



FAMILY EMPOWERMENT PROGRAMME

MUMO Summer Scheme 2021

EVALUATION REPORT



**This Programme is funded through the
Community Fund – People and Communities**

August 2021

MUMO Summer Scheme 2021 Evaluation Report

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September 2021*

CONTEXT

The Family Engagement Programme is funded through the National Lottery Community Fund, within the People and Communities Programme. The Family Engagement Programme builds on the successful Moving Up, Moving On (MUMO) project (also funded by the National Lottery Community Fund). The Family Engagement Programme started in July 2021, is funded for four years; and is subject to a robust external evaluation.

The two outcomes of the People and Communities Programme which funds the Family Engagement Programme are that people make changes that improve their lives and communities build on their strengths and share learning. The Appendix presents an overview of the Family Engagement Programme activities and outcomes; showing how the project contributes to the People and Communities Programme outcomes.

Based in Forthspring Inter Community Group (Forthspring), this cross-community programme works closely with children and parents from St. Clare's Primary School (a catholic maintained primary school) and Springfield Primary School (a state controlled primary school), and this year will take the programmes and learning from MUMO into two other schools. The programme delivers innovative, practical, fun educational activities, supporting parents and children to make positive changes in their lives through improved social and educational outcomes, and increased emotional wellbeing. Relate NI is another partner of the programme, delivering counselling supports for children and parents. In addition, the programme makes a significant strategic contribution to community relations in the community, which is known as a highly segregated interface area.

The Family Engagement Programme is delivered by the project manager, two children's support workers, and two family engagement workers. The team benefits from the fact that they were all engaged in the delivery of the previous MUMO programme. The MUMO Advisory Parents Group are proactively engaged in planning and decision making processes, and advise on ways through which the Family Engagement Programme can constructively and creatively address community needs.

One of the programme targets is to deliver an annual Summer Scheme for up to 60 children to help develop knowledge, skills and engage in peer learning. This evaluation report presents feedback about the MUMO Summer Scheme 2021; it has been informed through evaluation questionnaires completed by children, parents, and the MUMO team. The external evaluator also facilitated a focus group with the children, observed one of the Summer Scheme sessions, and gathered feedback from discussions with members of the MUMO team.

MUMO SUMMER SCHEME 2021

The MUMO 2021 Summer Scheme was delivered over three days, with three different groups of children attending either St. Clare's or Springfield Primary School. The Summer Scheme was based at Forthspring, which offers the added benefit of a garden for outdoor activities as well as a suitable room. Sessions ran from nine o'clock to twelve noon, and the children had a break in the middle for a snack. A different activity was the theme for each of the days: sport, arts and crafts, and gardening. The MUMO team delivered all activities except for gardening, when an independent facilitator came to deliver the sessions.

A charge of £5 was made for each three-day session. This charge was affordable to all families and also ensured commitment to attend and placed added value on the Scheme. The Summer Scheme was delivered over two weeks in July: session one was delivered on Monday, Tuesday, and Wednesday; session two took place on Thursday, Friday, and Monday; and session three on Tuesday, Wednesday, and Thursday. Quite a lot of children attended two sessions and three children attended three sessions. Each session was open to children of mixed ages; the youngest having just completed P1, and the oldest moving onto post-primary school this September. A number of the children came from ethnic-minority families. "A couple of children were nervous on the first day as they didn't know anyone, but new friendships quickly formed and in each group older and younger became attached to each other".

A trip to Carnfunnock Country Park was organised on the last Friday of the fortnight, which was open not only to all the children who had attended the Summer Scheme, but also involved a 'community bus', and a third bus with children from the Forthspring Springers and Youth Matters groups. The trip was planned this year, as many families have not been anywhere, and it offered a fun day for families to spend fun time together.

