

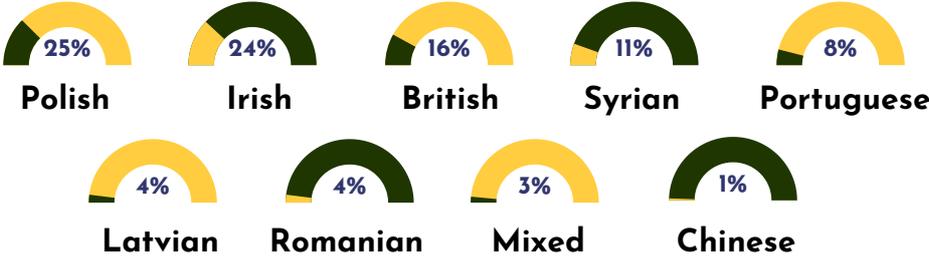


The aims of Portadown Gets Active (PGA) are to provide Primary School age children, who are eligible for free school meals, with a healthy breakfast and lunch outside of school term-time, as well as providing opportunities to learn something new, participate in physical activities and most importantly 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

**8** Days    **13** Activities    **50** Peer Mentors    **75** Children    **48** Families    **9** Nationalities



## HEALTHY FOOD

### → Breakfasts

Each day participants could choose from milk and cereal, porridge, toast, muffins, selection of fruit, juice, smoothie and fresh milk from Ballydown Milk!

### → Lunches

We had AMAZING lunches from Flatdogs each day:

- chicken & broccoli bake
- ham & cheese panini
- beef bolognese with wedges
- coronation chicken baguette
- toad in the hole
- tuna onion melt
- chicken jambalaya
- meatball sub
- turkey curry & rice
- grilled chicken baguette
- cottage pie
- turkey & ham panini



## WORKSHOPS AND ACTIVITIES

- Inclusive sports
- Park time
- Earth investigators fossil digging
- Sebastian's Science Lab
- Come Dino With Me Baking
- Drumming workshop
- Smoothie making
- Jurassic Art
- Botanic Gardens Terrarium making
- Dinomation workshop - Stop Motion
- Talent show
- **Trip to W5**
- **Family Day with dinosaur show**



## BALLYDOWN MILK

Over the two weeks of Summer Gets Active we provided children and young people with 175l of fresh milk which was kindly donated to us by Ballydown Milk farm. Their milk is produced by herd of Norwegian Red Cross cows and is high in nutrients and cream. It is gently pasteurised and non-homogenised. We are very grateful for their generous donation and their healthy fresh milk was loved by all children and young people.

## FEEDBACK FROM FAMILIES

"My kids loved it all, staff & volunteers amazing. Food was excellent. Activities amazing and dinosaurs in the room were fabulous. Thank you so much"

"Thanks a million - both had a fab time and we really appreciate all your hard work!"

"Every year you raise the bar and put a great few weeks on for the kids"

"Well done. Brilliant and was great for kids to have somewhere and something to do over summer"

"Great activities and staff . Thank you very much"

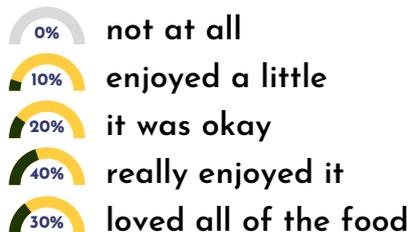
"Very well organised. A lot of different activities for everyone to enjoy"

"A great program that my son looks forward to"

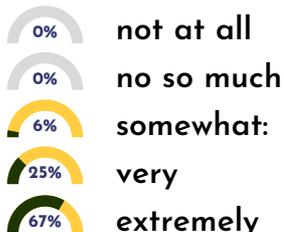


"Amazing programme loved every minute. Can't wait until the next one"

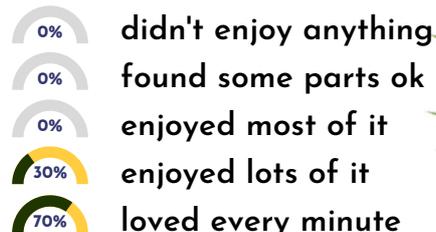
## → How much they enjoyed food?:



## → Volunteers helpful & friendly:



## → Overall experience



## → Family day enjoyment



## WHAT CAN WE IMPROVE?

- more creative activities
- need more time and more activities
- didn't get to do a few activities because he was in the last group which sometimes ran out of time or materials to do activity
- it was great, just if it can be extended in future
- sports day with parents
- liked to have done their own breakfast

