

Neighbourhood Fund Holiday Activity Programme

Following a call for projects as agreed at the March 2020 Area Committee, a total of 8 applications to deliver holiday activities were received. The following 8 applications, totalling £22,274 are recommended from the previously approved 2019/20 NF budget for youth activities.

Project Name	Organisation	Funding Requested
Out and About	Groundwork NE	£3,000
<p>The project is aimed at encouraging families or household bubbles out into Elba Park for exercise, to learn about nature and discover the many different bird, insect, amphibian and mammal species living in the Coalfields. Activities will be targeted to children aged between 5 and 11 years old and will be advertised across the Coalfield area. Parents will have to book onto sessions so we can control numbers and ensure safety on site.</p> <p>The Elba Park team will deliver one day of activity per week during school holidays from August 2020 until April 2021- ten days of activity in total split into two sessions per day. Sessions will be dictated to by the season and current restrictions around Covid-19.</p> <p>Summer Sessions Pond Dipping, Meadow Sweeping, Bug Hunts, Geocaching</p> <p>Autumn Natural crafts</p> <p>Winter Bird feeders and natural Christmas crafts, Making Bird and Bat boxes, Conservation activities (Such as tree planting)</p> <p>Spring Signs of Spring, Easter crafts</p> <p>We see parks and green spaces as a vital part of the Covid-19 recovery. We want to show people that they can enjoy time together outdoors safely. Although there will still be contact with our communities, we will rely more heavily on technology to deliver this project which is something we have not done in the past. Delivery of this project is flexible, we can change delivery methods quickly if the government impose or ease restrictions in relation to the pandemic.</p> <p>We can provide activities for between 10 and 20 people per session, depending on social distancing regulations and the size of family or bubble units. We benefit from having a large space at Elba and being able to accommodate people, safely in that space. Nutritious pre-packed snacks will be provided on the day.</p>		
Project Name	Organisation	Funding Requested
Active Adventurers	Springboard	£3,000
<p>The Active Adventurers will be delivered to 10-14 year olds from our centre in the heart of Hetton Lyons Country Park which is accessible on foot by most people in the wards surrounding it. Springboard holds a current Adventure Activity License which is administered by the HSE, we have adapted our operations, adventures and training to be able to run in line with Covid Secure guidelines from government. We have successfully reopened for our most vulnerable learners already and have a plan to open in the coming days to digitally disadvantaged and young people at risk of becoming NEET.</p> <p>The Active Adventurers can cater for up to 8 young people per day and will be able to run 22 days of activity during school holidays between now and April, we aim to run more days in the non- winter months as we need to be outside as much as possible and our experience and facilities will work well with that in mind.</p> <p>Activities will be varied each day; young people can expect to learn lots of new skills that</p>		

encourage them to lead physically active lives with a strong focus on healthy eating and good lifestyle choices. We will provide healthy snacks and lunches and incorporate 'Backwoods Cooking' into sessions on bushcraft. Young people will learn how to safely make a fire from what's around them and cook on it, while always following the leave no trace ethos. Other activities that we will be including are canoeing, kayaking, raft building and mountain biking.

Project Name	Organisation	Funding Requested
Active Nature	Active Families NE	£3,000

Active Families NE would like to deliver a new project that has been designed with COVID-19 in mind to provide opportunities for families in need residing with the Coalfields areas. Working in partnership with the Durham Wildlife Trust we have created a proposal for an Active Nature programme based at Rainton Meadows nature reserve. We are bringing together two organisations with unique skills and expertise to deliver an innovative approach to delivering safe activities outdoors adhering to the latest government guidance due to Covid-19. Our aim is to get people and families more active by utilising outdoor green spaces and engaging (or re-engaging) them with nature and the environment. The project will offer small outdoor sessions to groups of vulnerable families, whilst keeping socially distant. The programme of activities will include:

Wild Yoga, Grass Raking, Orienteering, Silent Disco Fitness, Pond dipping, Nature Walks, Smoothie Bike Healthy eating session, Arts and Crafts, Den Building, Relaxation and mindfulness

We will provide all attendees with healthy snacks and refreshments during the programme in addition they will also receive an Active Families 'Lets Cook' bag which will contain ingredients to make healthy meals at home such as vegetable pasta bake, fakeaway pizza's, vegetable soup, vegetable parcels and sweet treats like fruit salads, and small cakes. In addition the bags will include activity cards that can be undertaken at home as well as grow your own herbs/vegetable seeds and pots.

We will deliver 10 sessions (2 hours per session) during school holidays between July 2020 and April 2021. Families will leave with a bag full of ingredients and activities to stay active and healthy at home. The project will help families to make positive associations between spending time outdoors, having fun together and being active in a less prescriptive way. Remove the barrier of perhaps attending a gym or playing a more traditional team sport.

Project Name	Organisation	Funding Requested
Copt Hill Holidays 2020	SNCBC	£2,902

Sunderland North Community Business Centre (SNCBC) plan to provide 'holiday activities for children and young people' in Copt Hill ward in the Coalfields. Our activities are designed to improve participation rates in physical activity and address holiday hunger, reduce the number of children who experience feelings of isolation post Covid-19 pandemic and during holiday periods. Young People will have a safe, welcoming place to meet, participating in activities, utilising outdoor space as much as the British weather allows, while socialising with peers and youth workers.

