

The Sulgrave Club



"It gave me things to do and let me feel free."

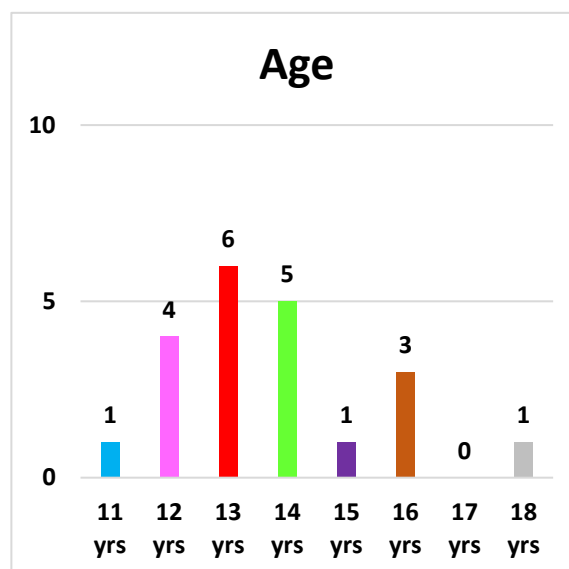
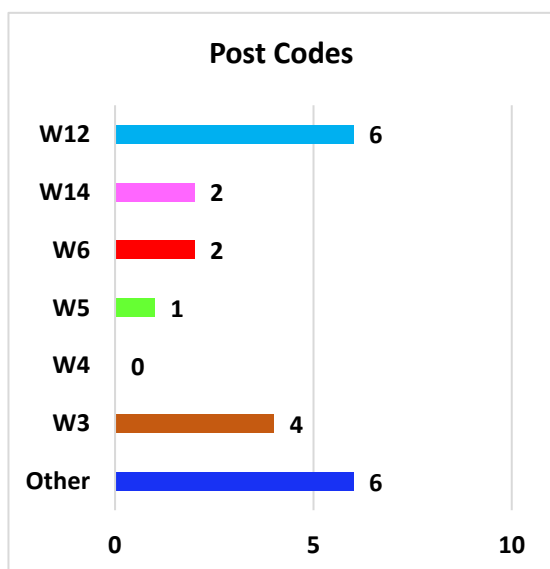
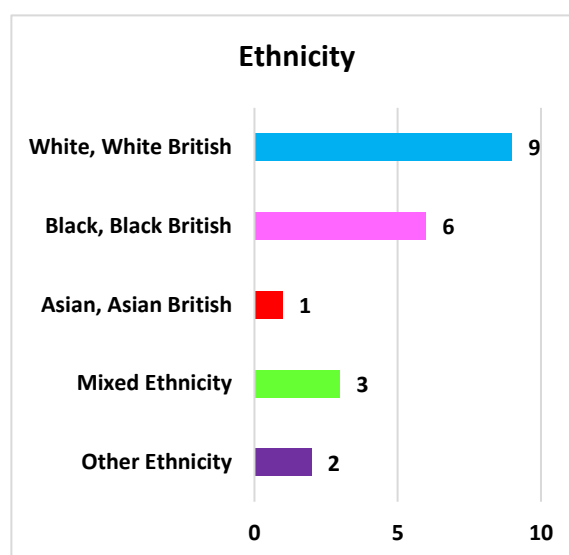
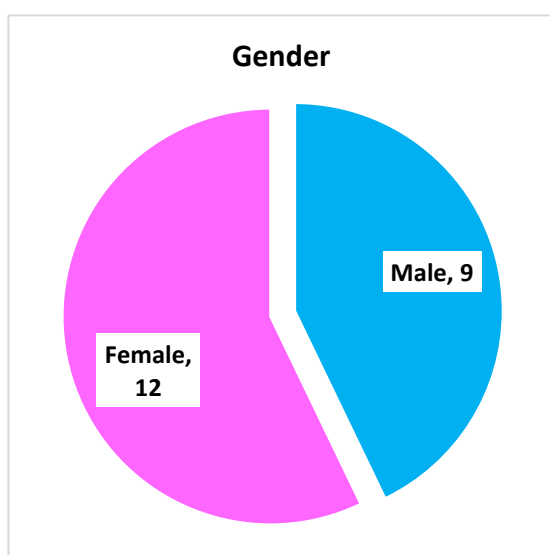
Senior Summer Holiday Scheme 2019

