

The Sulgrave Club



**Hindleap Warren
Residential
May Half Term 2024**

Evaluation Report

Summary

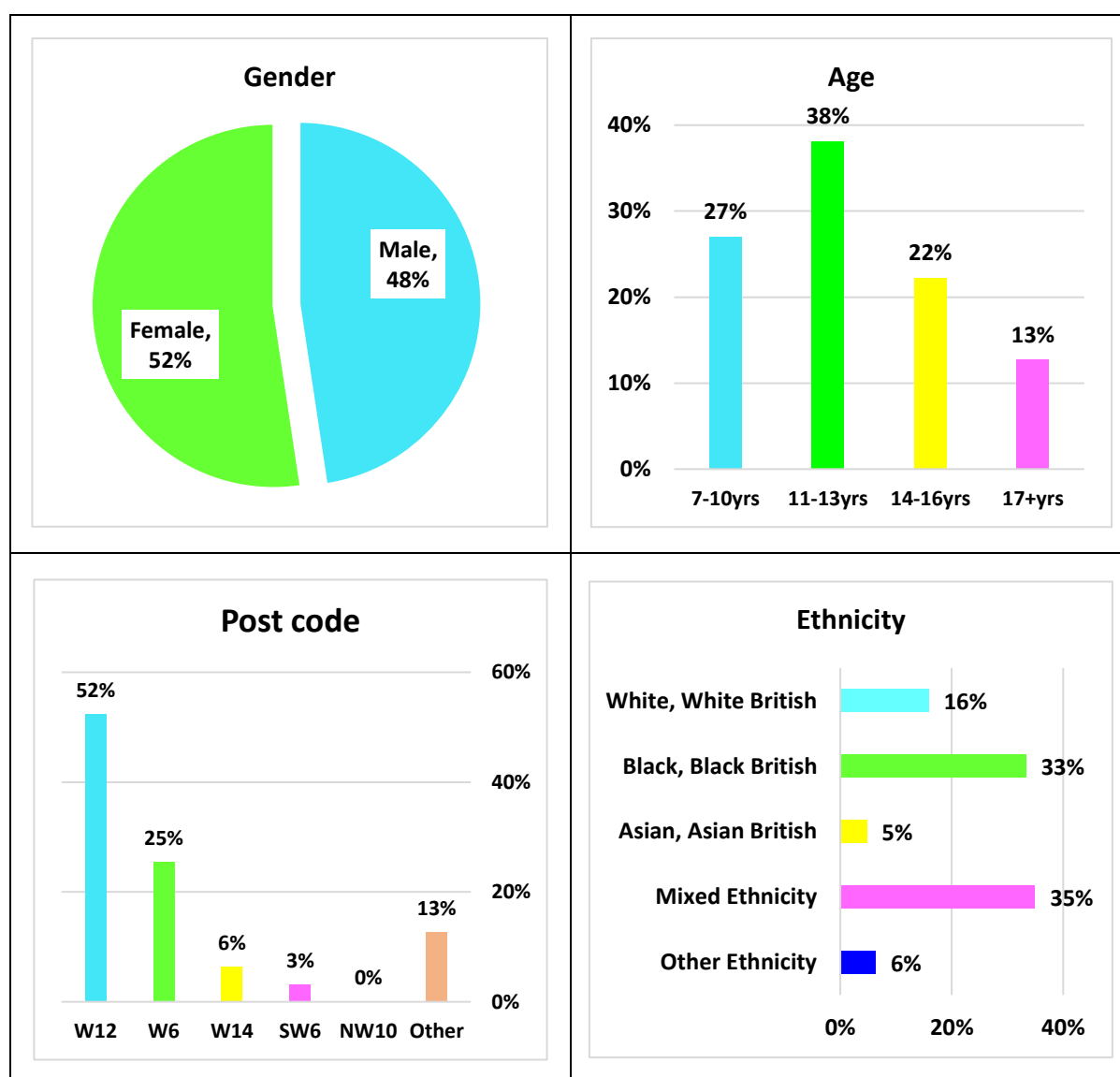
On Wednesday 29th to Friday 31st May 2024 we took 63 children aged 7 to 18 years on a three-day residential to Hindleap Warren Outdoor Activity Centre in Ashdown Forest. The children were accompanied by 12 staff and adult volunteers.

