

# The Sulgrave Club



**Avon Tyrrell Residential  
August 2018**

## **Introduction**

At the end of August 2018, thanks to grants from John Lyon's Charity's School Holiday Activity Fund and Young Hammersmith & Fulham Foundation's small grants scheme, we were able to take 16 young people aged 13 to 18 years old on a week-long activity residential to Avon Tyrrell, UK Youth's Outdoor Activity Centre in the New Forest National Park.

The young people were accompanied by three qualified and experienced Sulgrave Club youth workers, one experienced youth work volunteer, and John the Lyon, on secondment from John Lyon's Charity, to make sure the young people had a good time.

Leaving on Monday 27th August and returning on Friday 31st August, travel to and from Avon Tyrrell was in our own minibus and in a minibus hired from Hounslow Community Transport.

While at Avon Tyrrell, the young people stayed in self-catering accommodation – two 6-berth chalets and one-14 berth chalet – where they prepared and ate their own breakfasts and lunches. In the afternoons they took part in activities which they had chosen themselves.

In the evenings the young people went out for a meal together, apart from Wednesday evening, when a member of the Sulgrave staff who lives in Bournemouth came and helped them prepare an extravagant in-house Italian dinner.

There is a breakdown of participants at the end of this report.



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### **Schedule of Activities**

Monday: Splashdown Waterpark, Poole.  
Tuesday: Ringos, Watersports Academy, Poole.  
Wednesday: Mountain Biking, Cyclax, New Forest and Laser Quest, Bournemouth.  
Thursday: PierZip and Bournemouth Air Show, Bournemouth Harbour.  
Friday: Aqua Park, New Forest.

### **Aims & Objectives**

The objective of this residential was to give young people from deprived backgrounds an experience away from home that they might not otherwise be able to afford.

The aims of the residential were to:

- improve young people's social skills;
- develop their friendships;
- broaden their horizons;
- increase their confidence;
- develop their feelings of belonging; and
- give them a sense of achievement.



***"If I never came on this trip I would have been at home watching TV and having nothing to do."***

### **Evaluation**

We assessed the extent to which we achieved these aims through the distribution of 'before' and 'after' evaluation questionnaires. We were particularly interested to see whether the residential brought about any measurable change in young people's feelings about the Club and about themselves.

To this end, we asked five questions before the trip and the same five questions after, inviting young people to self-assess how they felt about the Club, how motivated they felt, how positive they felt about their relationships, how confident they felt, and finally, how happy they were.

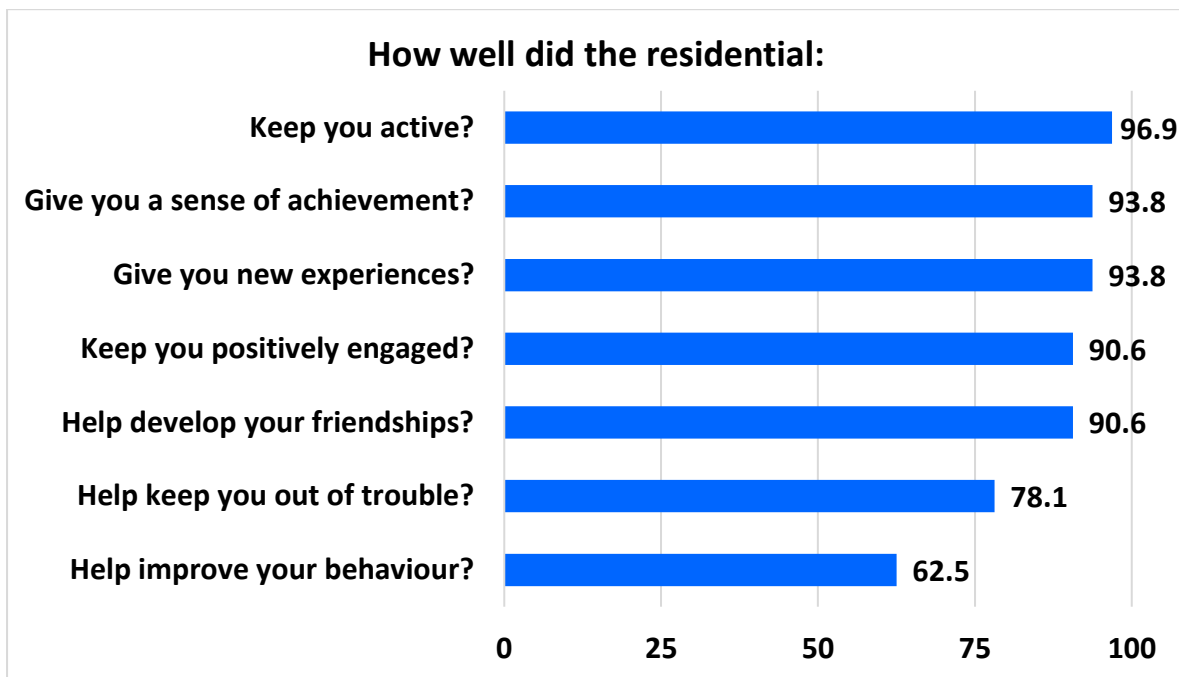
We averaged their answers into the table below, which shows that the residential brought about a small positive change about their feelings for the Club (from a very high starting point); small increases in their motivation and positive feelings about their relationships; and significant increases in their levels of confidence and happiness.