2019 Senior Summer Holiday Activity Scheme

The 2019 Senior Summer Holiday Activity Scheme, which consisted of one First Aid Awareness course, seven outings and one sleepover, took place over nine days, from Thursday 8th to Sunday 1st September 2019:

Date	Activity	Hours	Young People
8 August	First Aid Awareness	4	10
20 August	Aqua Park & Banana Ride	7	14
21 August	Team Olympics	5	11
23 August	Splashdown & Bournemouth Beach	15	15
27 August	Photo Orienteering	5	13
28 August	Go Karting	4	15
29 August	Thorpe Park	12	16
31 August – 1 September	Bournemouth Beach & Sleepover	28	11
Average:		10.0	13.1

In total, 21 individual young people took part with an average attendance of 13.3 per day, broken down as follows:

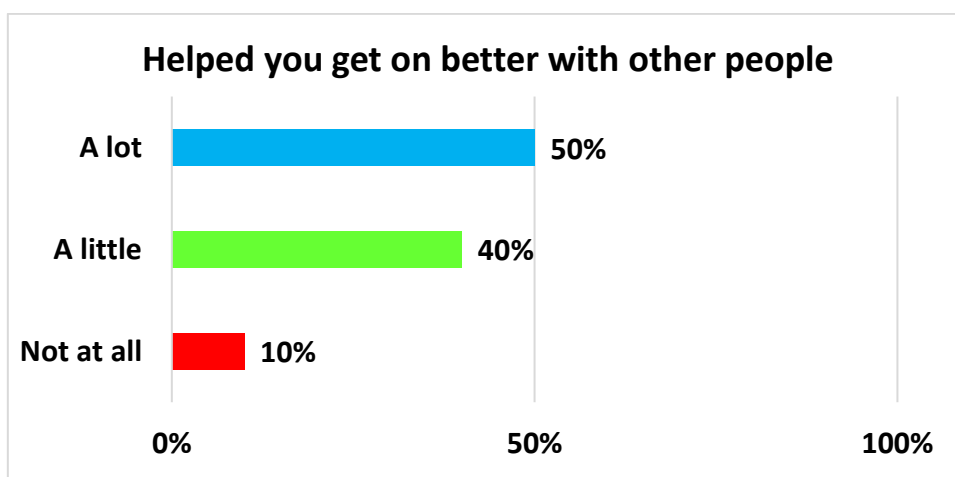
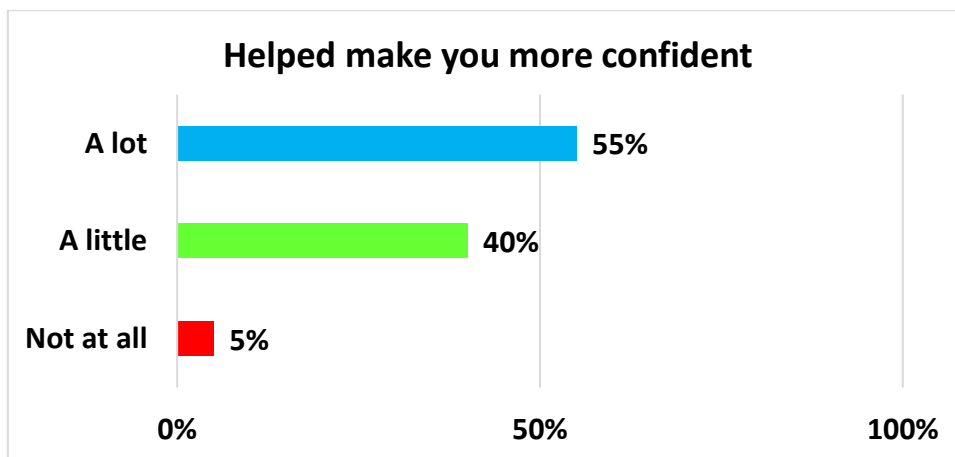