- nothing x 7
- all your ideas we enjoyed
- all was great no issues at all
- thanks for everything
- its very very good thank you
- amazing staff, food was great, amazing activities too
- it was brilliant
- no it was amazing
- everything was great x 2
- everything is always amazing so grateful for all you do for us

## PEER MENTORS

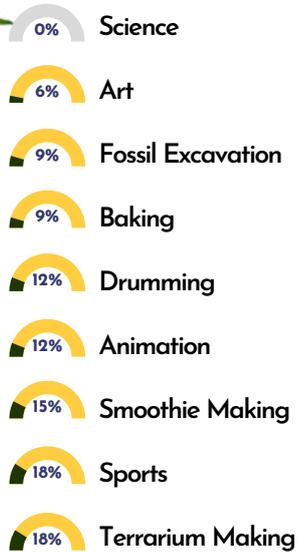
7 of the workshops delivered during Summer Gets Active were designed and led by 14 peer mentors age 13-18. For most of the young people it was their first time leading a session and first time planning, preparing and delivering a workshop from start to finish.

All sessions led by our young people were successful and we are hoping to continue providing them with leadership opportunities during future events.



# FEEDBACK FROM VOLUNTEERS

## → Most Successful Session:



## → Least Successful Session:



Terrarium Making and Sports were by far the most successful sessions, as "everyone took part and enjoyed it", and they were "very well planned and delivered".

Animation and Drumming were the least successful sessions, as "the kids were misbehaving the most during these sessions" and the animation "didn't suit the younger kids".

## WHAT CAN WE IMPROVE?

- One-to-one support with the kids that require it
- Kids to vote on what they would like to do during the week
- Tailoring some sessions and activities to the age groups
- More experienced volunteers with the older group
- Pair new volunteers with experienced ones

# 100%

WOULD VOLUNTEER AGAIN!

## WHAT HAVE YOU LEARNED?

"Patience with younger children, like my sibling"

"To be kind"

"About safety"

"Respect"

"The importance of leadership and teamwork"

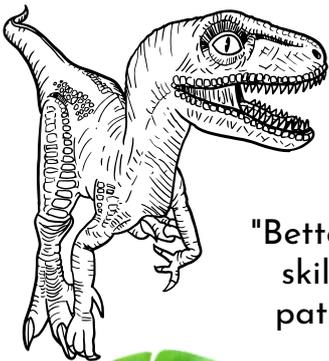
"All the children's needs are different and you have to be patient"

"New methods of trying to get kids involved in sessions, activities etc."

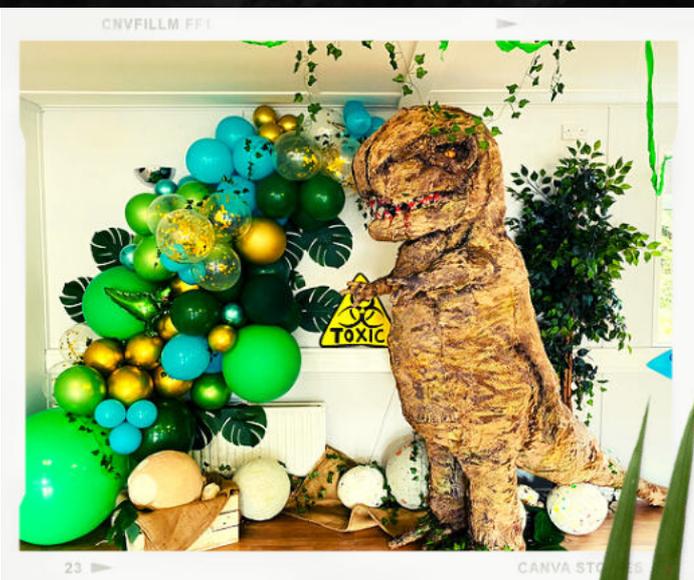
"Put yourself forward for things you don't think you could do"

