

Background

The aims of Portadown Gets Active (PGA) are to provide children with a healthy breakfast and lunch outside of school term-time, as well as providing opportunities to learn something new, participate in physical activity and in fun activities with their peers. The programme is carried out with the invaluable help of Peer Mentors who volunteer to work with children and as a team of volunteers.

Participants are Primary School age children eligible for free school meals. Referrals also come through the Craigavon & Banbridge Family Support Hub. Children from Portadown, Craigavon, Lurgan and Banbridge attend the Programme.

Oasis Youth, PGA's lead community partner, works in partnership with key agencies and organisation to ensure PGA has run successfully since 2017.

Due to the challenges faced by the COVID-19 pandemic, the Easter programme for PGA was very different to previous programmes, however there remained a great need to support families during this difficult period. This Report Card relates to all PGA activity in 2020.

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?

- ❖ 3 PGA programmes/activities took place in Easter, Summer and Halloween 2020. A Christmas event was also held to provide hampers and a hot meal
- ❖ Each programme was open to children of Primary School ages and their families
- ❖ Eligibility for PGA were children in receipt of free school meals and children referred by the Family Support Hub
- ❖ Oasis staff led the programmes, however Peer Mentors could only get involved during the summer programme due to Covid restrictions
- ❖ Staff from SHSCT, NIACRO, CiNI, CYPSP and ABC Council helped by attending Planning Group meetings



How Much Did We Do? Easter PGA

Easter Programme:

Easter was during the first lockdown so PGA had to become an online programme. It was agreed that PGA needed to continue as there was more of a need to support families due to lockdown.

Packs were sent to all participants of 2019 PGA and Oasis Afterschool Club and Peer Mentors.

Packs included:

- ✓ Educational workbook
- ✓ Wellness pack - activities, teeth hygiene, family information on mental health
- ✓ Outdoor activity materials
- ✓ Indoor games resources
- ✓ Recipes
- ✓ Snacks
- ✓ Edible garden resources
- ✓ Lots of additional activities

