

## Appendix 5 Summer holiday activities – July 2018

### Day 1

The week started with our first trip to the professional chef's kitchen at Jamie's restaurant in Westfield shopping centre, Shepherd's Bush. Twelve children aged from 10- 15yrs took part in a cookery session where they learnt how to make pasta dishes from scratch. At the end they were able to sample and eat all of their own cookery results! The children were of mixed ability and some attended special schools. Nonetheless, they all responded very well to the chef who guided them through the skills of pasta making. Being in a very professional environment really enhanced the experience and all the children agreed that they would like to do this again.

The VS is planning to do more projects which are based on cookery and has developed contacts where we can help young people go forward with their aspiration to become chefs and to extend their love of cookery. The benefits in cooking are many but with our group, we saw skills such as: working together; listening and following instructions; as well as creative and 'hands on' skills being the main learning areas.

### Day 2

The music session at Horizons attracted a group of children aged from 8yrs – 16 yrs. The aim was to form a choir which we can take forward as a regular feature at Horizons. From the original group of 16 young people, there emerged a strong group of eight girl singers, the boys preferring to play drums and other instruments.

With the help of the wonderful volunteers we have, at last our long awaited group to perform for the Education Awards. The girls agreed to meet with us to rehearse their songs, after school on Thursday evenings, to practise for the performance at our 20<sup>th</sup> Annual Education Awards ceremony.

They rehearsed 2 songs from The Greatest Showman! During this session, the group seemed to be growing in confidence, so hopefully they will be delivering a wonderful musical experience on the 28<sup>th</sup>.

### Day 3

Day at the opera!

This has become an annual event at Opera Holland Park. After the success of last year's visit to OHP and the fantastic production of 'Alice', we were invited back to another great experience. OHP won a prestigious outreach award this year and their partnership with Ealing's VS for Looked After Children has supported their success in this. So this year we have been given another exciting opportunity to engage young people into the world of opera, with the offer of 30 free tickets for a bespoke workshop.

The group included foster carers and children as young as 6yrs old, with the oldest being 16 years. They were supported by the teachers and foster carers from Ealing who also unanimously enjoyed the experience. We were joined again by Roxy, the opera director and care leaver who we met last year. Roxy is a great model for our young people given that she was a care leaver and has achieved such a remarkable success to be a director at OHP. Roxy is also a unique individual who wants to keep the contact with us ongoing and has offered to help us with future projects. Thanks to Roxy!

The OHP workshop was led by a very experienced director who guided the children into themes of opera, using movement and story writing. Then two of the singers gave close at hand renditions of operatic arias; this was very impressive and amazed the children! The director very cleverly engaged the group with the emotional content of the songs, using coloured squares and movement. The team were really skilled at engaging the children through their emotions.

We aim to continue our involvement with OHP so that ongoing our young people can benefit by these high quality experiences.

So, music and cookery have emerged as two strong themes from this summer. Both will be developed throughout the year!

We plan to link up with our nearby LAs and run a Debate society, as well as a stage/ drama project, which should start this coming half term.

*Sue Tarry, Enrichment Co-ordinator for the VS*