

The Sulgrave Club



**Hindleap Warren
Residential
May Half Term 2019**

Evaluation Report

Summary

On Wednesday 29th to Friday 31st May 2019 we took 61 children aged 7 to 18 years on a three-day residential to Hindleap Warren Outdoor Activity Centre in Ashdown Forest.

Thanks to generous funding from The Feathers Association we were able to offer the trip free to 33 children who were either entitled to free school meals, whose families were in receipt of benefits, or where more than one child was from the same family.

Thanks to generous funding from the Daisy Trust we were able to offer the trip to 28 other children for only £50 for the full three days.

For 58 of the children it was their first experience of Hindleap Warren. From archery to the leap of faith, from crate-stacking to abseiling, from canoeing to forest adventure, we can guarantee it was a first experience they will never forget!



On my trip to Hindleap Warren I learnt:
"Collaboration and communication get you a win."

Participants' breakdown



On my trip to Hindleap Warren I learnt:
"That teamwork is very important because when you work together everyone achieves more."

Aims

Hindleap Warren provides a variety of fun and challenging outdoor activities designed to help children develop greater self-confidence and independence; learn practical new skills; become more positive about undertaking physical activity; and acquire a deeper appreciation of nature.

Our aims in taking children on the Hindleap residential were to:

- ★ increase their confidence;
- ★ improve their social skills; *and*
- ★ broaden their horizons.

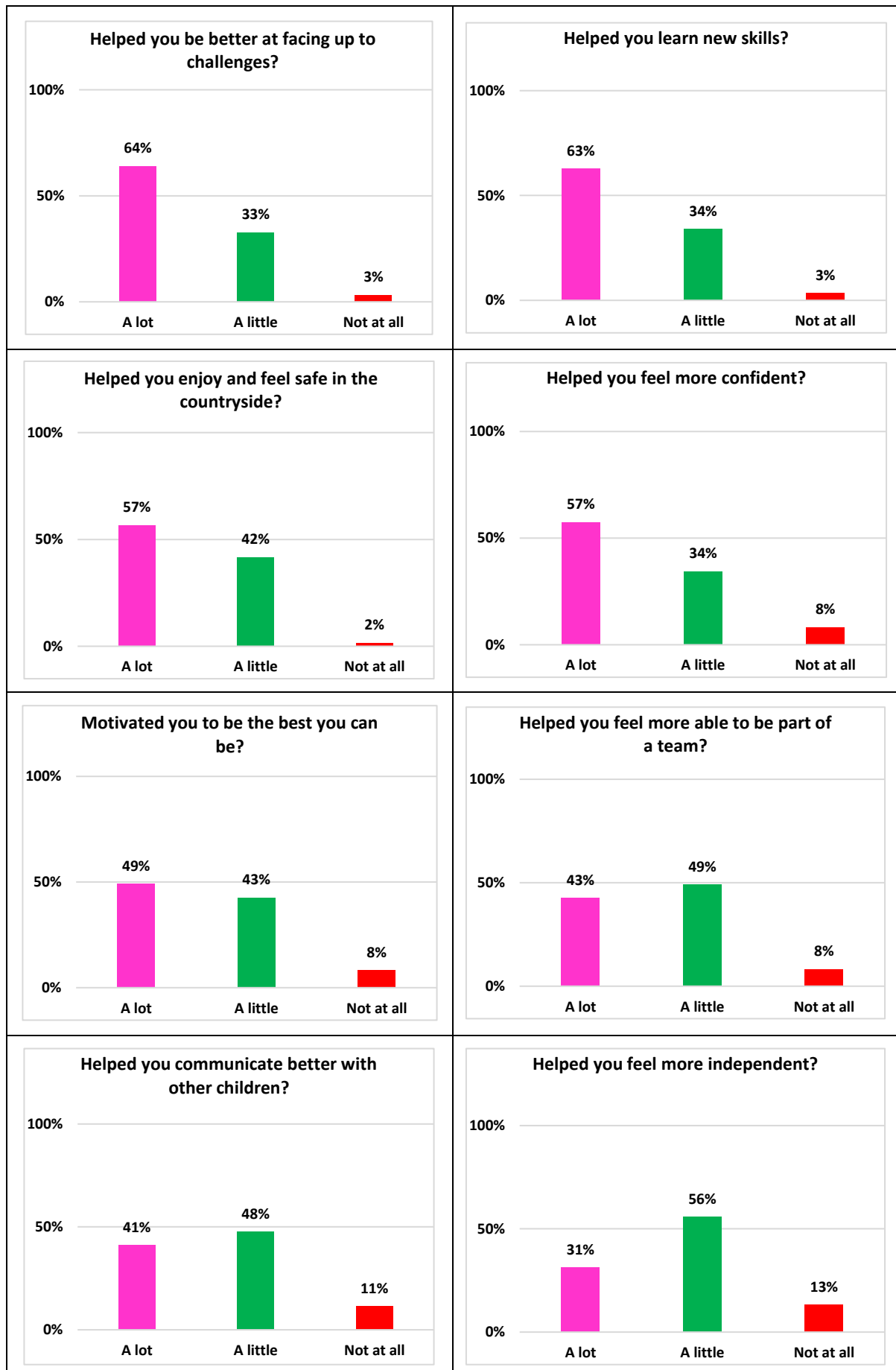
We also expected to see children who were less likely to be bored or get into trouble because they had been positively engaged during the half term holiday; and who were happier, whose behaviour had improved, and who felt more valued and respected because of the time they had spent taking part in a range of challenging and rewarding activities with colleagues and friends.



