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 Senior youth club  |
| **Term:** |  Winter |
| **Date:** | Dec 2023 |

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| **What we have done to increase/ improve physical health** | At the start of term, whilst we still had the lighter evenings, we did lots of outdoor games such as racing, archery, swing ball and football.Due to the darker evenings, young people have enjoyed sports activities indoors such as table tennis, pool competitions, football and dodgeball. Due to the smaller nature of the group and the age range they are a lot less active. They have enjoyed Just Dance on the Nintendo switch and enjoyed the virtual reality headset and playing against each other on the PS4 car racing. They had the opportunity to go ice skating for their Christmas trip and some of the seniors came along with us. Due to it been a combined trip with the junior group, the seniors were fantastic in supporting the younger members ice skating. They faced their fears and got on the ice, and all gave it a go. This was their first-time ice skating for many of the group as due to lack of transport or low-income families, they do not get the opportunity to go to places like this.  |
| **What we have done to increase/****improve Emotional health** | This term we have spent a lot of time talking to young people about issues bothering them. The most popular subjects being school, relationships and mental health. One girl in particular takes advantage of the quieter session and likes to have a cup of tea whilst chatting to staff about work, her relationships, college, her autism and how she deals with being quite severely autistic. Members really enjoy playing small team games like uno, taco and dobble. This is a distraction from day-to-day life and takes their minds off issues that are bothering them. They often enjoy baking and cooking in the kitchen and are independent with this. They enjoy activities like encaustic art and Hama beading as they tend to sit round the table and do this together. Some members enjoy the time and space to just come and chill away from their parents and siblings. One young woman only leaves the house when she goes to school as her mother is very protective and doesn’t like her walking the streets so is only allowed to youth club as it is a safe space with people round her. Seniors like to have a game of bingo and a short quiz but don’t like to have to concentrate for a long period of time as this reminds them of school of which most members dislike. Members have engaged well in several workshops such as vaping where we have discussed health implications, the cost and following the crowd. A mental health workshop where there was lots of discussions about how to manage emotions and what makes them anxious and upset. They then had the opportunity to make a stress ball in the hope this could be used when they felt anxious.  |

1. **Outputs Reporting**

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| **Total number of different individuals who have benefited from the activities this year** | **18 since September**  |
| **Average attendance per session** | **8** |

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| **Number of individuals x frequency** | **Subject** | **Notes** |
| 16 | Alcohol | Festive season so parents allow them to have a drink at home. Spoke about drinking sensibly and safely.  |
| 18 | Bereavement | Losing family members. Coping strategies.  |
| 20 | Confidence | One young woman rarely attends school but is very proud when she goes. The poor attendance is due to anxiety.  |
| 38 | Diet | Healthy eating makes you feel better. A balanced diet is important.  |
| 34 | Exercise | Sports at club. Walking to school is good for mental health. Gives them space to reflect on their day after their day.  |
| 30 | Family |  |
| 24 | Getting active | Club activities, hobbies. Football.  |
| 20 | Personal hygiene | Encouraging hand washing before handling food.  |
| 38 | Relationships | Boyfriends, girlfriends, same sex relationships. Friendships.  |
| 40 | School | Frustrations. Relationships with teachers. Skipping lessons and school. Reach Centre. Struggles with ADHD.  |
| 16 | Sexual Health | Safe sex. Contraception. Staying safe.  |
| 20 | Smoking | Cigarettes are a lot less popular due to vaping as they are cheaper.  |
| 32 | Vaping | Due to quite a few young people vaping this is always talked about. Lots discussed around this in vaping workshop.  |

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 behaviour, physical or emotional health or behaviour change.**Due to working in the local secondary schools supporting the young people we cross over with the young people who attend youth club. Due to building relationships at youth club, when we attend the Reach Centre at school, sometimes one young lad is kicking off and will not engage with the teachers. I approach this young man and ask him if he would like a chat, or we go for a walk to calm him down. He usually takes this opportunity as he gets frustrated with the teachers so having a different approach and a different face is often helpful. He chats about his frustrations both in school and talks about what day he has at youth club. He feels comfortable openly talking about this to staff and we offer advice and tips on how he can try and manage his emotions.  |

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?****No.**  |

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** | **Making pizzas. Pool competition.**  |
| **17.1.24** | **Archery, Sausage baps.**  |
| **24.1.24** | **Cheese on toast. Virtual reality headset.**  |
| **31.1.23** | **Pancakes, Just dance competition.**  |
| **7.1.23** | **Roller skating trip to Maurice Chandler Centre.**  |
| **14.1.23** | **CLOSED. HALF TERM.**  |
| **21.1.24** | **Mini golf, fruit kebabs.**  |
| **28.1.24** | **Encaustic art, team games.**  |
| **6.3.24** | **Karaoke, music quiz.**  |
| **13.1.24** | **Team games, nachos.**  |
| **20.1.24** | **Easter fun and crafts, 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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