

The Sulgrave Club



**Junior Holiday Scheme
Summer 2023**

Structure

We ran the Sulgrave Junior Summer Holiday Scheme for three weeks, from Monday 24th July to Friday 11th August 2023. Mondays to Thursdays were Activity Weeks with places for 25 children each week. The Activity Weeks ran from 10.00am to 4.00pm each day, with on-site activities on Mondays and Thursdays, and local outings, using public transport, on Tuesdays and Wednesdays. We provided the children with a hot meal on Mondays and Thursdays and a cold meal on Tuesdays and Wednesdays. The Activity Weeks were free, and children could only book for a maximum of two weeks, Week 1 or Week 2, and Week 3.



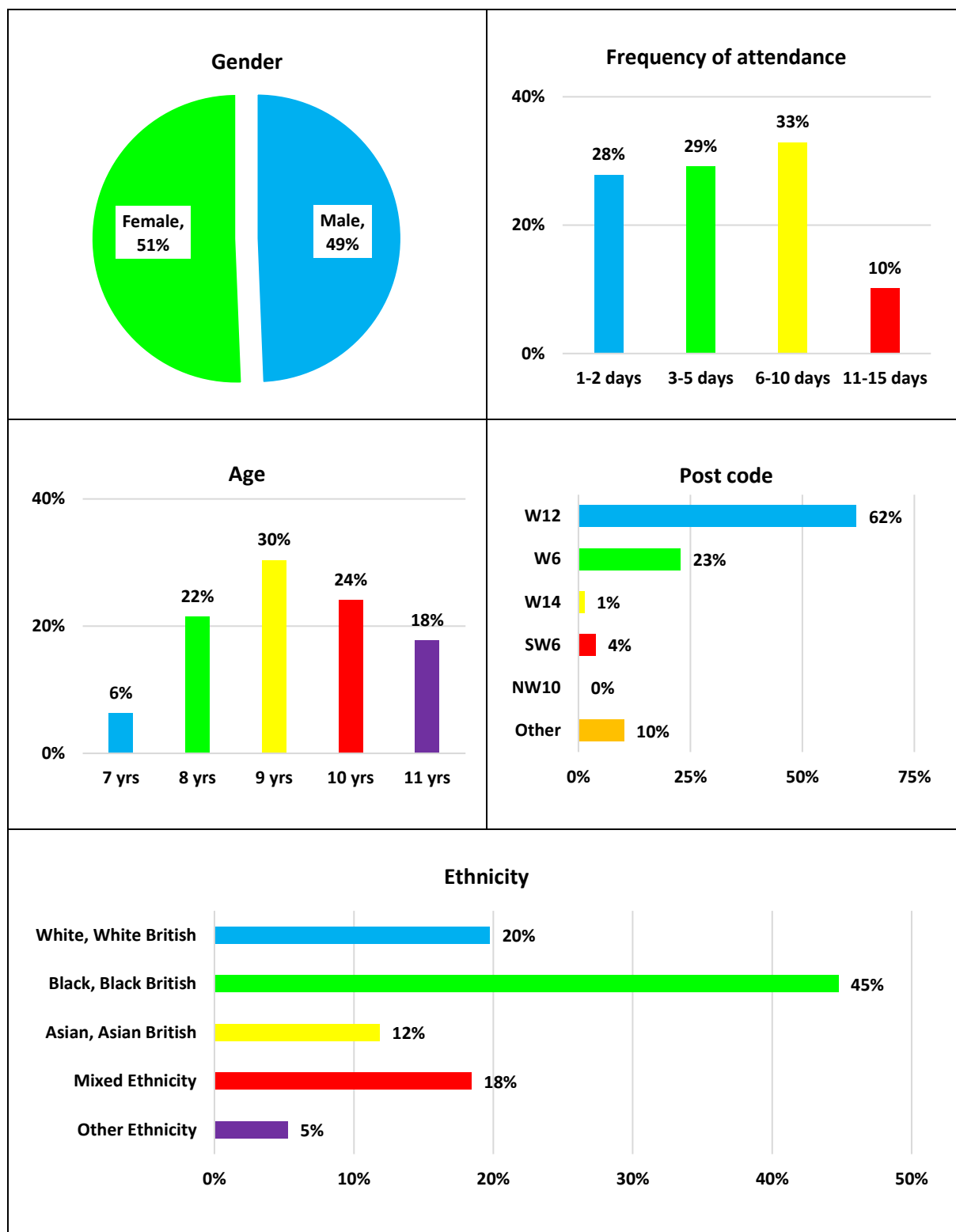
Fridays were All-Day Outings by 53-seater coach, with places for 40 children on each outing. They ran from 9.30am to 5.30pm and cost £15 per child (£10 per child for two or more children from the same family). Children brought their own packed lunch. On Week 1 the children went to Chessington World of Adventures, on Week 2 to Legoland, and on Week 3 to Thorpe Park. Places for the Activity Weeks and the All-Day Outings had to be booked online and, where a charge applied, paid for in advance. The schedule for the three weeks was as follows:

