Services and Facilities Committee Meeting

Thursday 8 February 2024

Agenda Item: 8.SF

Appendix: SF146

**TERMLY MONITORING AND EVALUATION SCHEDULE**

**The purpose of termly monitoring reports is to:**

* Demonstrate how the club is meeting the aims and outcomes contained within the agreement and the statutory requirements;
* Gather service user feedback,
* Demonstrate that your services are listening and responding to service user feedback (children and where appropriate parents / carers).

The termly monitoring reports shall include:

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| **Club/project name:** | Market Drayton junior youth club |
| **Term:** | Winter |
| **Date:** | December 2023 |

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| **What we have done to increase/ improve physical health** | At the start of term, we welcomed lots of new members including lots of young men, due to having such an active group, and the lighter evenings at the beginning of term they played lots of sports outside. These sports games included football, swing ball and some other large team games. This was a good ice breaker and for young people to build relationships.  As the darker evenings approached, we still ran lots of sports games indoors. Archery, which is always popular, nerf wars which burnt off lots of energy, table tennis competitions, football which is the most popular and dodgeball.  We also purchased a Nintendo switch, so YP (Young People) have enjoyed Mario cart racing and Just Dance.  Due to so many new members we have done lots of team building activities and games such as wink murder, pool competitions, the tea towel racing game and some competitions.  The local PCSO’s have visited us, which gives YP the opportunity to build positive relationships and ask questions they may have. They gave young people advice on keeping their bikes safe and handed out some high viz stickers so they can be seen in the dark.  This term young people have had the opportunity to go on a trip to Ice skating as part of their festive trip. This was a combined trip with the senior group and the seniors took on the role of making sure the juniors were supported and able to go round the ice rink. This was a great opportunity for many members as a lot of them had never had the opportunity to go ice skating before due to the lack of transport or low-income families. |
| **What we have done to increase/**  **improve Emotional health** | Young people have been busy in the kitchen baking lots of tasty treats this term. They made old school sponge which they enjoyed with custard, enjoyed hotdogs for bonfire night, fully loaded waffles, making pizza’s, fruit kebabs biscuit and doughnut decorating. Then the usual toast and biscuits which are available each week.  They have taken part in various discussions around vaping and completed a quiz to teach them the consequences of vaping and the health implications this can have. They also discussed how vaping is much cheaper than cigarettes but that young people follow the crowd and sometimes vape just to fit in with their peers.  They have been very creative, engaging in lots of art and craft activities such as encaustic art where they designed some great artwork. They enjoyed designing their own Christmas cards for the festive season, designing their own tiles, mugs and enjoyed bin bag fashion where they were given a challenge of making the best outfit out of a selection of bin bags. Badge making was also an enjoyable popular activity. The girls in the group particularly enjoyed this and were proud of their creativity.  James (our volunteer) made funky power cord keyrings with the group, with lots of conversations around the table whilst doing these and learnt how to do pyrography (wood burning coasters) and many took these home as a gift for their parents / carers.  Young people have also taken part in a stress workshop with Amanda (an SYA Young Health Champion worker) where they discussed what stresses them out and how they manage their emotions when they feel like this. They completed word searches where we discussed words and meanings, which hopefully gave them some tips to manage their emotions. As part of the workshop, they made snowmen stress balls which they can use in times they feel stressed.  Two young women very kindly offered to help re-do our clubs noticeboard with posters, photos and post it notes which they asked other members to complete of a few words to describe youth club, which looks fantastic for visitors of the Phoenix Centre to see.  Members enjoyed some Halloween activities including doughnut dangling, spider racing, apple bobbing and a fun game of pass the pumpkin.  The Animal Man joined us for a session which again, was a combined session with the senior group, where he bought lots of animals for everyone to hold and touch. He taught YP of their habitat, what they eat, how often they are fed, and young people had many questions which he answers. Many faced their fears and touched and held animals they never thought they would and were very proud of themselves. |

1. **Outputs Reporting**

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| **Total number of different individuals who have benefited from the activities this year** | **46 since September** |
| **Average attendance per session** | **28** |