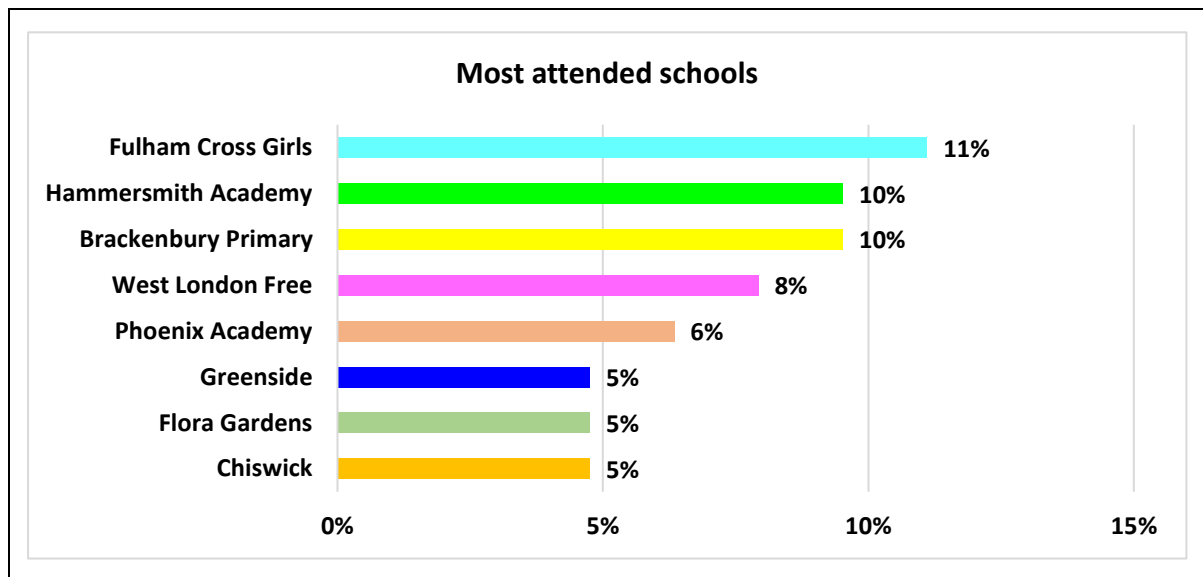
The trip is an important part of the Sulgrave calendar. Not only does it provide children and young people from the inner city with a safe and exciting outdoor experience at a price they can afford, but it also helps promote and develop in them a sense of identity and belonging.

By bringing together Junior, Inters, and Senior Club members, former members, and staff in three days of challenging activities, shared endeavour, and lots of fun, the residential strengthens bonds across age groups, bringing everyone closer together as part of the Sulgrave family.

For half of the children, it was also their first experience of Hindleap Warren. From the leap of faith to building campfires, from muddy rivers to balloon racing, from night walks to forest adventures, it was a first experience they will never forget!

Participants' breakdown – 63 children and young people





"I learnt how to be part of a team."

Aims

Hindleap Warren provides a variety of fun and challenging outdoor activities designed to help children develop greater self-confidence and resilience; 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.