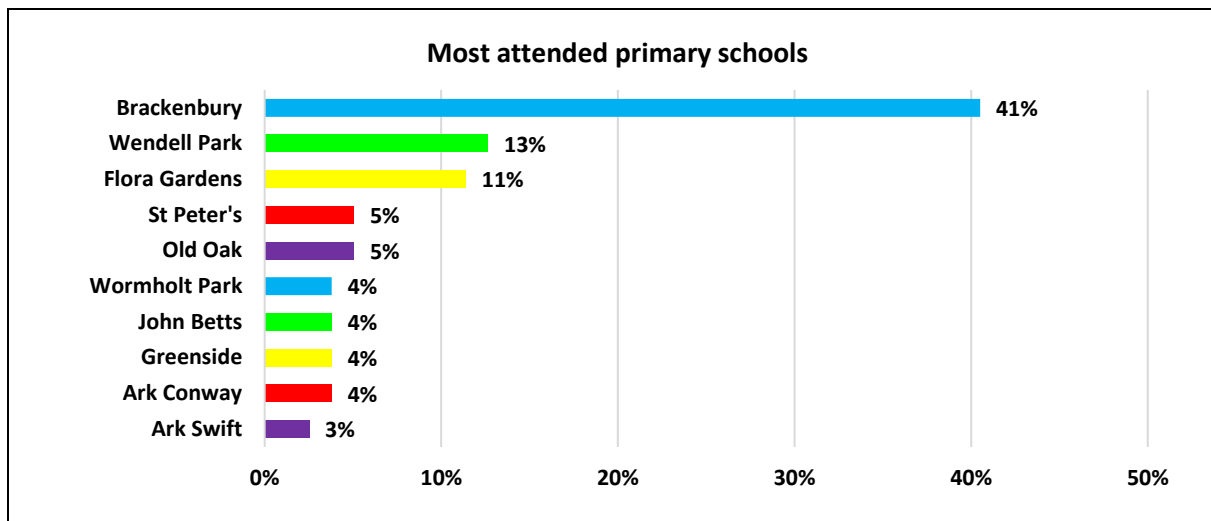
	Week 1 24th to 28th July	Week 2 31st July to 4th August	Week 3 7th to 11th August
Monday Activities 10.00am-4.00pm	Cooking T-Shirt Design Team Games	Cooking T-Shirt Design Team Games	Cooking T-Shirt Design Team Games
Tuesday Local Outing 10.00am-4.00pm	Hobbledown Farm	Ice Skating	Science Museum
Wednesday Local Outing 10.00am-4.00pm	Ten Pin Bowling	Ten Pin Bowling	Cinema
Thursday Activities 10.00am-4.00pm	Cooking T-Shirt Design Team Games	Cooking T-Shirt Design Team Games	Cooking T-Shirt Design Team Games
Friday All-Day Outings 9.30am-5.30pm	Chessington World of Adventures	Legoland	Thorpe Park

Attendance

18 children attended two Activity Weeks and 39 children attended one Activity Week, at an average of 23.3 children per day. 14 children attended three outings, 23 two outings, and 33 just the one, at an average of 40.3 children per outing. Over the three weeks, a total of 79 children attended the Sulgrave Junior Summer Holiday Activity Scheme at an average of 26.7 children per day. This represented a 95.5% take up of available places, with demand far outstripping supply. We had 30+ children on our reserve list for each Activity Week, and 7+ children on our reserve list for each outing.