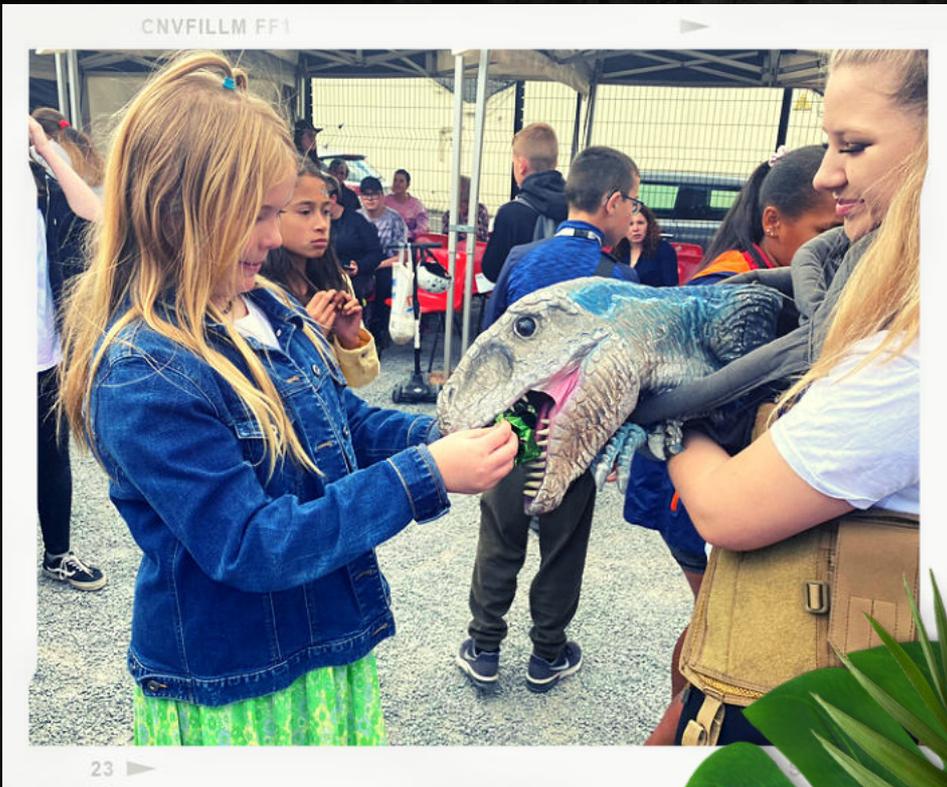
"Better social skills and patience"

"How to communicate with the younger children and those whose first language isn't English"



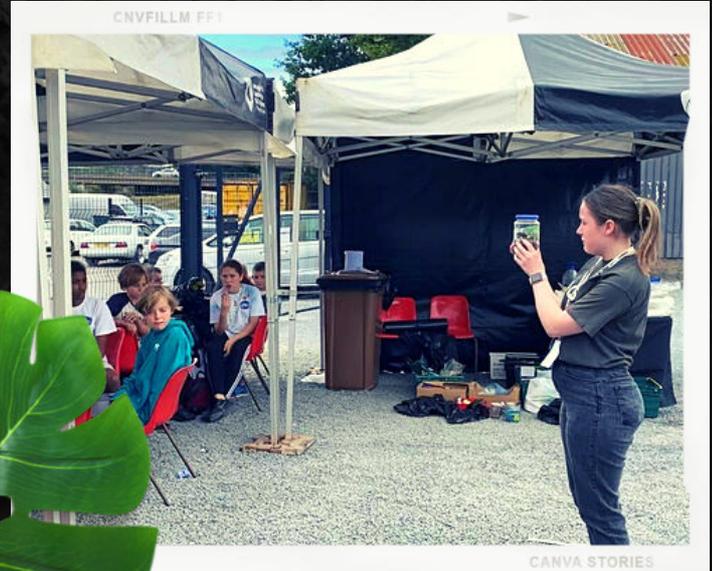
# GALLERY

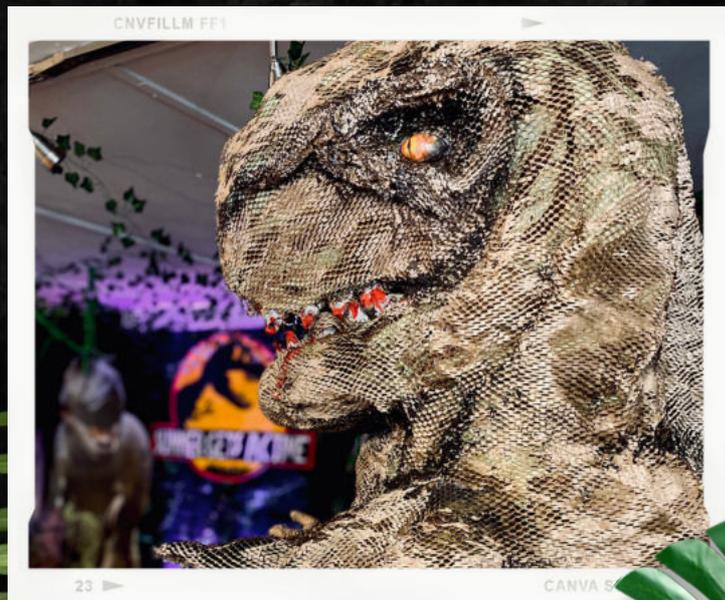




# PEER MENTORS

## LEADING SESSIONS





# THANK YOU

