



# Newsletter Summer Holidays 2024

## A blessed summer of fun.

Since we broke up for the summer holidays, we have been blessed with near perfect conditions for our activities. Our provision does not end when schools close. Instead, we move into summer overdrive to support the local community, whilst giving some continuity to our own students over the long 6 week break. Week one was the first of 3 weeks of our pop up Paddlesports community project at the Hardway area of Gosport. In its fifth year now, it continues to help tackle the anti-social behaviour in the area by providing free kayaking, canoeing and paddle boarding for local young people. This year, we added an extra bonus with free food for all. Our kitchen team flexed their muscles with barbequed brunch, lunch and afternoon snacks, not only for participants but for all comers hungry for a sausage or burger. This went down a treat and we will certainly consider it again for next years events. Blessed with the great weather and hard work from our amazing watersports team, this year's event did not disappoint and meant we had close to 300 paddlers out on the water over August. But our summer activities did not end there...





## Cowes week 2024.

One of the many highlights for us this summer was racing Flame at Cowes week. We sailed her over from her home port of Haslar to be based at East Cowes Marina for the week and we then invited some of our students, trainees, supporter and staff to take part in the oldest sailing regatta in the world, Cowes week. The weather proved very kind to us (as has been the norm this summer) and what a week it was. The racing was highly competitive with very tight racing at the starts and sensible courses set around the Solent to give a good balance of upwind tacking with white sails, and downwind gybing under spinnaker. Inshore racing is a real test of manoeuvres and whilst we had a scratch crew there for the experience, we saw improvements throughout the week in crew work. Flame became slicker around the course to finish a respectable 11th in the fleet with satisfied smiles all round.





Pizza



Barista & front of house



## Victorious Festival where Music really Matters

Well done to our fabulous music instructor, Dan, and partner organisation, Music Matters for helping create an inspiring weekend of youth activities at the amazing Victorious festival. The organisers of the family orientated festival invited us into the kids area this year to showcase our work and raise awareness through doing what we do best by bringing the best out in others. This did not prove particularly difficult, due to the array of talented musicians that we met over the three days. Our remit was to provide instruments and music instructors to give visitors an opportunity to be part of the entertainment, nothing short of an electric atmosphere was created by our team at our stall during the event. That was combined with a constant stream of fantastically enthusiastic young people, either trying something new, and relishing the challenge, or seasoned musicians jamming and performing together. Feedback was unanimously positive about the Music Matters formula that gave music enthusiasts an opportunity to show off their talents, entertain a crowd, learn something new and walk away with the knowledge they had 'played' at the Victorious festival.



## Students of '24 reunion days

For our students, the six week holidays seems an awfully long time, and anything we can do to help alleviate boredom, get some exercise and deliver fresh air, we will do. This summer was no exception and we again had our reunion days fully subscribed with students keen to meet up, have some fun and challenge themselves. We had multiple activities running split over 2 weeks, including paddle boarding, canoeing, beach barbeque, a trip to the fun fair and fishing. It was great to see our students interacting with each other outside of Plan B HQ and catching up with the goings on of previous weeks. As has been the pattern this summer, the weather was very kind to us and everyone enjoyed the activities, showing again our reach outside of term time is essential for health, wellbeing and engagement.





## Plan Bake is top of the class

As our regular readers will be aware, we have some aspiring cooks at Plan B, and under the guidance of our kitchen manager Martin, this area of our provision has grown into a semi commercial operation to include market stalls, community events, fairs, supporters' lunches and Plan Bake activities. Since this started, we have worked closely with the local authority and the food standards agency, to ensure we comply with their requirements. This has now led us to invite them to inspect and assess our facility, and guess what? Yes, you guessed it...The inspectors were very impressed with our kitchen, equipment and facility and highly complimentary of how it was organised, cleaned and run by the team. We were awarded the highest rating of 5, giving it "very good", which we are elated about. This will open up more opportunities now for our students and Plan B to go commercial, and plans are afoot to increase their experience and opportunity in the catering industry.



## Thanks to our fabulous supporters over the summer...

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## TEAM PROFILE:

A big thanks to all our fab staff for making the summer holiday activities fabulous



## VOLUNTEERS PROFILE: The Summer crew

A big thanks to all our volunteers, trainees and students that have helped out this summer.





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