

SUMMER CAMP 2025 REPORT

Empower Her Programme



The Empower Her programme is a collaborative initiative between Alperton Community School, The Us Charitable Trust, and the Jason Roberts Foundation. As part of this partnership, an enriching annual summer camp is delivered for marginalised girls transitioning into secondary school from various Brent-based primary schools, alongside the first cohort of programme students progressing into Year 8.

Held between 30 July and 19 August, the camp offered a dynamic blend of sports, educational experiences, and personal development activities. It provided a valuable opportunity for participants to build new skills, form meaningful friendships, and experience personal growth within a fun and supportive environment.

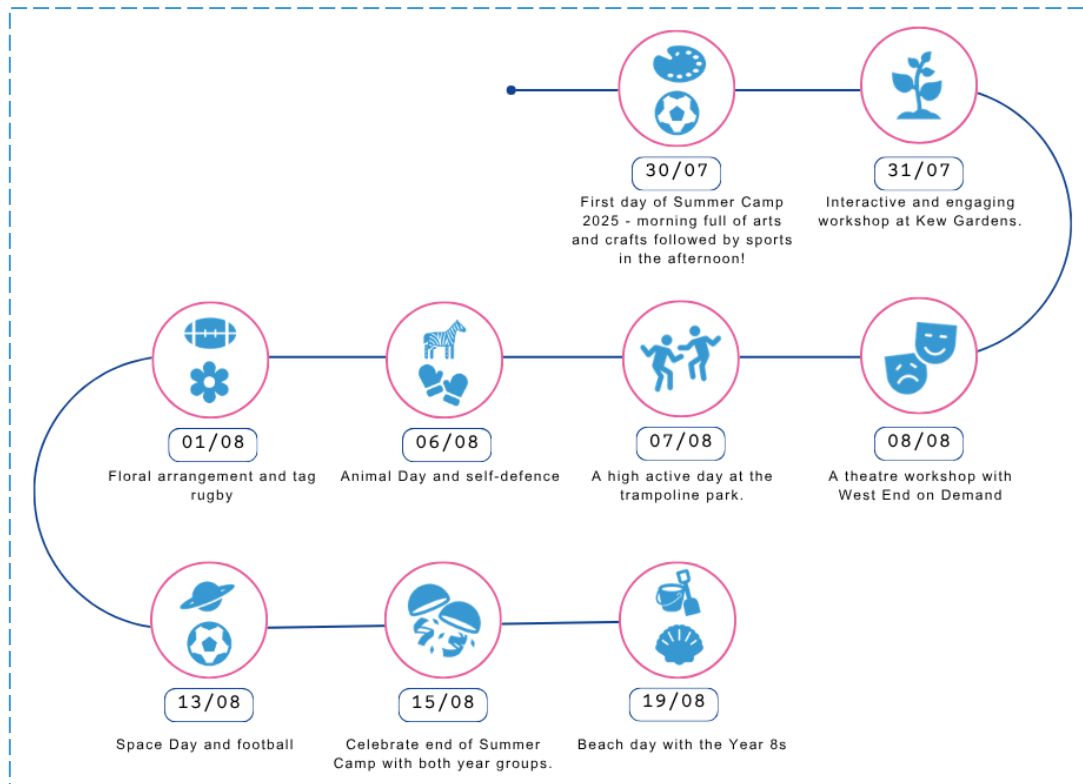
This report outlines the key elements of the camp, including the range of activities delivered, the impact on participants, and the outcomes achieved through this collaborative effort.

OVERVIEW

The summer camp is designed for girls aged 10–13, with the aim of supporting their wellbeing, boosting confidence, promoting physical fitness, and preparing them for the exciting transition to secondary school. A total of 45 participants attended, selected by their respective primary school Head of Years based on a range of factors and their potential to benefit from the programme. This group also included current Empower Her students who had already been engaged in the programme for a full year.

This year's programme differed slightly from previous iterations, with The Us Charitable Trust and the Jason Roberts Foundation working in close collaboration throughout each day to deliver engaging workshops and trips.

