

# The Sulgrave Club



**Summer Holiday Scheme  
2020**

## Introduction

In the light of government guidelines, announced on 16th March 2020, “for everyone to stop non-essential contact with others and to stop all unnecessary travel”, The Sulgrave Club closed its doors and ceased providing services on Tuesday 17th March 2020. Sulgrave remained in lockdown until mid-July 2020.

To begin with we provided an online service, primarily via Instagram, which included staff-led videos on performing arts, music production, cooking and fitness. However, despite an initial spike of interest, the take up was extremely poor and we discontinued this service.

We did, though, continue to stay in touch with as many of our members as we could, via Instagram, Snapchat, mail shots, phone calls and occasional, individual outdoor meetings. Further to these contacts, in June, we began informal weekly football and fitness sessions in Ravenscourt Park for up to four young people, plus two staff. At the end of June we added accompanied bike riding to our weekly outdoor activities, also for up to four young people and two staff.

The rest of the time was spent in updating our website, tidying up and cleaning our premises, and undertaking a Covid-19 risk assessment to ensure we were ready for our planned resumption of services in July. In preparation for this we closely followed general government guidance, and sector-specific guidance given by the National Youth Agency (NYA). As a consequence, the Sulgrave Club was Covid-19 secure by mid-July and we were ready to deliver our summer holiday activity programme.



## Schedule of Activities

We ran our Junior Holiday Scheme for three weeks, from Monday 27<sup>th</sup> July to Friday 14<sup>th</sup> August. To maximise the number of children who could attend, we ran morning and afternoon sessions, from 10.00am to 1.00pm and 2.00pm to 5.00pm for activities, and from 10.30am to 12.30pm and 1.30pm to 3.30pm for our Bikeability training courses. All activities and training were provided free.

To maximise social distancing, we delivered separate activities in each session to separate groups, with up to four children in each group. Bike Group 1 did a training course for the whole week. Activity Groups 1-5 did a different activity each day of the week. Start times were staggered to ease congestion at arrival and departure and the schedule was repeated in the afternoons, with different groups of children attending. In total, a maximum of 48 children could attend each day.