	Before	After	Diff
How positive do you feel about the Sulgrave Club?	95.6	96.9	+ 1.3
How motivated do you feel to try new things?	88.1	90.6	+ 2.5
How positive do you feel about your relationships with other people?	88.8	91.3	+ 2.5
How confident do you feel?	79.4	90.0	+ 10.6
How happy are you?	82.5	95.6	+ 13.1
<b>Overall average</b>	<b>86.9</b>	<b>92.9</b>	<b>+ 6.0</b>



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The element of surprise brought the group together.”***

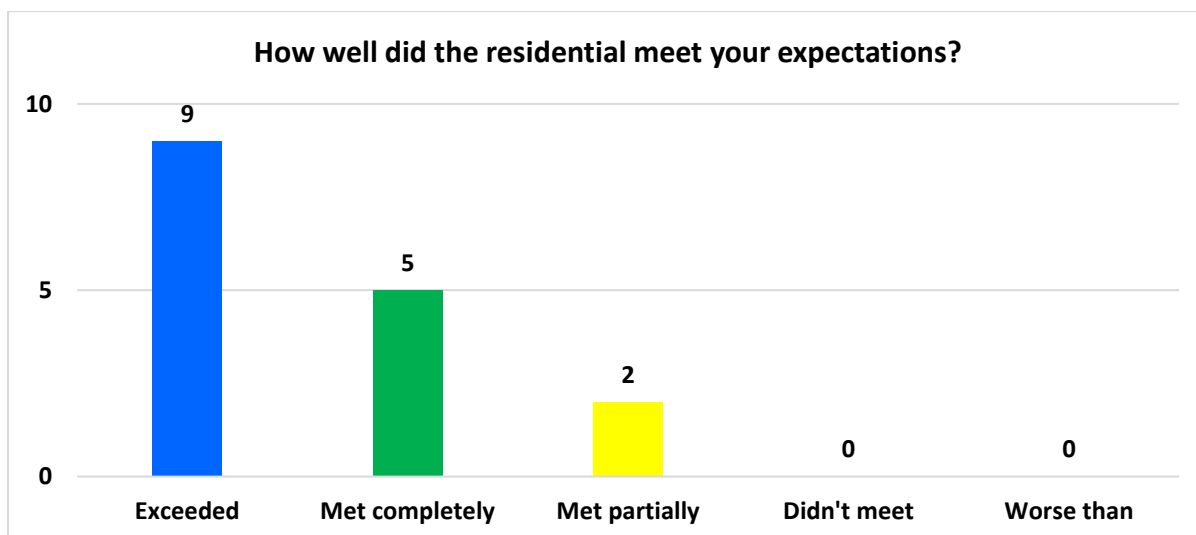
In the post-evaluation questionnaires we also asked young people to assess how well they thought the residential had helped them in a range of other areas. The answers were mostly positive, with being kept active seen as the main benefit of the residential. It was seen as less successful in terms of helping improve young people’s behaviour and helping keep them out of trouble. However, this was probably because the majority of this group did not feel they were badly behaved or likely to get in trouble in the first place.



***“It was nice to see everyone being supportive of each other especially on the Ringos and the Zip Wire. I also enjoyed watching the air show, which I don't think any of my friends will have done.”***

### **Expectations**

The true impact of the residential is best understood, however, in terms of what the young people told us they hoped to get out of the trip, compared to what they told us they did get out of it (as printed below). Expectations were either met completely or exceeded for 14 out of the 16 young people taking part.



<b>What do you hope to get out of coming on this residential?</b>	<b>How well did the residential meet your expectations and why?</b>	
Making new bonds (with people) who I don't really speak to and becoming more independent	<b><i>Exceeded</i></b>	At the beginning of the week I didn't really speak to everyone, but now I speak to everyone and that's because of all the wonderful staff.
Getting closer to my friends, trying new things. And I have never left my parents 5 days.	<b><i>Exceeded</i></b>	Because if I never came on this trip I would have been at home watching TV and having nothing to do. Also the trip helped me develop my friendships with other people.
New experiences, new friendships, to have fun.	<b><i>Exceeded</i></b>	Because there were many surprises which I feel engaged the group. The element of surprise brought the group together. It was nice to see everyone being supportive of each other especially on the Ringos and the Zip Wire. I also enjoyed watching the air show, which I don't think any of my friends will have done.
I want to have fun and meet new people and try new things.	<b><i>Exceeded</i></b>	Because I don't really go to Sulgrave, I never really made proper friends before but now I feel that I have and I'm very happy.
I hope I gain more confidence.	<b><i>Exceeded</i></b>	I was able to talk to more of the people without being shy and I gained more confidence around the staff and other people staying with us.
A nice time out with the Sulgrave family and to do all different activities, building up friendships.	<b><i>Exceeded</i></b>	The residential was good because I got to spend time with the Sulgrave family, that means to build a better bond, to become more confident.





