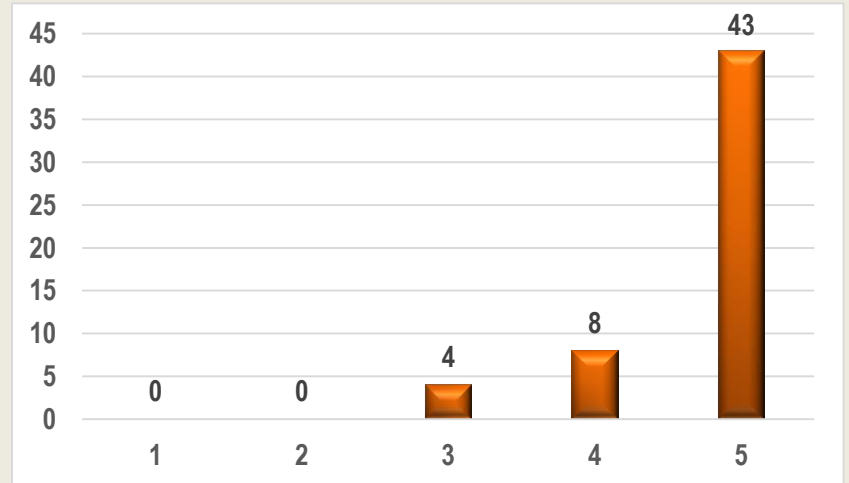
## Day 1: Rate Your Overall PGA Experience

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



## Day 2: Rate Your Overall PGA Experience

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





## **What the Peer Mentors Said**

**The leaders listen to your opinion and take it into consideration**

**We are fed, watered, respected and given responsibility as well as not talked down to and given chances**

**When a kid is asked the leaders listen**

**My voice is always listened to and always taken into account.**

**I am given actual responsibilities and tasks**

**The leaders treat us all equally**

**The kids show respect and thank you for helping out**

**I was included in all activities**

**The leaders always make sure to make us feel appreciated**

**I was treated the same as everyone else**

**If I had a query it was taken seriously**

**The children make me happy**

**Overall my experiences here have been amazing and I enjoyed every single minute of it!**