### Morning Sessions – Week 1

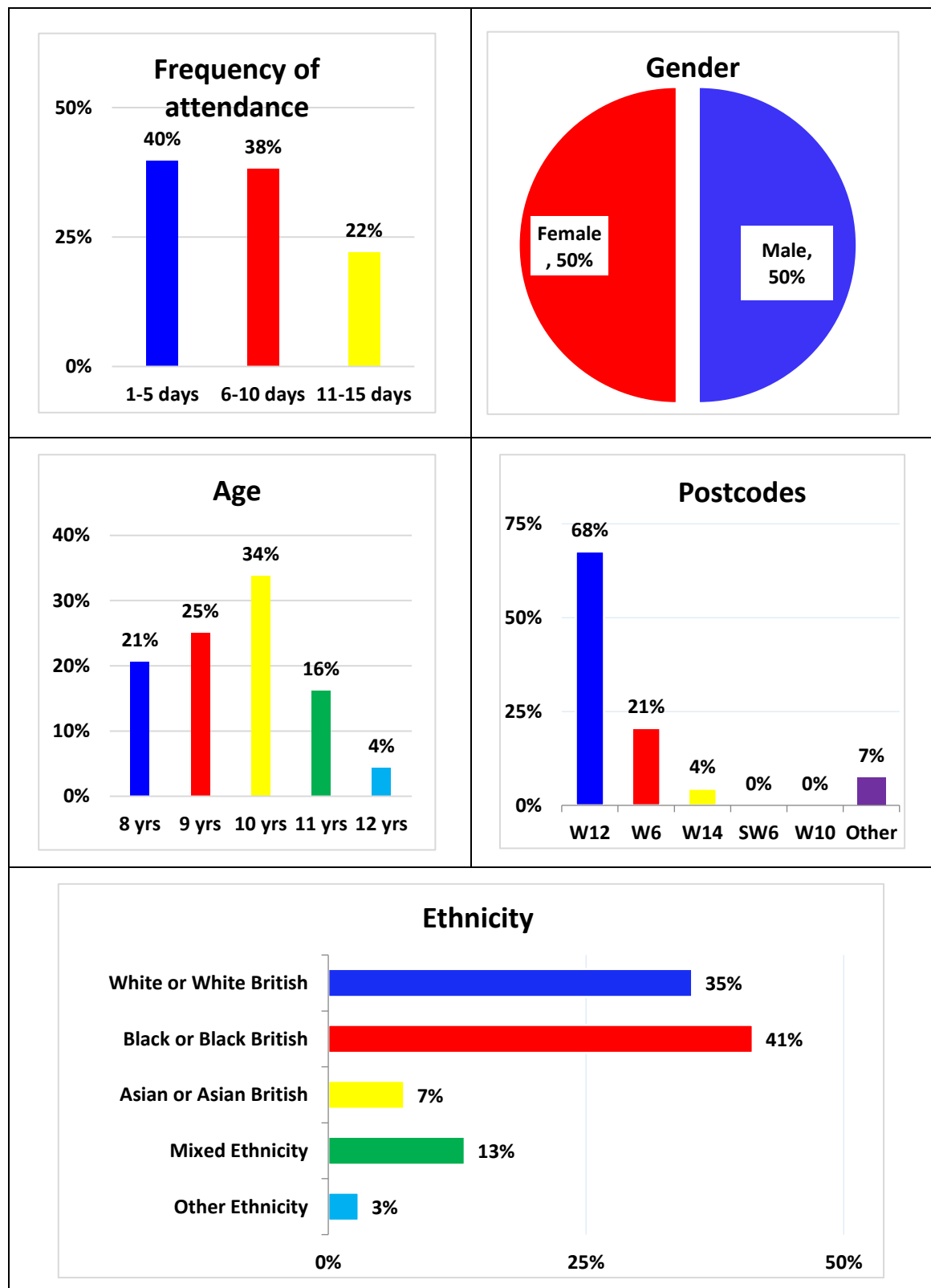
10.00am-12.00pm	Monday	Tuesday	Wednesday	Thursday	Friday
Bike Group 1	Bikeability	Bikeability	Bikeability	Bikeability	Bikeability
10.00am-1.00pm	Monday	Tuesday	Wednesday	Thursday	Friday
Activity Group 1	Art	Cooking	Music	Fun Games	Olympics
Activity Group 2	Olympics	Art	Cooking	Music	Fun Games
Activity Group 3	Fun Games	Olympics	Art	Cooking	Music
Activity Group 4	Music	Fun Games	Olympics	Art	Cooking
