

The Sulgrave Club



**Avon Tyrrell Residential
August 2022**

Introduction

At the end of August 2022, thanks to grants from John Lyon's Charity's School Holiday Activity Fund and The Hedley Foundation, we were able to take 16 young people aged 11 to 19 years old on a week-long activity residential to Avon Tyrrell, UK Youth's Outdoor Activity Centre in the New Forest National Park.

Accompanied by four qualified and experienced Sulgrave Club youth workers, the young people left on Monday 22nd August and returned on Friday 26th August. Our minibus was out of action, so travel to and from Avon Tyrrell was in two minibuses hired from Hounslow Community Transport.

While at Avon Tyrrell, the young people stayed in self-catering accommodation – two 6-berth chalets and one 14 berth chalet – where they prepared and ate their own breakfasts and lunches. In the afternoons they took part in activities which they had chosen themselves. On two evenings the young people went out for a meal together, and on two evenings an ex-member of the Sulgrave staff, who lives in Bournemouth, came and worked with them on the preparation of extravagant in-house dinners.

There is a breakdown of participants at the end of this report.



Schedule of Activities

Monday: Splashdown Waterpark.
Tuesday: Ringos Watersports & Cinema.
Wednesday: Horse Riding, Laser Tag, & Cooking Dinner.
Thursday: Mountain Biking & Cooking Dinner.
Friday: Aqua Park.

Aims & Objectives

The objective of this residential was to give young people from low-income households an experience away from home that they might not otherwise be able to afford.

The aims of the residential were to:

- improve the young people's social skills;
- develop their friendships;
- broaden their horizons;
- increase their confidence;
- develop their feelings of belonging; and
- give them a sense of achievement.



Evaluation

We assessed the extent to which we achieved these aims through the distribution of 'before' and 'after' evaluation questionnaires. We were particularly interested to see whether the residential brought about any change in young people's feelings about the Club and about themselves.

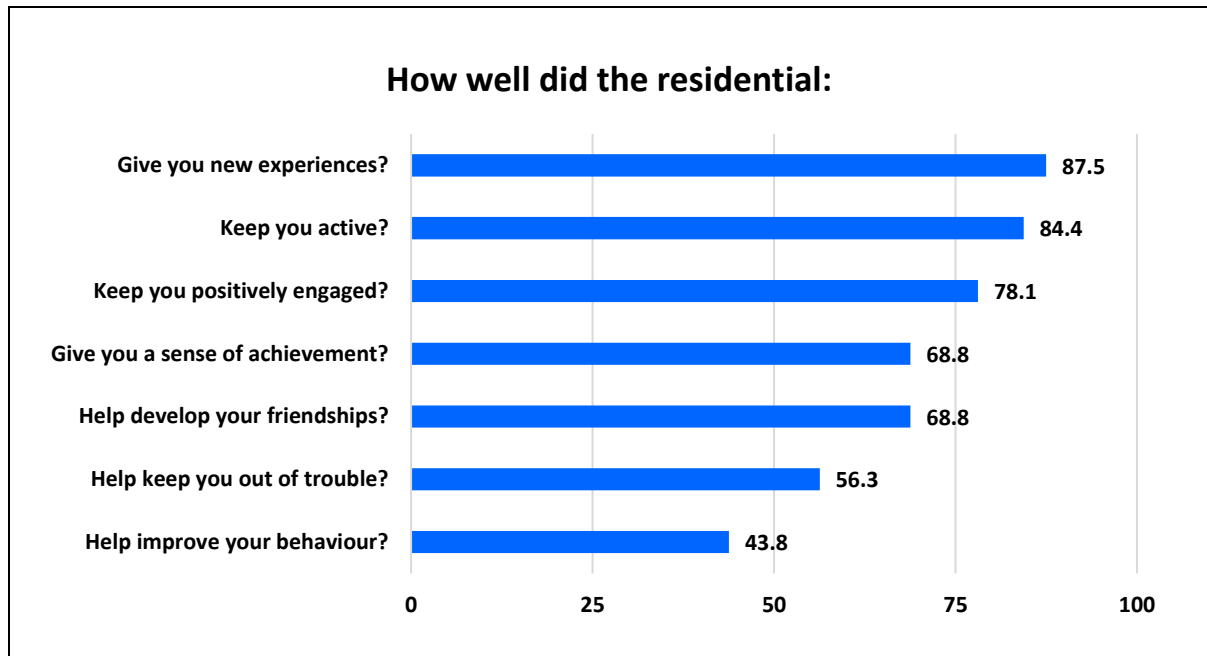
To this end, we asked five questions before the trip and the same five questions after, inviting young people to self-assess how they felt about the Club, how motivated they felt, how positive they felt about their relationships, how confident they felt, and finally, how happy they were.

