



SuccessClub

Be better in the next second than you were in the last

Executive Evaluation 2024:

Programmes:

Thinking into Results

Fit4Growth

A Moment of Calm

A Walk on the Calm Side

Mindful Mentors

HAF Summer Club

Cook and Connect

SUCCESS CLUB CIO
Registered Charity No: 1180864



There is nothing in a caterpillar
that tells you it will be a
butterfly

R. Buckminster Fuller



Thank you...



Contributing to your community

Your contribution has made a difference to the local communities in Enfield and Islington.



Positively impacting future generations

It feels good to have the opportunity to change the future for good. You'll be able to track meaningful results and measurable impact, from this evaluation.



A chance to grow together

Our opportunities start small but have huge potential for growth. We'd love you to grow with us.



2024
IN
NUMBERS



2970
CHILDREN
AND
YOUNG
PEOPLE



26
SCHOOLS



16
VOLUNTEERS



131
SESSIONS
OR EVENTS
SUPPORTED



431
HOURS
GIVEN



Programme Impact

Thinking into Results

Year 9 group – 1 hour weekly at Chace Community for the academic year



Student Questionnaire:

- All 10 pupils have fun and enjoy the sessions*
- All 10 pupils feel valued and that their opinions were listened to by the SC staff.
- All 10 were able to claim ownership of their behaviour: evident in different ways – many spoke about being able to control themselves, improving in lessons or simply having 'better behaviour'.
- 9/10 feel the sessions have helped them feel happier or more confident/positive in some way.
- 8/10 said they enjoyed the games.
- 8/10 liked being able to talk about their emotions.

*Number of students available on the day to complete the questionnaire.

Teacher Questionnaire - Subject teachers

- In 11/12 students there was a noticeable improvement in the student behaviour.
- All 9 students identified as having behavioural issues were reported to be less angry/anxious/aggressive/unhappy (dependant on the individual student's behaviour patterns).

'Student 3 would lash out and get angry at most things but we have been able to teach them ways to deal and cope with things that can trigger them. Now they are utilising those skills in school and lashing out or anger is down to almost never; when it does happen they know how to now control themselves and make smart choices even when emotional.'

Fit4Growth was a year-long, after-school, multi-sports programme at Chace Community Secondary School in Enfield for 12 targeted disadvantaged pupils aged 12-15. Over the year we ended up working with 15 students in total. Our overall aim was to reduce school exclusions using sports engagement and mentoring. Teachers selected a diverse group of pupils: their most at risk of exclusion, vulnerable to involvement in violence or already involved in anti-social behaviour in order to provide consistency of support and enable sustainable change in their behaviors. Despite numerous and substantial challenges to working with these students, including some swap out of candidates, two exclusions, violent outbursts, issues around self-harm, truancy and refusal to participate, there were significant successes:

- **13/15 of the participants have not been permanently excluded from school.**
- **6/15 of the participants have gone on to take up boxercise as an out of school activity and have joined an amateur boxing gym.**
- **3/15 of the students no longer need interventions and have been acknowledged by the Senior Leadership Team as having made significant improvements.**
- **75% of the original candidates (9/12) made significant personal growth through improved communication skills.**

Fit4Growth
2 hours weekly at
Chace Community
School for 1 year.



A Moment of Calm



Last Spring, we produced an easy-to-use booklet for year 6 children in Enfield full of calming tips and tricks, alongside posters to display in classrooms or corridors.

This was fantastic opportunity for year 6 children to learn easy, self-soothing techniques that empower them to believe in themselves, develop a growth mindset, and manage their stress levels during exam season and transition to secondary school.

We ran 'A Moment of Calm' workshops in April-May 2024 with 22 schools around Enfield, supporting more than 1,250 pupils. We received overwhelmingly positive feedback about both the workshops and the resources we provided from the staff and students we worked with:

- ***"The children liked using it to find their own strategies."*** Year 6 Teacher, St John & St James CofE Primary School
- ***"It allowed the children to focus on something other than SATs and made them feel calmer."*** Year 6 Teacher, Suffolks Primary School
- ***"The booklets are brilliantly designed and accessible for children and staff. Transitioning into secondary can be tough for the children; building a positive mindset is vital."*** Year 6 Teacher, Suffolks Primary School
- ***"I feel like it is something I'd like to get into a routine with my class next year from the start."*** Year 6 Teacher, Worcester Primary School.