We will engage young people in the age range 7 to 11 years old, but will be flexible to include those in the age range 5 to 13 years should they wish to engage, for example have a sibling attending the group. We plan to provide a weekly session across Summer 2020, October 2020, February 2020 and Easter 2021 school holidays, a total of 10 weeks. Staff will attend all sites prior to delivery to complete a comprehensive Covid-19 appropriate risk assessment and session planning documents will clearly identify the activities that will be delivered, cleaning regimes to be followed and the appropriate PPE to be provided. Current guidance allows one worker to engage with a maximum bubble of five young people and we will observe this directive in our delivery, with group sizes being a maximum of 10 young people. All summer outdoor sessions will include non-contact physical activities such as roll out tennis, portable football, frisbee throwing, circuits and keep fit. We anticipate we will engage with 20 individual young people during the 10 weeks of delivery.

Participants will also be provided with a physical activity pack to take home, which can be used to continue their fitness regime at home and they will be set challenges by staff. The pack will contain a selection of activities including hula hoop, skipping rope, bat and ball, tennis balls, flying disc, chalk, inflatable football and activity sheets including exercises, colourings arts and crafts etc. Sessions from October may take place in-centre, potentially at Houghton Racecourse Community Centre and would include arts and crafts, xbox, tv, dvds, doorstep sports, music, board games, cooking activity, outdoor play etc. SNCBC are registered with Street Games and will implement door-step sports as part of the programme of delivery.

Sessions will be 1.5 hours face to face and in line with Covid-19 restrictions will be held outdoors in local green spaces, which we anticipate will be Kirklea Playing field. Sessions will coincide with a midday mealtime and a healthy packed lunch will be provided at the end of the activity for children/young people to eat at the field or take home to eat.

Each session will be evaluated with young people will take this learning into account for the development of future sessions.

Project Name	Organisation	Funding Requested
Hetton Holidays 2020	SNCBC	£2,976

Sunderland North Community Business Centre (SNCBC) plan to provide 'holiday activities for children and young people' in Hetton ward in the Coalfields. Our activities are designed to improve participation rates in physical activity and address holiday hunger, reduce the number of children who experience feelings of isolation post Covid-19 pandemic and during holiday periods. Young People will have a safe, welcoming place to meet, participating in activities, utilising outdoor space as much as the British weather allows, while socialising with peers and youth workers.

We will engage young people in the age range 7 to 11 years old, but will be flexible to include those in the age range 5 to 13 years should they wish to engage, for example have a sibling attending the group. We plan to provide a weekly session across Summer 2020, October 2020, February 2020 and Easter 2021 school holidays, a total of 10 weeks. Staff will attend all sites prior to delivery to complete a comprehensive Covid-19 appropriate risk assessment and session planning documents will clearly identify the activities that will be delivered, cleaning regimes to be followed and the appropriate PPE to be provided. Current guidance allows one worker to engage with a maximum bubble of five young people and we will observe this directive in our delivery, with group sizes being a maximum of 10 young people. All summer outdoor sessions will include non-contact physical activities such as roll out tennis, portable football, frisbee throwing, circuits and keep fit. We anticipate we will engage with 20 individual young people during the 10 weeks of delivery.

Participants will also be provided with a physical activity pack to take home, which can be used to continue their fitness regime at home and they will be set challenges by staff. The pack will contain a selection of activities including hula hoop, skipping rope, bat and ball, tennis balls, flying disc, chalk, inflatable football and activity sheets including exercises, colourings arts and crafts etc. Sessions from October may take place in-centre, potentially at Flatts Youth Centre and would include arts and crafts, xbox, tv, dvds, doorstep sports, music, board games, cooking activity, outdoor play etc. SNCBC are registered with Street Games and will implement door-step sports as part of the programme of delivery.

Sessions will be 1.5 hours face to face and in line with Covid-19 restrictions will be held outdoors in local green spaces, which we anticipate will be at Hetton Lyons Country Park. Sessions will coincide with a midday mealtime and a healthy packed lunch will be provided at the end of the activity for children/young people to eat at the field or take home to eat.

Each session will be evaluated with young people will take this learning into account for the development of future sessions.

Project Name	Organisation	Funding Requested
Houghton Holidays 2020	SNCBC	£2,940

Sunderland North Community Business Centre (SNCBC) plan to provide 'holiday activities for

children and young people' in Houghton ward in the Coalfields. Our activities are designed to improve participation rates in physical activity and address holiday hunger, reduce the number of children who experience feelings of isolation post Covid-19 pandemic and during holiday periods. Young People will have a safe, welcoming place to meet, participating in activities, utilising outdoor space as much as the British weather allows, while socialising with peers and youth workers.