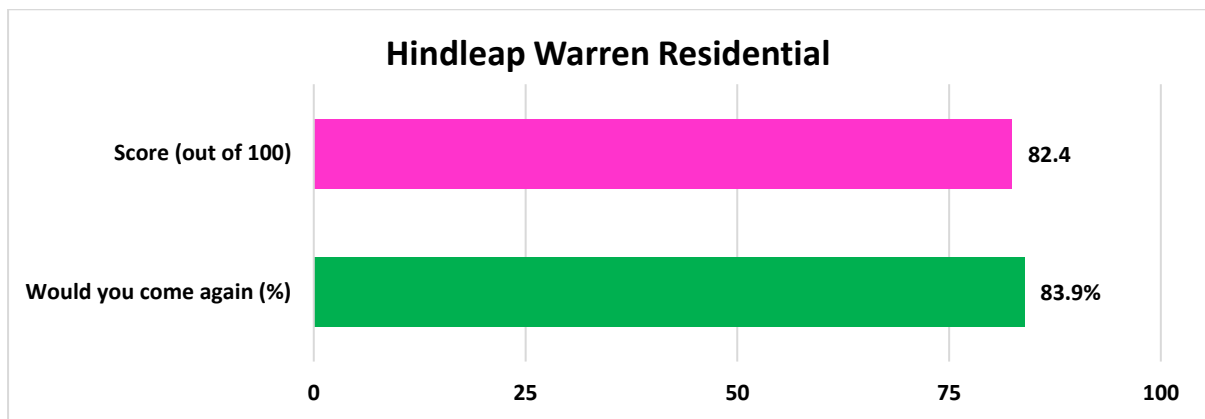
On my trip to Hindleap Warren I learnt:
“How to enjoy time away from social media and the internet.”

Evaluation

At the end of the residential we asked the children to tell us how well we had met these aims. Specifically, how well the residential had:



We also asked what score they would give the residential out of 100, and whether they wanted to come again:



On my trip to Hindleap Warren I learnt:
“To jump in mud, shoot an arrow, canoe, and jump on a trapeze.”

And finally, we asked them to tell us what they learnt from coming on the residential.

Teamwork / Communication

- That it is important to work as a team, listen to each other and help one another.
- That you use team skills every day without realising.
- That teamwork is important, and you don't need to be best friends to work with others.
- That you have to work as a team, and how to put a harness on.
- I learnt to do teamwork.
- That teamwork is very important because when you work together everyone achieves more.
- I don't have to be best friends with the people I'm working with.

- That you don't have to be really good friends with someone to be good with them and be a team.
- More problem solving and working better as a team.
- How to communicate with other people.
- How to communicate with others and make so many friends. I got to do things I don't normally do.
- How to communicate better and rely on my team and people around me, as well as to enjoy the time out. It was really fun to spend time chilling and doing activities.
- How to communicate with other people I wouldn't normally communicate with. I got to do new and exciting things.
- How to communicate with other people and challenge myself.
- That even though I may not know some of the other children, I can communicate with them and work with them.
- How to communicate with younger people as well as people I do not talk to.
- Collaboration and communication get you a win.
- How to be independent and communicate better by working as a team.