'A Walk on the Calm Side' at Eldon Primary School



Student Questionnaires:

- 71% of students have enjoyed exercising and walking outside.
- 90% of the students have enjoyed spending time in outdoor spaces.
- 71% feel more confident about themselves than they did before the Success Club sessions
- 94% of the students understand new ways they can calm their minds and focus
- 81% of students feel positive after the Success Club sessions
- 84% of students have had fun during the Success Club sessions

"It has helped me calm down when I get stressed and when I have anxiety"

"Mindful group helps me to calm down when I feel stress when I go. The SC has helped me move!"

"let other people have their own paths when mindful walking"

"This helped me to relax and learn how to get my nerves out"

"A Walk on the Calm Side was well received in our school. The children really embraced all the sessions and if I'm honest they were disappointed when it ended. The session embodied the importance of mindfulness and the impact learning outside can have on children."

**Mr Beckford Assistant Headteacher
Personal Development & Behaviour and Attitudes
Eldon Primary School**

Case Study from Eldon Primary School

This student came to the sessions as very articulate and high achieving but with some stress and low self-esteem issues. She grew in confidence as the sessions progressed and noted herself how the sessions helped her to socialise outside her usual friendship group. She was able to reflect:

"Normally I had negative thoughts but after Success Club I felt better and more confident and I have moved out of my bubble to speak to other people not in my group".

She found the goals stepladder an extremely useful tool, especially as she couldn't think of anything to aim for and the others in the group really boosted her self-confidence by giving her helpful suggestions:

"When we were doing the goals ladder everyone was telling me what I was good at and what goals I could aim for"

She found the outdoor activities extremely beneficial and has said she will continue to use them to manage any stress/anxiety she is experiencing: *"Basically I use the breathing and sometimes mindful walking taking off shoes in the garden and feeling the grass and the mud".*



The main objectives of the programme were to help children recognise and understand emotions, including the differences between them and how quickly they could change.

Additionally, the sessions aimed to equip Mindful Mentors with mindfulness techniques they could use and share to help themselves and their peers manage emotions and stress.

Finally, the aim was to teach children effective methods for resolving conflicts, with a focus on communication, empathy, and problem-solving skills.

- 100% of the students agree that they feel more confident in their abilities – the mindful mentors programme has given them more confidence.
- 100% agree and 90% strongly agree that their teamwork skills have improved, and they enjoy working with the other mindful mentors.
- 90% agree that Mindful Mentors has helped them feel part of the school community.
- 100% feel more positive about the future and more confident they can be successful.
- 100% agree that whenever they are anxious or worried, they now have some stress-busters they can use to help themselves feel better and calmer.
- 100% strongly agree that they can now help other students in the school to calm down if they are feeling worried or upset.

Mindful Mentors

at Suffolks and Eldon Primary Schools



Teacher Feedback

'The Mindful Mentor sessions have had a transformative impact on the children who were involved and has equipped us to promote mindfulness across the school using our new Mindful Mentors. It was fantastic to see children, who would shy away from any form of public speaking, up on stage and sharing their new found skills and mindfulness strategies with a range of children. In the new year, our Mindful Mentors will be given dedicated time in assemblies to share mindfulness strategies as well as visits to classes to deliver mindful moments.

Suffolks Primary School would like to thank Success Club for all of their support and commitment to our children and giving them this fantastic opportunity!' James Wheeler - Deputy Head, Suffolks Primary School



We ran our popular HAF scheme once again at Suffolks Primary School for children who are eligible for free school meals. This summer the scheme ran for 15 days in July and August and catered for over 80 children including 20 children with high needs SEND.

We provided a hot, nutritious meal every day. Each day of the holiday scheme we were able to run a variety of fun, inclusive and engaging activities for the students, led by a team of professional facilitators and supported by specialist SEND teachers and TAs.

All 100 children had access to an incredible range of fun, engaging and diverse experiences including:

- Boxercise
- Multi-spots
- Drama
- Dance and Zumba
- Arts and Crafts
- Crochet
- Gardening and Outdoor Mindfulness
- Steel Pan workshops
- Bouncy Slide
- Bubble Making
- Therapy Dogs

HAF Summer Club





'My son benefited from healthy food/learning about different cultures/ learning new activities he didn't know he would ever like' Parent



'Learning how to crochet really helped her confidence' Parent



'My child enjoyed each day, made friends and did plenty of interesting activities' Parent

Cook and Connect



Early in November, we began our first term of 'Cook and Connect with 7 single parent families at Suffolks Primary School. Participants were supported to prepare a variety of recipes, including macaroni cheese, lentil curry, Somerset stew with cheddar and parsley mash, chana masala with homemade flatbread, and chocolate brownies.

A variety of cooking methods were used including a microwave. Activities also included a sensory food guessing game to explore the flavours and textures of a variety of foods.. A crèche was provided for younger children to ensure inclusive participation.