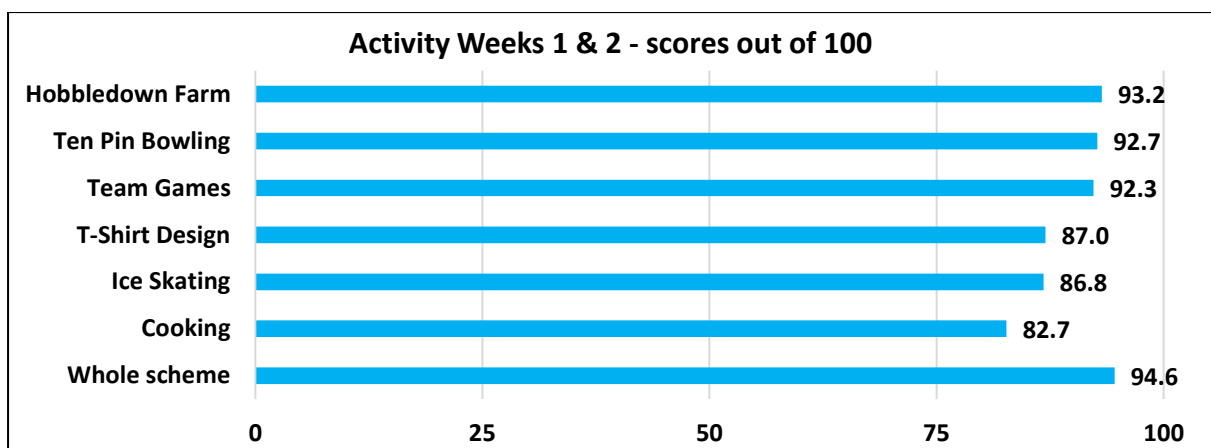
The charts below give a breakdown of the 79 children who did attend, by gender, frequency of attendance, age, post code, ethnicity, and most attended primary schools.





Evaluation – children

Evaluation forms were distributed at the end of each of the first two Activity Weeks and on the last All-Day Outing. Children were asked to score the activities they took part in and to rate the holiday scheme as a whole. We use their answers to check whether children are happy with the activities we provide and to guide us in future programming.



We were a little worried about Thorpe Park because some of the rides are for taller children. We needn't have been!

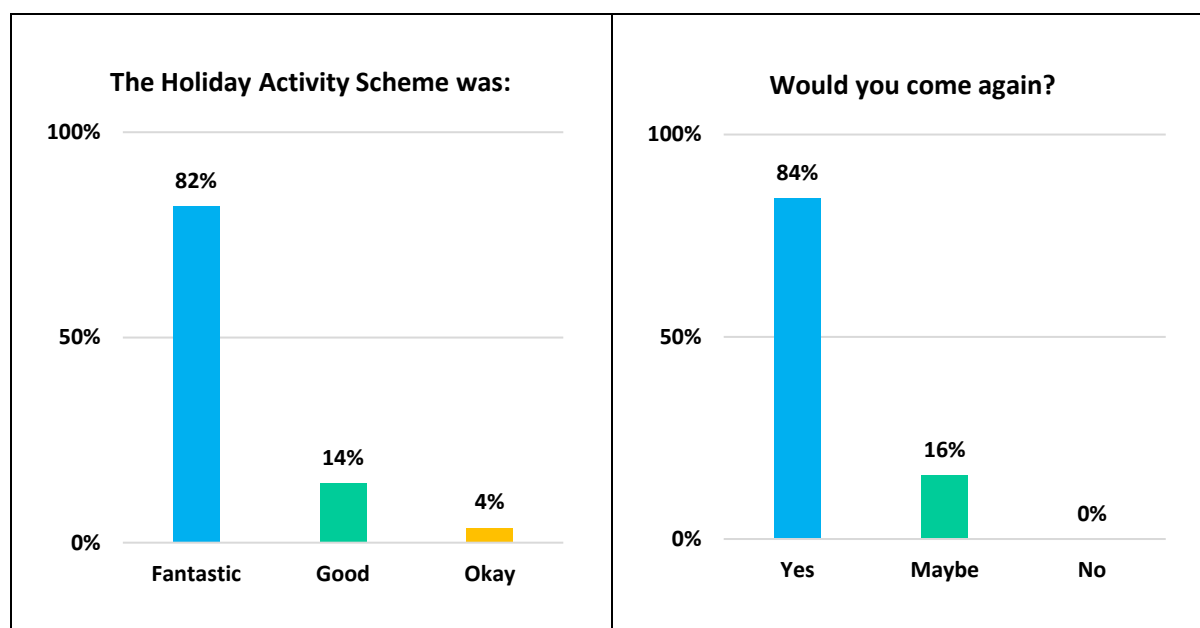
What activity or outing did you enjoy the most, and why?