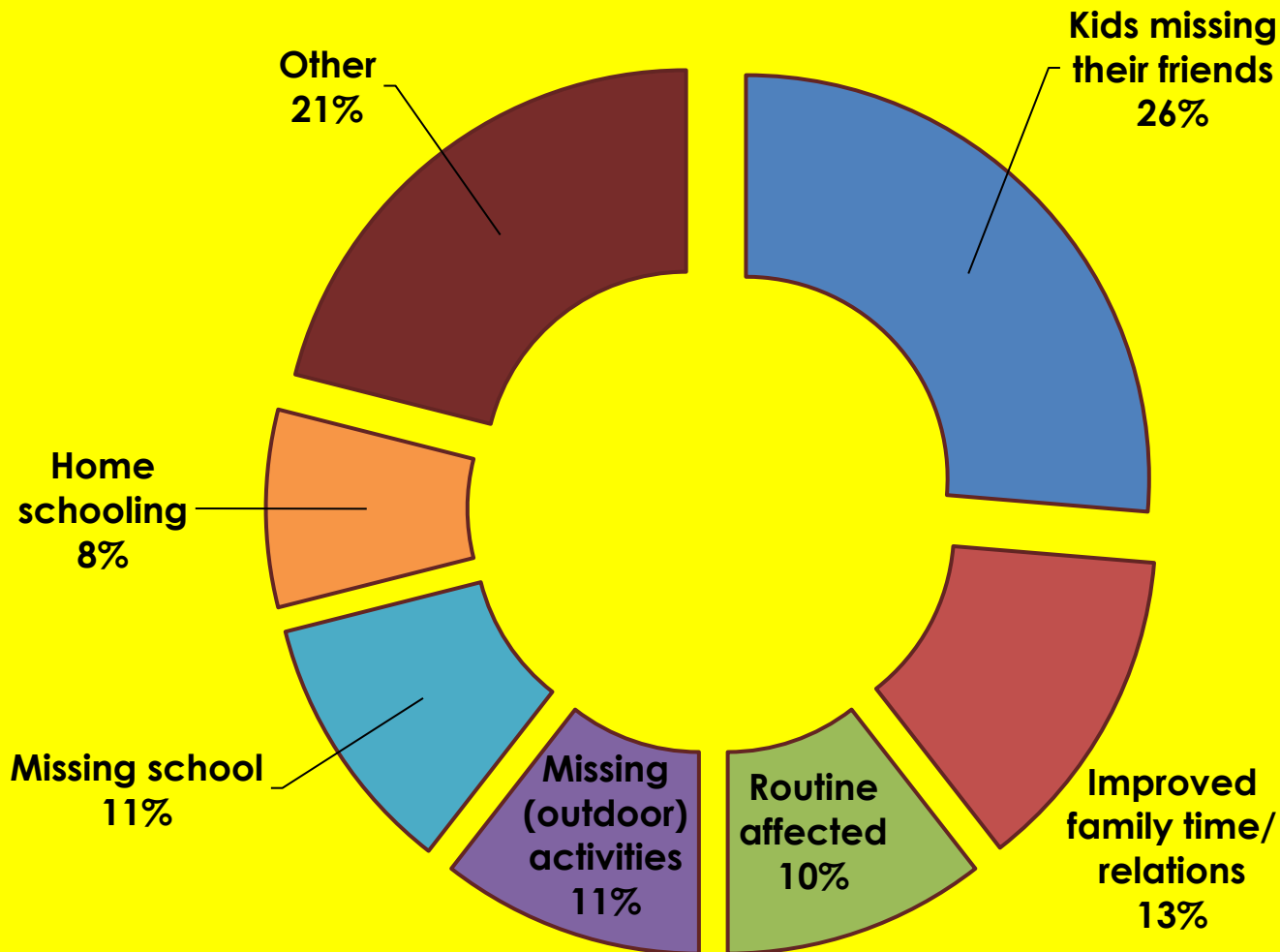


Number of participants

250 children & Young People
160 families
8 different nationalities
48 Referrals past and current

Feedback from parents: 15 responses for each

What has been the impact of Social Isolation for you and your family?

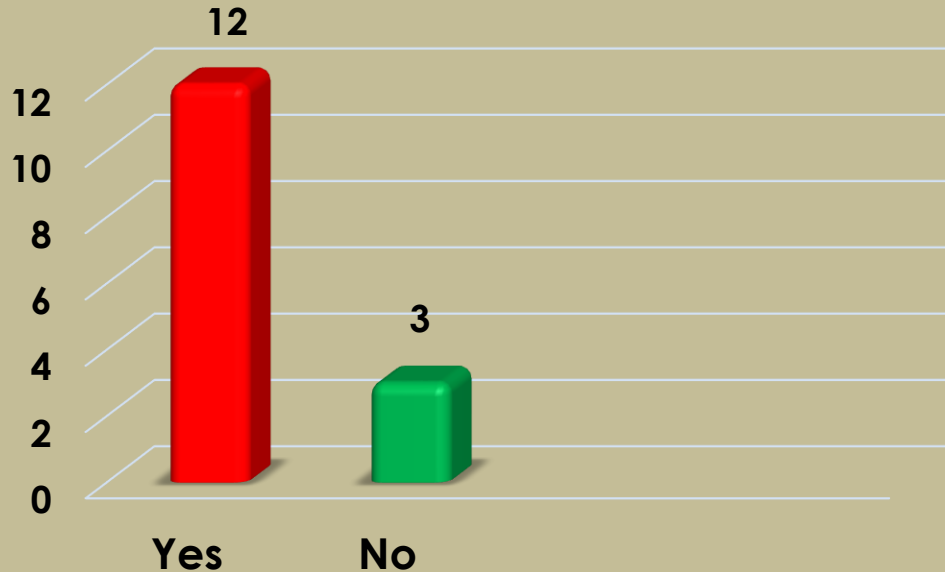


Others (1 reply each):

- Kids have been great
- Kids are great company for each other
- Getting kids to do as they are told
- Helping with chores
- Missing family
- Behavioural issues
- Mental health
- Appreciate small things when it's over

Feedback from parents: 15 responses for each

Have you or your children any fears or concerns about the current situation?



