



**COMMUNITY
FOUNDATION**



SUMMER 2024 - ACTIVATE CAMP **COLCHESTER UNITED COMMUNITY FOUNDATION**



ActivAte is a free-to-attend Holiday Activity & Food Camp, hosted in partnership with Active Essex. Across holiday periods, our participants will take part in a range of sports activities, receive a variety of enrichment workshops and receive a free lunch, for those in the qualifying criteria.

Running every holiday period, ActivAte is accessible for those who receive free school meals, or are part of a low-income family.

Take a look at what our participants enjoyed across Summer 2024!



**TO INSPIRE, ENRICH
AND UNITE OUR COMMUNITIES**

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OUR OLYMPIC THEME

With the Paris Olympic games taking place this summer, our coaches aimed to deliver the first four weeks of ActivAte camps at Shrub End & Colchester Academy around Olympic-themed games and activities.

Some examples of this include archery, javelin and team games, where team names were chosen based on countries represented in the Olympic games, alongside creating posters, taking part in quizzes and even chances to watch the Olympics whilst eating lunch.



“Today meant the world to me as their mum! I’m super proud of the pair of them and thank all of the staff for their patience, commitment and support throughout the activity groups this six-weeks holiday.

My two are very much going to miss the sessions when they end.” - Parent

OUR ENRICHMENT



We thank British Cycling for their support over our summer ActivAte camps, as they visited our camps on multiple occasions to support our participants in learning to cycle, or developing their existing skills.

Zoe, the instructor from British Cycling, delivered a range of races, limbo challenges and cycling support to ensure there was something for everyone, no matter their confidence, experience or skill level!

SHRUB END, COLCHESTER

PRIMARY & SECONDARY



“I loved that the players came to visit as I love football! They were all really nice to us, signing shirts and programmes that I can keep. Meeting them and being able to talk to them was my favourite part, and it makes me want to keep playing more football.” - *Ben, Participant*

- » Archery
- » Arts & Crafts
- » Athletics
- » Basketball
- » British Cycling Workshop
- » Certificates & Prizes
- » Cricket
- » Curling
- » Eddie the Eagle
- » Football
- » Foot Golf
- » Golf
- » Handball
- » Hockey
- » Table Tennis
- » Target Games
- » Team-Building Games
- » Tennis
- » Men's Player Visits
- » Quizzes
- » UV Dodgeball
- » Volleyball
- » Women's Player Visits & Trophy Presentation
- » + lots more!



“You made both of my children's day with today's session. Ben was so proud that the coach had spotted his efforts on the pitch - Ben suffers with social anxiety, ADHD, speech delay and traits of Autism. LouLou also has a diagnosis of Autism and struggles with sensory difficulties as well as communication. She has been so focused and happy coming to your camp.

Those kind words made my son beam with happiness!” - *Amy, Parent*

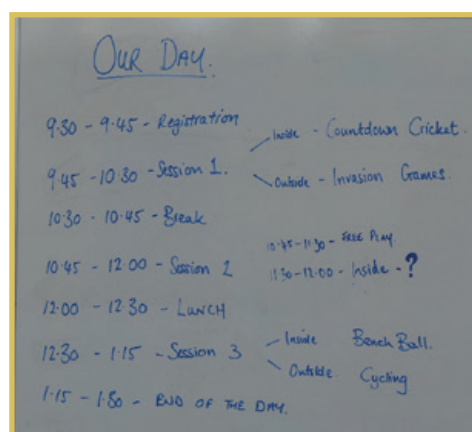


COLCHESTER ACADEMY, COLCHESTER

PRIMARY & SECONDARY

- » Archery
- » Arts & Crafts
- » Athletics
- » Basketball
- » Benchball
- » British Cycling Workshop
- » Certificates & Prizes
- » Cricket
- » Curling
- » Eddie the Eagle
- » Football
- » Foot Golf
- » Golf
- » Handball
- » Hockey
- » Monster Football
- » Table Tennis
- » Target Games
- » Team-Building Games
- » Tennis
- » Quizzes
- » UV Dodgeball
- » Volleyball
- » + lots more!

“I’ve loved playing basketball and football especially, but everything we do is fun because of the staff who work on the camps. I think it’s an amazing place to come. I make new friends each time I come and it’s encouraged me to do other activities too.” - *Mason, Participant*



“We’ve had a great experience. We book onto every camp and I’ve even signed my child up to other programmes that Colchester United Community Foundation run, as he loves coming to ActivAte so much.” - *Parent*



MALDON & TIPTREE FOOTBALL CLUB, MALDON

PRIMARY (FOOTBALL ACTIVATE CAMP)

“My main words would be thank you to the coaches. My son always comes home happy, smiling and telling me all about what he’s done. He’s had a brilliant summer.” - *Parent*

- » Cycling
- » Eddie the Eagle
- » Football
- » Men’s Player Visit
- » Women’s Player Visit & Trophy Presentation



“I’ve had lots of fun. I’ve been coming for five weeks and there’s been so many different games, activities and challenges. I’ve met a lot of new people and found it easy to join in and interact with the coaches and other children. It’s better than being at home!” - *Seb, Participant*

