

The Sulgrave Club



**Woodrow High House
May Half Term Residential
2026**

Evaluation Report

Introduction

On Wednesday 27th to Friday 29th May 2026 we took 53 children and young people aged 7 to 19 years on a three-day residential to Woodrow High House, an outdoor learning and residential centre for young people situated in the Chiltern Hills in Buckinghamshire. The children were accompanied by seven staff and adult volunteers.

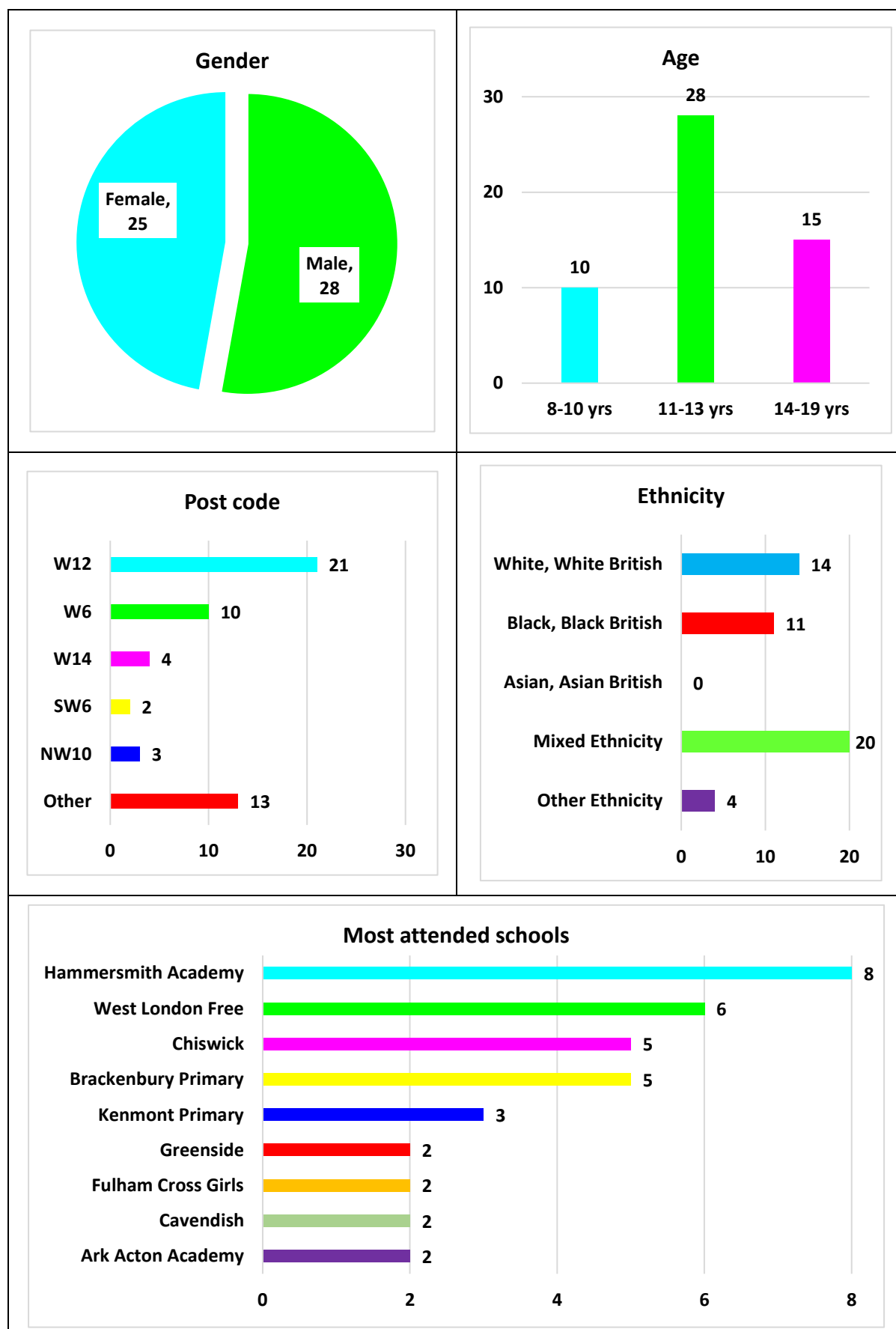
Our May half term residential is an important part of the Sulgrave calendar. Not only does it provide children and young people from the inner city with a safe and exciting outdoor experience at a price they can afford, but it also helps promote and develop a sense of identity and belonging among all the participants.

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 and stakeholders, drawing everyone closer together as part of the Sulgrave family.

Since all our previous May half term residentials have been to Hindleap Warren Outdoor Activity Centre, this was the first experience of Woodrow High House for most of the children and young people taking part. With activities that included Bushcraft, High Ropes, Mountain Biking, Orienteering and Circus Skills, it was a first experience they will never forget!



