

The Sulgrave Club



Avon Tyrrell Residential
August 2024

Introduction

At the end of August 2024, thanks to grants from John Lyon's Charity, Addison Youth, and The Sulgrave Foundation, we were able to take 15 young people aged 14 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 three qualified and experienced Sulgrave Club youth workers and the Club Manager, the young people left on Monday 19th August and returned on Friday 23rd August. Travel to and from Avon Tyrrell was in two minibuses hired from Westway 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 chose themselves.

On three evenings the young people went out for a meal together, and on one evening a former member of the Sulgrave staff came and worked with them on the preparation of an extravagant in-house dinner.

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



Schedule of Activities

Monday: Splashdown Waterpark.
Tuesday: Ringos Watersports, and Cinema.
Wednesday: Bowling, Laser Tag, Cooking Dinner.
Thursday: Mountain Biking, Escape Rooms.
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' 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.

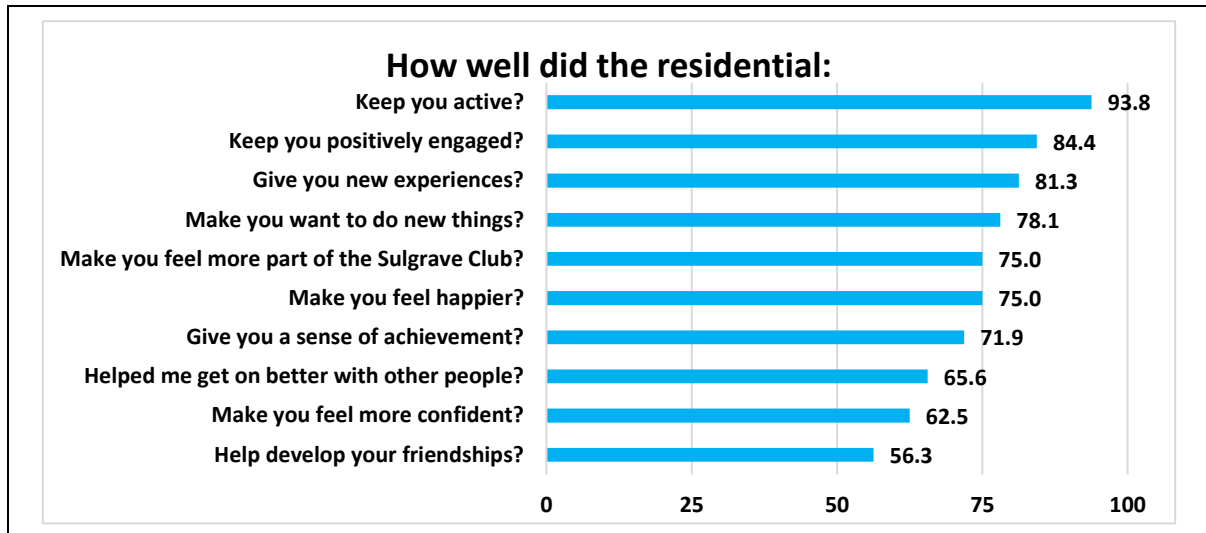
To this end, we asked five questions before the trip and the same five questions after, inviting young people to self-assess how they felt about the Club, how motivated they felt, how positive they felt about their relationships, how confident they felt, and finally, how happy they were.

14 out of the 15 young people completed 'before' as well as 'after' questionnaires. We averaged their answers into the table below, which indicated that the residential brought about small increases in motivation and confidence, no change in feelings about the Club (which remained exceptionally high), and significant decreases in feelings about relationships and happiness.

	Before	After	Diff
How positive do you feel about the Sulgrave Club?	96	96	+ 0
How motivated do you feel to try new things?	77	79	+ 2
How positive do you feel about your relationships with other people?	80	76	- 4
How confident do you feel?	77	79	+ 2
How happy are you?	82	77	- 5



There were clearly some tensions between some of the participants, but the young people's answers to additional questions in the post-evaluation questionnaires were more positive. They saw 'being kept active' and 'positively engaged' as the main benefits of the residential, closely followed by being 'given new experiences' and feeling motivated to 'do new things, and they showed a clear understanding of the importance of residential such as these.



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

- To build closer friendships.
- To communicate.
- To go out and socialise.
- To get to know other people and have fun.
- It helped to provide a fun time for kids our age in a stressful time of their life.
- It's fun and helps bonds and stuff.
- Because it allows people to interact with people they normally wouldn't.
- It gets you outside of your comfort zone and having interactions and conversations you have never had before. New experiences also.
- To keep us off the streets and to teach us (how) to form new relationships.
- So we don't end up doing nothing / sleeping.
- To try out activities to bring out the difference in people and communicate and have fun. 8-)
- Because it helps us experience things we haven't before.
- They help young people explore their possibilities.
- Independence.



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 14 out of the 15 young people taking part, and the majority would not have been doing very much if they had not have come.

What do you hope to get out of coming on this residential?	How well did the residential meet your expectations and why?	
Fun and time with my friends.	Exceeded	I thought that it would be like a camping thing, but we did our own thing.
To have fun and for it to cheer me up and to bond with my friends.	Exceeded	I thought it was going to be a camping trip, but it was a little break.
To not be so boring and enjoy some time outside of West London.	Exceeded	I didn't participate in a lot of activities but being on the residential made me confident in trying new things.
Have some fresh air.	Exceeded	Trips and adventures were funner than I expected.
To have a fun and enjoyable time.	Exceeded	The sleeping arrangements were phenomenal and the activities were up to and exceeded expectations.
More confident to do stuff on my own.	Exceeded	Because it was fun and I had to do stuff on my own.
Having fun and some good memories.	Exceeded	Better that the Hindleap residential to be honest.



