



Holiday Camp Report: April 2018

Reporting Dates: 3 – 6 April 2018

United Through Sport
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Summary

We hosted a holiday camp for a period of four days in the community of Daleview, which is situated in Despatch, Nelson Mandela Bay. It is standard practice for United Through Sport to organise holiday programmes to minimise the idle time for children during school breaks. Particularly in under-resourced township areas, like Daleview, there is a big need to keep the children busy and entertained in a safe environment during the school holidays.

We were approached by a **Social Auxiliary Worker from the Despatch branch of the Christian Social Services (Christelik-Maatskaplike Raadvir die Ring van die Sondagsrivier), Ms Portia Ntsila**, to host a holiday camp in Daleview in the April 2018 school holiday period. Daleview is **characterised by high levels of unemployment and poverty**. Ntsila, who has been working in the community for several years, identified drug and alcohol abuse, domestic violence and HIV/Aids as the biggest social ills in the community of Daleview.

The youth in Daleview have access to very few leisure resources, which contributes to their vulnerability and being at risk over school holiday periods. United Through Sport offers a holiday programme that not only entertains the children, but has the benefits of physical and mental stimulation – in a structured, safe environment.



From 3 to 6 April 2018, United Through Sport hosted a four-day programme for selected children from the community at the Daleview rugby field. A total of 150 children were selected by Ms Ntsila– mostly living in Daleview, and surrounding township areas such as Reservoir Hills and Kayamandi. However, more than 200 children showed up to participate in the holiday camp, as news spread of the programme.

The children who participated were from schools in Despatch and their ages varied from pre-schoolers to teenagers. Even though the pre-selected children were all of school-going age, pre-schoolers also attended the camp. We had anticipated this and subsequently prepared age-appropriate games as well as daily arts and crafts activities for the children younger than 6 years old.

For the older children (7 – 17 years) the holiday camp involved structured Sporting Activities (Rugby, Soccer and Netball), Indigenous Games as well as Life Skills lessons. United Through Sport was responsible for the overall running of the camp, which took place from 10:00 to 15:00 daily.

Conducting the camp were eight staff members, six international volunteers and six youth workers of United Through Sport. The children had an opportunity to rotate between all the different aspects of the programme and were given ample time to rest, including a lunchtime period where they were served lunch and juice.

While Life Skills Lessons, structured around the topics of Drugs, Relationships and Abuse, were covered with all the children who attended the holiday camp, we conducted a snapshot Monitoring and Evaluation Quiz with a selection of children, aged 12 to 17 years. 90% of the children quizzed, improved their knowledge of HIV/Aids in the tests conducted before and after the Life Skills Lessons.



At the end of the holiday camp, the older children who participated in the Life Skills lessons received a **Certificate**. Children who showed **good sportsmanship and leadership** during the holiday camp also received prizes - including soccer balls, water bottles and sports clothing.

Challenges

On the second day of the holiday camp we realised that we would go over the expected number of 150 kids. Having a limited number of coaches (staff members, youth and volunteers), we had to adapt the sessions. The coaches made quick adjustments to their preparations, ensuring the children would still have the optimal sporting and leisure experience. Another challenge, which was anticipated, was the **number of pre-schoolers who arrived at the camp**. As mentioned earlier in this report, age appropriate activities were conducted with all children younger than 6 years old.

Conclusion

The camp was well planned and executed. The participants thoroughly enjoyed doing sports and games with the United Through Sport's team and covered important life skills education in a fun and interactive manner.

The same amount of kids kept coming back the following days and requested the staff and volunteers to come back again in the next holiday period. This is all a testimony of the joy the kids experienced during the holiday camp. Best of all, it offered a place for the participants to feel safe and secure during a time when they are often left alone.



Having fun with a game of netball:



Listening attentively to a Life Skills lesson:



Waiting for instructions from the coach:



Girls getting some rugby lessons:



Keeping the pre-schoolers occupied with games and arts & crafts:





Receiving their Life Skills Certificates and Prizes:

