

HEALTHY LIVING TEAM



Summer of Fun REVIEW



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



“ E*** would like to say Thank You and please can you do even more next summer!! He is autistic and doesn't get invited to much outside of school at all so we would have struggled for things to do without Summer of Fun which gave us free activities the whole summer!



SUMMER OF FUN

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VALE OF GLAMORGAN SUMMER OF FUN 2022



To provide children and young people aged 0 – 25 the opportunity to access free sports, play and cultural activities through targeted and universal provision - supporting their social, emotional, physical & mental wellbeing following the impact of the pandemic, and the cost of living crisis.

147

More than 147 different activities available

946

sessions delivered

130

partners involved

23

different areas of the Vale

19,571

attendances

99%

enjoyed the activities

433

More than 433 attendances by children with disabilities or illnesses

Co-ordinated by
the Vale Healthy Living Team

Website managed by the
Vale Family Information Service

477

More than 477 attendances by children with additional needs



Vale Play Development Team
Vale Sports Development Team
Vale Tourism & Events Team
Vale Family Information Service
Happy Hands Club with Emma
Vale Communications Team
Memo Arts Centre
Vale Youth Service
Early Help Team
Legacy Leisure

Project Leads



Bro Radio
Vale Countryside Team
Motion Control Dance
Keycreate
The Crafty Club

Vale Libraries
Moo Music Vale
Forces Fitness
Clwb Carco

Vale Arts Development Team
URDD Gobaith Cymru
Inspired Learners
Menter Bro Morgannwg
Vale People First (disabled YP)
Vale Youth Wellbeing Team
Gwyrddio Penarth Greening
Wick Youth Club
Flying Start
Community Safety Team

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What was the Summer of Fun?

The Summer of Fun was a fun-filled programme of free play, sports and cultural activities, delivered between July and September 2022. It was aimed at children and young people up to 24 years and their families.

Welsh Government provided the funding for the programme to support the mental, social and physical wellbeing of children and young people, helping them to continue their recovery from the Covid restrictions of the last two years. They also wanted to support families impacted by the cost-of-living crisis by providing free activities over the summer holidays.

Whilst the programme was open to all children and young people from the Vale, there was a desire to engage those most affected by the cost-of-living crisis and by Covid. Therefore, some targeted provision was also provided. There were numerous benefits to the Summer of Fun programme including:

- Reaching a large number of children and young people who had lots of FUN and became more active!
- The free activities took away the barrier of cost, supporting people to try new activities.
- Supported positive wellbeing during a difficult period.
- As local opportunities were delivered, participants had the opportunity to engage within their communities, taking away the barrier of travel that some people experience.
- Encouraged and supported residents to make use of the natural environment and spend time outdoors.

- Free healthy snacks and refreshments during some activities
- Inclusive opportunities supporting children with additional needs to access activities.
- Provided fun opportunities for families to participate together
- Participants discovered new activities they really liked and want to continue to take part in the future
- Feedback highlighted positive impact on developing communication skills, play skills, creativity, confidence, Welsh language skills and social skills.
- Provided an opportunity for parents/carers to meet others and chat about similar shared experiences.
- Supported families in need, giving children and young people time away from difficult circumstances.



“ Thank you, please do exactly the same in October or next summer



“ All the staff were really friendly and so helpful they made my children feel welcome and engaging with them which made them want to return

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What was available through the Summer of Fun?

More than 147 different activities were available this year across 946 separate sessions or events.

Activities included play, sports, arts, crafts, outdoor activities, Chill Out Zones, Family Fun events, Photothons, walking tours, circus skills, baby massage, radio workshops, live theatre shows, cinema screenings, nature workshops, writing/poetry workshops, soft play, cookery, fruit composting, amongst many others.