Responses:

Death of grandparents/elderly-3 responses

Uncertainty when things will go back to normal-3

Keeping family safe-3

*The packs were amazing
Various tasks printed on
pages*

Food parcels

*Activities and challenges
to keep kids busy*

*You are doing more
than enough*

Keep in touch

**What could we do practically to
support you & family over the next
weeks/month?**

Summer Programme:

The Summer PGA Programme took place over 10 days in the Summer of 2021.

Dates were:

Week 1: Mon 27-Wed 29 July

Week 2: Mon 3-Wed 5 August
Fri 7th August

Week 3: Mon 10-Wed 12 August

There was a mix of online/Zoom activities and face to face activities due to social distancing regulations.



37 page booklet for each participant.

Contents included:

Why keep active?

Why eat healthily?

Food diary

Recipes

Dental Hygiene

Activity Guides:

Daily Mile

Cress Heads

Baking

Arts & Crafts

Plant & Flower Hunt

Scavenger Hunt

Talent Show

Alphabet Workout

Week 2 Schedule

Time	Monday	Tuesday	Wednesday	Friday 7 August
8.30am-10am	Breakfast with family	Breakfast with family	Various Activities; - sports - gardening - arts - fun day	Family shopping trip!
10am-11.30am	Activities on Zoom	Activities on Zoom		
11.30am-1.30pm	Cooking lunch with family	Cooking lunch with family		
1.30pm-2pm	Kahoot Quiz Evaluation	Kahoot Quiz Evaluation		

- 25 children participated
- 18 families participated
- Each family had 9 breakfasts
- Each family had 6 hot lunches
- 3 packed lunches for the days of face to face activities
- Picnic box for each family on the Celebration Day at the end of the programme

Activities:

- Cress heads
- Baking
- 2 Healthy Kidz sessions
- 2 art sessions with Hazel
- Multi-sports & dancing with ABC Council x 3 days
- 2 x edible garden sessions
- 1 Chi Mi session
- C & J's animal farm session
- Dartboard competition
- Individual booklet with activities and food diaries to complete
- Family shopping trip
- Adventure Day
- Zoom Session for parents with ParentLine NI