Activity Group 5	Cooking	Music	Fun Games	Olympics	Art

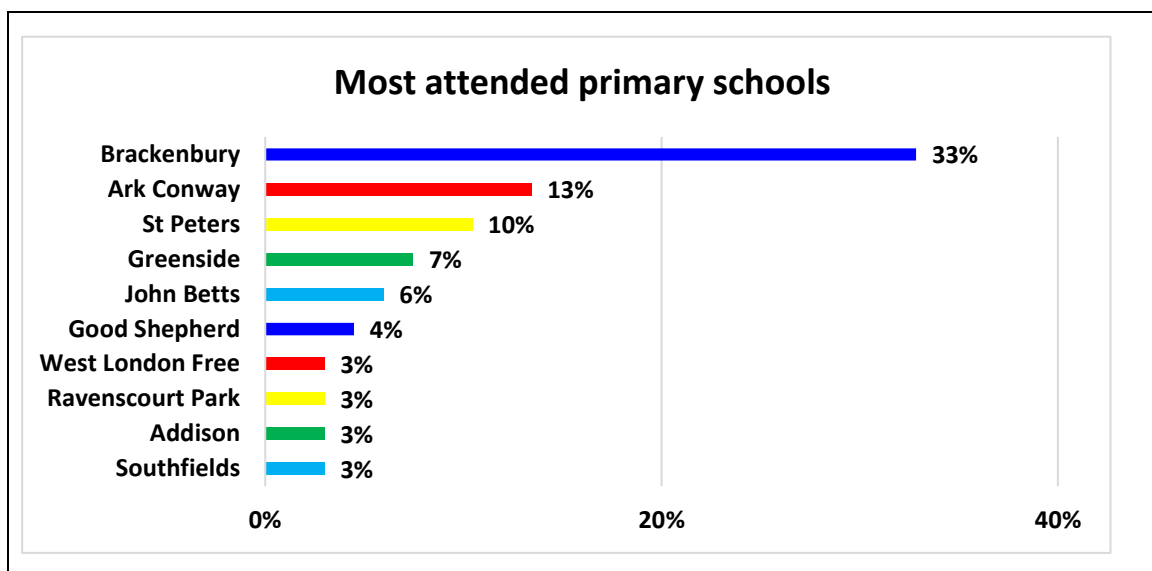


## Attendance

Over the three weeks a total of 68 different children attended the scheme. 27 children attended for one week, 26 for two weeks, and 15 for all three weeks. On average, 38.4 children attended each day, representing an 81% take up of places. This was well down on our usual 95+% take-up, perhaps because of the new schedule, but more likely because places were free.