To try to engage as many people as possible, the following were considered when planning the programme, although the extent of some of these were also dependent on the delivery partners who wanted to be involved in the programme:

- Family based activities and events that were open to all age groups
- Activities for babies and pre-school age
- Activities targeting teenagers and the 16–24 year age group
- Activities in villages outside of the 4 Vale towns
- Activities delivered through the medium of Welsh
- Separate group provision for individuals who did not feel able to participate within mainstream provision
- Extended provision for groups delivering activities to disabled children and young people
- Targeted family support

“ Most children also really enjoyed the free refreshments with many coming back for additional pieces of fruit

Feedback from
Benthyg Penarth Greening

Healthy snacks and refreshments were made available at some activities which included fruit and grab bags. These were appreciated by the participants and their parents/carers.



“ Activities in Bryn y Don, skate park - fantastic idea to use all that space to organise family fun

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Who took part?



There were **19,571 participations in activities**, which were delivered in **23 different towns and villages in the Vale**. Activities were a mixture of age specific activities and those which catered for all age ranges

- Highest participation levels were amongst 5 - 10 year olds at 48%, lowest participation was amongst 16-24 year olds at 7% - figures based on statistics provided by delivery organisations which do not include statistics from 8 organisations who did not collect this level of data - including leisure centre activities targeting older and younger age groups, Helping Hands targeting younger age groups and the Family Fun Days such as Flying Start and National Play Day event which attract all age ranges, but particularly the younger pre-school age group.

Age Range	0 - 4	5 - 10	11 - 15	16 - 24
% total of participants	24.5%	48%	20.5%	7%

- A large number of the activities were at full capacity. Uptake was lower in the activities organised for 16-24 year olds. Activities offered for this age group included Comedy Club delivered at Memo Arts Centre, arts activities, activities within leisure centres, youth service activities and activities delivered by Vale People First targeting disabled young people. Whilst the Youth Service activities were well attended, they mainly engaged the 15 and under age group. The uptake of activities in the leisure centres was low, possibly due to the promotion of these activities. The way the Summer of Fun was promoted generally could also be a factor that impacted on participation amongst this age group, although it is recognised that generally across all disciplines, participation amongst 16-24 year olds is lower than amongst the younger age range. This is an area that needs to be considered further if similar programmes are delivered in the future.
- Organisations reported 433 children with disabilities or illness, and 477 with additional needs attended activities. It is likely the true figure will be higher as some activities were not registered and some organisations did not record this data. 26% of respondents to the online survey indicated the child or young person had a disability or additional need.

95% reported that their needs were met during the sessions. The disabilities or additional needs of children/young people who responded to the survey included:

Genetic condition
 Autism and Epilepsy
 Impairment
 Verbal dyspraxia
 delayed PDA ADHD and ASD
 autistic processing disorder
ASD **Adhd**
 anxiety issues Epilepsy sensory
 Dyspraxia ASD & hearing
 Selective mutism Adhd and autism Global development
 Speech and Language



■ Welsh language activities were provided by Menter Bro Morgannwg, the URDD, Clwb Carco, Vale Libraries and Memo Arts Centre. Whilst uptake was generally positive for Welsh language provision, some of the URDD sports activities targeted at females were cancelled due to low uptake.

Whilst the Summer of Fun programme was open to all age-appropriate residents in the Vale, it was hoped the programme would support targeted individuals / groups to access activity. Respondents to the survey were asked to indicate if their children/child in their care fell into any of the following categories, with the % response rate indicated below.

“ It was amazing!!!
 Thank you so much. We really appreciated it.



Families affected by the cost-of-living rise **29%**

Children/young people affected by covid **25%**

Children/young people that have an additional need **15%**

Children/young people that are disabled or have an impairment **9%**



Children/young people whose parents are unemployed or economically inactive **7%**

Children/young people from families that have been affected by trauma or bereavement **6%**

Children/young people that are carers **4%**
 Children/young people that are looked after

1%
 Children/young people who have been/are experiencing long covid which impacts on their health

0%
 Children/young people who have been displaced and resettled in the Vale due to e.g. Ukrainian, Syrian war



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“ I’ve never felt so free as I do when I’m on a skateboard



What did the participants think about the programme and what difference did it make to them?