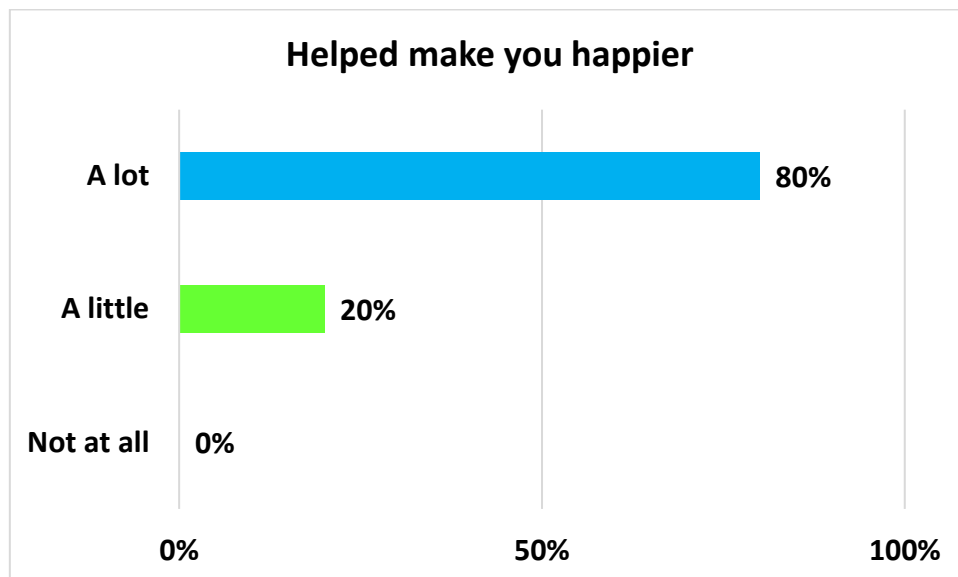


“Everything was enjoyable because it helped me to be more involved in activities, so I can be active more.”

