

The aims of Portadown Gets Active (PGA) are to provide Primary School age children, who are eligible for free school meals, 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 most importantly have fun with their peers. Referrals also come through the Craigavon & Banbridge Family Support Hub, Community Intercultural Programme, Family Intervention and SHSCT. 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.

PGA IN NUMBERS

2

Days

38

Children took part

22

Families involved

6

Nationalities

6

Workshops

7

7 hours of activities

15

Parents involved in a programme

7

Facilitators

ACTIVITIES

1 x Sports (two groups)
-dancing, boxing, games, workouts, stretching

2 x Cooking sessions
-preparing lunches with the kids: flat bread pizzas and cottage pies

1 x Gardening and Nature activity
-planting two pots of flowers, 'one to keep and one to give' which was a social action concept.

2 x Arts and Crafts Session
-Wheelworks emotion boxes workshop
-Building Bird Feeders

Parents Slow Cooker Programme

"Very well laid out. Brilliant for online. Oasis staff smashing it out of the park as usual. Packs were brilliant. Content was brilliant, good flow."

- parent's feedback

BREAKDOWN OF NATIONALITIES

47%

POLISH

34%

IRISH

8%

BRITISH

5%

SYRIAN

3%

LATVIAN

3%

ROMANIAN

HEALTHY FOOD

During PGA we provided children with lots of healthy food!
They received:

2 breakfasts: cereal and fruit

2 lunches: flat bread pizzas and homemade cottage pie

Healthy snacks: yoghurts, cheese strings, a fruit basket, Dairylea cheese snacks

PARENTS SLOW COOKER PROGRAMME

15 parents took part in online sessions that promoted the use of slow cooker and talked about healthy meals, food hygiene and savvy shopping.

They were provided ingredients to create 6 different healthy dishes:

- 2 soups, 2 mains and 2 desserts

Each family was also provided a slow cooker and essential kitchen equipment.

"I am absolutely loving the slow cooker. I've made all the recipes on it and used all the ingredients. A real hit in this house, thank you so much for the opportunity to take part"

- parent's feedback

THINGS I'VE LEARNED - FEEDBACK FROM CHILDREN

How to make pizza

Different painting techniques

How make cottage pie

How to make a bird feeder

How to cook

New workout moves

How to plant flowers

How to make new colours

Ways to express my emotions

DESCRIBE PGA IN ONE WORD

AMAZING

FUN

THE BEST

BRILLIANT

INTERESTING

OUTSTANDING

PARENT'S FEEDBACK

"Leaders are great with kids and the club is really well organised. There's a variety of activities for the kids and they always learn something."

"Fantastic! The kids really enjoyed the variety of cooking, arts and gardening"

"Very good activities. Children learned how to work with team and how to plant and how to cook."

"I really enjoyed helping them and taking part in the activities. The kids absolutely loved the art and the cooking. The cottage pie got us cooking as a family and teamwork"

"Extremely enjoyable for the kids and great to interact with new people"

"Fun, tasty, active"

A LITTLE INSIGHT TO OUR ONLINE ACTIVITIES