



GETS ACTIVE

Apr 25 - Mar 26

Gets Active is a programme developed by Children in Northern Ireland and delivered regionally through a network of community partners. Portadown Gets Active (PGA) has been delivered in Portadown since 2017, with Community Intercultural Programme – Oasis acting as the lead community partner.

The programme provides primary school-aged children with a healthy breakfast and lunch during school holidays, alongside opportunities to try new activities, engage in physical exercise, and most importantly, have fun with their peers throughout the year. It also supports the development of young leaders and volunteers aged 12–18, who play an active role in the design and delivery of Gets Active within Oasis.

Referrals to the programme are received through a range of partners including the Craigavon & Banbridge Family Support Hub (FSH), Community Intercultural Programme, local primary schools, Family Intervention services, and the Southern Health and Social Care Trust (SHSCT). Children from across the Armagh, Banbridge and Craigavon Borough Council area participate in the programme, with a particular focus on engaging children who are eligible for free school meals.

Throughout this report you will find a snapshot of activities delivered over the year. It also highlights feedback from children and young people, parents, and key learning gathered throughout the programme.

The continued success and reach of this project would not be possible without the key support of the McClay Foundation. Oasis Youth works in partnership with a range of key agencies and organisations to ensure Portadown Gets Active has been successfully delivered since 2017.
We hope you enjoy reading about our year.





After School Club

Our Afterschool Club provided a safe, engaging space where children P1 - P7 could take part in a wide range of activities including sports sessions with coaches, nature walks, interactive physical quizzes, cultural celebrations and relaxation-based activities.

A key strength of the programme was that activities were shaped by the children themselves, giving them ownership and increasing engagement.

As the weeks progressed, children, many new to school, grew significantly in confidence, built friendships and became more comfortable in group settings.



**40
Weeks**

**64
Children**

**2200
Meals**

**70
Contact
Hours**



After School Club

AT THE END OF EVERY TERM WE ALWAYS GET THE CHILDREN TO DO AN EVALUATION.

Did you learn anything new?

95%

Did you make new friends?

99%

Are you more confident now?

89%

What did you enjoy the most?

- Cooking**
- Lego Challenges**
- Sports**
- Nature Walk**



SPRING GETS ACTIVE



Spring Gets Active 2025 welcomed 60 children for three action-packed days of activity, creativity and fun in a positive and inclusive environment.

We began with a trip to a South Lakes Leisure Centre, where young people took part in a variety of sports and group activities including garden games, relay challenges and music and dance sessions. These activities encouraged participation, teamwork and the development of new skills in an energetic and enjoyable setting.

Back at the centre, participants enjoyed a range of freshly prepared meals, creating opportunities to relax, refuel and socialise together throughout the day.

The second day focused on a mix of creative and interactive workshops. Young people took part in a hands-on food activity where they created their own healthy snacks, as well as an engaging STEM session featuring a series of fun and memorable experiments such as elephant toothpaste. Outdoor games designed and delivered by a group of young leaders (Bee Team) who trained for 6 weeks to become first time volunteers, added another highlight, giving participants the chance to take part in activities created by their peers and strengthening confidence and leadership skills within the group.

The programme concluded with a large family fun day, welcoming children and their families to take part in a wide range of activities including facepainting, balloon modelling, interactive play sessions, games and family-based challenges. There were stalls from local agencies, such as CYSP, Family Support Hub, CINI, Chest Heart & Stroke and free health checks. The event created a vibrant and welcoming atmosphere, offering opportunities for families to spend quality time together and engage with a variety of experiences.

Throughout the week, young volunteers played an important role in supporting activities and creating a positive environment, helping to ensure that every child felt included and engaged

60 Children 150 @ Family Day 21 Volunteers 480 Meals Served 1 Family Cooking Challenge

oasis

GETS ACTIVE

SUMMER 25



Lurgan Gets Active

This pilot initiative marked the successful introduction of Gets Active into a new area, engaging children from a broad mix of backgrounds.

Delivered from the Jethro Centre, the programme combined structured activities with meaningful opportunities for connection, inclusion, and social development.

Across four busy and engaging days, participants took part in a varied schedule of activities. Council Coaches facilitated team games such as cups and saucers and dodgeball, while EurekaSeekers led interactive, Harry Potter-inspired science sessions.

Klean Kitchen delivered practical cooking workshops, where children prepared dishes including pasta bolognese and overnight oats

The PSNI hosted an engaging visit, helping children learn more about their role within the community, while the British Red Cross provided older participants with essential first aid training.

Additional activities included drumming sessions, a bird of prey experience, clay modelling, and a cinema trip.

The diverse mix of participants was a major strength of the programme, supporting the development of confidence, mutual understanding, and a stronger sense of community.