Participants' breakdown – 53 children and young people



Aims

Woodrow High House is owned by London Youth and provides a range of outdoor pursuits and team building activities which are designed to improve children and young people's health and fitness and to develop their problem solving, communication and social skills.

All activities provided are led by qualified staff in carefully controlled environments using approved equipment. This enables children and young people from inner city London to safely benefit from a range of challenging and exciting outdoor activities, many of which they will not have experienced before.

By encouraging and supporting them to participate in everything the residential has to offer, our aim is to help children and young people:

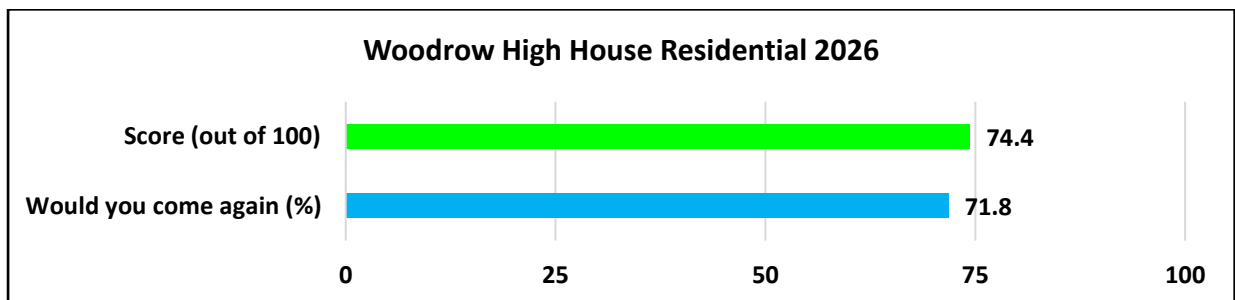
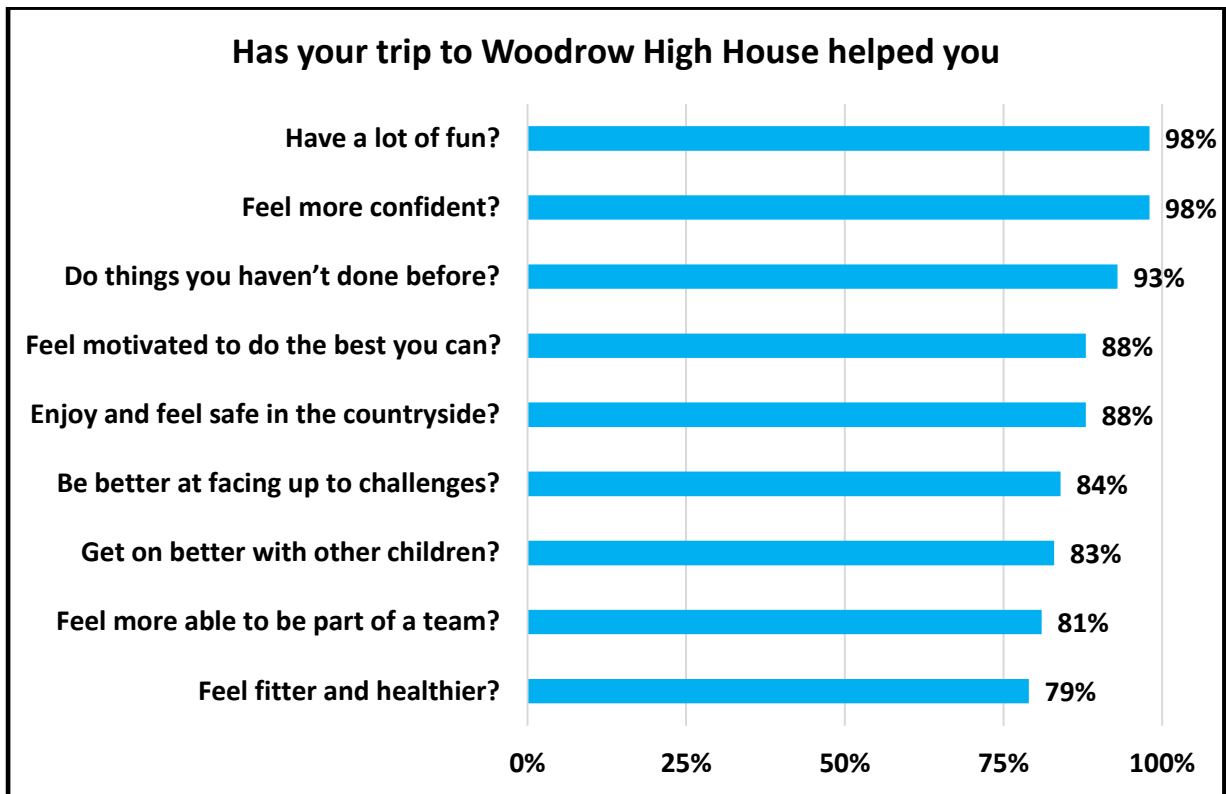
- increase their confidence;
- improve their social skills;
- develop their resilience;
- broaden their horizons; and
- make sure they have a lot of fun.