- 99% of participants provided positive feedback about the activities delivered, with 1% indicating the sessions were not great.
- 99% also provided positive feedback about the staff delivering the activities (89% stated ‘they were good fun, 10% stated ‘they were ok’), whilst 1% indicated ‘they were not much fun’.

SESSIONS WERE:

GREAT	79%
GOOD	17%
OK	3%
NOT GREAT	1%

When asked ‘were there any activities or parts of sessions that they did not enjoy’, 12 responses were received which covered areas such as:

- unable to book on activity of choice as activity was full
- would like more interaction with staff in some sessions
- expanding some activities to cover additional age groups
- booking onto an activity that was not age appropriate
- felt activity was not organised well
- length of session different from advertised
- activities were cancelled and they were not informed / could not find the activity at the location

“ The fact that you now include teenagers for free activities is wonderful

“ Its a great scheme and I would love to see it expanded



“
**Involving all together to
 make new
 friends locally**



“
BRO RADIO -
 The 3 weekly sessions with Bro Radio were also a fab opportunity and my son embraced these. My son has a diagnosis of specific speech and language impairment but to hear him carry out an 1 hour slot over the air ways made me extremely proud. The boys were really supportive.

“
- Skateboarding -
 As a parent I think this is a golden opportunity for children to try without risk or commitment. I feel that we are privileged to have this type of access and opportunity. Good variety of sports and other sessions on offer. My daughter loved the skateboarding session so much she purchased her own skateboard and is slowly growing in her skill and confidence.

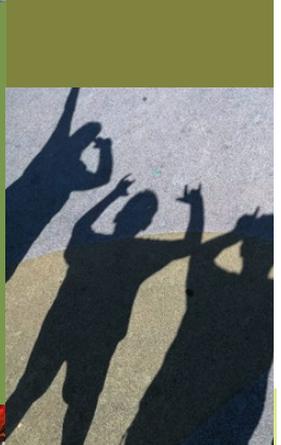


“
 It was so fantastic. So many wonderful opportunities. Thank you so much for valuing our young people

“
Really appreciate the vouchers, it gave us an opportunity to spend time together to do something fun during stressful times and to take our minds off these things and not worry about financial costs for the trip.

Family being supported through the Early Help FACT Team

“
- Vale Arts Team -
 The activities on offer were brilliant great variety and my children got lots of different things to do. The Vale Arts team - drama and singing workshops were brilliant more of these! Skateboarding was fantastic! More of these please!



“
I hope we can have water fights every year!

More in Llantwit Major please, we're a big town!

“ Really enjoyed the sessions, friendly and welcoming and a great range of activities on offer, thought the scheme was brilliant

“ We absolutely loved The whale at the Memo! So creative and my little girl, who is currently into David Attenborough and conservation, was so engrossed.



A range of benefits from attending the activities were identified as highlighted below:

Something fun to do	14%
Got to try a new activity	13%
Activities were local to where we live	13%
Opportunity to mix with other children / young people	12%
The activities were free – would not have been able to afford	10%
Now more confident to try different activities in the future	10%
Could attend activities with friends	8%
Found an activity they really liked and want to take part in	8%
Activities we could do together as a family	7%
Provided opportunity for parent/carer to have time away from children	3%
Visited somewhere in the Vale we had not visited before	2%
Supported with childcare whilst working	1%
Other	0.5%



“ It would not have been possible for me to pay for all the activities and gave my children something to look forward to it was a great opportunity. My 9 year old was so excited knowing that she was able to take part than being in the house. Thank you

“ The people who run them make them great. The more engaging the better. Also loved the fun day at Romily Park as there were so many different activities it meant there was something for all

“ Absolutely brilliant for my mental health, we were out almost every day of the summer and my son had the best time and has had more experiences in his 2-years of life than I did at his age. His confidence has grown massively over the summer and I think its as a result of all of these wonderful things that he did via the Summer of Fun programme. I also had useful chats about the childcare offer and we met some lovely families during the events and we still meet up with some of them today. Thank you so much for making the summer a fun time for all of us and we can't wait to see the Winter of Wellness lineup :)



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“ Really appreciated the fact there were welsh language opportunities

What difference did the delivery organisations think the programme made?