34 Children

11 Peer Mentors

14 nationalities

220 Volunteer Hours

90% Increased Confidence

97% Made Friends

94% Wanted More GA

Best Highlight? Cinema



Summer Gets Active

**Highlight
Family
Day**

**100%
Glad they
went**

Week 1 – Lego Theme

Participants took part in two days of centre-based activities, all inspired by a Lego theme. These included pancake art, custom bag design, sand art, a Klean Kitchen cookery session, a Lego robotics workshop with Wheelworks, and bath bomb making. Alongside this, young people enjoyed Brazilian jiu jitsu, as well as a range of sports sessions and team games led by Healthy Kidz coaches in the local park. The week concluded with a trip to the cinema.

Week 2 – Adventure Week

Adventure Week focused on encouraging young people to spend time outdoors, connect with nature, and reduce screen time. From warm, sunny days to wetter conditions, the programme continued uninterrupted. Activities included scavenger hunts, park visits, multi-sport sessions, team challenges, and a very popular interactive birds of prey experience.

Family Fun Day

Our Family Fun Day, held at South Lakes Leisure Centre, was a highly successful event with over 200 attendees, including children, families, facilitators, partners, and stakeholders. We were delighted to host 12 supporting organisations, including Family Hub, Arbour Housing Association, PCSP, PIPS, NICMA, and START360 Verve. Parents made strong use of the services available, particularly the free health checks provided on the day.

Activities of the day:

- Funky Face painting
- Balloon modelling by David Davidson
- ABC Council sport games
- Thai Arts – chocolate art workshops
- Play away - messy play
- Inflatable obstacle course
- Podcast interviews by young leaders
- Evaluation stall ran by Youth Forum members
- Food by incredABLE cafe



Kids vote 4.9 out of 5

SUMMER GETS ACTIVE



22
Volunteers

17
Nationalities

5
Outside
days

2490
Meals

121
Children

695
Volunteer
Hours

4
Parks



Volunteers Have Their Say...



WHY JOIN?

Free food, sun, and awesome trips.

Boosts UCAS points, CVs, and essential life skills.

It's rewarding, productive, and "super awesome."

Meet new people and make loads of new friends.

WHAT'S YOUR FAVOURITE MEMORY?

Kids fighting to sit beside you and just talking with them.

Roald Dahl scheme (Oompa Loompas!), family days, and summer camps
Jiu-Jitsu, making up new games, and creative session planning.

Creating fun memories with other volunteers and friends.

WHAT DO YOU GET OUT OF IT?

Increased confidence, responsibility, and a sense of achievement

Happiness, joyful memories, and a sense of purpose.

New ways to communicate and lead.

The satisfaction of helping kids and new people in the community

"It's great for your career, but the best part is the satisfaction of knowing you've helped someone."



Autumn Gets Active

The Autumn programme focused on creativity, exploration and gently pushing children beyond their comfort zones.

Activities included:

Leaf mandala art and Lego free play to encourage creativity
“Bugs & Beasties” sessions where children handled animals and challenged fears
Inclusive outdoor sports, archery and team games
A memorable trip to Armagh Planetarium, often a first-time experience

These sessions helped children build resilience, try new things and develop confidence in a supportive environment.



Armagh Planetarium Trip



Scheme Checklist

- 71 Children ✓
- 15 Leaders ✓
- 300 Volunteer Hours ✓
- 12 Nationalities ✓
- 775 + Meals ✓

87%
had lots
of fun

70%
learned
something
new

80%
made new
friends

25% were
nervous at
start

4.6
out of 5
satisfied

70% easy
to make
new friends

CHRISTMAS GETS ACTIVE



Youth Forum members organised a Christmas party for all of our juniors, creating a fun and festive evening filled with energy, creativity and celebration. A range of exciting activity stations ensured there was something for everyone to enjoy.

The event included messy play, facepainting, balloon modelling, Christmas decoration making, reindeer food making, card crafting, cookie decorating, candy floss and popcorn, interactive games and a finger food buffet. Each activity brought a different element of fun and helped create a lively and welcoming atmosphere throughout the evening.

A special visit from Santa brought the night to a magical close, giving children a memorable experience to take away with them.

Food packs were also provided so that every child could bring something home to share with their families.

It was a fantastic evening that brought young people together, encouraged creativity and celebrated the festive season in a positive and inclusive way.



Activ8 2.0

45 Young People | 11 Weeks | 698 Contact Hours | 380 Meals

From October - February delivered a 12-week evening programme running every Wednesday evening at The Jethro Centre in Lurgan

This project was designed to maximise engagement by offering two parallel streams: a sports group, where participants took part in baseball, basketball, and volleyball to build teamwork and confidence, and a creative group, providing an inclusive space for non-sporty young people through drumming workshops and media production sessions.

The programme targeted young people in Lurgan, with a strong representation from the Bulgarian community. Many participants initially experienced social isolation and language barriers, often remaining within their own peer groups. The involvement of a Bulgarian-speaking staff member played a key role in building trust with families and creating a culturally safe and welcoming environment, encouraging participation from those who might otherwise not have engaged.

