

TERMILY MONITORING AND EVALUATION SCHEDULE

The purpose of termly monitoring reports isto:

- 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:



Club/project name:	Bridgnorth Seniors youth club
Term:	Autumn 23
Date:	18 th December 2023

What we have done to increase/improve physical health

There is always a sporting activity set up available for any of the seniors that want to play – chosen by them using the equipment at the centre this could be table tennis, volleyball, pool, badminton or dodgeball.

The senior group are also keen cooks and so most weeks cook something for their supper – this has ranged from Thai curry, bolognaise, quisedillas and pizza. The group are keen on healthy eating and so decide what ingredients they want and what makes it healthier.



<p>What we have done to increase/ improve Emotional health</p>	<p>Identity is a big part of this group and acceptance – the group have the confidence to speak to the youth workers either individually about their problems or anxieties or as a small group.</p> <p>We know the group well enough to be aware of quirks, concerns and triggers and so manage the group and choices accordingly.</p> <p>We undertake some focused work on specific topics and this term used “Beer goggles” as a fun activity to raise awareness about alcohol, before the Christmas break.</p> <p>Helping young people to think about others and to take positive action is very important, this term SYA was approached by R1 Construction, who has partnered with help the aged. They asked us if Youth club members could colour in Christmas cards for older people as they really like the individuality, we were happy to help</p> <div data-bbox="464 1003 877 1547">  </div> <div data-bbox="464 1563 874 2042">  </div>

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1. Outputs Reporting

Total number of different individuals who have benefited from the activities this year	47
Average attendance per session	14

Number of individuals x frequency	Subject	Notes
9	Alcohol	Beer goggles and chat of feeling of alcohol
2	Diet	
44	Exercise	
44	Getting active	
49	Healthy eating	cooking
7	Identity	
7	LGBT+	
7	Sexuality	

2. Case study

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.

Through funding for a cooking project from Bridgnorth Town Council we took the group for an Indian Meal – although to a few this wasn't a 'big thing' for others it was – 5 yp had never tried Indian food and 8 had never been to an Indian restaurant the thought of going and ordering from a menu and not knowing what anything was, was daunting for some so we planned the evening with the help of Blue Ginger to give them all the opportunity to try new things and not to worry and the result was a lovely evening and yp's taking doggy bags home

3. Variation to service

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?

None