The three buses with children and parents left Forthspring at ten o'clock, returning at four in the afternoon. Families were asked to bring a packed lunch; MUMO provided water bottles and snacks, with tea and coffee bought in the café for parents. The Summer Scheme included giving each child three tickets to be used for their choice of activity (for example the trampoline or the train-ride), ensuring that all children were able to participate in the additional attractions for which there is a cost associated; as well as everyone enjoying the free attractions in the Country Park, such as the Maze and the Walled Garden.

37 children (19 girls and 18 boys) attended the Summer Scheme sessions; 12 children attending came from newcomer families. The trip to Carnfunnock was attended by 22 children (all of whom had been involved in the Summer Scheme sessions or had a sister or brother who had attended) and 16 parents or grandparents.

The week before the main Summer Scheme took place, MUMO resourced a Summer Scheme for newcomer children in St. Clare's which 19 children attended. The Summer

Scheme focused on MUMO activities such as arts and crafts, using these activities to support the children's English language skills. This was delivered by the English as a Second Language teacher in St. Clare's Primary School. Many of the children attending this Summer Scheme also attended the MUMO Summer Scheme during the following fortnight.



FEEDBACK FROM CHILDREN

Feedback from children was captured in two ways; a focus group with children facilitated by the external evaluator, who stayed on to observe the gardening activities; and an evaluation questionnaire. Children's feedback is presented in this section.

Focus Group

The external evaluator facilitated a focus group with a group of twelve children aged between five and eleven years old. The children were asked what they liked about coming to the MUMO Summer Scheme. Their feedback is given below.

- Making new friends
- Everything
- Sports – play
- Sports and hide and seek
- Dodgeball
- Challenges – musical hula-hoop
- Arts and crafts – especially when we made banners
- Gardening – using clay, and doing the seed-bombs
- Having snacks: like toast with nutella, apple, cheese and grapes
- Making pancakes
- The treasure hunt for crisps

The children then went outside to continue with the gardening activities. Every child actively participated in creating a pond for the tadpoles. The support that the older children gave those younger than themselves was lovely to see, especially when considering that many of these children had not met each other until the start of the week, come from different primary schools (Springfield or St. Clare's), and from different school year groups.

The external facilitator engaged with all the children. After the pond was completed (and one boy in the group decided that the three tadpoles should be given names), the children tasted different herbs, and then prepared the soil and planted potatoes. The next activity was planting flowers in pots to brighten the Forthspring garden.

Evaluation Questionnaire Feedback

Twenty-one children, aged between five and eleven years old, completed the evaluation questionnaire. The questions asked are given in bold typeface below.

Age	5	6	7	8	9	11	Unknown
No. of children	6	1	5	3	1	3	2

Did you enjoy the MUMO Summer Scheme activities?

Activity	Yes a lot	Yes	Not really	No
Arts and Crafts	18	3	-	-
Sport	17	3	1	-
Gardening	15	6	-	-

What did you like best at the MUMO Summer Scheme?

As the table above shows, the majority of the children said that they enjoyed the three core activities “a lot”. The children then gave examples of specific activities within the core themes that they enjoyed the most. The two most popular activities were painting the rocks (arts and crafts) and hide and seek (sport). Five children said they liked ‘everything’. The crisp hunt and dodgeball were also specifically mentioned as favourite elements of the Summer Scheme.

Is there anything you did not like doing at the MUMO Summer Scheme?

Only three children responded to this question. One child did not enjoy ‘baseball’; and two children responded to this question saying the only thing they did not like was ‘going home’.

Please circle the words that describe how you felt when you were at the MUMO Summer Scheme:

Feelings about the Summer Scheme	No. of children
Happy	21
I enjoyed playing with friends	10
It is good to learn new things	8
Positive	4
Confident	4
Sad	-
Anxious	-

Is there anything else you want to say about the MUMO Summer Scheme?

Two children responded to this question saying, ‘thank you’. Other comments made were:

- I liked the Summer Scheme; I was excited to come here
- I enjoyed the Summer Scheme
- The Summer Scheme is good
- I love the Summer Scheme

FEEDBACK FROM PARENTS

17 parents returned the evaluation questionnaire, which was sent to them via a Survey Monkey link. Of those who responded, 59% of their children attend St. Clare's Primary School and 41% of children attend Springfield Primary School. The questions asked are given in bold typeface.

Please answer the following questions:

Question	Yes a lot	Yes	Not really	No
Did your children enjoy the MUMO Summer Scheme?	15	2		
Did the MUMO Summer Scheme increase your child's confidence?	10	7		
Was the MUMO Summer Scheme a positive experience for your child?	15	1	1	
Did your child learn new knowledge at the MUMO Summer Scheme?	10	7		
Did your child learn new skills at the MUMO Summer Scheme?	9	8		
Would you recommend the MUMO Summer Scheme to other parents?	15	1	1	

What did your child / children like best at the MUMO Summer Scheme?

Activity	No. of parents
Arts and crafts	4
Sport	4
Gardening	8

Parents gave additional feedback about what their children had enjoyed about the Summer Scheme.

- My son loved every minute of it.
- My daughter enjoyed everything about the Summer Scheme.
- The children enjoyed painting the stones and the outdoor facilities.
- My son is a confident and very sociable boy and he loved meeting and playing with new children. He enjoyed all the activities but had great fun with the clay flower bombs he brought home.
- My child wanted to go all the days available, she enjoyed meeting new people and learning how to do different things. She now helps me in the garden and has tried dying her own clothes. She is also gaining confidence she never had.

- My daughter loved meeting new friends, playing in the garden, and having a place to go which provided her with wonderful activities to break up a long summer.
- My son loved his time at the Summer Scheme. This is his second time attending the MUMO Summer Scheme and he will attend where available until P7, like his sister did. He loved taking part in the activities, and in his words 'just being a gangster'. Thanks for everything you do.
- Both of my kids really enjoyed the gardening activities. Making seeded clay balls and even I learned a thing or two myself. We are still enjoying these as we watch them grow. Great summer scheme all round. Highly recommend.
- My son thoroughly enjoyed the activities. The trip to Carnfunnock was brilliant. Thank you.
- My daughter got up every morning looking forward to the summer scheme ... she is autistic and the staff were brilliant ... showing patience meeting and greeting her ... the games like sports built her confidence ... she learnt a lot of new skills ... such as gardening and learnt about the planet we live in ... the photos and feedback were of great comfort to me 100% RECCOMEND this summer scheme.
- They enjoyed meeting new children and doing the activities.

Is there anything your child / children did not like about the MUMO Summer Scheme?

Only one parent gave an example of something their daughter had not enjoyed, "Dodgeball. I don't know why but she didn't like it".

Three other parents gave a response to this question, reiterating the success of the Summer Scheme:

- "There was nothing they did not like, except when it was over".
- "No, each day they came home smiling and said it was a really good day".
- "A very well-run scheme as always. Many thanks".

Are there any ways in which the MUMO Summer School helped you as a parent or your family?

Thirteen of the parents said that the MUMO Summer Scheme helped them as a parent or helped their family. Their feedback is given below.

Benefits for the family

- Help to get my son out and mix with people.
- Family trip away to Carnfunnock reminds me of the importance of making time to spend as a family.
- Meeting new people with fun activities at reasonable price helped me continue to work and kept children entertained in. Safe environment.
- The summer scheme provided my son with a safe place to make new friends and to take part in activities that he wouldn't normally choose to do.

- My daughter is the oldest of five, so it got her the opportunity to socialise with people her own age and learn different things. She also told me she ate some stuff she doesn't eat at home!
- It helped to keep my children occupied and also introduced them to new experiences such as making the wildflower seed bombs.
- Getting to know other children from another school.