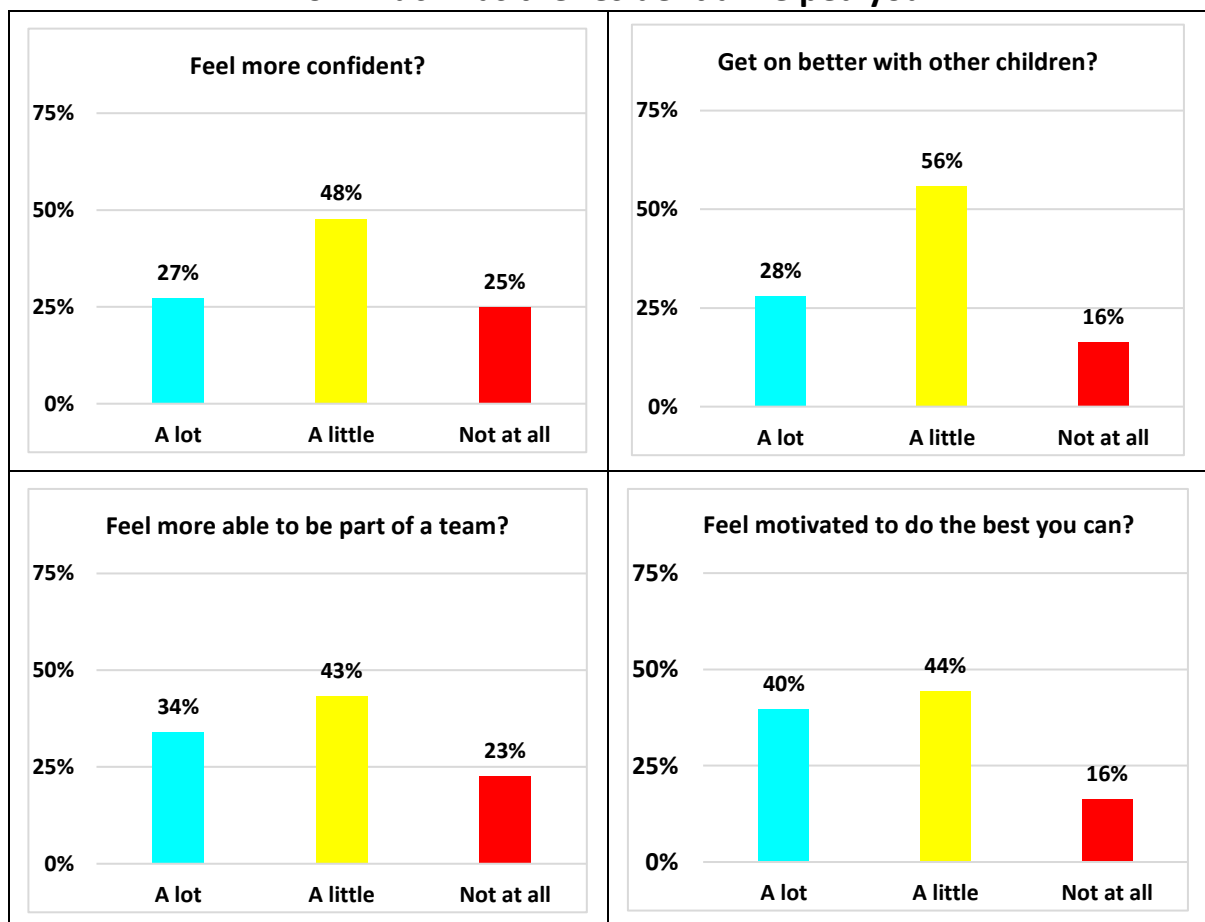


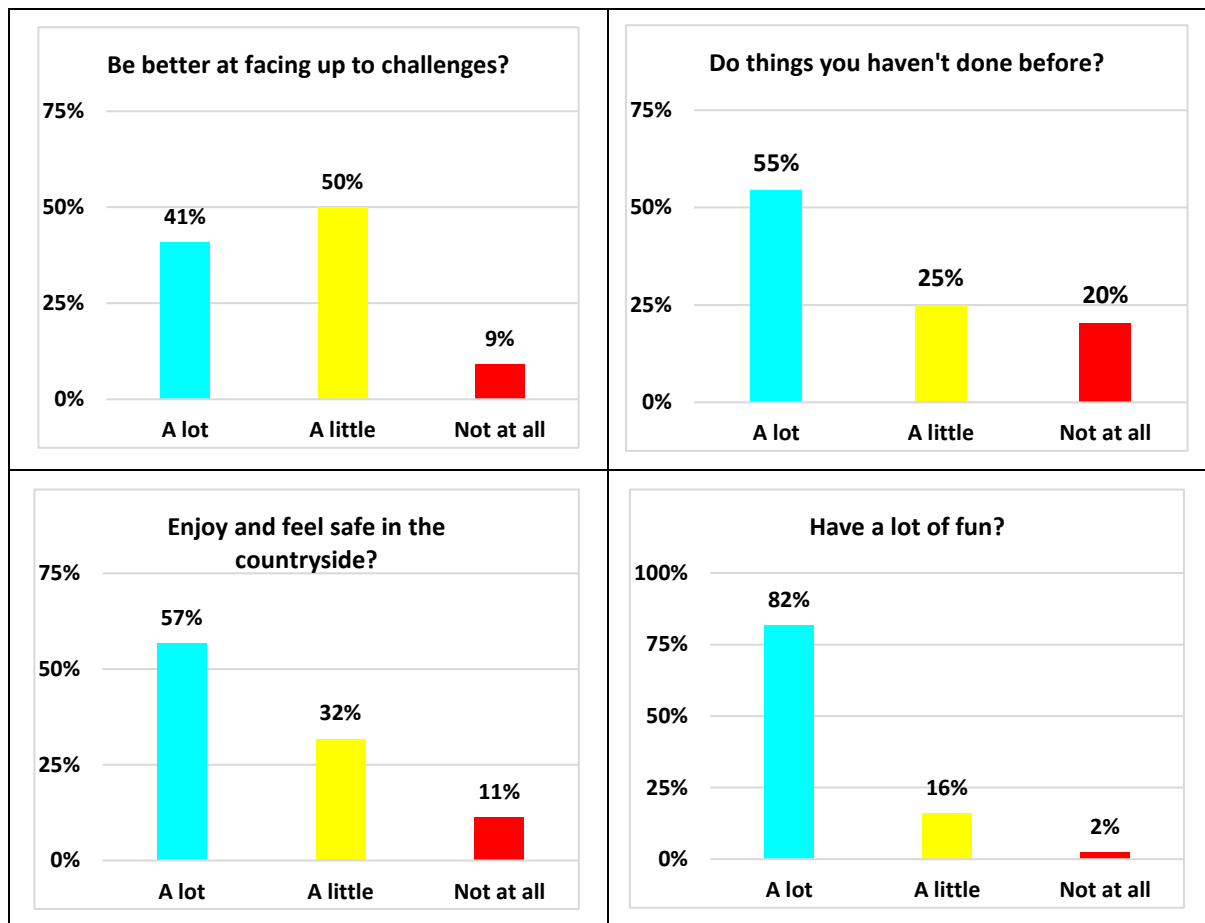
"I learnt to enjoy trips with Sulgrave and go out of London."