***“At first, I thought it was going to be a boring week, but it turned out really fun. I feel like I've connected way more with my friends and it made me more confident.”***

Communicate with people I don't usually talk to.	<b><i>Exceeded</i></b>	In my opinion, Sulgrave will forever be my second family. I loved everything on the trip except the fact I got stranded on the bikes. I loved it. I hope next year is two weeks instead of 5 days.
Build on teamwork skills and communication skills.	<b><i>Exceeded</i></b>	The residential has exceeded my expectations because I have learned to build my teamwork skill and communication skill and also have made stronger friendships with the other people on the residential as well as staff.
Making a better bond with people I don't really talk to.	<b><i>Exceeded</i></b>	I loved everything we done. The only bad thing about the trip was that it was not longer.
To build a close relationship with other people.	<b><i>Met completely</i></b>	By going on the Ringo, by learning to ride a bike for the first time. By going on the Zip Wire with staff helping me overcome my fear. I really enjoyed my week with staff and friends. I loved the chef's cooking, it was really lovely. We all ate together. I loved Laser Tag, it was really cool.
To boost up my confidence.	<b><i>Met completely</i></b>	I feel like Sulgrave is my family and they have helped me to boost my confidence and to do new things.
New friendships, stronger friendships, laughter.	<b><i>Met completely</i></b>	A good set of people and staff came and we were all very organised, barely any arguments. The activities brought me closer to people and has helped me realise how fun Sulgrave can actually be.

<p>Build better bonds with people I don't talk to much or hang out with a lot. Also, I want to feel like there is no worries and just be so positive.</p>	<p><b>Met completely</b></p>	<p>The activities were new things I haven't done before and it was funny. :)</p>
<p>New experiences and have fun and socialise with my friends, hoping to come home with a smile on my face.</p>	<p><b>Met completely</b></p>	<p>I think it was a great experience and I would love to go again. The group picked for this residential were full of happiness and laughter when it came to an end, but at the same time they were upset that it went so quick. This residential will be a good memory.</p>
<p>Better relationships with other people, moreover trying new activities.</p>	<p><b>Met partially</b></p>	<p>Firstly, I enjoyed all the activities, especially Ringos because it was a new experience. However, my favourite part was being away from home and having the responsibility to look after myself, even though I should already be doing that, i.e. waking myself up, cooking, breakfast, etc.</p>
<p>I want to have fun. I want to try new things that I haven't experienced.</p>	<p><b>Met partially</b></p>	<p>At first, I thought it was going to be a boring week, but it turned out really fun. I feel like I've connected way more with my friends and it made me more confident.</p>



***"It's a chance to escape your home and have a good time with new people.  
It's a good chance to try new experiences."***



## **Importance**

For the record, we also asked the young people what they would be doing if they had not come on the residential, and why they thought residential were important for young people their age.

### **What would you be doing if you didn't come on this residential?**

- Working, sleeping, X-Box, and eating. Also Facetime.
- I'd be at home not really doing anything.
- Stay at home or chill with friends.
- Laying in bed or meeting up with friends.
- Stay at home, watch TV, sleep.
- Staying at home being in bed.
- Sitting at home playing Overwatch.
- Staying at home on PS4 and just being bored.
- At home chilling, playing football, seeing family members.
- Staying at home, watching TV.
  
- Sleep and go to Cathnor and Ravens (parks).
- I would be chilling in Ravens with everyone, spending time with friends / family.
- Going to meet my friends and chilling in Ravens.
- I would be with my friends in Ravens.
- I would be chilling with my friends in Ravens.
  
- Out with girls, riding bikes, play basketball, eat, Facetime.

### **Why do you think residential are important for people your age?**

- Allows us to get away from the same everyday routine and gives us something to look forward to.
- It's a chance to escape your home and have a good time with new people. It's a good chance to try new experiences.
- To escape from home and problems with certain people.
- To build up confidence and it's a chance to get away from home.
- Maybe because when you get older you might not be able to do things like this.
- So they can have a childish experience so they feel young.
  