Benefits as a parent

- I enjoyed talking with my daughter about her time with MUMO
- It had a positive effect on my child and it helped me as a parent as it broke up her summer and give her something to look forward to. Like many parents we didn't book any holidays as we were unsure what was happening with Covid-19. It was good as it gave her somewhere to go where she learnt something new and enjoyed it.
- Working from home can be a challenge the summer scheme provided the perfect balance for my son.
- It gave us a chance to spend some extra time with our older son and younger daughter. And it also gives and teaches them new skills that we can incorporate into family activities.
- It gave me confidence to let her join activities outside of our home. The feedback the photos etc helped me see she was having a good time because my daughter might not communicate this to me.

Is there anything else you want to say about the MUMO Summer Scheme?

- A big thank you xx.
- It's a great place for the kids to bond and staff are very friendly.
- The staff were so kind and friendly. Lovely people.
- Well done, hopefully see u next year x.
- May there be many more to give more children a positive experience, good activities and very within a family budget.
- Thank you so much MUMO. The kids loved it.
- The staff are fantastic - well done all involved!!!

"The trip to Carnfunnock was great for socialising for parents and children. It was a positive experience, I enjoyed meeting new people, and it was good to try out new things. The trip was a fab day out. An extra wee surprise was the free tickets for children to take part in activities at the Park. Thank you MUMO team – I must say you did an amazing job"

Additional parent feedback after the Carnfunnock Trip

FEEDBACK FROM THE MUMO TEAM

The four MUMO team members who developed and delivered the 2021 Summer Scheme were invited to complete a feedback form, providing the opportunity for reflection about this year's Summer Scheme. The questions asked are given in bold typeface.

What were your roles during the 2021 Summer Scheme?

- I welcomed children, supported delivery of gardening, sport and art, delivered cooking session, made and provided the break, cleared and prepped for the next day,
- As the MUMO manager I had an organisational role, and was also involved hands-on during delivery. I was responsible for evaluation, organising the trip to Carnfunnock, purchasing materials and food for the breaks, and administration (registration form, list of participants, letter to parents etc). I designed and managed the sign-up form on the website and managed the spreadsheet, and contacted parents to remind them about the Summer Scheme.
- Two of us each ran a registration day, when parents came and paid.
- My core role was to be in charge of running the sports activities on the days allocated to sports, and I facilitated sports activities and treasure hunts every day to fill the free time on those days when sport wasn't the main activity. I helped with providing the break and snacks and with cleaning and disinfecting daily.
- My core role was to deliver the art sessions. I also supported the team in other ways as necessary.

What do you think went well?

Operational

- On-line 'sign ups', meant that the paperwork was minimal.
- The timings (9am -12 noon).
- Mixing age groups across all sessions.
- The healthy break: no cost to parents and children are encouraged by their peers to eat/try different foods. Parents didn't need to worry about bringing extra money for tuck shop, and this way every child was able to have a healthier snack choice.
- Good representation from both schools, promoting the cross-community element of the Family Empowerment Programme (greater representation from Springfield Primary School than in previous years).
- The team worked well together.
- It was a 'covid safe' delivery approach.
- The four MUMO staff were present the whole time, which allowed us to be very attentive to the children's needs.

“This was the first year for online registration and I’m very pleased with how it went. It was so smooth. Parents filled out the form and the information automatically transferred to a google spreadsheet. It was much less work for us and all the information was in one place. It was also the first year where we ran separate sessions (three x three-day sessions), because of Covid. We limited the number to of children per session. Three children attended all nine days (i.e. three sessions) and several attended for six days (i.e. two sessions)”.

Activities

Activities were fun, enjoyable, and creative; they included:

- Designing tee-shirts
- Rock painting
- Designing bunting
- Seed bombs
- Making a pond
- Put the tail on the donkey
- Dodge ball
- Hula hoop games

- The themes for each of the three days comprising a session - art, gardening, and sport - were well chosen; they gave the children plenty of opportunity to do things that they would not usually get the chance to do.
- This was the first year where we only employed one external facilitator – the gardener, this helped to keep costs down.
- There were some surprise ‘hits’; for example the crisp hunt and hide and seek.
- This was the first time we organised a break. We’d done a tuck shop before, selling junk food. I was so much happier with the new food offering of toast, pancakes, apples, bananas, and grapes
- I think that the activities were good for the different ages of kids that attended, different and fun nothing was repeated, the team building and sports games were well thought out as were the art activities.