What do you hope to get out of coming on this residential?	How well did the residential meet your expectations and why?	
Nice memories, good experiences.	Met completely	I knew the week was going to be fun and full of activities, however I knew there would be issues with certain dynamics between people.
Learn how to swim. Also it is a nice little getaway.	Met completely	It was fun and helped me with my confidence and communication skills. Thank you, I appreciate you!
Lots of funny interactions and activities.	Met completely	I have been there and it kept me focused and motivated to try the different things.
To have a fun experience.	Met completely	It allowed for me to have fun with my peers see new places.
Fun and good memories.	Met completely	Because I thought it would be a fun trip with friends and it was.
To try new things.	Met completely	It made me talk and go out instead of staying inside all day,
n/a	Met completely	Comfortable bed, nice TV, all I need in life really.
I don't know.	Met partially	The activities were great, but I needed to come out of my shell.



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

- Sat at home bored.
- At home or out with friends and family.
- I would be in bed watching a movie, stuffing my face with curry goat.
- I would be sleeping at home playing games.
- I would probably be chilling at home or going park with my friends.
- Sitting at home or playing basketball.
- Sitting at home playing video games.
- Playing basketball or at home.
- Nothing / sleeping.
- Nothing great.

- Spending time with my family.
- Going to Cardiff to see family.
- Probably in Santonni at my uncle's wedding.

- Prepare for my job an extra week in advance.



Staff observations

And finally, we asked the staff for their observations, which we believe give a clear assessment of the trip, which they rated 8.3 out of 10.

What was the best bit of the residential for you?

- The cabins in the forest
- See the young people interact and engage with each other (even though they normally don't hang out with each other)
- The amount and variety of activities

What was the worst bit?

- Cheeky kids
- Some of the young people's attitudes at different point of the trip. Some were hard to motivate to participate
- One young person vaping on the minibus

What do you think the benefits for the young people were?

- Making memories with their friends that they won't forget!
- "Getting the young people out of there comfort zones and trying new/different activities. Some young people would have been able to spend time away from stressful home lives"
- Experiencing activities beyond their economic means

Have you noticed a positive change in any particular young person?

- C came out her shell more
- I feel that C became more confident throughout the week and was more willing to have a go at the water activities (at first she didn't want to)
- C was very nervous about going, no friendship group, apprehensive about the trip, but took part in every activity and had a great time. She was very pleased she came.

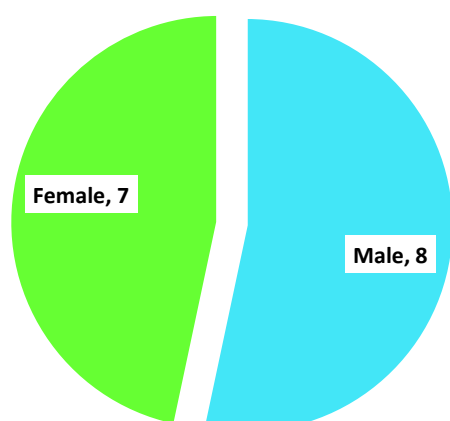
Please tell us how much the residential met with your expectations:

- Everything I wanted from the trip I feel I got. Also I knew the kids thoroughly enjoyed having the once in a life time experience of being responsible and living together.
- The trip met my expectations as I have been on this residential before so I know what to expect. A way to have made it better would have been to have more time in between the activities. It felt a bit rushed this year.
- Because of some of the kids' attitude and behaviour, it only partially met my expectations. Some young people came across as quite entitled - this is what they deserved, rather than enjoying it in a friendly, positive, respectful manner.



Participant breakdown

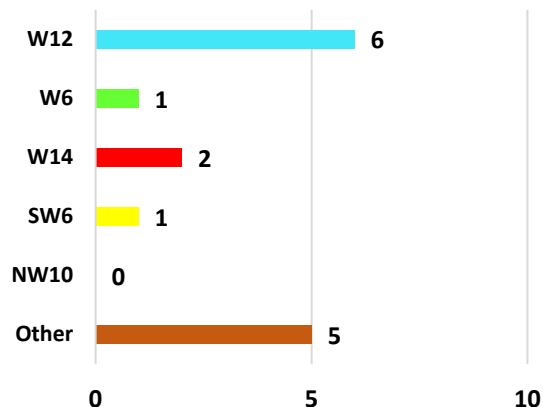
Gender



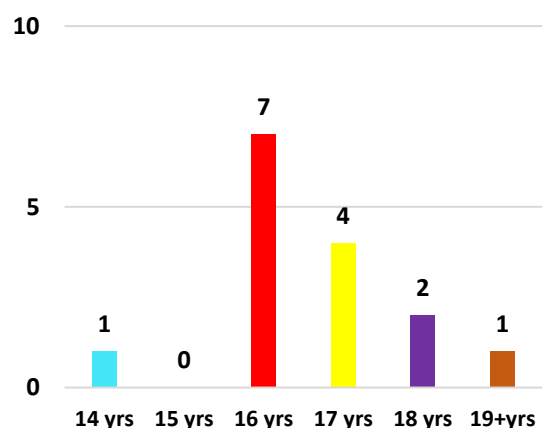
Ethnicity



Post code



Age



Accounts

Income

John Lyon's Charity (SHAF)	5,000
Addison Youth	2,911
John Lyon's Charity (Main)	1,125
Sulgrave Foundation (Core)	988
Fees	670

TOTAL 10,694

Expenditure

Accommodation	2,976
Activities	2,175
Food	1,605
Transport	1,445
Staff	2,493

TOTAL 10,694

Thank you

We would like to say a big thank you to the Trustees of John Lyon's Charity, Addison Youth, and The Sulgrave Foundation whose generous contributions made this trip possible.