



SUMMER PROJECT REPORT

2023

Dates: Monday 24th July- Thursday 17th August 2023

Times: 12.30pm – 5.30pm

School Years: 7-13

Number of Young People Daily: Between 11-18

Number of Staff: 2-3

Introduction

In this 4-week summer programme, it was decided to keep the activities to a minimum, but we still managed to introduce projects to enable the young people to gain new experiences and skills, build confidence and establish new relationships with other young people and staff, all this alongside achieving as part of a team. A varied timetable was created to address well-being and mindfulness and enjoyment.

The numbers were up due to the visit to Bullers Girls school, the new Stepping Up young people attending and by word of mouth from young people and parents. Each week we delivered a different theme to cater to the different interests of the young people. Many of the projects this summer were based within JusB, occasionally we visited the local parks as well as an organised trip to a restaurant which was funded by the young people's Jack Petchey Achievement Awards.

A light lunch of a 'meal deal' or in-house meals had also been provided each day for the young people.

Risk assessments were undertaken for all activities prior to starting the summer scheme.

Activities



Week 1: The theme of this week was 'Music and Song Writing' with the aim of producing a JusB song and recordings which could be used for promotional purposes as well social media. JusB has a number of young people who attend for their ambition and aspirations for music.

The young people enjoyed four days of creating, starting each session with icebreakers and one-minute individual talks which encouraged young people to speak out. Followed

by discussions on different genres of music, and their music preferences and music competitions.

Using musical instruments such as guitars, drums, keyboards and percussion instruments young people were able to show off their talents. The numbers ranged between 10-14 which enabled us to split the young people into groups. Once a beat was created, the groups created songs which they then performed on the last day of the week. Finally, they all participated in whole group performances. Three songs were recorded and then have been sent to the young people and will be put on social media. At the end of this week, strong bonds were formed and the young people were keen to keep creating songs for the remainder of the summer scheme.

Week 2: The theme decided for the first week was 'Arts and Crafts'. We started with the painting of the downstairs toilet area and the kitchen cupboards which we were unable to finish during the previous break. On the second day, the young people worked on a graffiti mural using their creative skills to sign their names and to create an animated image personal to themselves;



This enabled the young people to forge relationships by sitting around the large table and communicating with each other to create their ideas. The mural will be finished during term time as it was difficult for many to work on this at the same time. We had also planned to change the JusB window display, but time was against us that week as the mural and painting took longer than anticipated.

Week 3: The 3rd week was all about fun games and tournaments, day one began with 2 rounds of bingo, followed by 2 rounds of 'Family Fortunes'. On day two we had table tennis, snooker and X Box tournaments and then on day three we played games such as 'Would You Rather'. All winners and non-winners received treats.



Week 4: The final week was the decorating week, to prepare the premises for the following academic year, as well as to be able to make the young people who would then continue to attend JusB, feel happy for contributing to the building. We rotated between sanding, filing, washing, and painting as well as other little decorating projects. It was hard work, but the young people found it rewarding.

Park trips

On the local park trips, to stay active, we played tennis, badminton, football and volleyball and also visited the swing park. To take it a step further we also achieved some circuit training.

The nature and wildlife photography competition took place at the King's Meadow and the College Geen parks. Young people either individually or in pairs took pictures of flowers, trees and grass from their phones. The winners will be announced in September.

In the mindfulness activities, we meditated and concentrated on breathing techniques.

Cooking

To encourage healthy eating, young people all participated in the vegetable (with a touch of chicken) stir fry meal. They supported this by preparing the vegetables, whilst discussing their preferred fruit and vegetables. We also produced fruit and vegetable smoothies.



Workshops/ Debates

In the Healthy Eating workshop, we watched a CAHMS educational video on Food Matters and How food, movement and Sleep can have an impact on your health, also watched a video on Diabetes and discussed how we can all make small changes.

In the mindfulness session we discussed what makes you happy, anxiety and different coping mechanisms.

End-of-Term Celebration

This was held in the Parks room, showing off the fairy lights funded by Jack Petchey funds. We played music, enjoyed snooker and table tennis games and ate burgers, chips, pizzas and sausage rolls. Everyone had fun singing and dancing and the event went very well.

1-2-1 Meetings

These meetings were undertaken spontaneously when we could catch a quiet moment and they were having downtime or not taking part in the group sessions. Some issues will be addressed with support workers in September.

We also discussed their interests and future career options, especially with those who were to start their GCSE's.

Feedback from Young People

They said that they had lots of fun and enjoyed the activities, particularly the music, the park trips, and the sports. They said that they had made friends and liked the food. They also said that they were going to come more during term time.

The young people had expressed that they would have liked more music sessions, the sessions to run longer, more outdoor physical activities and a sports day. It was mentioned that the computers and internet were slow as well as the internet connection. Some wanted more trips off-site.



Evaluation

There were many new faces, and different ages this year. There was a good balance of activities catering to varied needs, the young people were happy and had fun, the most popular days were the music sessions as mentioned prior. The young people have also created a group chat and are in regular contact with each other.

The remainder of the time was divided between interaction amongst themselves, listening to music, singing with the karaoke machine and keeping active through dance, Just Dance, playing pool and table tennis. It was nice to experience their confidence grow when they were performing and the bonding between the group.

There were passers-by who expressed interest in joining the club as well as praise for the fact that there was an organisation like JusB that existed in the area, taking the information and flyers away for their own children or people they know who have children.

Gratification came when two parents wanted to see their children performing at the end of the music session because their children gave praise for JusB and what they had achieved and were excited.

Tina Jalloh
Lead Youth Engagement Worker

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