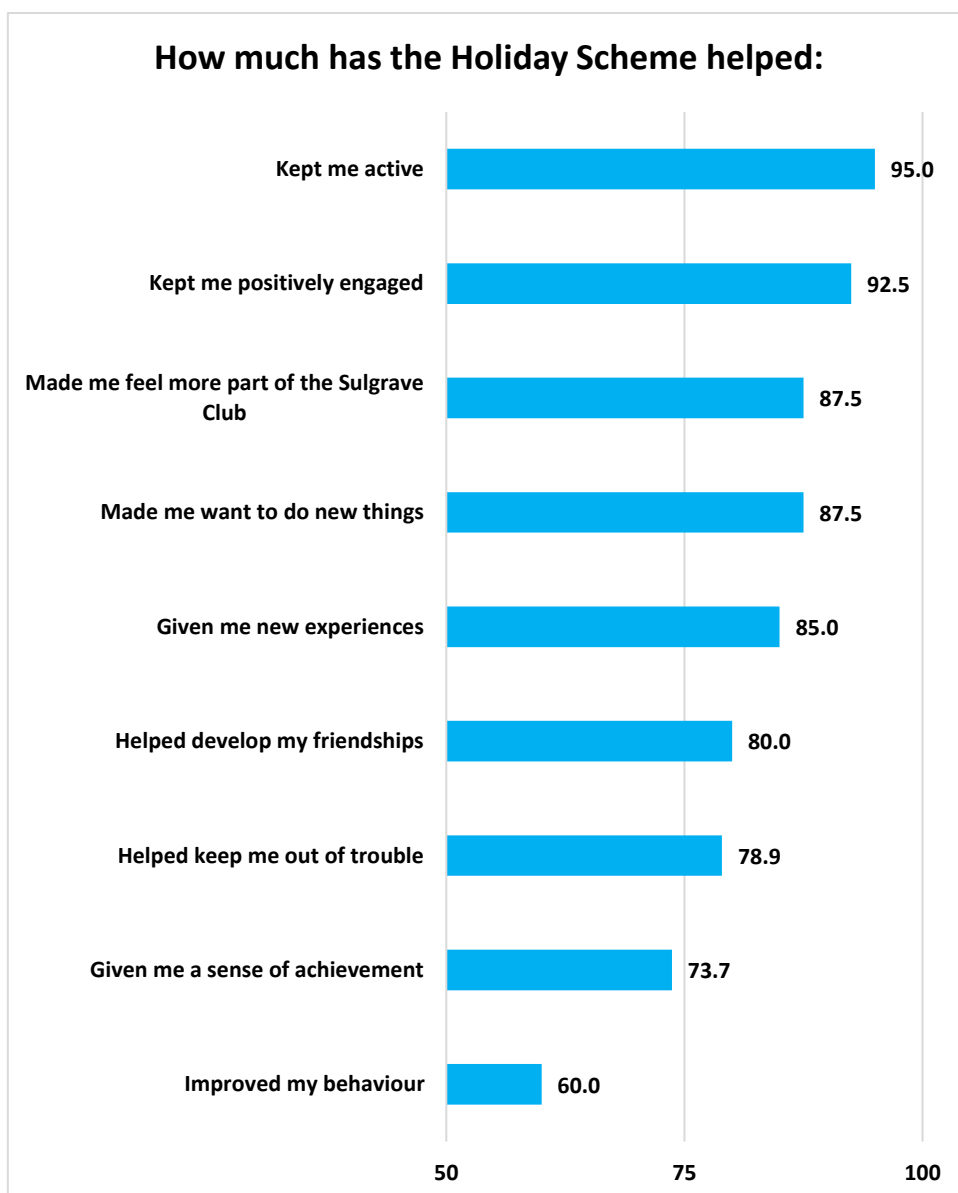
Aims

Our primary aims for the holiday scheme were to increase young people’s confidence, improve their social skills, and make them happier. At the end of the scheme we asked the young people to assess how well we had achieved these aims. 95% told us they had become a little or a lot more confident, 90% that they now got on a little or a lot better with other people, and 100% told us the scheme had made them a little or a lot happier.





We also asked the young people about other potential benefits of the scheme. We converted their answers into scores out of 100, which allowed us to produce the chart below. This shows that, the young people felt they benefited most from being kept active and positively engaged, and benefited least in terms of improvements to their behaviour, which most said was good anyway.





"The Scheme helps you build friendships, be social, stay out of trouble, and have new experiences that you would not be able to have if you were not involved."

Impact

We also asked the young people why they thought that holiday schemes were important for people their age. This year there was a more or less equal split between those who thought keeping young people off the streets and out of trouble was the most important aspect of a holiday scheme, with those who thought keeping young people active and socially engaged, particularly with other young people, was the most important aspect.

Why do you think holiday schemes for young people your age are important?

- *Keeps us out of trouble.*
- *To get out of trouble.*
- *Because it helps us stay out of trouble and keeps us active.*
- *To keep out of trouble.*
- *To keep us out of trouble and to have new experiences.*
- *Because it keeps you out of trouble and gives you new experiences.*
- *It keeps youth off the streets.*
- *To keep us off the streets.*

- *To stay active and social with others.*
- *So they are more active and enjoy their holiday more.*
- *So people don't become fat slobs / couch potatoes.*
- *Because nowadays kids will be out smoking or just staying at home.*
- *To get out of the house.*

- *Because it brings more people together.*
- *The Scheme helps you build friendships, be social, stay out of trouble, and have new experiences that you would not be able to have if you were not involved.*
- *To meet new people and step out of my comfort zone.*
- *They socialise more.*

- *It gives them experience.*
- *Because it helps you have fun and enjoy yourself.*



"I enjoyed all of it, because it was fun and nice, and I met new people."

We asked the young people what they enjoyed most about the holiday scheme, with specific activities, spending time with friends, and fun all featuring very highly.

What did you enjoy most about the holiday scheme and why?

