

SOLIDARITY SPORTS

EVERY CHILD DESERVES HAPPINESS

SUMMER HOLIDAYS REPORT 2021

“I'm so happy when I see my kids happy and safe. On top of that, they get lots of knowledge about learning, building confidence, socialising with others and respect. I don't know how to thank you but really you are an important part in our life as a single parent. Thank you so much.”

Mother of two boys who attended every day of the Summer Holidays



SOLIDARITY SPORTS

Dear Christopher,

I am very proud to share our 2021 Summer Holidays Report with you. The last 5 weeks have been incredibly memorable for our children, volunteers and staff, which is largely thanks to your continued support and generosity.

It is no secret the last year has been undoubtedly tough for the families we support. Our children have faced significant challenges in their education, but what is more apparent is the detriment the pandemic has had on their social development. We have witnessed more children finding it hard to make friends, displaying anxious behaviour and not wanting to participate in active games. Volunteers and staff have commonly reported on children's low self-esteem and confidence, exacerbated by the rise of childhood obesity amongst our children.

These barriers are exactly what our Summer Holidays project has aimed to address. For 5 weeks, we provided daily stimulating activities and new experiences, which we believe has resulted in happy, healthy and more resilient children.

On behalf of our children, families and volunteers thank you to everyone at the Tudor Trust.

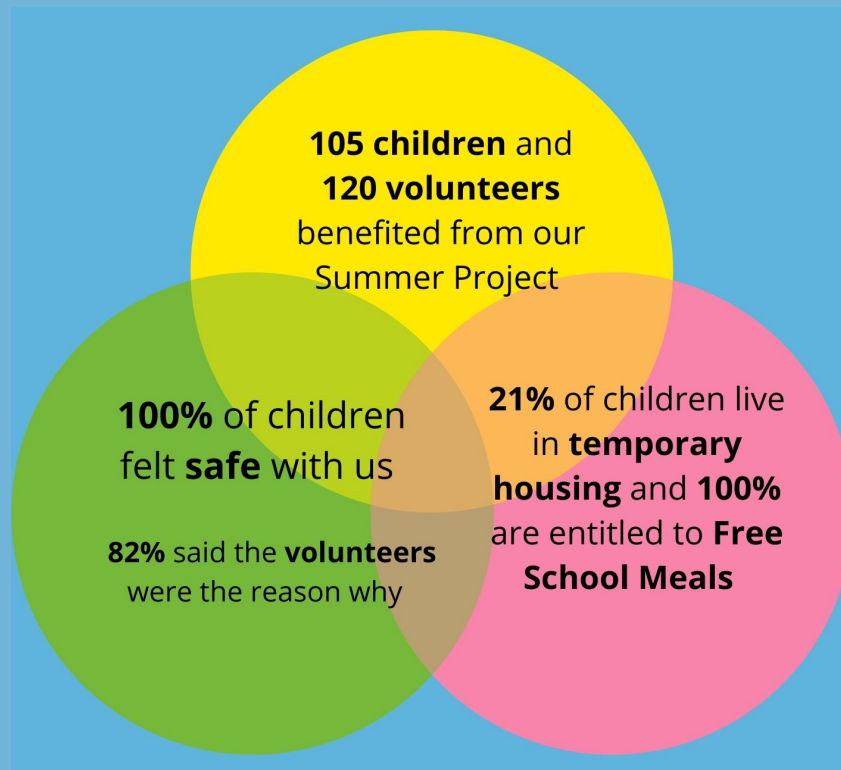


Sean Mendez
Founder & CEO



SOLIDARITY SPORTS

Due to the increased demand for our services, this was the first summer we delivered simultaneously trips across three locations: Earls Court, Shepherds Bush and Notting Hill.



We organised extra special excursions to Brighton Beach, Legoland, Jungle Mania and Ice Skating! Trips outside of London were very memorable for our children who rarely, if ever, leave the borough. Time spent on the beach was hugely stimulating for children's senses, with new smells, touch, sights and the beautiful sea to splash in!



"It's so fun here! I wasn't even scared to go in the water and my t-shirt is so wet! Can we stay here until it is night time and there is no more sun?"

Boy, aged 8

SOLIDARITY SPORTS

We asked our children to tell us what Solidarity Sports is to them.

Below is what they told us...



'My favourite place to go during the holidays'

'It's fun and they don't get mad because I don't understand English'

'My family'

'A very exciting place'

'The best because there are lots of games and lots of playing.'

'The best and is like family.'



'My best place and where I have fun with friends on different activities.'

SOLIDARITY SPORTS

For 3 weeks we were based at Westway Sports Centre in North Kensington, where an average of 65 children joined us each day! Whilst here, our children benefited from:

- Morning full body stretches led by a member of staff or volunteer (a great way to loosen up and also explain our different muscles to children!)
- 3 hours per day of physical activity including football, tennis, dodgeball, skill based drills and fitness sessions
- Hot and healthy lunches cooked by Molana Persian Restaurant and 'Cooking over Crime' organisation
- Sports coaching from highly experienced Danny at Switch Sports
- Arts and craft sessions where we used science kits from the Invention Rooms to create our own robots and plants!



SOLIDARITY SPORTS

After waiting two years, we were finally able to return to PGL adventure centre on the Isle of Wight. We took 30 children on a memorable 5 day holiday, where they got to try abseiling, kayaking, trapeze humping and many more experiences!

Along with new experiences, time with friends and being immersed in a completely different environment, children learnt hugely important skills, like brushing their teeth, washing and getting up on time each morning.

Most evenings, all the children and volunteers would walk 20 minutes down to the beach to watch the sunset, play games and dip their toes into the sea. It was beautiful to witness children with very complex home lives have this vital respite time, where they could relax and simply be children for 5 days.

“My favourite moment of summer was on the big swing at PGL. It was scary at first, it goes super high! I remember almost touching the clouds, I wish I can go back one day.”

Girl, aged 10



‘Hi Sean thank you so much for everything you and all your colleagues have done for James* this week. He's the most relaxed and talkative I've ever seen him, it seems like he's really come out of his shell. Have a very relaxing Bank Holiday weekend, it is well deserved!’

Message we received from Social Worker after PGL.

SOLIDARITY SPORTS

THANK YOU FOR HELPING US CREATE HAPPY LIFELONG
MEMORIES THIS SUMMER!



*Name changed to protect child's privacy. All photos used in this report are not directly related to any quotes or case studies mentioned.

solidaritysports.org



[@SolidaritySport](https://twitter.com/SolidaritySport)



[@SolidaritySports](https://www.facebook.com/SolidaritySports)