The charts below give a breakdown of the children who attended by frequency of attendance, gender, age, post code, ethnicity, and most attended primary schools.

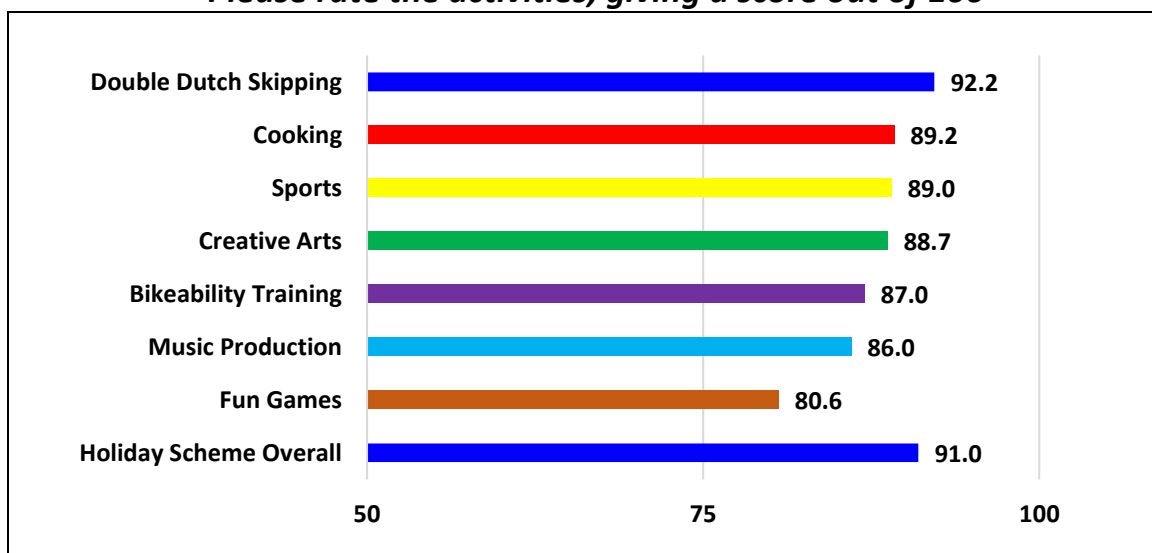


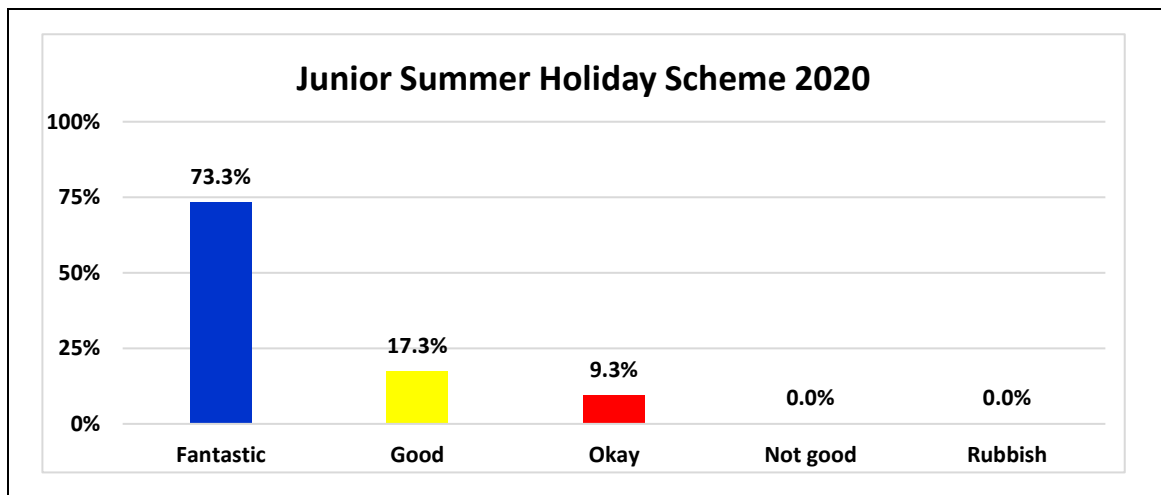


### Evaluation

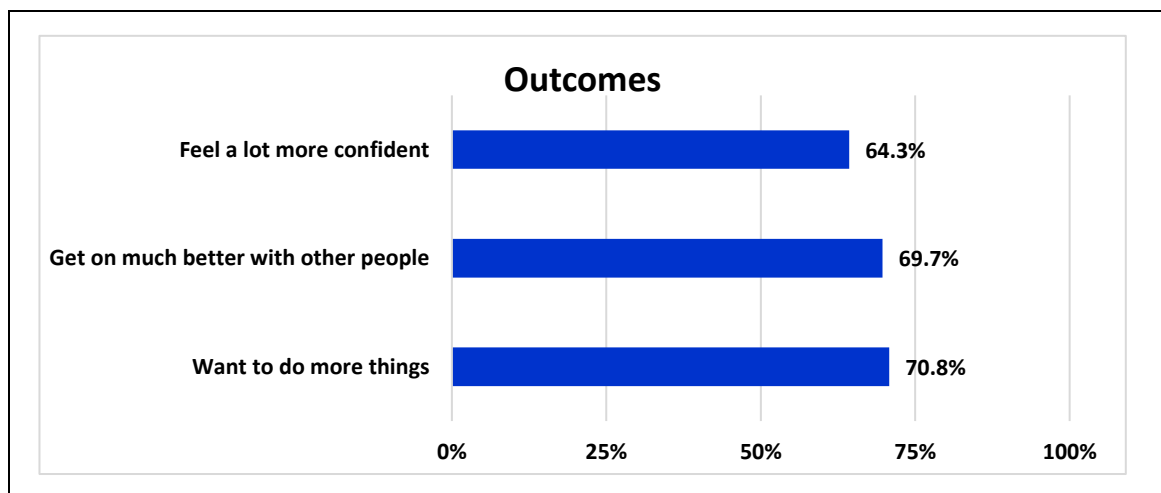
Evaluation forms were distributed at the end of each week of the scheme. Children were asked to score the activities they took part in and to rate the holiday scheme as a whole. We use their answers, shown in the chart below, to check whether children are happy with the activities we provide and to guide us in future programming.