We will engage young people in the age range 7 to 11 years old, but will be flexible to include those in the age range 5 to 13 years should they wish to engage, for example have a sibling attending the group. We plan to provide a weekly session across Summer 2020, October 2020, February 2020 and Easter 2021 school holidays, a total of 10 weeks. Staff will attend all sites prior to delivery to complete a comprehensive Covid-19 appropriate risk assessment and session planning documents will clearly identify the activities that will be delivered, cleaning regimes to be followed and the appropriate PPE to be provided. Current guidance allows one worker to engage with a maximum bubble of five young people and we will observe this directive in our delivery, with group sizes being a maximum of 10 young people. All summer outdoor sessions will include non-contact physical activities such as roll out tennis, portable football, frisbee throwing, circuits and keep fit. We anticipate we will engage with 20 individual young people during the 10 weeks of delivery.

Participants will also be provided with a physical activity pack to take home, which can be used to continue their fitness regime at home and they will be set challenges by staff. The pack will contain a selection of activities including hula hoop, skipping rope, bat and ball, tennis balls, flying disc, chalk, inflatable football and activity sheets including exercises, colourings arts and crafts etc. Sessions from October may take place in-centre, potentially at Houghton Blind Centre and would include arts and crafts, xbox, tv, dvds, doorstep sports, music, board games, cooking activity, outdoor play etc. SNCBC are registered with Street Games and will implement doorstep sports as part of the programme of delivery.

Sessions will be 1.5 hours face to face and in line with Covid-19 restrictions will be held outdoors in local green spaces, which we anticipate will be Rectory Park/ field. Sessions will coincide with a midday mealtime and a healthy packed lunch will be provided at the end of the activity for children/young people to eat at the field or take home to eat.

Each session will be evaluated with young people will take this learning into account for the development of future sessions.

Project Name	Organisation	Funding Requested
Shiney Holidays 2020	SNCBC	£2,956

Sunderland North Community Business Centre (SNCBC) plan to provide 'holiday activities for children and young people' in Shine Row ward in the Coalfields. Our activities are designed to improve participation rates in physical activity and address holiday hunger, reduce the number of children who experience feelings of isolation post Covid-19 pandemic and during holiday periods. Young People will have a safe, welcoming place to meet, participating in activities, utilising outdoor space as much as the British weather allows, while socialising with peers and youth workers.

We will engage young people in the age range 7 to 11 years old, but will be flexible to include those in the age range 5 to 13 years should they wish to engage, for example have a sibling attending the group. We plan to provide a weekly session across Summer 2020, October 2020, February 2020 and Easter 2021 school holidays, a total of 10 weeks. Staff will attend all sites prior to delivery to complete a comprehensive Covid-19 appropriate risk assessment and session planning documents will clearly identify the activities that will be delivered, cleaning regimes to be followed and the appropriate PPE to be provided. Current guidance allows one worker to engage with a maximum bubble of five young people and we will observe this directive in our delivery, with group sizes being a maximum of 10 young people. All summer outdoor sessions will include non-contact physical activities such as woodland walks, roll out tennis, portable football, frisbee throwing, circuits and keep fit. We anticipate we will engage with 20 individual young people during the 10 weeks of delivery.

Participants will also be provided with a physical activity pack to take home, which can be used to continue their fitness regime at home and they will be set challenges by staff. The pack will contain a selection of activities including hula hoop, skipping rope, bat and ball, tennis balls, flying disc, chalk, inflatable football and activity sheets including exercises, colourings arts and crafts etc. Sessions from October may take place in-centre, potentially at Herrington Country Park classroom and would include arts and crafts, xbox, tv, dvds, doorstep sports, music, board games, cooking activity, outdoor play etc. SNCBC are registered with Street Games and will implement door-step sports as part of the programme of delivery.

Sessions will be 1.5 hours face to face and in line with Covid-19 restrictions will be held outdoors in local green spaces, which we anticipate will be Herrington Country Park. Sessions will coincide with a midday mealtime and a healthy packed lunch will be provided at the end of the activity for children/young people to eat at the field or take home to eat.

Each session will be evaluated with young people will take this learning into account for the development of future sessions.

Project Name	Organisation	Funding Requested
Return to Sport	Hetton Juniors FC	£1,500

It has been a tough time for all and some of our children have not had the chance to take part in structured exercise for 3 months. We are now planning for access to organised sport within Covid 19 guidance. It will be a huge relief for some and make a positive impact on their physical and mental health. We would be delighted to provide safe and organised sport for the children during summer holidays and we are aiming to provide a suitable environment to provide FA COVID Guidance safe football for the young people of Hetton and surrounding areas.

The sessions will be based at Hetton School. All sessions will be in line FA guidance which is 1 adult to 5 players. Our team of coaches and volunteer adults will deliver this. Sessions will be on grass and a guidance document shared with all parents and children. We already have a full club document which you can find on our website www.hettonjuniorsfc.co.uk in the club documents section.

We will advertise the sessions within the club to current players but also use our promotional video to try and attract other players. We will use social media (we have 1000 followers), e mail system, local press and the local Hetton Le Hole page too.

We are also planning football camps for players in the summer where we would be able to offer the half/full day camps for a reduced rate.