Unfortunately, only 10 out of the 16 young people completed 'before' as well as 'after' questionnaires. We averaged their answers into the table below. This indicates that the residential brought about only a small increase in motivation, no change in feelings about the Club, and significant decreases in feelings about relationships, confidence levels, and happiness. We took more younger people this year than we have on previous residentials, and we believe that this age difference resulted in the group not bonding as well as it has done before, hence the relatively poorer outcomes.

	Before	After	Diff
How positive do you feel about the Sulgrave Club?	88	88	0
How motivated do you feel to try new things?	77	78	+ 1
How positive do you feel about your relationships with other people?	79	73	- 6
How confident do you feel?	84	78	- 6
How happy are you?	82	76	- 6
Overall average	82	79	- 3



In the post-evaluation questionnaires, we also asked the young people to assess how well they thought the residential had helped them in a range of other areas. These answers were more positive, with 'new experiences' and 'being kept active' given as the main benefits of the residential. As in previous years, the residential was seen as less successful in helping young people 'keep out of trouble' or helping them 'improve their behaviour'. However, this was because most did not feel they were likely to get in trouble or be badly behaved in the first place.



Expectations

The impact of the residential is best understood, however, in terms of what the young people told us they hoped to get out of the trip, compared to what they told us they did get out of it. Expectations were either exceeded or met completely for 11 out of the 16 young people taking part.

What do you hope to get out of coming on this residential?	How well did the residential meet your expectations and why?	
Having fun, trying new things.	Exceeded	I didn't think the cabins were going to be big and clean. I had more fun than expected, which is great. I also thought the activities were going to be a lot like Hindleap's, but they were better. Thanks. (I also really liked the food.)
Better relationships with others my age. I'm looking forward to the different activities.	Exceeded	Because the trip led me to more activities, and it was fun.
Have fun, try new things, and nice to get away from home with friends.	Exceeded	I got to do so many more things than I thought I would.
n/a	Exceeded	Because I played games.
n/a	Exceeded	It was a 5-day experience with activities every day to keep all kids active.



What do you hope to get out of coming on this residential?	How well did the residential meet your expectations and why?	
To try new things I've never tried before.	Met completely	Because it had things I never knew about, and it gave me new experiences.
Fun experiences, good times, and make memories.	Met completely	I didn't have Netflix or a TV but other than that the rest of the trip was great.
Making new friends and making achievements.	Met completely	I made new friends and tried things I have never tried before.
n/a	Met completely	I enjoyed all the activities, like horse rides and others. It helped me have fun.
n/a	Met completely	Because I knew it would be fun and exciting, especially how we got to do horse riding and ringos.
Working on teamwork skills.	Met completely	Helped me try new things and the trips were better than expected.



What do you hope to get out of coming on this residential?	How well did the residential meet your expectations and why?	
Lots of funny memories.	Met partially	I chose met partially because Laser Tag was a bit dry and yesterday we did nothing, but other than that it was amazing.
To try new things and spend time with friends.	Met partially	It kept me happy and active.
Weight loss.	Met partially	Because I didn't want to do things I didn't like.

Importance

We also asked the young people what they would be doing if they had not come on the residential, and why they thought residential were important for young people their age.

What would you be doing if you didn't come on this residential?

- Beating my best scores on games console at home.
- Being with my brother or mum, random trips.
- Going out with my family or friends or sitting at home.
- Playing games or going out to a birthday party.
- Sitting on the couch playing games.
- Sitting on the sofa or doing summer work for school.
- Skateboarding.
- Sleeping.
- Sleeping at home most of the day or watching TV.
- Wishing that I did come.



Why do you think residential are important for people your age?

- Helps build confidence - also to socialise and try new things.
- It gets you out the house.
- It keeps me out of trouble.
- To do activities.
- To experience new opportunities, try new things, make new friends
- To keep us social.
- To stay active and be more social.
- To try new things.
- To try new things and open new doors.
- To try new things and to make new friends.

Staff observations

And finally, we asked for some staff observations, which we believe summarise how the trip went.

"I look back on the trip and the main images that pop into my head is the young people laughing and smiling as the various activities. You could see for a lot of them these are activities they would not normally do and their willingness to try and their enjoyment from it has to be the stand-out moment for me."

"(It was important) forming a closer bond with the younger (intermediates) who will hopefully become seniors in the future. I think the types of activities they did on the residential helped form that relationship as they were a balance of fun, trust, and trying something new."