Evaluation

To establish whether we achieved these aims, we distributed an evaluation form to all participants at the end of the residential asking them to:

- self-assess the impact of the trip
- give the residential a score out of 100
- tell us whether they would like to come again, and
- complete the following sentence: ***On my trip to Woodrow High House, I learnt:***



On my trip to Woodrow High House, I learnt:

Resilience, confidence, patience

- *On my trip to Woodrow House I learnt to be more motivated.*
- *To not give up*
- *Confidence and patience*
- *How to face challenges.*
- *I learnt to be more confident in myself and in activities.*
- *On my trip to Woodrow High House I learnt to be confident and patient.*
- *To be more confident*
- *To be more confident and not to be scared of spiders because there were a lot, so it helped me face my fears.*
- *To have perseverance, patience, and confidence to learn new skills, mostly in the forest.*
- *Valuable survival skills, built confidence in myself and relationships, which wouldn't have happened otherwise.*

Friendships, teamwork, support

- *How to console my friends, be more compassionate and have fun*
- *How to make more friends, patience, and confidence.*
- *I learnt a lot about my peers and got to have fun doing various activities*
- *I learnt to be kinder.*
- *That I can make more friends and feel more confident.*
- *You are not alone and people want to help you*
- *I learnt it's good to work in teams*
- *Teamwork*



Practical skills

- *How to build a fire / How to make a fire (x5)*
- *How to make a fire and many more (things)*
- *How to start a fire and climb a rope.*
- *It has helped me by teaching me stuff - how to light a fire and how to climb a lot better.*
- *How to make a fire and circus; how to do the orienteering*

- *How to mountain bike / How to ride a bike (x4)*
- *How to do different stunts on a bike*
- *How to do some new skills on a bike.*
- *I learnt a few new skills on mountain bike riding and to face my fears.*

- *How to climb*
- *I learnt how to climb and balance*

- *How to make string out of stinging nettles*
- *New activities in wildlife*
- *I am good at the flower poles (circus skills)*



Other

- *Nothing.*
- *How to eat.*
- *How to savour food and not starve.*
- *I wanna go back to Hindleap.*
- *That sleep is valuable. Take us back to Hindleap Warren*

Summary of participant feedback

The Woodrow High House residential was positively received by most participants. The average score given for the trip was 74 out of 100. 77% of responses were within the range 70 to 100, although a small number of participants gave lower scores, including one rating of 0. Of those giving a clear Yes/No answer, 72% said they would come back to Woodrow High House, although a few of the older participants told us they preferred Hindleap Warren.

The strongest participant outcomes were enjoyment and confidence. 98% of participants said the trip helped them to have fun, and 98% said it helped them feel more confident. 93% said it helped them do things they had not done before, 88% said it helped them feel motivated to do their best, and 88% said it helped them enjoy and feel safe in the countryside.



What they learnt

The children and young people's responses demonstrate a wide range of practical, personal and social learning outcomes. Many highlight new outdoor and adventure skills, including how to make a fire, ride a bike, climb, balance, make string from stinging nettles, complete circus skills and tackle physical challenges that were new to them. Some reflect on personal growth, resilience and confidence, as well as their experience of wider emotional learning and increasing self-awareness. While others highlight the social benefits of the residential, including friendship-building, teamwork and communication skills.

Taken together, these comments suggest that the residential supported confidence, resilience, teamwork, communication skills and independence, while also providing opportunities for children and young people to learn practical outdoor skills and succeed in activities that were completely new to them, while all the time having fun.

Staff and volunteer reflections

Staff and volunteer feedback strongly reinforced these findings and highlighted the significant impact that the residential had on the children and young people who attended.

When asked what young people gained from the trip, staff consistently referred to increased confidence, independence, teamwork, communication skills and opportunities to build relationships outside existing friendship groups.



One volunteer commented: “Children were able to engage and interact with others outside their normal friendship groups.”

Another highlighted the benefits of: “Spending time away and becoming more independent.”

Staff and volunteers also observed young people developing greater resilience and perseverance. Several examples were given of participants overcoming fears, persisting with difficult tasks and taking on leadership roles during activities. Examples included:

- A young person overcoming a fear of heights and continuing to challenge themselves throughout the trip.
- A participant taking the lead during an orienteering activity.

- A young person persevering with cycling despite finding it difficult and refusing to give up.
- Participants becoming more confident socially and making new friends.



