

The Sulgrave Club



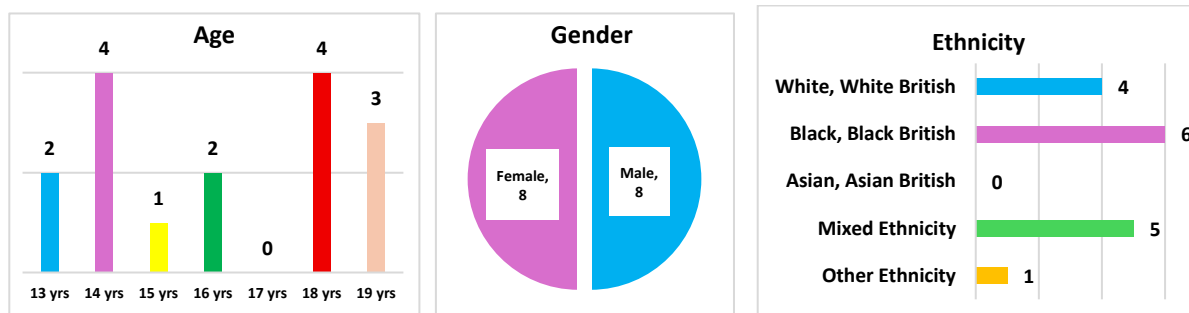
Avon Tyrrell 2026 Evaluation Report

Summary

In August 2026, we took **16 young people aged 13–19 years** on a five-day residential to Avon Tyrrell Outdoor Activity Centre in the New Forest.

The young people stayed in self-catering accommodation, with one day of activities at Avon Tyrrell and four days spent on activities and visits elsewhere. The residential gave them an opportunity to get away from their normal routines, experience new activities, become more independent and strengthen their relationships with other members and staff.

Participants' breakdown – 16 young people



Feedback was very positive. **15 of the 16 young people (94%)** said the residential either **exceeded or completely met their expectations**, while staff gave the trip an average score of **9.5 out of 10**.



"This experience was nothing like I could have ever imagined. It was an honour to be invited on a trip as wonderful as this one. I would love to come again. Thank you, Team Sulgrave."

Aims

Residentials provide opportunities for personal and social development that are difficult to reproduce during normal Club sessions. By encouraging young people to participate fully in everything the residential had to offer, our aims were to help them:

- increase their confidence and resilience;
- try new activities and broaden their horizons;
- develop friendships and social skills;
- strengthen their sense of belonging to the Sulgrave Club;
- develop independence and practical life skills; and
- have a lot of fun.

The self-catering accommodation was an important part of this experience, with young people contributing to cooking, cleaning and looking after their shared accommodation.

Evaluation

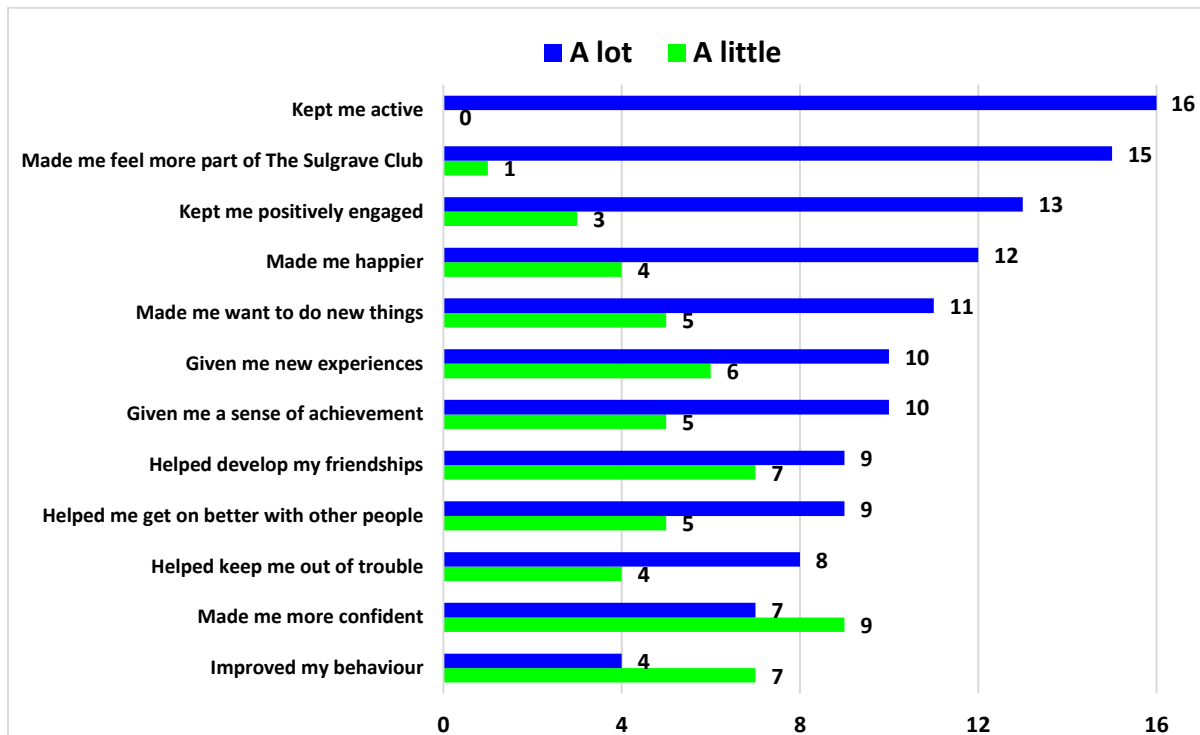
All 16 young people completed questionnaires before and after the residential, rating their motivation to try new things, confidence, relationships, feelings about the Sulgrave Club and happiness.