Evaluation

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

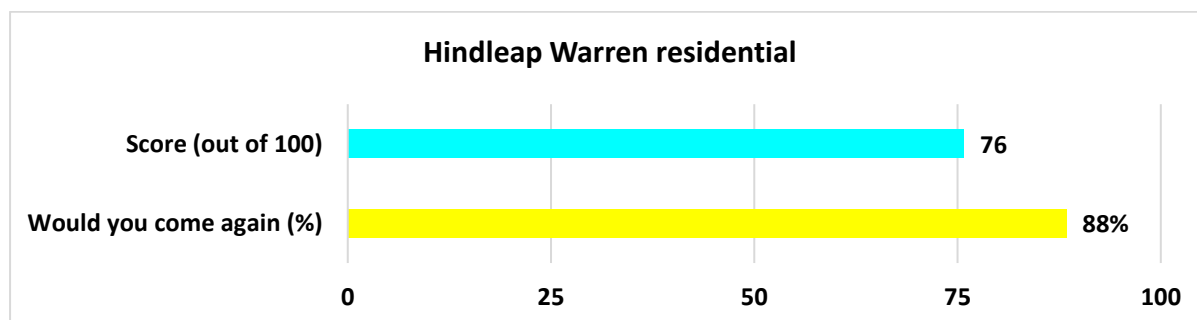
How much has the residential helped you:





"I learnt to never give up and try my hardest."

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



"I learnt how to maintain a fire and to worry less."

And finally, we asked them to tell us the main thing they learnt on the residential.

Team work / communication

- How to be a team leader.
- How to be part of a team, how to light a fire, and how to put on a harness securely.
- How to improve my teamwork skills.
- I learnt how to be part of a team.
- On my trip I learnt to work as a team.
- How to communicate better.
- To mix with other people.
- How to be around older children.

Resilience

- I learnt to be confident and brave.
- How to be confident and to face your fears.
- How to face my fears, make a fire, and help others.

- I learnt to be confident in myself and to try new things. I also learnt how to make a fire.
- How to believe in myself.
- To never give up and try my hardest.
- You can do anything.
- It is easier to push yourself first, then you can chill.

New skills

- How to maintain a fire and to worry less.
- How to make a fire if in the wilderness.
- How to make a fire, how to jump in mud, how to go on a zipline, and how to climb.
- How to make a fire, to explore other parts of nature, and to have fun.
- How to make a fire / start a fire. (x9)
- How to safely start a fire and to put a harness on.
- How to safely start and keep a fire going.
- I learnt to be on time, and I learnt how to make a fire.
- How to put a harness on. (x2)
- I learnt to do a harness.
- To put the helmet on your head.
- How to climb high ropes.
- How to do the see-saw challenge.



"I learnt that I shouldn't jump into deep mud puddles again."

The countryside

- About nature.
- A new route for mud walk.
- That I shouldn't jump into deep mud puddles again.