A range of benefits were identified, some similar to those identified by the participants - also additional benefits experienced by the delivery organisations:

- Enabled the organisations to offer a wider range of activities, many of which would not normally have been on offer in certain parts of the Vale.
- Supported a wider spread of activities across the Vale making it easier for families to access.
- Supported more people to try out activities who would otherwise have not been able to due to the cost.
- Provided work to local companies and individuals working in the cultural, play and entertainment sectors.
- Attracted new families to activities and venues they had not previously visited, promoting future membership amongst the delivery organisations.
- Provided an opportunity for parents/carers to meet others and chat about similar shared experiences.

“

It was great to be able to chat and meet other mamas in the same situation financially.



With the help of Vale of Glamorgan and social media, the word spread and we attracted families who really are feeling the strain of the cost of living. One of our very strong 'pillars' is that our service is accessible for all. Being able to provide a well-staffed and high quality service at no cost to the families was so appreciated.



Something which has stuck out in my mind during the Summer activities is seeing the young people running into the building. They simply cannot wait to come to us. This speaks volumes. The young people are always smiling



The targeted trips were a success due to the benefits for the young people that attended. The young people were able to look forward to something fun and positive, most of our young people in the targeted projects are struggling with their emotional and physical health and these activities were able to provide a positive element to their lives. These summer activities gave additional opportunities to mix with peers (with support), use their social skills and meet new people. One of the biggest benefits was a focus and reason to get outside/away from home. Covid has had a huge impact on our young people in targeted projects and these activities were able to encourage young people with anxiety to get up, get dressed and get out of the home. This is a personal goal specified by many young people on their support plans. These activities gave a focus and goal to work towards to help young people overcome their anxiety



I think the funding has really helped us to develop the sessions and we've had lots of interest from local schools, organisations and the youth service regarding future work. It's been really beneficial.

Bro Radio



Families were able to come together as a whole to attend an activity that they may not have been able to do or afford themselves. This opportunity provided families to take part in a leisure activity with the aim of strengthening family relationships, wellbeing and improve their bond. These experiences have been missed by families due to the restrictions that the pandemic has caused, along with the added impact that the increase in the cost of living expenses has had on families. The sessions provided an opportunity to support children and young people with their social, emotional, physical, and mental wellbeing. It has also supported children and young people to become more active which will improve their physical health long term. The activities have also supported children and young people that may be at risk of isolation. The Summer of Fun was beneficial as the families we work with may have difficulties with relationships, finance, mental health, attachment, or general engagement with professionals. This project provides the family with a positive experience with the service, which in turn assists in their engagement with workers in the team, and their participation with the interventions as a whole.

**Early Help
(Family Around the Child) Team**



Not only have we had new children join as a result of these sessions but we have had parents join the club as well!
Brynhill Golf Club who provide low cost/ no cost junior opportunities year round to support everyone to join



It was fantastic! My son is 1/4 children, one is disabled and one is a toddler so it often hard to find an activity to suit the entire family. He has become quite unfit since covid and not going out since, so the gym and afternoon swim and the fact it was free was utterly brilliant.

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Who was involved in organising the Summer of Fun?

The programme was co-ordinated by the Vale of Glamorgan Council's Healthy Living Team, in partnership with 29 lead partners and a further 101 delivery and promotional partners – definitely a joint effort amongst the 130 partners involved!

A Summer of Fun Working Group was established consisting of representatives from the Healthy Living Team, Youth Service, Culture & Community Learning Team and the Children and Young People's Partnership. The membership has a range of existing partners who were able to promote the programme to potential delivery partners, and also provide valuable input when assessing proposals from organisations who wanted to be involved in the programme.