The project has already had a noticeable impact on the participants.

Both adults and children have shown increased confidence in their cooking skills, needing less support from facilitators as they reuse tools and techniques learned in previous sessions. Families are building positive relationships, with participants collaborating and supporting one another throughout the activities. Children, in particular, have become more eager to take on responsibilities such as measuring ingredients and cleaning up after the sessions. The sessions have fostered friendships and strengthened community connections, especially among families who might not typically interact outside of the programme.

- On entering the session one parent said her child had been fighting her at home to let them do the cooking.
- During the cooking session when making no yeast flatbreads for the first time, one child said **"I just can't wait to eat it all"**.
- When the group were told we were going to continue with 2 more sessions after Christmas, there were rousing cheers and claps from everyone. One child bowed his head and said **"I am just so grateful"**.



"Not only does it help others, but it also helps you with some problems." Year 6 Mindful Mentor.



"We were talking about controlling our actions and I think that was really important and it helps me to just remind myself I'm in control."
Year 9 Thinking into Results pupil.

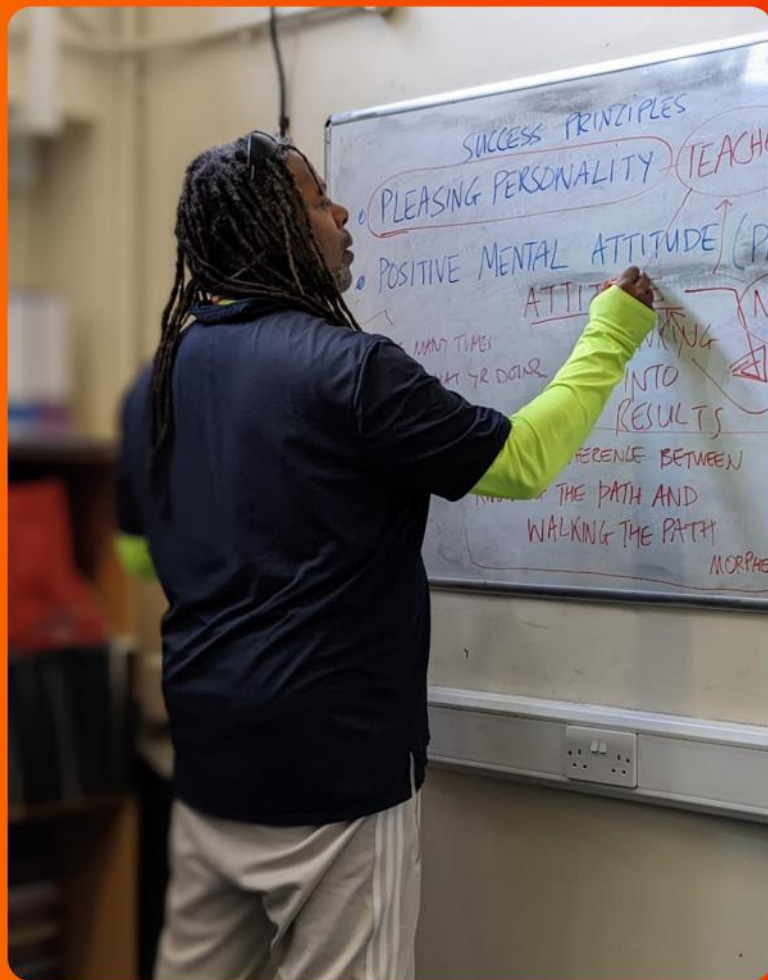


"Giving children with additional needs an opportunity to shine which they don't normally get at mainstream school. Skilled staff engaged my child and made his days a success. He does not normally achieve this in school/ other groups because of his additional needs." Parent of HAF participant.

Summary

Not only have we reached record numbers of children this year, but we have grown our team of facilitators enormously. We now have a team of 12 facilitators working in both primary and secondary schools on a weekly basis running a range of programmes. Our team of facilitators have also been supported by an ever growing team of volunteers who contribute valuable skills and experience to the sessions.

We have begun more formal training sessions as well as weekly mentoring of our new facilitators. Additionally, we have developed a formal system of monitoring the sessions on a weekly basis in order to track progress and evaluate impact. We are looking ahead to an even busier 2025 expanding our reach and developing even better systems of collecting and processing data to ensure all our programmes are meeting our core objectives and having maximum impact.





SuccessClub

Be better in the next second than you were in the last

**You can make an
even greater
impact...**



...and help us fulfil our vision of no child left behind. For more opportunities to get behind Success Club, or for any requests for further information or to talk through anything in this evaluation, please email us at info@successclub.org.uk