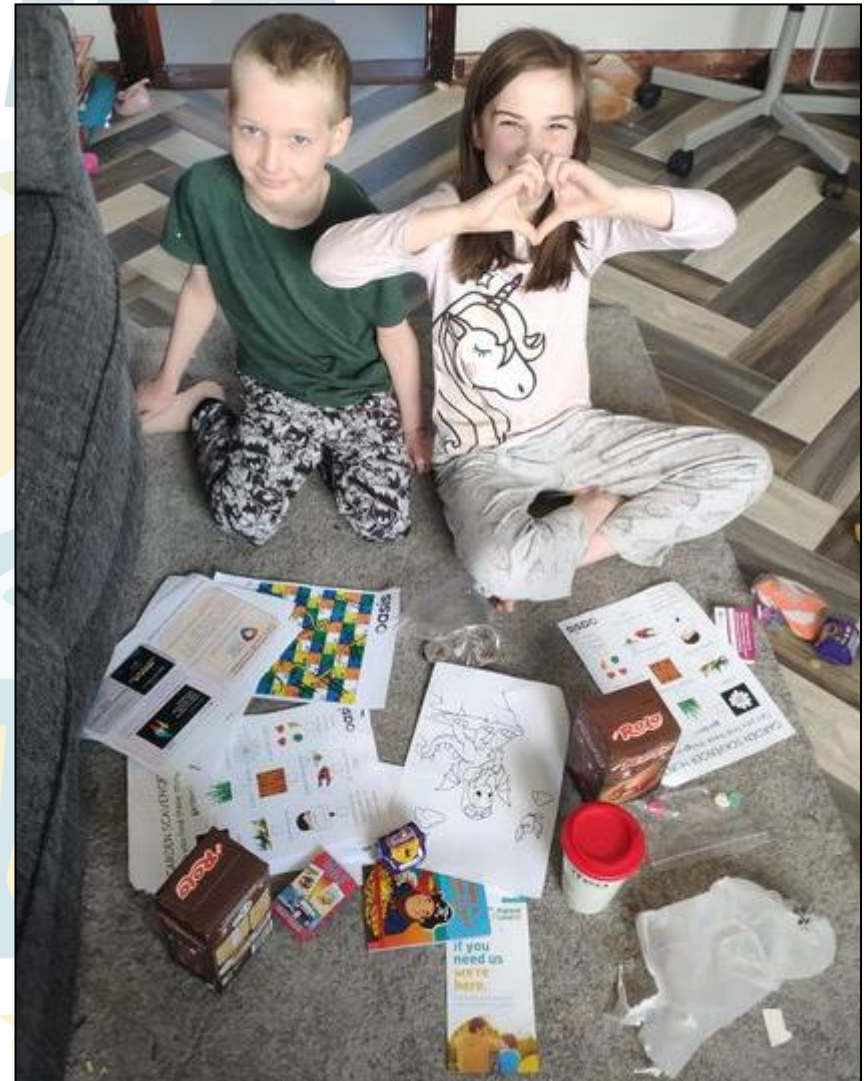
How Well Did We Do It? Summer PGA

Nationalities:

- 12 Irish
- 2 British
- 3 Portuguese
- 2 Polish
- 3 Syrian
- 1 Caribbean
- 2 mixed nationality

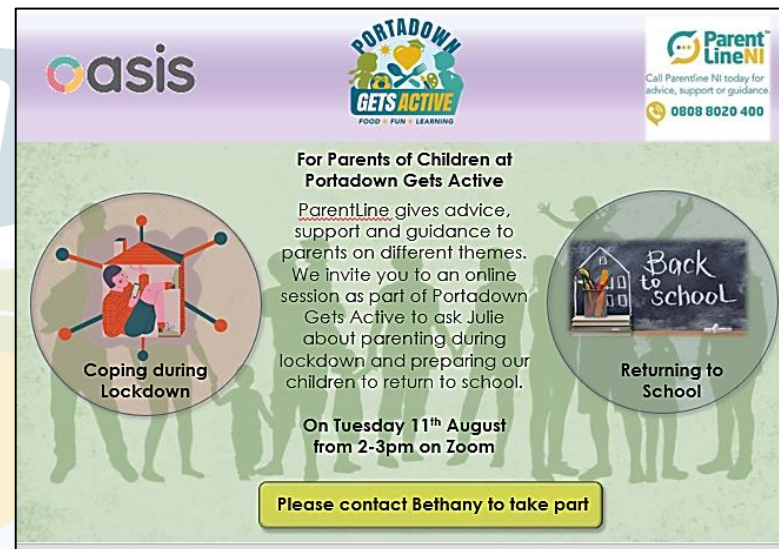
Referrals:

- 15 from Family Support Hub
- 6 from CIP
- 4 from Oasis Afterschool Club



Parents Feedback: 7 Responses

- 60% of parents reported they felt Covid and lockdown has impacted on their child's mental health
- 86% said they would be concerned about their child's mental health when they return to school
- 100% agreed that PGA was beneficial to their child
- 66% said their child had learnt new cooking skills



oasis

PORTADOWN GETS ACTIVE
FOOD • FUN • LEARNING

ParentLine NI
Call ParentLine NI today for advice, support or guidance
0800 8020 400

For Parents of Children at Portadown Gets Active

ParentLine gives advice, support and guidance to parents on different themes. We invite you to an online session as part of Portadown Gets Active to ask Julie about parenting during lockdown and preparing our children to return to school.