- I enjoyed Thorpe Park the most because I went on the Tidal Wave and I loved getting soaked by the water.
- Thorpe Park because there was really fun rides and on two of the rides I got soaked.
- I enjoyed Thorpe Park the most cos the rides were more extreme.
- I liked Thorpe Park because we were doing high rides.
- I loved Thorpe Park because there is big rides.
- Thorpe Park - best rides. (x2)
- Thorpe Park because I got to go on higher rides.
- Thorpe Park because of bigger rides.
- Thorpe Park because of the rides. (x3)
- Thorpe Park because I tried a lot of new things.
- Thorpe Park because it was full of roller coasters with lots of loops.
- Thorpe Park because it was fun and had better rides.
- Thorpe Park because it was fun! (x2)
- Thorpe Park because it was good and I went on fun rides.
- Thorpe Park, because it was the only one I went to.
- Thorpe Park because it was the only theme park I went to and I love theme parks.
- The first ride at Thorpe Park was long but good.
- I liked going to Thorpe Park because I got to hang out with my friends.
- I liked Thorpe Park the most because I got to go on rides with my friends.
- Thorpe Park or Ice Skating.
- Thorpe Park. (x6)



- I liked when we watched the 4D Angry Birds.
- Bowling.
- Ching Chang Walla Bang at Sulgrave.
- When we went to the cinema.
- Legoland.

82% of the children rated the Holiday Scheme as 'fantastic', with 84% saying they would definitely come again.



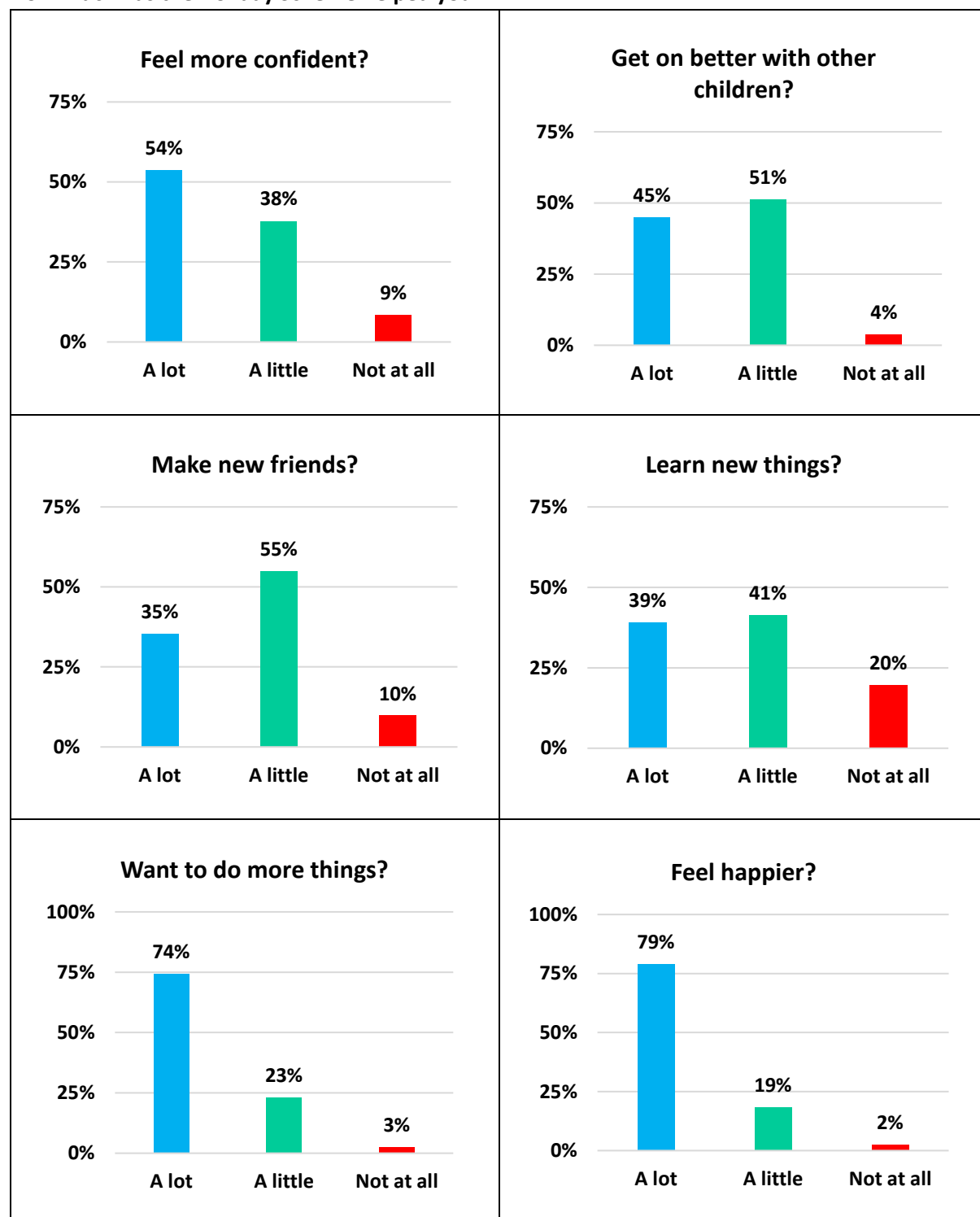
We also used the evaluation forms to assess what children gained from attending the holiday scheme.

Our targets were that, because of attending:

- 70% of children would become more confident / independent/ resilient.
- 75% of children would get on better with other children / would make new friends.
- 80% of children would increase their knowledge / skills / interests.
- 90% of children would have lots of fun.

We reached all our targets, although we would have liked to see more children saying they had benefited a lot, rather than a little in four out of the six outcomes.

How much has the Holiday Scheme helped you:



As part of the evaluation, we also asked the children to answer some questions about why they came on the scheme, what they would be doing if they were not attending, and what they had learnt from their participation. Their answers are given below.

I came on the Sulgrave Junior Holiday Activity Week because:

- Because I am entertained, because it is fun.
- I came because I came before and it was fun.
- I did it last time and it was fun.
- I felt like it and I enjoy Sulgrave.
- I knew it would be fun and better than sitting inside.
- I love this place.
- I wanted to have fun and make more friends and to help people.
- I wanted to have fun.
- I wanted to have some fun and see my friends again.
- I was looking for a fun place to spend my holidays.
- It was fun the last time I did it and I wanted to be with friends.
- It's so fun here because there's lots of fun games.
- I've already been, and I know it's really fun. I even made a new friend. I'm so glad I came here.
- I've done a Sulgrave competition before and it was amazing.
- Sulgrave is fun so I wanted to come.
- When I was at home I felt lonely and when I came here, I wasn't lonely.