- *I liked Go-Karting as I wasn't confident at first.*
- *Bournemouth, because I have never been and I hadn't been to Splashdown.*
- *Aquapark, banana boat ride, Splashdown, Nandos.*
- *Aquapark because it helped me learn to swim better.*
- *I really enjoyed photo orienteering because it was fun and I now know how to get to a lot of new places.*
- *Photo orienteering. It was new and fun. Built my confidence because sometimes you have to ask people for the directions. It's hilarious, strangers was laughing at us.*
- *Go Karting because it makes me feel more happy and energetic.*

- *I enjoyed spending my time with my friends.*
- *Being able to hang out with friends.*
- *Expanding my friendship groups because it gave me a chance to meet new people.*
- *Meeting new people and having better experiences :)*
- *Interacting with new people.*

- *It was fun.*
- *Everything, it was fun.*
- *Everything, it was so fun.*
- *Keeps me entertained and gives me something to do.*
- *Everyone had fun.*

- *It gave me things to do and let me feel free.*
- *Everything was enjoyable because it helped me to be more involved in activities so I can be active more.*

- *That I went to places I have never been to.*



"If I wasn't on the Holiday Scheme, I would watch TV and be bored and be annoyed that everyone is having fun but not me."

We asked the young people what they would be doing if they hadn't come on the holiday scheme, with staying at home, inactivity and boredom being the most common responses.

What would you have been doing if you had not come on the holiday scheme?

- *If I hadn't come I would be very bored and I would be at home.*
- *Staying home.*
- *Stayed at home.*
- *At home or playing football.*
- *Sitting at home watching TV or meeting friends.*
- *I would have stayed at home watching TV.*
- *Sitting at home, watching Glee, eating too much.*
- *Watch TV and be bored and be annoyed that everyone is having fun but not me.*
- *Be at home doing nothing at all.*
- *I would be at home playing video games and going out with my friends.*