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| **Number of individuals x frequency** | **Subject** | **Notes** |
| 16 | Bereavement | YP talking a lot about losing her dad earlier this year. Regular conversations around this. |
| 14 | Bullying | Issues at school with certain individuals. |
| 38 | Confidence | Lots of new members joined club. Holding animals and facing their fears. |
| 42 | Diet | Encouraging healthy eating with fruit kebabs. Nice to have treats. Fruit, toast and biscuits always available at club each week. |
| 52 | Exercise | Lots of physical exercise. Ice skating trip. |
| 64 | Family | Discussions around parents / carers, siblings. Home life. Busy houses with siblings. Sometimes struggle to do homework as cannot concentrate. Offered to help at youth club. |
| 36 | Getting active | Ice skating trip. Fantastic opportunity for many to get exercise. |
| 40 | Healthy eating | School dinners, discussions around red bull and monster as these are popular with young people. |
| 24 | Identity | Discussions around transgender and identity. |
| 24 | LGBT+ | Discussions around transgender and identity. |
| 36 | Personal hygiene | Reminding of hand washing before handling and preparing food. |
| 64 | Relationships | Relationships, friendship issues. |
| 70 | School | Subjects, teachers, skipping lessons. Reach Centre. |
| 32 | Self esteem | Building confidence. Stress (mental health workshop) discussions. Making snowmen stress balls. |
| 30 | Sexual Health | PSHE days at school they had recently talking about sex education. |
| 24 | Sexuality | Discussions around transgender and identity. |
| 18 | Smoking | Parents who smoke. Differences between smoking and vaping. |
| 54 | Vaping | Popular. The cost. Health implications. Following the crowd. Discussed in vaping workshop. |
| 10 | Volunteering | Discussions around careers, being a young leader at youth club. |
| 16 | DofE | Supporting two members complete their DofE award. |
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1. **Case study**

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| **Give an example where an intervention or series of interventions has contributed towards a young person/people’s behaviours, physical or emotional health or behaviours change.**  One girl who had only recently joined the club, made a joke of her dad coming to haunt her friend at Halloween. I challenged her comment and she then stated how her dad died in January this year. Due to being a newish member I did not know about this.  Since that conversation she has openly, quite regularly spoken about her dad when we have sat and played team games and done art and craft activities. She is very close to her mum and has 3 older sisters who have been her biggest supporters this year. School have also supported her through this tough time, and she now talks regularly in club to staff members and her peers. She feels comfortable talking about it but also likes to talk about him and quite often talks about the good memories they spent together. |

1. **Variation to service**

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| **Has there been any significant variation to the service that you were commissioned to provide in this quarter and what actions are you planning in response?**  We have had two young people with us this term who are completing their Duke of Edinburgh award, so they have been supported in running an activity each session to complete their required volunteering time. They have run a quiz, helped young people in the kitchen making cakes, run bingo games, sat and played smaller team games with the quitter members of the group and build some great relationships with the junior members. |

1. **Programme for next term:**

By filling in this, we can generate a poster/flyer for your next term

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| **Date** | **Activities** |
| **10.1.24** | **Pizza making, table tennis competition, board games.** |
| **17.1.24** | **Archery, hide and seek, sausage baps.** |
| **24.1.24** | **Badge making, Parachute games, cheese on toast.** |
| **31.1.24** | **Pancakes, bingo, Just dance competition.** |
| **7.2.24** | **ROLLER SKATING TRIP TO MAURICE CHANDLER CENTRE.** |
| **14.2.24** | **CLOSED. HALF TERM.** |
| **21.2.24** | **Quiz night, fruit kebabs.** |
| **28.2.24** | **Encaustic art, wink murder, toast.** |
| **6.3.24** | **Music night - Karaoke and Guess the song quiz.** |
| **13.3.24** | **Badge making, Easter crafts, Mario cart competition.** |
| **20.3.24** | **Pass the parcel with a twist, Easter nests, hot cross buns.** |
| **27.3.24** | **CLOSED. EASTER HOLIDAYS.** |
| **3.4.23** | **CLOSED. EASTER HOLIDAYS.** |

1. **Equipment requests for next term:**

Please complete this for the equipment stores to ensure equipment bookings are logged accurately.

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| **Equipment needed** | **Date of collection** | **Date of return** | **Number of young people** |
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