

Portadown Gets Active
Summer 2018 Programme
2nd- 4th and 9th-11th July 2018
At St John the Baptist College, Portadown

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, and Easter 2018.

The Summer 2018 PGA Programme took place on 2-4 and 9-11 July 2018 at St John the Baptist College, Portadown. Once again the majority of 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, continued summer learning through OCN level education programme in Health and Wellbeing, a mental health programme Healthy Me By Action Mental Health and physical activities. Parents and carers also enjoyed a programme on 4 and 11th July which included needs assessment of further activities for parental/carer support.

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
- ❖ 75 places for participating children, 20 Peer Mentors and 10 volunteers
- ❖ Children who were eligible for PGA were entitled to free schools meals, or referred by the Family Support Hub and the SHSCT ASD Team
- ❖ 25 children participated via referrals through the Family Support Hub
- ❖ 2 children were referred and supported to participate through the ASD Team. Each child had individual support throughout the programme
- ❖ 5 Full Time staff members from Oasis supported the programme
- ❖ Staff from SHSCT, NIACRO, CiNI, CYPSP and ABC Council helped on the programme

Times	Wednesday 4 th July - Activity		
08:30-09:00	Staff Arrive		
09:20-09:30	Staff Meeting & Peer Mentors Arrive		
09:30-09:40	Team meet with Peer Mentors		
09:45-10:15	Children Arrive & Breakfast		
10:20-10:35	WELCOME & OVERVIEW		
TEAMS	BEACH BALLS	FLIP FLOPS	FRISBEES
10:40-11:20	Jewellery Making	Basketball	Healthy Me
11:25-12:05	Basketball	OCN	Healthy Me
12:10-12:50	Art	Healthy Me	Basketball
12:55-13:25	Lunch		
13:25-13:45	Free Time		
13:45-14:25	Scavenger Hunt	Healthy Me	OCN
14:25-14:45	GO TO HALL – OVERVIEW OF DAY & CALL NAMES		
14:45-15:00	Children Depart – leaders remain in hall		
15:00-15:20	Daily Debrief & Tidy Up		

WEDNESDAY 4TH JULY MORNING TIME: 10.30-12.30:

PARENT/GUARDIAN SESSIONS:

- TAKE 5 GOOD MENTAL HEALTH & WELLBEING
- FACILITATED DISCUSSION NEEDS ASSESSMENT

Copy of the daily itinerary



The Morning Team Challenge

How much did we do?



Team Challenge



Arts & Crafts



*Edible
Garden*

- ❖ Children participated in 4 x 40 minute sessions daily for the first 5 days and a Fun Day on the last day
- ❖ 15 sessions of physical activity sports provided by ABC Council Sports Coaches: Rugby, Gaelic, Basketball, Circuits, Hockey and Dancing
- ❖ 18 educational sessions including OCN standard Health & Wellbeing programme: sessions included
 - What's in your body
 - Healthy Heart Session
 - Healthy Brain
 - Healthy Drinks
 - Health and Safety
- ❖ Education also included Healthy Me Mental Health Programme run by Action Mental Health
- ❖ 27 more sessions including Edible Garden, Art, Baking, Scavenger Hunt, Drumming, Slime Time, Jewellery Making and Wee Wonders
- ❖ Parents/Carers programme on 2 days included Take 5 session on positive mental health, Chi Me, free health checks and needs analysis on future activities

How well did we do it?

- ❖ A total of 93 children attended during the 6 days
- ❖ Average 75 participants daily for 6 days
- ❖ Total 35 young people volunteered during the programme: average 20 peer mentors and 10 Blue Crew volunteers each day
- ❖ 1080 volunteering hours were given by young people volunteering (based on 20 peer mentors and 10 Blue Crew daily
- ❖ 110 breakfast and lunches each were provided during 6 days: total of 660 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



- ❖ 20 Peer Mentors successfully completed the OCN Level 1 in Youth Leadership, delivered by Youth Link NI
- ❖ 20 Peer mentors undertook a 3 hour awareness session on Autism Spectrum Disorder, delivered by Cedar Foundation
- ❖ Communication: PGA on Facebook reached 475 people (Likes)



OCN with Darren

Is anyone better off?



The Evaluation Beach: Children added their views each day on a beach item which was completed at the end of Day 6

- ❖ 17 Peer mentors completed post programme evaluations:
 - 100% felt valued as a volunteer and hope to continue volunteering at PGA Halloween
- ❖ 20 parents/carers attended and participated in the parents programme:
 - 71% felt there were not enough activities for children to do during the summer
 - 100% agreed that PGA was beneficial to their children for social, educational and physical health
- ❖ Action Mental Health Menssana course “Healthy Me” evaluation (carried out Pre and Post assessments):
 - 22% increase in knowledge of children having Good Mental Health by the end of the programme
 - 17% increase in knowledge of Feeling Happy by end of programme
 - 35% increase in knowledge of Being Able to Cope With Problems by end of programme
 - 14% increase in knowledge of Feeling Good About Myself by end of programme

Is anyone better off?

- ❖ 94% of children agreed they had fun during the programme
- ❖ 97% of children reported they liked the food on the programme
- ❖ Children reported to have made a large number of friends on the programme
- ❖ Children participating in the Health and Wellbeing programme reported they learnt most about having a healthy heart
- ❖ Parents agreed that they would participate in further activities/support for parents as part of PGA and identified Internet Safety, Confidence Building/Self Esteem, Cookery sessions, Healthy Sleep and Positive Mental Health sessions as beneficial to them as parents/carers for future activities
- ❖ 12 parents/carers undertook physical health checks with The Verve Network. 6 (50%) parents/carers agreed to undertake individual Healthy Lifestyle Programmes in healthy eating, physical activity and mental health



Drumming



Lunching

What they said...Parents/Carers

"Fantastic programme ...kids excited for next week"

"Thanks for everything, boys had a ball"

"Well done leaders and volunteers. Thank you. Kids had a fantastic time!!"

"So much fun was had. Thank you...this is fantastic"

"No matter how busy the staff and volunteers are, they always have time to talk"

"The kids came home and said they love it!"

"They came home talking about healthy eating and being creative with food"

"My child now knows why healthy food is important to her"

"Fantastic time!! My kids just love it there! Well done!"

"Being able to access this made [my daughter's] summer"

"[I've never seen anything] so well organised"

"No improvements needed – it was as good as it gets"

"It's hard to integrate non-mainstream kids and kids with learning difficulties"

"This is an excellent programme, very friendly people, many time outside, many activities"

"A massive thank you!"

"Fantastic work guys"

What they said – Peer Mentors

I feel valued as I feel I can go to our co-ordinator with any issues I have

Other volunteers listen to me and respect my views and ideas

At the end of every day we got to give our own opinions and they were listened to

We all get even chances

I wanted to help out and it's a way to be social and have fun

I love spending time with Oasis and volunteers

I have seen how much the kids enjoyed it and wanted to help

I love working and helping the children

Leaders listened to my opinions and I get treated equally as everyone else

I have been asked to be a team leader and have a responsibility

I got great encouragement and support

I was given responsibilities and jobs which made me feel valued

I feel as if the children trusted me

All of the senior leaders always make sure we get the best