- It's important because you can build new friendships.
- Build friendships and confidence.
- Build friendships.
- So that they can engage with their friends and try out new things and make more friends.
- New skills and a chance to meet new people and try new activities.
  
- So they can become more independent, so they don't have to depend on their parents.
- So we can be more independent.
- Become more independent.
  
- Because they don't usually do good things and it can keep them out of trouble.

## Conclusion

This was a really successful trip, enjoyed equally by the young people and staff. Even where young people said it had only partially met their expectations, their comments show that they still had a great time.

In terms of our aims, it would be hard to do better. The young people reported improvements in their relationships and friendships, in their ambitions and confidence, in their feelings of belonging, and in their sense of achievement. But most of all they told us what a fantastic time they had.

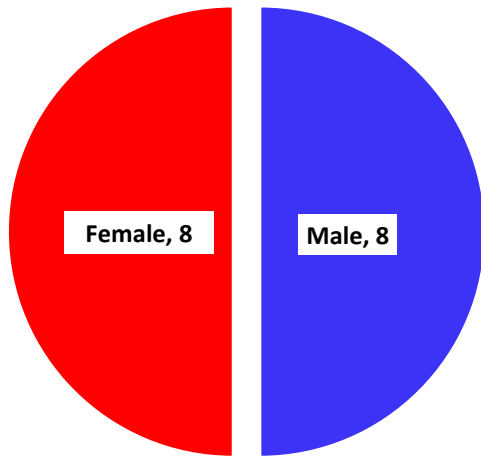
Our thanks then must go to John Lyon's Charity and the Young Hammersmith & Fulham Foundation for awarding grants that made this residential possible, and to John the Lyon for joining in the fun, even though we didn't win the prize! Next year we'll do better!



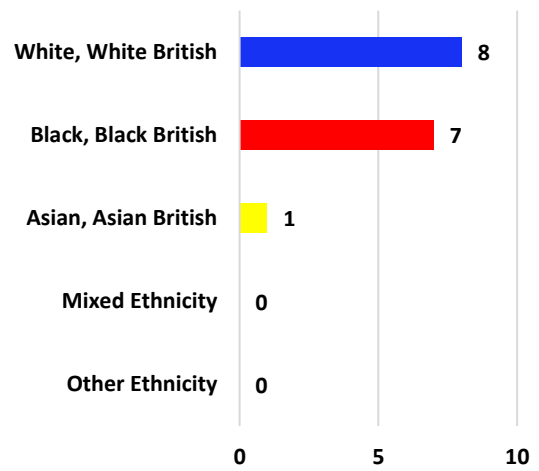
***"I think it was a great experience and I would love to go again. The group picked for this residential were full of happiness and laughter when it came to an end, but at the same time they were upset that it went so quick. This residential will be a good memory."***

**Participant breakdown**

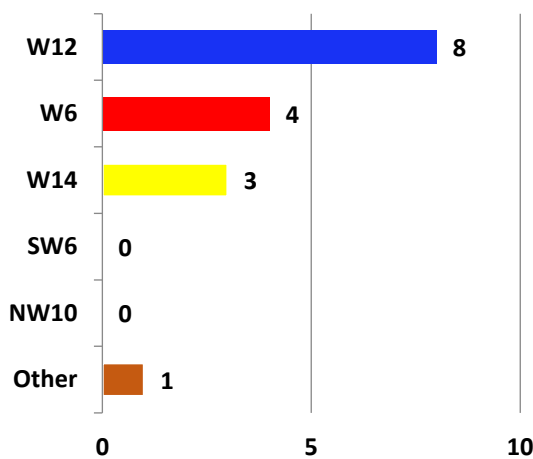
**Gender**



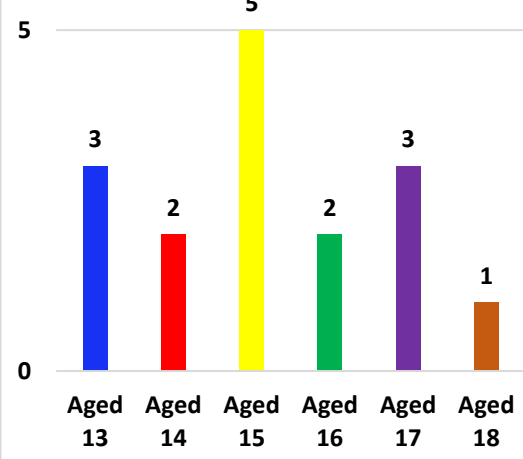
**Ethnicity**



**Postcodes**



**Age**



**Accounts**

**Income**

John Lyon's Charity SHAF	4,000
YHFF Small Grant	1,090
Fees	870
Reserves	324

**TOTAL 6,284**

**Expenditure**

Accommodation	1,550
Activities	1,500
Food	1,153
Transport	615
Staff	1,466

**TOTAL 6,284**