Rating out of 10	Before average	After average	Change
Motivation to try new things	8.50	9.25	+0.75
Confidence	8.25	8.94	+0.69
Relationships with others	8.50	8.63	+0.13
Feelings about the Club	9.94	10.00	+0.06
Happiness	8.94	8.94	No change

The clearest increases were in **motivation to try new things** and **confidence**. Feelings about the Sulgrave Club were already exceptionally high before the trip and reached the maximum possible average afterwards.



What difference did the residential make?



The post-residential evaluations provide strong evidence of the wider impact of the trip.

- 16/16 said it had kept them active “a lot”.
- 15/16 said it made them feel more part of the Sulgrave Club “a lot”.
- 13/16 said it kept them positively engaged “a lot”.
- 12/16 said it made them happier “a lot”.
- 11/16 said it made them want to do new things “a lot”.

Every young person said the residential had helped at least a little with their **confidence, friendships, new experiences, happiness, positive engagement, willingness to try new things and sense of belonging to the Club.**



“It helped me gain new experiences. It made me feel more active and think positively about my future.”

Friendships, confidence and independence

Living together for five days gave young people time to develop relationships beyond their usual friendship groups. Staff particularly noticed older members supporting and including younger participants.

This was reflected in the young people's feedback:

“This trip allowed me to socialise with other people, building connections with others.”

“This is going to be my last Sulgrave trip and I think this was one of the best trips. I feel as though I got closer with some of the members and staff. I am going to miss them a lot as they have had a big impact on me.”



“It has met my expectations very well because it’s made me confident in trying new things.”

Average confidence increased from **8.25 to 8.94**, while staff observed some of the younger participants becoming increasingly confident, independent and willing to join in as the week progressed. One staff member commented:

“It was lovely to see their confidence grow as the trip went on, particularly in situations where they may have initially been a little quieter or more reserved.”

Staff reflections

Staff feedback reinforced the findings from the young people's evaluations. Older members were seen **“looking out for the youngers, including them and making sure they felt part of the group”**, while another example of a young person supporting someone outside his usual friendship group was described as showing **“real empathy”**.

Staff also valued the informal experiences that brought everyone together. One particularly memorable moment was the beach visit, when:

“the elders, youngers and staff were all in the sea together, splashing, jumping waves, laughing and simply being childish”.

They described everyone as **“completely present, connected and having fun”**.



Challenges and learning

The main learning for future residentials is the desirability of beginning the residential with a **whole-group discussion about expectations, boundaries and shared responsibilities**.

Staff also highlighted the importance of protecting informal shared time alongside organised activities, as cooking together, relaxing and spending time at the beach contributed significantly to relationships and group cohesion.

A short follow-up evaluation after future residentials could also help establish whether improvements in confidence, friendships and independence are sustained over time.

Conclusion

Overall, the Avon Tyrrell residential provided 16 young people with a memorable five days of new experiences, challenge, friendship and shared living.

The strongest measurable outcomes were increased **motivation to try new things and confidence**, alongside very high levels of **positive engagement and belonging to the Sulgrave Club**.

Staff observations also showed young people becoming more independent, supporting one another across age groups and developing stronger relationships with trusted adults.

Perhaps most importantly, the residential gave young people time away from everyday pressures to enjoy new experiences and simply have fun together.



“As someone who has been on this trip two times, I knew what to expect, yet this is still a staple of my summer holiday. Thanks, Sulgrave.”