The sessions ran very smoothly, all following the same structure:

- Welcome and colouring in
- Activity
- Crisp hunt
- Break
- Activity
- Home

“The weather was amazing for all but two days, which was an added positive. The kids were brilliant. Quite a few had special needs, so we made an effort to keep them on task the whole time, which worked for everyone”.

What would you change for next year?

- I think we should use this year as a blueprint for next, don't make changes at the last stage, and split jobs evenly amongst staff
- Last year and this year we've responded to coronavirus guidelines/restrictions. This has given us new delivery models! Next year, we should review delivery considering all those different models.
- It was challenging running a Summer Scheme in the middle of a pandemic. There were three Summer Schemes running in the building at the same time (MUMO, Springers, and Youth Matters) and we were aware about potential cross contamination. During delivery of MUMO Summer Scheme, two Springers members of staff tested positive and two Youth Matters members of staff were self-isolating. We all had our own space within the building and fortunately there were no scares amongst the MUMO team.
- The Eid festival took place on the 20th July 2021 (second day of Summer Scheme). We thought for some time that this was going to happen in Forthspring; but, fortunately, it was moved to Belfast Met the day before. This needs more future planning in future – it was very last minute which added a lot of unnecessary stress.
- Depending on covid restrictions, we might be able to return to our usual four session choices, where the children pick the two activities that they would like to take part in, and are split up into groups due to higher numbers. However, this year ran very smoothly, so it wouldn't be a bad thing to have the Scheme in the same way.
- It would be good to be able to offer another trip for the kids.

“The children all really enjoyed their time together. One particular child had made some comments about how his father told him not to like the children in the other side of the community. Thankfully the Summer Scheme allowed him to review this and discover that children from the other side of the community are nice and friendly to be around. That there was nothing to dislike/hate about them. I hope he continues to think of others in a positive manor”.

What were the highlights of Carnfunnock?

- It was so lovely. Once I had given out the packs to the children at the start and everyone was on the bus, all I had to do was buy tickets for the children to have three rides and hand out evaluation forms at the end. This gave me the opportunity to be in the café and

chat with the parents, which was such a good opportunity to get to know people a bit better without the usual myriad of things which need to be done.

- Everything went smoothly – buses came on time, and parents came on time
- The fact that we provided tickets so that every child that attended was able to get on several rides and partake in activities free of charge meant that this didn't cost the parents a lot of money; also that we arranged to meet at the café to have lunch together and we paid for teas and coffees for the parents which was much appreciated by all.

Please rate the following:

Question	Yes a lot	Yes	Not Sure	No
In your opinion				
Did the children enjoy the MUMO Summer Scheme?	4	-	-	-
Did the MUMO Summer Scheme increase children's confidence?	1	2	1	-
Was the MUMO Summer Scheme a positive experience for children?	4	-	-	-
Did children learn new knowledge at the MUMO Summer Scheme?	3	1	-	-
Did children learn new skills at the MUMO Summer Scheme?	3	1	-	-



COMMENT

It is evident from the feedback that the children thoroughly enjoyed the Summer Scheme, and that parents also benefitted through respite and participating in the trip to Carnfunnock Country Park. Furthermore, the 2021 Summer Scheme met the intended outcomes for children in so far as they “developed knowledge, skills and engaged in peer learning”.

