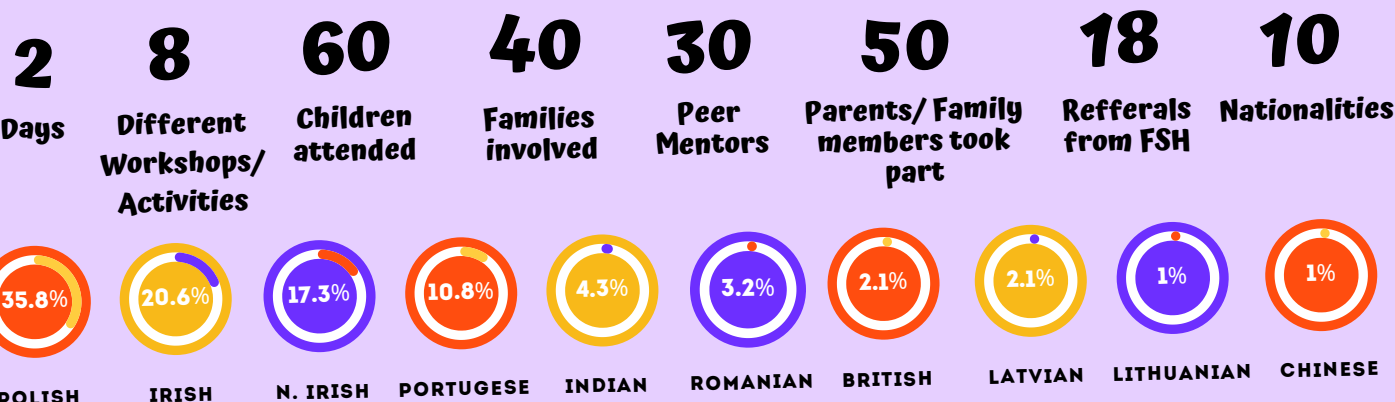


HALLOWEEN GETS ACTIVE

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!

Day 1:

60 Breakfasts: cereal and fruit
100 Break Snacks: fruit, yogurts, breakfast bars;
100 lunches: flatbreads, fruit salads, frubes, drinks, brownies

Day 2:

60 Breakfasts: cereal and fruit
150 Lunches: Garlic & Thyme Pizzas

ACTIVITIES

- **SPORTS**- dodgeball, rally races, team games
- **GARDENING**- flower planting
- **HALLOWEEN GAMES**- pin the spider, donut eating challenge, family eyeball toss, poke a pumpkin, digging in the deep.

KIDS FEEDBACK

Favourite activities:

Dodgeball x 11 families (22)
 Sports x 10 families (21)
 Family Day Challenges x 5 families (10)
 Everything x 5 Families (9)

How did you enjoy food provided?

Please rate out of 5:

44x

15x

1x

Please rate your overall experience:

45x 15x

We asked if there's anything we can do to improve our Gets Active programs:

Nothing – x 41
 Love it all x 11
 More family days x 3
 More days
 Exercise was too long

PARENTS FEEDBACK

"Very impressive and my child loved all, we will support all activities in the future."

Louise Mahaffy
 Thanks so much for all the lovely activities the flowers and veg box.
 We currently have a leek and potato soup made a veg curry in for tomorrow.

Like · Reply · Hide · 5w

Aldona Nowacka
 Great activities, great fun, wonderful leaders, thank you.

Like · Reply · Hide · 5w

Patrice Langley
 Absolutely amazing!! My children had the best time.

Well done. ❤️

Love · Reply · Hide · 5w

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:

- More games x 7
- Art x 4
- Pumpkin painting/carving x 4
- Football x 3
- Science x 3
- More technology challenges
- Magic box
- Singing
- Canvas painting
- Christmas activities
- Talent Show
- Bungee run
- Pie eating contest
- Swimming
- Apple bobbing
- Make your own pizza
- Craft activities: homemade play dough, paper airplanes, sponge stamps, handprints, sensory bags

PEER MENTORS

We asked peer mentors to rate their own performance and share any challenges they had to overcome, these are some of the statements they shared:

"I think I did pretty good, I was worried to speak up but I tried my best. I was the leader on one of the games so I just put on a smile and talked."

"Going in I was nervous because I am not a very confident person. But I was able to step out of my comfort zone a bit more and I spoke to new people. I enjoyed working as part of team and running the sessions was really fun and rewarding to see kids having fun".

"I did great, all the kids loved my game 'Pin the spider' so at the end I felt happy".



PGA PARTNERS