Coping during Lockdown

Returning to School

On Tuesday 11th August from 2-3pm on Zoom

Please contact Bethany to take part



How Much Did We Do? Halloween PGA

Halloween Programme:

• Mon 26 & Tue 27 October

Monday @ The People's Park:

- MUGA Games with council coaches
- Target practice & football golf
- Mindful Walk around the park with Verve Health Trainers

Tuesday @ The Market:

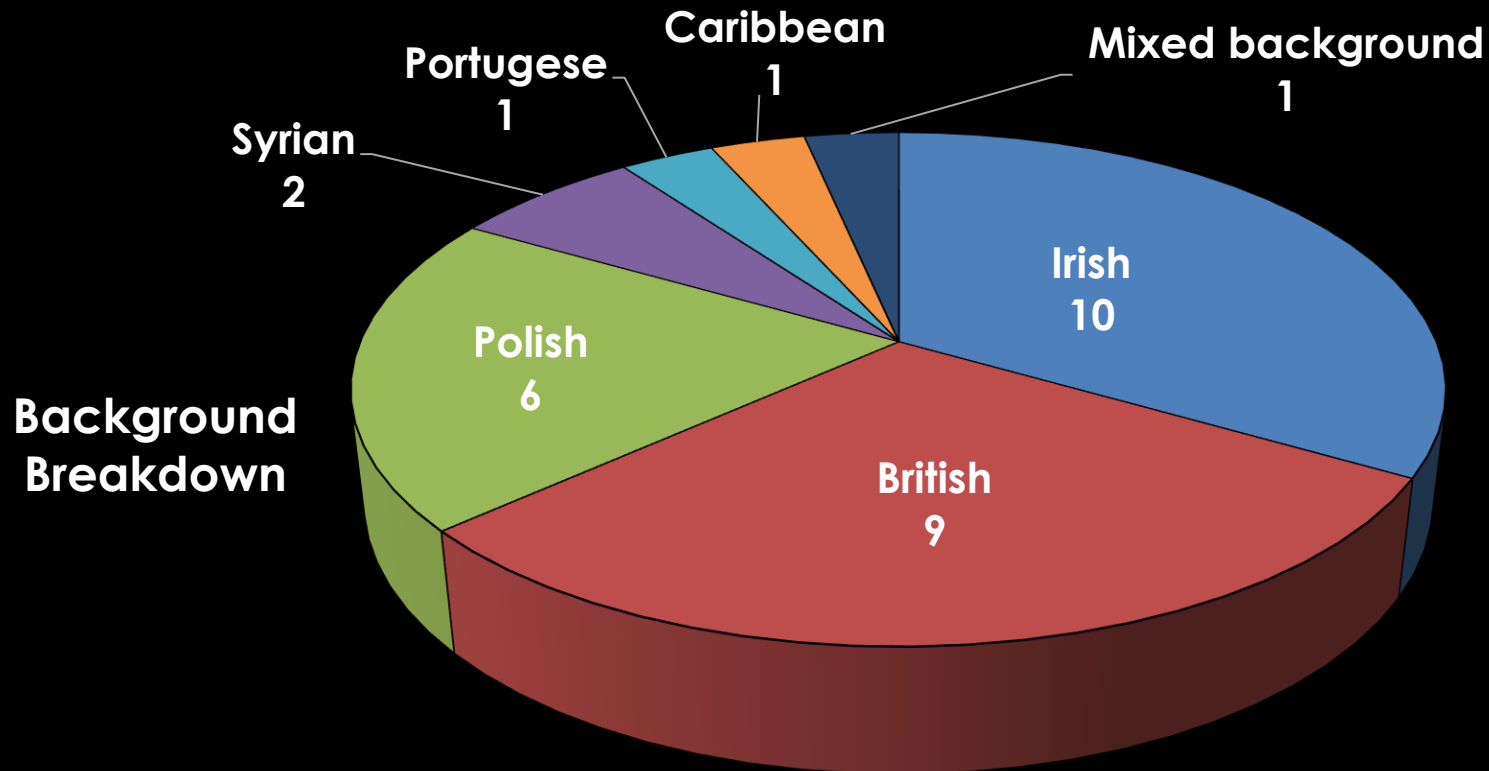
- Winter flowers and spring bulbs planting
- Pumpkin decorating with Hazel
- Lunch from Foodpath



Food:

- Each family received a food parcel with cereal/fruit/yoghurt breakfast, wraps/tuna/cheese for lunch on Monday and some snacks
- Tuesday lunch was provided by Foodpath – potato and leek soup with a toastie for kids/adults as well as chicken & pumpkin curry for adults too

How Well Did We Do It? Halloween PGA



- 18 participants referred through Family Support Hub
- 12 participants from Afterschool Clubs at Oasis