***Please rate the activities, giving a score out of 100***

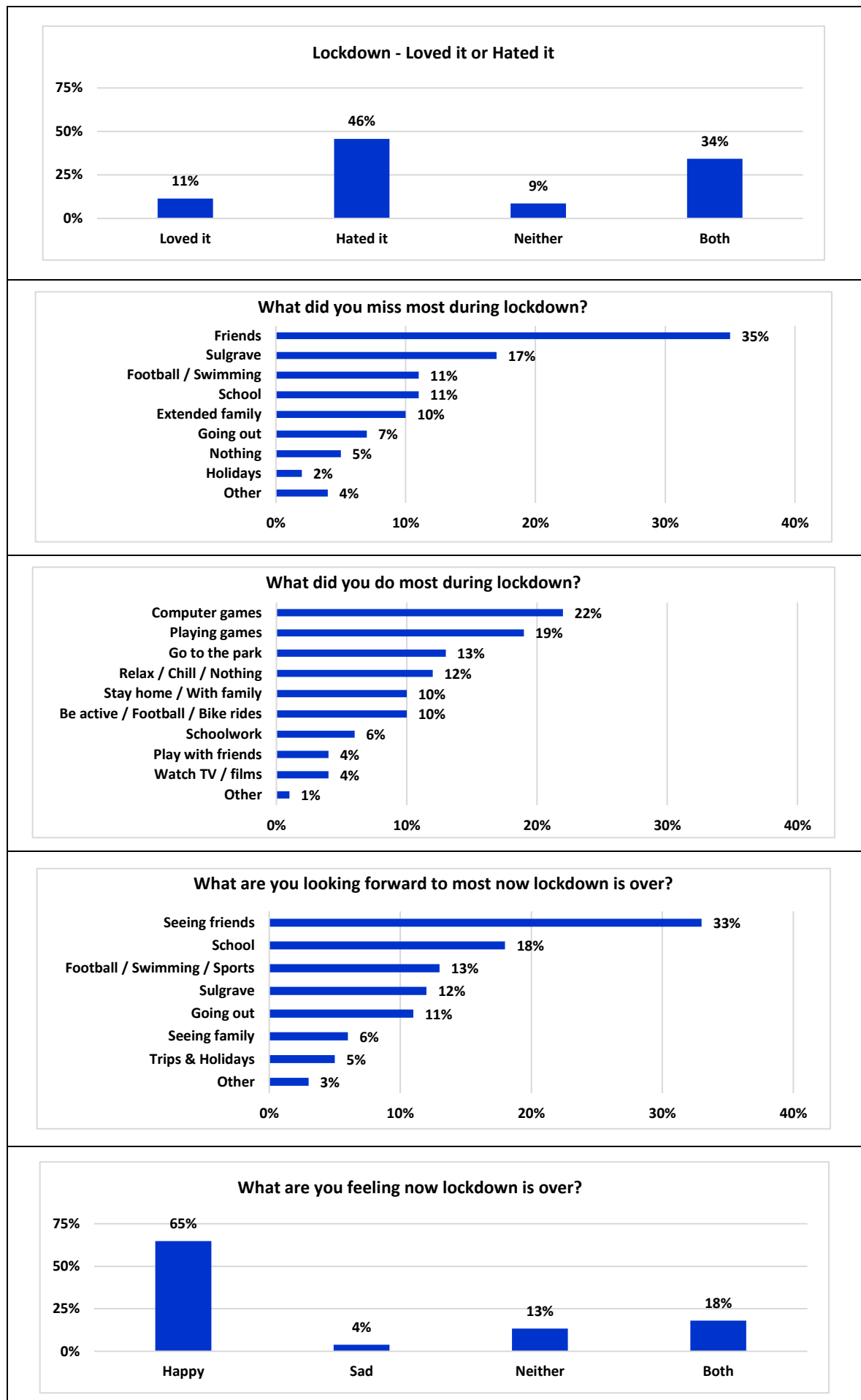




We also use the evaluation forms to assess what children gained from attending the holiday scheme.



As part of the evaluation, we also wanted to find out what the children felt about being in lockdown: what they had done during lockdown, what they had missed, and what they were most looking forward to now lockdown appeared to be over.



About half the children hated lockdown, and the other half had varying reactions, from loving it, to loving and hating it, to neither loving nor hating it. However, very few were sad that lockdown was over, even if some showed some ambivalence to its ending. From looking at the charts and talking with the children, however, what is clear is that what they missed the most were their friends, and even when they said they were most looking forward to returning to school or Sulgrave, it was usually qualified 'because their friends there'.

### **Bikeability Project**



Although a key part of our Junior holiday provision, the Bikeability project was also a stand-alone project which we made available to our Senior Club members (seen above) from 11.00am to 4.00pm every day in the last two weeks of August.

Having secured a grant of £6,000 from the John Lyon's Charity 'School Holiday Activity Fund' for the purchase of 15 bikes, helmets and locks, as well as a shed in which to store them securely, the aim of the project was, and continues to be, to teach as many children and young people as possible the practical skills necessary to ride a bike safely on London's roads and parks. In total, 21 Junior members and six Senior members took the training, and all appeared to have enjoyed themselves immensely.