Over the course of the programme, these barriers were significantly reduced. Through a balance of structured activities and shared experiences—including a group trip to Airtastic and a midterm holiday camp—young people developed confidence, formed new friendships across cultural groups, and became more connected within the wider community. The project successfully created an inclusive space where participants felt supported, engaged, and able to belong.



Almost all participants reported forming new friendships; one noted they were able to “improve existing ones”

Young people felt more confident to “speak out loud” and step “out of their comfort zone” while supported by peers

Strong engagement reflected in feedback such as “I don’t want this project to end”

Participants reported improvements in behaviour and manners

All participants learned new skills, with drumming highlighted as an area of clear weekly progression

Increased confidence in communication and becoming more talkative

- Encouraged to “stay off their phones”
- More willing to “get out of the house”
- Increased social interaction with peers from different communities

Activ8 2.0 Sports & Creative Camp

45
Young
People

294
Meals

380
Contact
Hours

Activ8 2.0 Sports and Creative Camp provided young people with an engaging and energetic programme, combining physical activity with creative opportunities in a fun and inclusive environment. The camp also welcomed new participants, giving them the opportunity to join and connect with those already involved in the Activ8 2.0 project.

Throughout the camp, participants took part in a range of sports including baseball, volleyball and basketball, helping to build confidence, teamwork and skill development in an active setting. Alongside this, creative sessions such as drumming workshops and media activities using tablets and professional equipment encouraged self-expression and creativity.

Each day offered variety and excitement, with a balance of structured sessions and opportunities for young people to socialise, try new activities and develop new interests in a supportive environment.

The camp created a positive space where young people could stay active, build relationships and feel part of a wider community.

It was a rewarding and enjoyable experience that promoted wellbeing, creativity and active lifestyles in a safe and welcoming setting.



ACTIV8 2.0 RESIDENTIAL @

GORTIN



The Activ8 2.0 Residential to Gortin Activity Centre provided young people with an exciting opportunity to take part in an outdoor adventure experience in a supportive and inclusive environment. The residential brought participants together, including those already involved in the project and new members, helping to build connections and strengthen relationships.

During the trip, young people engaged in a range of outdoor and team-based activities such as archery tag, dodgeball & Hotseat designed to challenge them, build confidence and encourage teamwork. The experience allowed participants to step outside of their comfort zones, try new things and develop resilience in a safe and structured setting.

Alongside the activities, the residential offered valuable time for socialising and group bonding, creating a positive atmosphere where young people could build friendships and feel part of a wider community.

The trip provided a memorable experience that promoted personal development, wellbeing and a sense of achievement, leaving participants with increased confidence and lasting connections

Ojets Active Feedback

"Thank you so much for all the effort, passion and joy you and the whole team pour into every session. The party on Monday night will be reminiscent with a huge smile by all."

"It was an amazing Christmas party which was greatly enjoyed by children. Oasis staff is a top notch in all what they do."

"Thank you so much for all your efforts and support, My kids really enjoyed every part of it, thank you for the wonderful gifts."

"Thank you for everything you did and organised. All children are happy and joyful we cant wait until the next one."

"We so appreciate all you do in our community. My children had the best 3 days."

"Thank you all for a fantastic evening for the children and the hampers!"

"Fantastic day! Thank you to all at Oasis Youth. Kids having a ball "

"Fantastic photos! Thank you to all the leaders and staff who make these events possible "

"Brilliant photo's making beautiful memories "

"To all the volunteers. Well done. You are doing an amazing job"



The impact Gets Active has on families

It helps my child make friends. It gives him sense of somewhere is he unjudged and has a sense of belonging. It helps or family knowing we have people we can ask for help. I feel all the staff have great knowledge and commitment in helping every child reach there full potential. As a family we would be truly lost without this program.

This project is a wonderful investment in young people. It has helped my son make friends and develop his social skills which he really struggles with due to ADHD and autism. We are so grateful for the positive and welcoming environment that he has been welcomed into.

This has been an amazing experience for my girls they got to try new things and meet new friends

Helping to socialise with other children making them more confident helping them enjoy outdoors away from screens and also snacks

My child had positive achievements with Gets Active because she was able to discover new things she could learn to do such as painting, cooking and visiting different places to have fun with friends

There has been no negative changes only positive. He looks forward to going and seeing everyone. His confidence has grown and due to his attendance his attitude others is amazing. His school report reflects this and we feel it is mostly due to Oasis.

Extremely positive my child is willing to part in things he struggled with. Staff have great communication with both children and parents.

I have one child with a special diet and oasis has catered for her exceptionally and she has felt very included my kids are also more confident

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**Thankyou to our funders and
Partners for their generosity
and continuous support!**

THE
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