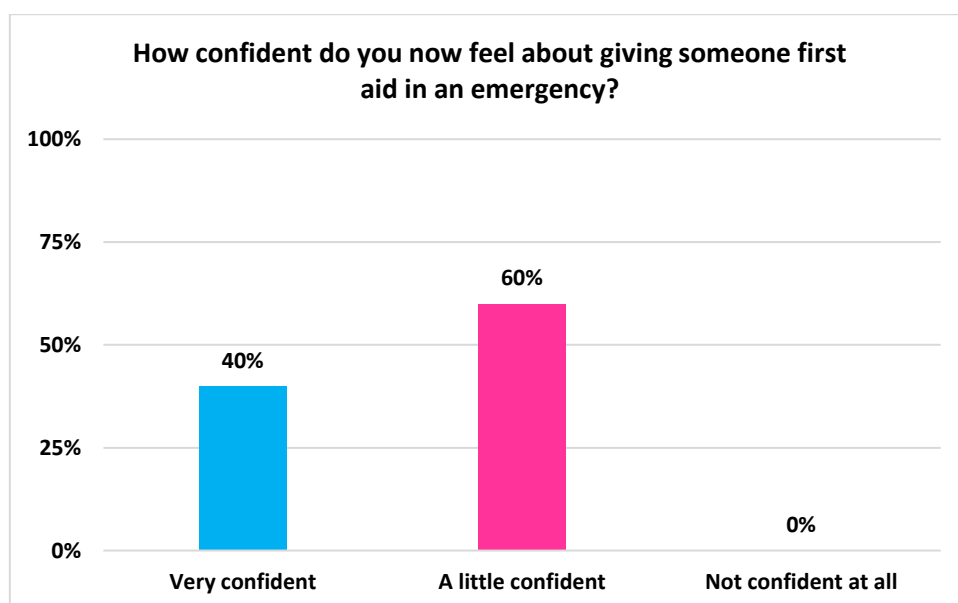
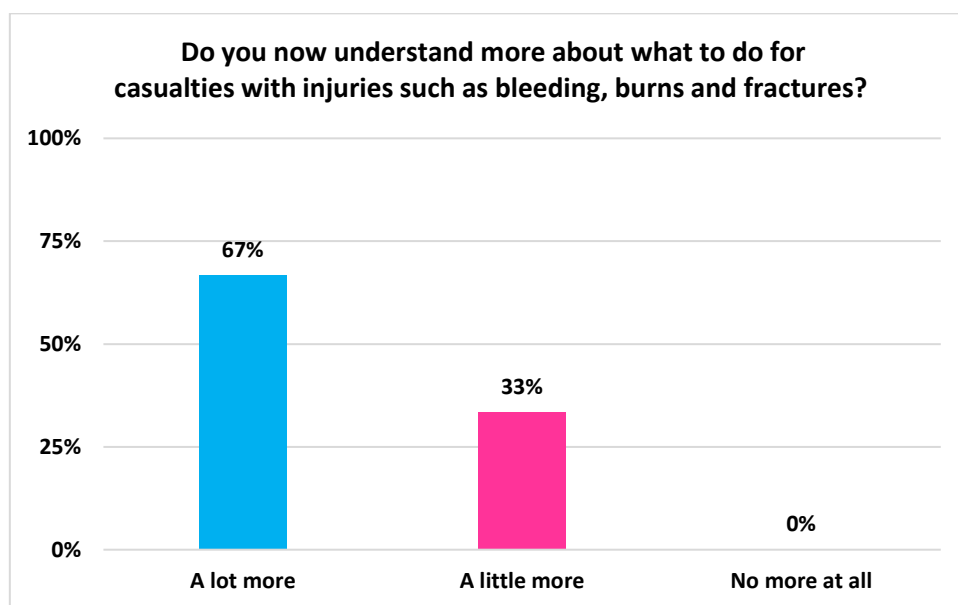
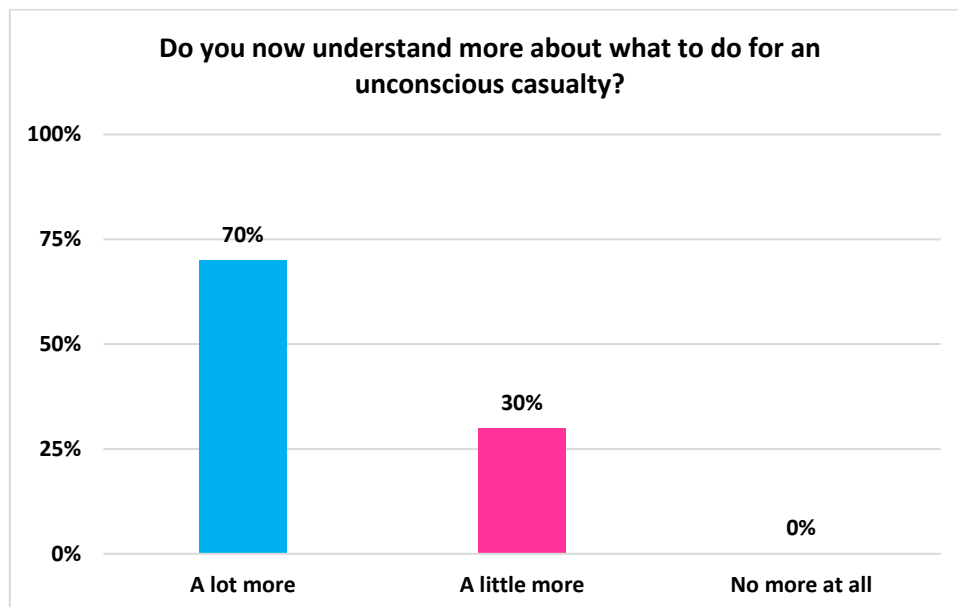
- *Probably in bed all day most days.*
- *Staying home, sleeping.*
- *Sleeping and listening to music.*
- *Sleeping.*

- **ABSOLUTELY NOTHING.**
- *Nothing.*

- *Playing PS4, sleeping.*
- *Playing PS4.*

- *Gone to the park.*

And finally, we asked the 10 young people who took part in the First Aid Awareness course, what they had gained from their participation. Their answers showed a definite improvement in knowledge, with a corresponding, but slightly smaller, increase in confidence. However, as one young person pointed out: *"Everything we are learning is helpful and good to practice."*



Summary

As in previous years, the main success of the project is that during the summer holidays 21 young people were given the chance to participate in a wide range of challenging and fun activities that they would not have been able to do otherwise. Because of their participation they experienced improvements in confidence and friendships, had lots of fun, and were kept active and positively engaged for a significant part of their summer holidays.



"I enjoyed spending my time with my friends."