Parental Engagement:

- ✓ Engagement on Tuesday from parents/guardians/older siblings
- ✓ They were required to come and accompany their child on the day
- ✓ Lots enjoyed helping decorating the pumpkins and gave feedback on the programme

How Well Did We Do It? Halloween PGA

Feedback from Parents: 13 Responses

85% felt COVID and lockdown has impacted negatively on their child's mental health

100% said their child/children felt safe when attending Halloween PGA

62% said their child enjoyed Pumpkin Decorating best, followed by Sports (23%) and Nature walk (15%)

The only thing parents suggested they would change about Halloween PGA was that it could have lasted longer (23%)

54% said their child liked Toastie and Soup best for food, followed by All Food (31%) and Chicken & Pumpkin Curry (15%)

100% agreed the venues (Portadown People's Park & Portadown Market) were very suitable for Halloween PGA

100% of parents gave very positive final remarks on Halloween PGA

100% said their child learnt new skills at Halloween PGA

"Tell us what you think!"



Christmas Celebration

On Wednesday 2nd December a Christmas celebration for PGA was held for participating families, staff and funders who have given their time and efforts into making PGA such a success in a very difficult year.

40 hampers were given to families and hot food was served to everyone attending.

Many thanks to those who contributed to the impressive hampers!!



Almac, who fund Portadown Gets Active throughout the year, funded craft packs, hot chocolate melts and treats, wooden Christmas trees along with the decorations & funded provision of food on evening of collection



Children in Northern Ireland & CYPSP provided One4All vouchers for each family



DIGG Deep For Kids provided board games & biscuits



Southern Health & Social Care Trust provided pyjamas, activity packs and information for parents & guardians



PSNI, PCSP, Family Support Hub, ABC Council & ParentLine NI all provided information packs on safety, games and parenting



SUMMARY

- 15 days of PGA in 2020: 2 at Easter, 10 in Summer, 2 at Halloween, 1 Christmas Celebration
- 7 face to face days, 8 online days
- 305 children participated in PGA across the year
- 197 families participated in PGA across the year
- Participating families came from 12 different nationalities
- 33 Referrals from Family Support Hub for Summer & Halloween PGA's
- 16 Referrals from Oasis After Schools Club for Summer & Halloween PGA's
- 6 Referrals from CIP for Summer PGA
- 250 Activity Packs sent to children at Easter
- 2 online sessions to provide parental support
- Feedback from 35 parents given

SUMMARY

Is Anybody Better Off?

Hey its Alex, just got the package Oasis sent and honestly it made my day! Thanks so much and we'll make sure to plant the sunflowers and play all the games while we're stuck inside. A huge thanks from my family and I and I cant wait to get back to Oasis on Tuesday nights 😊

Wow.... just wow! Thank you all so much for the Easter parcel for Sarah. She (and we) are delighted. What a lovely thought. Thank you so much Oasis 🥰 x

Hello, I want to say thank you for really big surprise. Rusne and Vytis are very happy. They sending best wishes for all Oasis team. Happy Easter 😊

Hi Laura thanks for all the stuff you send dove. She is all made up. It was very kind.

SMS 10:52

Hi Laura, Frankie and Molly have just received their package. Thanks a million, I now have 2 very happy kids, sitting at the kitchen table and colouring in. Stay safe.

SMS 16:46

Hi Laura, Thank you so much for the package you sent to Daniel. He received it this morning, has eaten his egg already 🐣 and is a very happy boy, sitting down with hot juice in his new mug and about to colour in. It was a lovely idea and a really nice surprise. The information contained is useful too for parents. Take care and stay safe xx

Brillant they have asked me several times mum did in send them

Is that all u need

Oh one more by me lol



Mine

“ As good as ever”
“Best club ever!”
“Great communication”
“Excellent as always”
“10/10”
“Well done to all!”

(Feedback from parents)

Hi. I received the package send on the post. Thanks you, my boys really enjoyed all the fun

Hi. We received a delivery in this morning's post and it really was the highlight of our week. Thank you for thinking of us x

★ FUN ★ LEA