A Summer of Fun Promotional Working Group was also established consisting of representatives from the Media and Engagement Team, Family Information Service and Healthy Living Team to create and roll out a Communications Plan for the programme. The Media and Engagement Team led on the social media campaign and links to other

media channels. The Family Information Service led on the creation of the Summer of Fun web page which contained details of all activities organised. They also promoted to the vast number of residents and organisations who were registered with their service. The Healthy Living Team took the lead on engaging with partners who could assist with promoting the programme, particularly to targeted groups. These included engaging with Social Services, Co-ordinator working with displaced families, Early Help Team, Housing Services, Carers Officer and Flying Start.





27 internal departments and external organisations led on the organisation of activity specific projects:

- Vale Play Team (*Healthy Living Team*)
- Vale Sports Development Team (*Healthy Living Team*)
- Vale Libraries
- Vale Tourism & Events Team
- Vale Countryside Service
- Vale Early Help Team
- Vale Youth Service
- Vale Arts Development Service
- Vale Flying Start
- Wick Youth Club
- Keycreate Community Interest Company
- Vale People First
- URDD Gobaith Cymru Sports Department
- URDD Gobaith Cymru Cultural Department
- Menter Bro Morgannwg
- Inspired Learners
- Gwyrddio Penarth Greening
- Happy Hands Club with Emma
- Memo Arts Centre
- Motion Control Dance
- Clwb Carco
- Forces Fitness
- Legacy Leisure
- St Giles Trust
- The Crafty Club
- Bro Radio
- Moo Music Vale

Many of these lead organisations worked with their partners to expand the range of opportunities available – an additional 97 partners were engaged ranging from community sports and physical activity clubs, artists, outdoor activity specialists, play specialists, crafts specialists, recycling specialists, musicians, magicians, gadgeteers, the RNLI, the Fire Service and storytellers. Other non-delivery partners included the Community Safety Team, Youth Offending Service, South Wales Police, Social Services, Housing Associations and Vale Parenting Service.



“ Grateful to have something free yet fun for teenagers participate in - not all teenagers enjoy just hanging around doing nothing

Considerations for future programmes based on feedback received

- Potentially phasing the release of spaces to activities and enabling targeted groups earlier access to the booking systems.
- Booking systems - due to limited capacity, many of the activities offered had to be pre-booked. There was mixed feedback regarding the ease of booking activities, which did differ dependent on the activity. Each delivery organisation chose their method of booking for their activities. Negative comments also received around having to complete a separate form for each child attending an activity from the same family.
- Whilst all activity details were in one place on the Summer of Fun webpage in date order, some feedback indicated that the amount of information was overwhelming due to the large number of activities available. Suggestions included splitting the website listings down into smaller sub sections or having a 'search' function.
- Activity spaces filled up very quickly so even though the activities were live on the website, spaces were no longer available shortly after being promoted. It was not logistically possible to keep the website up to date in relation to space availability.
- Some of the delivery organisation websites the residents were directed to during the booking process did not have clear links as to how they book, and it was not clear which were the free Summer of Fun activities.

■ A number of respondents shared their frustration with residents booking onto sessions, taking up the limited spaces and then not turning up without cancelling their space. This was a frustration also felt by the delivery organisations. Organisations introduced a variety of mechanisms to try to overcome this, following lessons learnt from the previous Summer of Fun, however it did still occur this year which is frustrating given the demand for spaces.

■ Respondents were asked 'if we were to organise a similar programme in the future, are there any additional activities that we could consider including?'. A range of responses were provided which will be considered if a future programme is organised. Many did request more spaces in the existing activities already included on the programme as they sold out quickly.



“ PhotoBarrython - I liked that the shorter version meant I would fit it into working during the summer - on that one week day I just took a longer lunch break so my son and I could do it. Initially I was a bit gutted that the day we had was just on Holton Road but it turned out that we found some interesting ways of looking at the area in a new and interesting way, we explored the gallery in Art Central, we went in Central Park, we popped in some cool shops and really enjoyed the challenge. It was perfect for my 10 year old, he's a creative soul and we had a great time together doing it.





“ The staff were always fantastic and for my 12 year old son who has been extremely inactive since covid he had fun, made a friend and got fitter







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