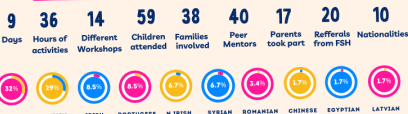


# PORTADOWN GETS ACTIVE Summer 2021

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 (FSH), 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.

## GETS ACTIVE IN NUMBERS



## HEALTHY FOOD



During PGA we provided children with lots of healthy food!

They received:

**9 breakfasts:** cereal and fruit

**8 lunches:** flat breads, bagels, wraps, healthy pizza with microgreens, pasta, toasties, crackers/cold meats

**Healthy snacks:** fruit pots each day, yoghurts, cereal bars, sweet treats

## ACTIVITIES

- **9 x SPORTS**- rugby, basketball, football, group games
- **GARDENING**- flower planting
- **ART**- clay modeling
- **2 x SCIENCE EXPERIMENTS**
- **MINDFULNESS WALK**- with Peer Mentors at People's Park
- **2 x MUSIC/DRAMA**- led by young people from TRANSFORM project
- **ANIMATION**
- **PLAY PARK**
- **TREASURE HUNT**- Peatlands Park
- **MINI OLYMPICS**
- **CINEMA**



## KIDS FEEDBACK

**Top 3 favourite food:**

1. Pizza with microgreens
2. Pasta
3. Chicken wraps and Toasties

**Top 3 favourite activities:**

1. Everything
2. Rugby
3. Science

**Favourite Trip:**

1. Family Day at SLCC x34
2. Cinema x21
3. Gosford Forest Park x12
4. Peatlands Park x6

## DID YOU TRY ANYTHING NEW?

Microgreens Pomegranate  
Lettuce New Foods Melon  
Rugby Flat breads Fruit Science  
Inflatable Park Animation



## PARENTS FEEDBACK

We asked parents how well they think Gets Active programme was organised. They rated the following aspects from 1 to 5:

### ACTIVITIES

3x ★★★★★ 47x ★★★★★

### COMMUNICATION

5x ★★★★★ 45x ★★★★★

### PICKUP/ DROP OFF

5x ★★★★★ 45x ★★★★★

### FOOD OPTIONS

1x ★★★★★ 7x ★★★★★

42x ★★★★★

“Fantastic Leaders”  
“Well organised”  
“Thanks for being patient with my child”  
“Tasty Food”  
“Gets Active offers more experience that we can't provide”  
“Amazing Job”  
“Big Thank You”  
“Loved All”

## IDEAS FOR FUTURE PGA

We asked parents and children what other activities they would like to see organised for Gets Active programmes in the future:

- Swimming
- Nature walks/ hikes
- More of the same
- Family Day at the Zoo
- More art
- Dance workshops
- Baking/ Cooking
- Netball
- Hockey
- Something for parents
- Panto
- More trips
- Music

## IMPACT OF COVID -19 PARENTS FEEDBACK

We asked parents of 50 children if Covid-19 has impacted the following aspects of life for their child:

	Has Impacted	Hasn't Impacted	Don't Know
Isolation	38x	9x	3x
Increased emotional wellbeing and mental health challenges	30x	15x	5x
Pressure on family relationships	35x	13x	2x
Increased exposure to harm	29x	20x	1x
Basic needs are harder to meet	28x	20x	2x
Reduced access to education and activities	34x	9x	7x
Risks to physical wellbeing	19x	30x	1x
Concern for the future	24x	16x	10x

What are some of the main needs of your child/children?

- Socialising x25
- New Friendships x32
- Communication x15
- Increase confidence x12
- To be more active x5
- To get out of the house x5
- Additional needs ASD x4

## PGA GALLERY



## PEER MENTORS FEEDBACK

We asked 20 Peer mentors if they feel that the Gets Active programme was well organised:

8x ★★★★★ 12x ★★★★★

If you feel there were areas for improvement, what should we do differently?

- Nothing I feel it all was very good
- Nothing x15
- Make walking distances between sessions shorter for younger children
- Rent out a place

Did you feel valued as a volunteer?

**100%** answered YES

In your opinion which activity worked best and was most enjoyed by the kids?

1. Play park
2. Drama/Music
3. Rugby

In your opinion which activity (if any) didn't work very well or kids enjoyed it the least?

1. Not applicable
2. Mindfulness walk
3. Athletics

Which other activities do you think we should do for future Gets Active Schemes?

- More drama and music and a bigger variety of crafts.
- Day out to the beach
- A mini talent show
- Foot golf
- Swimming
- Languages
- Baking

Have you learned anything new or improved any skills by taking part in Summer Gets Active?

- Talking/being more social
- Being more patient with kids
- I've improved in getting involved in the activities with the kids
- I've improved my working skills
- More confidence

Rate your overall PGA experience:

12x ★★★★★

6x ★★★★★

2x ★★★★★



## PGA PARTNERS



Children in Northern Ireland