- Because I have nothing to do at home.
- I didn't want to stay at home all day and I wanted to be active.
- I didn't want to stay at home. I wanted to do activities at Sulgrave instead.
- I don't like staying at home, plus I know it's fun.
- I had nothing else to do and I wanted to have fun with friends.
- I had nothing else to do, it sounded fun, and a lot of my friends were coming.
- I had nothing to do and wanted fun.
- I had nothing to do at home, so my mum signed me into Sulgrave.
- I had nothing to do at home.

- I had nothing to do this summer and because it is fun.
 - I was bored and I knew if I came here, I would have fun.
 - I was bored at home.
 - I would be bored at home, and I would meet new people.
 - If I didn't, I would've been at home all day.
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- My mum and auntie agreed to it (not me).
 - My mum had lots of work to do.
 - My mum signed me up, but it was better than staying at home.
 - My mum signed me up without me knowing.
 - My mum signed me. (x2)
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- I really wanted to go to Chessington, Legoland, and Thorpe Park.
 - I wanted to do activities with my friends.
 - I wanted to go out of my house and have fun with friends.
 - I wanted to go somewhere I enjoy.
 - So I can do things on the summer holidays.
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- I wanted to see my friend.
 - I love cooking for my family and friends.



If I hadn't come on the Sulgrave Junior Holiday Activity Scheme, I would have:

- Probably stayed at home.
- Stayed home.
- Sat in my house.
- Been sitting at home doing nothing.
- Stayed at home doing nothing.
- Stayed at home on my phone.
- Been at home watching TV and not even going outside.
- Stayed at home watching TV.
- Stayed at home on my devices.
- Playing Roblox.

- Been sitting on my chair bored.
 - Been very bored.
 - Been bored. (x3)
 - Been bored at home and not got any fresh air.
 - Been really bored.
 - Been quite bored and probably be inside the whole time.
 - Had nothing to do.
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- Sat down and relaxed.
 - Watching TV and playing with my cousins.
 - Played on my console and gone out with family sometimes.
 - At home or out.
 - Slept or went to the park.
 - Been doing trampolining.
 - Sport activities.
 - Gone camping.
 - Played with my friends.
 - Booked another one to go to.
 - Homework to do.
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- Been upset and bored.
 - Cried my eyes out (then break into hives and the flesh peel off my bones).
 - Cried because I like Sulgrave so much.
 - Been sad. (x2)
 - Sad because some would be out having fun and I would be missing out.
 - Been scared.



On the Sulgrave Junior Holiday Activity Scheme, I learnt:

- Face your fears.
- I learnt not to be afraid of high rides.
- Not to be scared on rollercoasters.
- To be brave.
- To be confident on the high rides.
- To be more confident.
- A lot more things and I gained confidence.
- How to be a lot more confident.
- To not be afraid of rides.
- To not be scared.
- To never be scared and have fun.
- Important to face your fears. Good to meet new people.
- To make new friends.
- How to make more friends. (x2)
- How to get on with other people.
- How to have fun in a group.
- How to have fun.
- It's fun.
- To have fun. (x2)



- How to screen print and Tie Dye.
- A new game.
- Easy ways to win team games.
- To be better at team sports.
- To respect others and play as a team.
- To be respectful.

- I didn't learn anything.
- Nothing. (x4)
- That I am tall enough for stealth.
- That I am tall.
- Don't judge a ride by its cover.
- To keep near to teachers and don't run away without permission.
- To never, ever trust boys.

We also wanted to know what the children thought about the food we provided. There was a mixed reaction!



Complete the following sentence: "I thought the food was:..."

- 100% fantastic.
- Amazing.
- Delicious, amazing, fantastic.
- Fantastic. (x2)
- Fantastic. Better than the food at MacDonalds.
- Great, awesome, amazing.
- Very nice and fantastic.
- Very nice, even when I made some and even when I didn't it was still good.
- Fantastic, but some things were a bit gross. Overall, I loved it - quiche and apple pie were my favourite.
- Pretty good. (x2)
- Quite good, especially the quiche.
- Quite good. Not a fan of the rice today but I love the apple pie.