The target number of 60 children participating was met, although in a slightly different way than before due to Covid-19 restrictions. MUMO staff were able to reassure parents and staff that guidelines were adhered to throughout the Summer Scheme. However, 37 children participated in the Summer Scheme sessions, and in addition 16 parents were involved in the trip to Carnfunnock, along with an additional 6 children who were siblings of those attending the Summer Scheme. There were an additional 19 children who attended the Summer Scheme for newcomer children. Therefore, in total 62 children benefitted from the Summer Scheme interventions.

Adherence to Covid-19 regulations adds added stress to any programmes in which people engage face-to-face. The MUMO team were aware throughout the delivery of the 2021 Summer Scheme that there were two other Summer Schemes taking place in Forthspring at the same time, and until the week prior to the start of the Summer Scheme, there was the added concern (in relation to the pandemic) that EID might be taking place in the building as well. This adds stress and anxiety for staff delivering programmes, which should not be underestimated. However; one positive outcome from the pandemic has been the need to ‘think outside the box’ and consider how to deliver quality programmes in new and creative ways. Feedback from everyone (children, parents, and the MUMO team) has shown that the new format to the Summer Scheme – focussing on three themes, two of which can be delivered by members of the MUMO Team, and a trip in which parents can also participate and talk with the MUMI staff – has been very successful, and also cost-effective.

The 2021 Summer Scheme may provide a blueprint from which to plan the Summer Scheme for next year. One member of the MUMO team felt that it would be a bonus if a second trip for families could be organised. It is noted that Belfast Parks have started to offer Park Adventures, which they facilitate free of charge. This might be an option for an additional trip, as the external evaluator has evaluated these Park Adventures with another two projects, and feedback has been very positive.



APPENDIX
FAMILY ENGAGEMENT PROGRAMME OVERVIEW

Activity	Project year	Which programme outcome does this activity link to?
Facilitate, support and develop the MUMO Advisory Parents Group (MAP)	Every year	PMC: project beneficiaries will steer programme, become change agents and advocates, influence policy and practice, develop project management and facilitation skills
a) Deliver level one Adverse Childhood Experiences and Trauma Informed Practice awareness training (ACEs). b) Encourage members of the MAP group to attend levels 1, 2 & 3 of ACEs training to become trainers.	Every year	CBOS: schools/organisations/will be supported to develop trauma informed environments to support children with early trauma, very important in a community suffering from third generational trauma PMC: project participants will develop facilitation skills and trauma awareness
Provide focused, specialist support for children including: lego therapy; lunch-time nurture groups; one to one counselling support	2021 2022	PMC: supporting local children to have a confident, positive, enthusiastic attitude to learning/education
Provide one to one support to families who need support through family engagement workers	Every year	PMC: supporting families to develop resilience, emotional wellbeing, change management skills and problem solving skills
Provide one to one specialist counselling for parents and children from the two schools, ensuring whole family support with delivery partners RelateNI	Every year	PMC: supporting children to develop resilience and positive mental health & parents to develop parenting skills & emotional wellbeing
Deliver whole family support programmes such as Family Matters, Families Connect and afterschool's programmes focused on building relationships between children and parents	Every year	CBOS: maximising impact of existing programmes by e.g. Save Children Fund. PMC: parents will develop understanding of their child's development and emotional wellbeing
Support a weekly women's group consisting of parents/carers from the two schools who will attend a varied programme comprising creative, educational, healthy living, personal development and practical activities and advocating for holistic family support work.	Every year	PMC: supporting women to develop knowledge/skills to improve quality of life, share skills, support community, become champions
Deliver annual Summer Scheme for 60 children from St. Clare's Primary School and Springfield Primary School	Every year	PMC: quality Summer Scheme will help children to develop knowledge, skills and engage in peer learning
Share and disseminate learning from five year's practice of delivering holistic family support including replicating programmes such as Family Matters in other schools	Every year	CBOS: other schools and community groups will learn from strong practice. FEP will be enhanced by learning from good practice elsewhere
Deliver bi-annual conference, to promote debate and dialogue, exploring best practice	2021 2023	CBOS: good practice from across Ireland and the UK will be shared

