

**well
together**

ROSE HILL JUNIOR YOUTH CLUB



Rose Hill Junior Youth Club received £14,770 from Well Together to deliver sessions focused on improving wellbeing and building friendships through nature, cooking and art activities.



Weekly cooking activities enable children and young people to explore healthy and fun recipes. Discussions around healthy eating are positive, with the children keen to tell each other what vegetables they have eaten and how they want to encourage other family members to eat something healthy.

Between April and December, children took 691 extra meals home with them after youth club sessions.

There have also been opportunities for local families to take part in cooking activities at various community events based in Rose Hill. These will continue throughout the year.

“Having the Well Together Funding and their support for our work in Rose Hill and Littlemore is incredibly valuable to us.”



HOLIDAY CLUB SUPPORT

Ninety-seven children aged 5-16 attended the youth club during the summer holidays. They had lots of fun crafting, playing games, building Lego, making animations, cooking and eating together!

The children also visited the youth club's allotment where they harvested fruit and vegetables, weeded and watered plants.



THE YOUTH CLUB ALLOTMENT

The Well Together funding has also enabled local primary schools in Rose Hill and Littlemore to be supported with small group and one-to-one mentoring sessions for children, based at the youth club's allotment space.

The sessions focus on building friendships, self confidence and resilience. The children can participate in fun and creative nature activities in a relaxed environment.



Mentors develop activities and games which aim to discuss healthy eating and the process of growing, harvesting and cooking food, in an informal but engaging way. The children look after their own raised bed, weeding it each week and planting their own seeds, which they excitedly watch growing. The allotment became a space where they could not only relax, but talk about their thoughts, emotions and frustrations.



Mentors recognised the personal growth of each child during the six-week period. They encourage them to talk about their feelings and give them strategies to develop their patience and peer-to-peer relationships.



“The importance of having outdoor sessions is evident when they mention how little they walk and play outdoors.”

“They see it as a safe space to speak about what is on their mind and they have learned how to openly speak about their feelings and support each other.”