ROAD MAP TO SUMMER CAMP



KEY HIGHLIGHTS

Interactive workshops were delivered to support the development of life skills while promoting learning in fun and engaging ways. These included:

- ice-breaker activities designed to build positive relationships between camp leaders and participants, encouraging a supportive and inclusive environment.
- creative arts and crafts sessions to nurture creativity and provide a platform for self-expression.
- educational workshops exploring a range of STEM topics, including space, animal physiology, and plant life.



Sports and high-energy programmes were delivered through a variety of activities, including:

- football, tag rugby, tennis, and self-defence sessions led by professional coaches, with a focus on skill development and building confidence.
- friendly competitions designed to encourage sportsmanship, teamwork, and positive communication.
- theatre workshops led by a professional actor, engaging the girls in drama, dance, and performance, while developing key skills such as confidence, communication, and self-expression.

Enrichment trips provided opportunities for the girls to explore London and broaden their experiences:

- an interactive workshop at Kew Gardens, where the girls learned about sustainability and the importance of protecting the environment and wildlife.
- engaging activities at Oxygen, promoting physical activity.
- a wellbeing-focused beach trip, encouraging the girls to be present in the moment, build resilience, and reflect on their personal growth in a calm and supportive setting.



IMPACT AND OUTCOMES

100% of girls reported that they enjoyed the summer camp experience.

84.4% said they tried new activities they had not previously had access to.

77.7% said they made new friends during the programme.

64.4% reported feeling more prepared for the transition to Year 7/Year 8.

93.3% said they felt more physically active and motivated to stay active.

100% said they would participate in future programmes led by The Us Charitable Trust and the Jason Roberts Foundation.

“I really enjoyed the summer camp activities. I really liked the mask making activity where I was making a face mask of a wolf for a drama lesson for *The Lion King*. I showed one of the summer camp leaders all the details I was going to add to my face mask. The teacher that came in to help us put on a show was also really good. I really liked the food too, it was delicious. I learned about different countries and the food from them.”

– Student A, transitioning Year 7, Summer Camp 2025

CASE STUDY

Student X was referred to the summer camp programme by her Head of Year at her primary school, who felt she would greatly benefit from the opportunities on offer. In particular, the referral highlighted her shy nature and noted that the programme could provide a supportive environment for her to build friendships. Prior to joining, the school reported that Student had had trouble forming friendships and was feeling anxious about the transition from primary to secondary school.

Throughout the programme, Student X gradually began to engage more confidently in group activities. Initially reserved, she took part in ice-breaker sessions and small group tasks, which helped her feel more comfortable around her peers. As the weeks progressed, she became more willing to contribute in discussions, participate in team-based sports, and express herself during creative and theatre workshops.

By the end of the camp, Student X had formed several positive friendships with girls from different schools and was observed to be more confident in social situations. She demonstrated increased willingness to try new activities and communicate with both peers and summer camp leaders. Feedback from leaders noted a visible improvement in her confidence and overall engagement.

The programme provided Student X with a safe and nurturing space to step outside of her comfort zone, supporting her personal development and helping to ease her concerns about transitioning to secondary school. As a result, she left the camp feeling more confident, connected, and better prepared for the next stage of her education.



The Empower Her summer camp has proven to be a highly impactful initiative, providing young girls with a safe, supportive, and inspiring environment during a critical stage in their educational journey. Through a carefully designed programme of workshops, sports activities, and enrichment trips, participants were able to develop key life skills, build confidence, and form meaningful friendships with peers from different schools across Brent.

The collaborative approach between Alperton Community School, The Us Charitable Trust, and the Jason Roberts Foundation ensured a well-rounded and engaging experience, combining expertise to maximise the programme's impact. The positive feedback and outcomes demonstrated throughout the camp highlight the value of continued investment in initiatives that support both personal development and successful transitions into secondary education.

Overall, the programme not only empowered participants to step outside of their comfort zones but also equipped them with the confidence, resilience, and social skills needed for the next stage of their journey.