Other

- I learnt to not fall asleep first. (x2)
- To enjoy trips with Sulgrave and go out of London.



"I learnt it is easier to push yourself first, then you can chill."

Staff observations

What was the best bit of the trip for you?

- The bonding with the kids and the different activities.
- Spending a very good amount of time with some of the young people and bonding with them. I learned more about them, and they learned more about me, strengthening the relationship with the young people.
- Along with the togetherness, seeing all the older kids take part.
- Seeing the children trying new things and enjoying themselves.
- Seeing children encouraging each other to overcome fears.
- Young people having the space and time to try new things.
- Older girls' first time and think the atmosphere would encourage them to come again.
- Younger group winning, as they are normally at a disadvantage.
- The zip wire.
- Trying new or different activities.
- Trying different activities - fire lighting, new Adventure Walk.
- Everyone having fun.

What was the worst bit?

- The rain – everything else was great.
- Dinner was slightly too early. Should be like midnight snacks / munchies or like a pizza or something.
- Other group – different rules / expectations.
- Other group had different rules.
- Inconsistent rules – children not knowing what they could do.

- Being separated (sleeping in the new section).
- Some of the bad attitudes.
- Young people's attitude and speaking back.
- The kids staying up late and messing about which made me always going to bed late.
- Kids not going to sleep.
- Lack of sleep. (x2)



"I learnt you can do anything."

What do you think the benefits for children have been?

- Taught them the values of teamwork.
- Overcoming their fears, bonding with staff more, spending time with other kids outside their friendship group and getting out their comfort zones in the great outdoors!
- It allowed children to make bonds.
- Getting to engage with other children.
- Getting to experience time away from home (some for the first time).
- Trying new activities / activities (they) wouldn't be able to do back in London.
- Eye-opening for some about friendships.
- A lot tried new things they didn't think they would enjoy.
- They have been able to be more active and make new friends.
- Being more active and keeping them out of any trouble on the streets.
- Learning to work together and think outside the box to solve problems.

What positive changes have you noticed in the children?

- During the fire lighting challenge, A was showing better listening and behaviour.
- Had a convo with A about his behaviour, etc, and then spoke about his future and he is now considering an apprenticeship.
- C really came out of her shell.
- D and E were more open / willing to try new activities. Last year they refused, but this year they both tried.
- F nearly got kicked out the second day and after that he was more respectful to the staff and started listening more.
- L & M – new to the Club and stayed together to start with but found smaller groups of friends by the second day.



"I learnt to be confident in myself and to try new things."

What was your standout moment, the moment you won't forget?

- N falling in the mud.
- B doing zipline, then being so accommodating with it.
- The night walk on the first night.
- D and E being more open / trying new activities.
- F was very polite with the kitchen staff. He had a nice conversation with them and remembered to use his manners.
- Young people playing and dancing in the rain.
- When the instructor told J the mud wasn't deep, so she jumped and got mud up to her waist.
- K at first disengaged from the activities, but slowly warmed up to the experience and participated fully and pushed himself.

Conclusion

This was a good residential. The weather was not great, but the activities were fun, and most of the children and young people gave their all, even on the most difficult of challenges. The staff felt they get to know the children and young people better, and that many of them gained positively from the experience. The children and young people clearly enjoyed themselves, and showed small improvements in their confidence and teamwork, with greater improvements in their motivation and resilience, and their knowledge and understanding of the countryside.



"I learnt how to mix with other people."

Thank you

This residential was made possible by subsidies and a small grant for educational trips from the Jack Petchey Foundation and grants from The Daisy Trust and Hammersmith United Charities. We would like to say a big thank you to all three organisations, as well as to the staff at Hindleap Warren who were, as ever, extremely helpful, welcoming, and supportive.

Accounts

Expenditure		
Accommodation, food, & activities		
	48 young people aged 11-16 years @ £35.00 p.p. (subsidied price)	1,680
	15 young people aged 8-10 years @ £187.00 p.p. (full price)	2,805
	4 staff @ £85 p.p.	340
	6 staff free	0
Transport		
	1 x 72-seater coach (return journey)	1,900
	Total expenditure	6,725
Income		
Fees		
	Fees (£20 p.p. x 62 children and young people)	1,240
Grants		
	Daisy Trust	2,500
	Jack Petchey Educational Visit Grant (£20 p.p. aged 11+ x 48 young people)	960
	Hammersmith United Charities	500
Other		
	Reserves	1,525
	Total income	6,725