**On my trip to Hindleap Warren I learnt:
*"How to be really muddy."***

New skills

- I learnt new skills and I got to face my fears.
- To jump in mud, shoot an arrow, canoe, and jump on a trapeze.
- Some new skills such as how to canoe and also how to overcome my fear of heights a lot.
- How to canoe properly and how to do archery.
- How to canoe.
- How to abseil, height adventure, and crate stacking.
- How to use bows and arrows. The most important was I was able to communicate with more people.
- Lots of stuff, like learning how to shoot a bow and arrow.
- Archery; to tidy up my room; serve my own breakfast, lunch and dinner; sleep without my relatives.
- To shoot an arrow and walk in mud.
- How to use a bow and arrow. I also learnt how to abseil.
- How to shoot an arrow.
- The right ways arrows are held.
- What way the arrow should be pointing in archery (my favourite).
- How to do archery and be a tiny bit more confident in facing my fears.
- How to clean my room.



**On my trip to Hindleap Warren I learnt:
“What way the arrow should be pointing...”**

Overcoming fears

- How to face my fears and communicate more.
- To face my fears.
- That I can face my fears and learn new stuff.
- To face my fears and try new things.
- How to face some of my fears.
- To face my fear.
- To conquer my fears, doing stuff myself, and how to do some things I didn't know how to do.
- To conquer my fear of heights and feel like I was living in the wild.
- To face my fear of heights.
- How to overcome my fears and get along with others better.

The countryside

- I learnt how to survive in the wild and build a tent in the forest.
- How to make a decent shelter and abseil like James Bond and find out that challenge is good.
- How to enjoy the outdoors without my family.
- How to be really muddy. I also learnt how to put the climbing suit on.
- That nature is very important, and I learnt more about animals in the forest.



On my trip to Hindleap Warren I learnt:
"That even though I think I am not safe in a harness I am very safe."

Building confidence

- That even though I think I am not safe in a harness I am very safe.
- To be braver and more courageous in frightening situations.
- To trust people.
- How to be independent. (x2)

Having a go

- To never give up in life and always try to have positive vibes.
- You don't have to be the best at everything.

Friends / Socialising

- How to resist being anti-social and think outside the box.
- I might come back if my new friend comes back because I had a lot of fun with her.

Other

- How to enjoy time away from social media and the internet.
- To behave and do more skills.



**On my trip to Hindleap Warren I learnt:
*"You don't have to be the best at everything."***

Staff observations

"At the beginning of Forest Adventure, some of the young children didn't want to get dirty, but by the end all of them were very dirty and enjoying themselves. I was very proud of them."

"I enjoyed interacting with young people on a different level to what we do on a day to day basis at the Club."

"In archery everyone in the group listened well and everyone had fun following instructions."

"I don't think there was a dull moment while we were there. Everyone always had something to do."

"A lot of the children were very scared to leave their parents, but as soon as we were there they were distracted. I think a benefit of the trip is that they learnt some independence."



On my trip to Hindleap Warren I learnt:

"How to communicate with others and make so many friends."

"They learnt to overcome fears (such as heights), to stay positive, and to have a can-do attitude at all times."

"It was a great experience, to be away from the norms like parents, home and school, as well as being put into groups, allowing the children to develop personally."

"Working as a team, developing teamwork, confidence, open-mindedness, listening skills, etc., so the trip is a total benefit to the children."

"J & K were both able to show great leadership skills by listening and taking control, especially when it came to problem-solving."

"I enjoyed the problem-solving - watching everyone in the group change and show a much better side of themselves."

Conclusion

This was a really excellent residential. The weather was good, the activities were fun, and everyone gave their all, even on the most difficult of challenges.

For most of the children, this was their first experience of Hindleap Warren. They were all surprised at how much they enjoyed it, particularly our Senior Members. It was so good, in fact, that we are planning to go again next year.

We would therefore like to say thank you, to the staff at Hindleap Warren, who were extremely helpful, welcoming and supportive, as always; to The Daisy Trust, who funded our coach hire to and from the Centre; and to The Feathers Association, whose generosity made it possible for the families of 33 children to take part for free. A big thank you from all of us!



On my trip to Hindleap Warren I learnt:
“To never give up in life and always try to have positive vibes.”

Accounts

Expenditure

Activities, accommodation, food	£ 6,100
Prize Vouchers	£ 50
Coach hire	£ 1,180
Staffing	<u>£ 1,821</u>
Total	<u>£ 9,151</u>

Income

The Feathers Association	£ 3,300
The Daisy Trust	£ 1,180
Fees	£ 1,400
Staffing (core costs)	£ 1,821
Reserves	<u>£ 1,450</u>
Total	<u>£ 9,151</u>