When asked about memorable moments from the residential, staff and volunteers frequently referred to watching young people push themselves outside their comfort zones during activities such as high ropes, cycling and orienteering. Staff also highlighted the enjoyment young people gained from spending time together, building friendships and succeeding in activities they had not previously attempted.

While staff identified some challenges relating to behaviour management, bedroom routines and settling at night, these were viewed as normal residential management issues rather than shortcomings in the programme itself. Overall, staff feedback provided strong evidence that the residential successfully promoted confidence, resilience, teamwork, friendship-building, independence and personal development among the children and young people who took part.

Challenges and learning

The main challenge identified by staff and volunteers was behaviour management, particularly boundary-testing by some groups, late-night settling, room rules, lack of sleep, and a small number of young people whose behaviour affected others.

These issues do not undermine the overall value of the residential, but they do point to practical learning for future trips: clearer bedroom and night-time expectations, stronger early reinforcement of behaviour boundaries, and explicit routines around food, drink and shared spaces.

Conclusion

Overall, the evidence suggests that the Woodrow High House residential delivered meaningful benefits for children and young people. It provided access to outdoor activities and residential experiences that many would otherwise not have had, while supporting the development of their confidence, resilience, independence, teamwork skills, and social interaction – all the while ensuring they had a lot of fun!



Thank you

This residential was made possible by subsidised prices and a small grant for educational trips from the **Jack Petchey Foundation**; a grant from **John Lyon's Charity** towards our 2026 residential; and a generous donation from **Trinity Renovations** covering the full accommodation, food, and activity costs of our ten participating members aged under 11 years. We would like to say a big thank you to all three organisations, as well as to the staff at Woodrow High House who were extremely helpful, welcoming, and supportive.

Programme

Woodrow High House – Buckinghamshire Centre - Activity Programme

Organisation Name: The Sulgrave Club | Number Of Groups: 5 | Nights: 2 | Arrival Date: 17.00, 27 May 2026 | Departure Date: 14.00, 29 May 2026

Session	Time	A - Sulgrave Club	B - Sulgrave Club	C - Sulgrave Club	D - Sulgrave Club	E - Sulgrave Club
Wednesday 27 May						
Wed	17.00 - 17.30	Arrival	Arrival	Arrival	Arrival	Arrival
Wed	18.00 - 18.40	Dinner	Dinner	Dinner	Dinner	Dinner
Wed	19.30 - 20.30	Manor Mysteries	Manor Mysteries	Manor Mysteries	Manor Mysteries	Manor Mysteries
Session	Time	A - Sulgrave Club	B - Sulgrave Club	C - Sulgrave Club	D - Sulgrave Club	E - Sulgrave Club
Thursday 28 May						
Thu	07.30 - 08.10	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Thu	09.00 - 10.30	Mountain Bike Skills pt1	Bushcraft	Challenge Course	High Ropes - High All Aboard	High Ropes - Traverse Challenge
Thu	10.45 - 12.15	Mountain Bike Skills pt2	Challenge Course	Bushcraft	High Ropes - Traverse Challenge	High Ropes - High All Aboard
Thu	12.15 - 13.00	Lunch	Lunch	Lunch	Lunch	Lunch
Thu	13.45 - 15.15	High Ropes - Traverse Challenge	Mountain Bike Skills pt1	High Ropes - High All Aboard	Bushcraft	Challenge Course
Thu	15.30 - 17.00	High Ropes - High All Aboard	Mountain Bike Skills pt2	High Ropes - Traverse Challenge	Challenge Course	Bushcraft
Thu	17.30 - 18.10	Dinner	Dinner	Dinner	Dinner	Dinner
Session	Time	A - Sulgrave Club	B - Sulgrave Club	C - Sulgrave Club	D - Sulgrave Club	E - Sulgrave Club
Friday 29 May						
Fri	07.30 - 08.10	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Fri	09.00 - 10.30	Bushcraft	High Ropes - High All Aboard	Mountain Bike Skills pt1	Orienteering	Circus Skills

Accounts

Woodrow High House 2026

Activities, accommodation, food

8-10 year olds x 10 @ £196.00 per child	1,960.00
11-19 year olds x 43 @ £35.00 per young person	1,505.00

Staff Accommodation

Staff per 10 children: 1 free + 1 = 6 x £0.00	0.00
Staff @ 50% x 1	98.00

Travel

Coach hire @ £1440 return	1,440.00
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TOTAL 5,003.00

Fees

£20 per child x 52 children (1 goes free)	1,040.00
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Jack Petchey Educational Visit Income

£20 per yp x 43 yp aged 11+ years + £20 x 2 staff	900.00
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Grants / Donations

John Lyon's Charity (SHAF)	1,103.00
Trinity Renovations	1,960.00

TOTAL 5,003.00