### **What did you enjoy most about the bike riding training?**

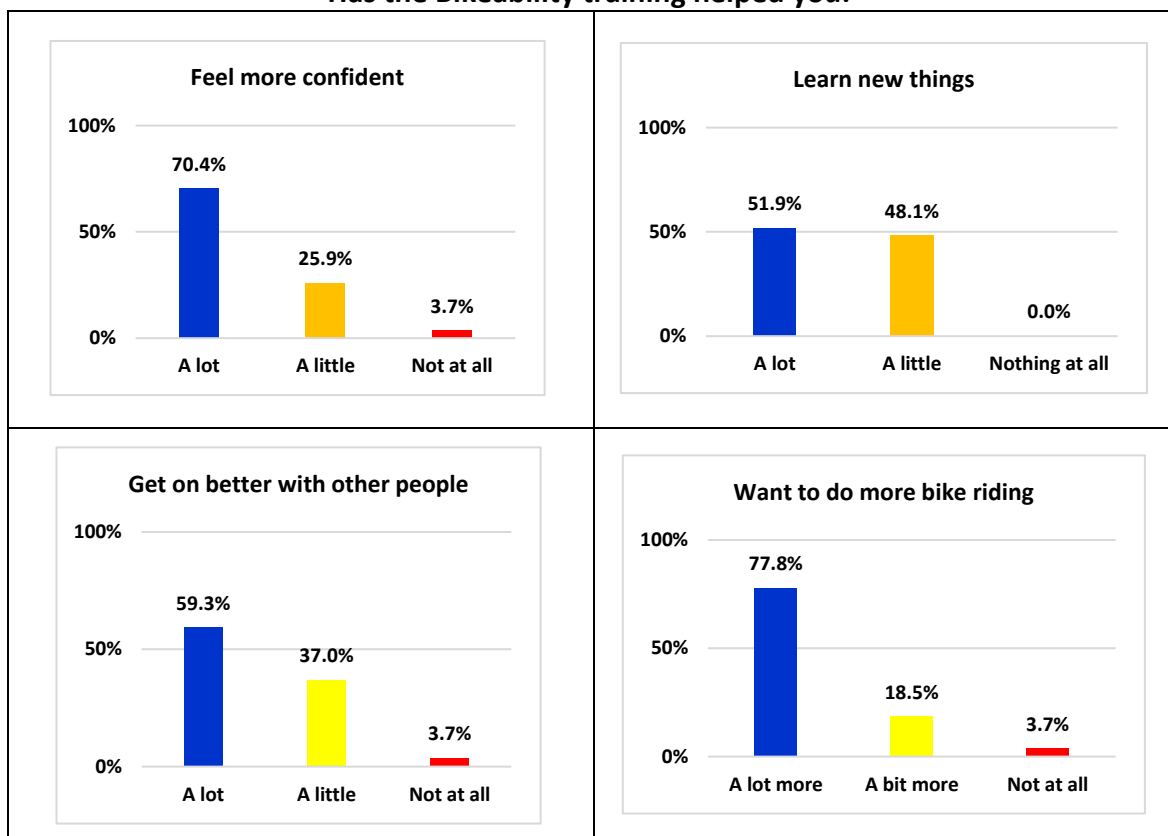
- When we went to Bishop's Park to get some ice cream.
- Riding the bikes on the road to Bishop's Park.
- Riding on the road and going to new places.
- Long ride to Bishop's Park.
- I liked the end when we rode to the park.
- I enjoyed the long ride at the end, using all my new skills.
- Going on long rides.
- Ice cream.
- Ice cream and long rides.
- Eating raspberry ice cream, riding a bike, and learning how to ride on the road.
- Ice cream and learning something different.
- Getting ice cream and learning how to ride on the road.
- The ice cream and learning something new.

- Going on the road.
- Going on roads.
- Riding on the road.
- Learning how to ride on the roads.
- Learning the rules of the road.
- Riding to the river.
- Riding next to the River Thames and signalling.
- Riding / being active.
- Losing weight, being active.
- Learning lots more things.
- Learning to signal.
- My favourite thing was doing snake and signals.
- Now I know more routes and know to always pump my bike.

### Bikeability Outcomes

The training was delivered by qualified instructors from Walk & Cycle CIC, operating within the Bikeability quality assurance system. Lessons taught included how to control your bike in any situation, understanding the rules of the road, cycling in traffic, planning your route, and keeping your bike roadworthy. All practical skills that will last a lifetime and which we will continue to teach children and young people as part of our regular youth work programme.

### Has the Bikeability training helped you:



More importantly, however, the training, and the group bike rides that followed, were at the beginning of the children and young people's long and potentially difficult journey out of lockdown.

"Child mental health experts have urged the government to prioritise children's play and socialising with friends over formal lessons and academic progress when lockdown restrictions are eased... 'We hope that when policy decisions are made in the coming weeks and months that children's emotional health is given the consideration it deserves... 'Poor emotional health in children leads to long-term mental health problems, poorer educational attainment and has a considerable economic burden.'" *The Guardian, 7/5/20.*

### Summary

This Bikeability Project, along with the Junior Holiday Scheme as a whole, was a key part of The Sulgrave Club's aim to support the physical, mental, and emotional health and well-being of children and young people as they emerge from four months of social isolation. There is no doubt in our minds that what we offered was very much what the children and young people needed.

As one child told us, in response to the question 'What did you miss most during lockdown?': "My normal life where I would be with everyone."

Children and young people need a return to normality as soon as possible. The Sulgrave Summer Holiday provision was a small but significant step on the road back to some kind of normality for 74 children and young people.