"A small handful of the group were not cycling confident or safety aware which for me was the only issue. I think in future if the bikes are brought to Avon Tyrell then we can assess who is cycling confident (and who is not) and the confident group can go off site and the ones who need teaching can stay on site."

"It was an opportunity to try new things and step out of their comfort zone. The younger ones definitely grew more rapidly in confidence trying new experiences. The older ones I would say benefited more from a growth in relationship building with staff."

"In the past I have been with the seniors to Avon Tyrell. Taking a younger group had its challenges but also its strengths. I think the most important thing was that the young people had an amazing time and as a staff team we can reflect on the experience of taking youngers, know what to expect, and tweak it for future groups."



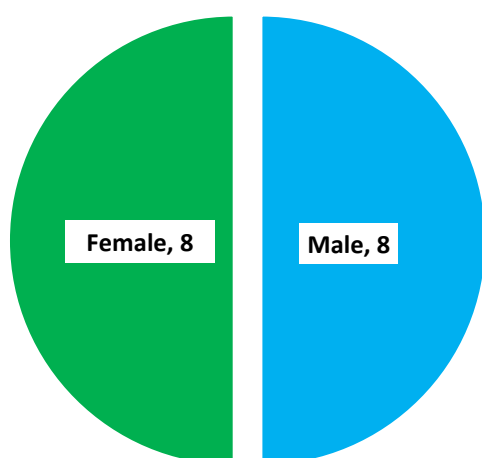
"I had a lot of fun. I hope I go here again."

Thank you

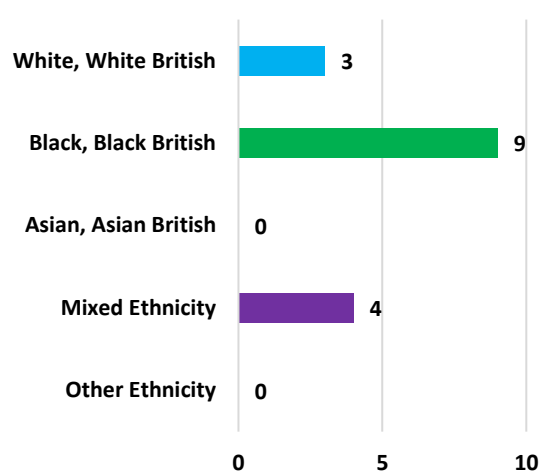
We would like to say a big thank you to the Trustees of John Lyon's Charity and The Hedley Foundation whose generous grants made this trip possible.

Participant breakdown

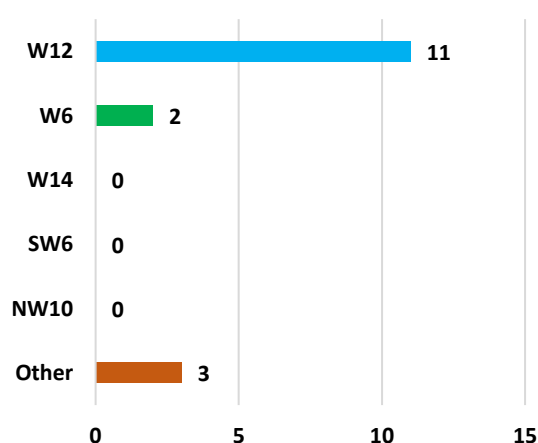
Gender



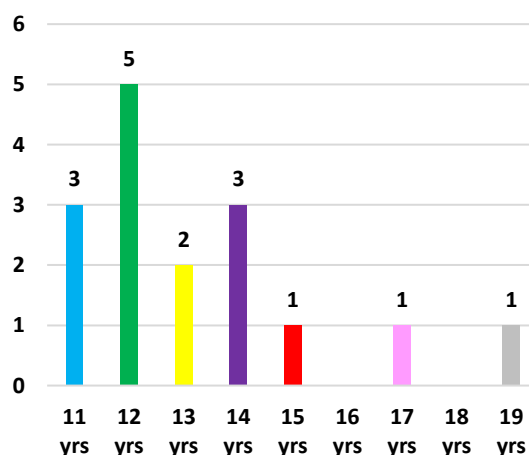
Ethnicity



Post code



Age



Accounts

Income

John Lyon's Charity SHAF	4,000
The Hedley Foundation	2,000
Core funding	2,586
Fees	800
Reserves	8

TOTAL 9,394

Expenditure

Accommodation	2,130
Activities	2,571
Food	1,095
Transport	1,012
Staff	2,586

TOTAL 9,394