- A bit good.
 - All right, but it wasn't really my favourite.
 - Fine, but the desserts were better because the food isn't what I normally eat.
 - Good. (x5)
 - Good. I didn't try all of it, but the food I tried was good.
 - Mid, because I don't like vegetables.
 - Nice, because of the chocolate balls.
 - OK.
 - Okay, but I would like more options of food.
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- Not so good.
 - Not that good.
 - Nasty but not bad.
 - Not the best, but I could eat it.
 - Not very nice but I don't like a lot of food.



- Bad because it was new and tasted bad.
 - Horrible and now I feel sick because of feta cheese.
 - Horrible.
 - I hated the food.
 - It was really bad.
 - Not good (bad) I strongly disliked it.
 - Rubbish.
-
- I didn't have any (except fruit salad).
 - I had pack lunch. (x2)
 - No. I had packed lunch!

Evaluation – staff and volunteers

We asked our staff and volunteers to comment on what went well, what could be improved, what they thought the benefits for the children were, and whether they had noticed positive changes with any particular children.

What worked well on the Junior Summer Holiday Activity weeks?

- The structure of the day - for example, the timings and ensuring we were arriving to and from places on time.
- What we are offering is exciting and we are working with new kids.
- Mixing the age/friend groups to have the kids meet new people and make them easier to control.
- All weeks went well. We had good structure and timings throughout the 3 weeks.
- We worked with a larger group of children, which was nice.
- Well organised with good activities.
- Staff co-operation.
- How it was structured (Club, trip, trip Club).
- Timing for activities worked well with public transport.
- Variety of trips and activities.
- Availability to more children because of staggered booking times.



What could be improved?

- Certain children's behaviour.
- Food on Team Games days was not child friendly.
- Type of food for children.
- The food was great but not child-friendly menus. Different menu / meals needed.
- Children's attitude.
- Behaviour of some children with other children.

What do you think the benefits for the children have been?

- Meeting new people.
- Communicating with staff and other children.
- The children have mixed with different people and tried new things that they may not have had the opportunity to do before (e.g. Thorpe Park).
- The children have benefited from having access to healthy food options and building and developing new skills in the kitchen.
- They have benefited from participating in team games. They have built on their communication skills and teamwork.
- Interacting with other children.
- Meeting new children.
- Teamwork.



Have you noticed a positive change in any child in particular?

- I have noticed some children listening to staff better and talking to their peers more respectfully.
- Child A - even though she had a bad last day, she opened up to other kids a lot more throughout the week and became a lot less quiet.
- Child B & C have now had the experience of using public transport. They said this was useful as they are going to secondary school and are glad they had this experience before starting.
- Child D was nervous when going on rides but tried and loved it. He listened to the group's encouragement and tried it out.

Conclusion

"Holiday playschemes benefit ... disadvantaged children by enabling them to connect with friends and sympathetic adults, have experiences that broaden their horizons and give them memories to embrace and share. They play a defining role by providing something to do and creating experiences that children carry into their later lives."

BBC Children in Need's "Holiday Playscheme Review" 2019

BBC Children in Need's review summarises the impact of Holiday Playschemes on children and identifies a wide range of short- and long-term benefits including:

- Improvements in social and communication skills.
- Providing new experiences, raising aspirations, and broadening horizons.
- Building confidence and self-esteem.
- Strengthening friendships and reducing negative peer group influences.
- Providing something to look forward to, reducing boredom and isolation.
- Offering the only chance to have a sense of holiday, especially in the summer break.
- Increased happiness and being more positive.

We hope these pages have shown how The Sulgrave Junior Summer Holiday Scheme 2023 has provided these benefits, and more, to 79 Hammersmith & Fulham children. For making this possible we are grateful for grants from the government's Holiday Activities & Food Programme (administered locally by LMP Action on behalf of LB Hammersmith & Fulham) and from LB Hammersmith & Fulham's 3rd Sector Investment Fund.

