Example visit activities From NCS with The Challenge

This document outlines some examples of what your visits could look like. Depending on the team and the Practitioner, you could be doing anything, but these examples should help to give you an idea of what your service users could be getting up to.

If you have a preference for a certain type of project, please do let us know, and we will do our best to pass this onto the Practitioner and team who will be visiting you.



Photography

* Photos for promotional use
* Teaching service users to take photos
* Make a calendar with service users

Art

* Using art to represent what’s important to each other
* Murals, multi-craft, canvas painting
* Illustrating a day in the life of…
* Portraits of each other

Sport

* Mobility exercise plan
* Designing and delivering a fitness plan
* Sporting tournament
* Mini Olympics / sports day

Enterprise

* Coffee morning / tea party
* Fundraising and sponsorship
* Creating a logo or branding for your organisation
* Designing and delivering games and activities
* Putting on a workshop
* Volunteer/staff support





Drama

* Drama games and activities
* Pantomime and singalongs
* Drama performance based on stories from service users
* Drama performance through movement and sound

Media

* Promotional film to go on website
* Documentary-style videos about the organisation
* Interviews with staff and service users
* Themed video
* Welcome video from staff



Music

* Music-based games
* Teaching songs to service users
* Taking requests and learning service users’ favourite songs
* Putting on a performance

Art

Art is a great way for people to interact with each other, and by the end of the two visits, there should be plenty of artwork that can be kept and treasured, or hung up on display. Below are just some examples of what the visits could look like.

**The Big Draw**

Drawing is a way to explore how the world looks different to different people.

**Visit 1** – After a short tour and a few ice breaker activities, the NCS team can facilitate art-based activities based around questions such as, “what is the best part of your day?” “What do you love?” “What is a big challenge for you?” “Who is your favourite person?” “What is an object that symbolises home for you?”

**Visit 2** – The NCS team will return with artwork inspired by the previous day’s visit. They can present it to the partner, and run activities building on what was done the day before, sharing stories that are behind each piece of artwork.

**The Natural World**

This two day project can be a fun way to incorporate a nature walk or garden activity.

**Visit 1** – The NCS team joins in with a nature walk or gardening activity. Sketch books can be brought along and service users invited to draw things they see. The young people will use this time to get to know the service users and collect ideas for the second visit.

**Visit 2** – The NCS team will return having come up with activities to do based on their ideas from the previous visit. For example, service users could create personal pieces of art that could be brought together to make something bigger. Each person could create their own leaf, bark, and branches, and these could be brought together and displayed as a lasting reminder of the project.

**Mural Design**

This project can be run through an Art or Enterprise team. The important thing behind this activity is for the NCS team to understand why the partner they are working with is important to the service users. It’s a great opportunity to facilitate conversations about why your organisation is special and how it makes a difference to people’s lives.

**Visit 1** – The NCS team will play games and ice breakers with the service users. They will then have conversations with the service users and run art-based activities, finding out what’s important to them, why they use the service, and why it’s special to them.

**Visit 2** – The team will return with mock designs for the mural based on the conversations and activities they took part in on the previous visit. Together with the service users they will finalise a design, and bring it to life!

­­­­­­Photography

**Then and Now**

This is a great activity to look at the past and present with a local charity group or care home and develop understanding about different life experiences.

**Visit 1** – The NCS team and service users could bring along some old photographs of themselves from younger days, and share them with each other. The NCS team can begin talking with the service users about life then and now and what has changed. The team could take portrait photographs of the service users holding old photographs and talk to them about their life experiences and special memories.

**Visit 2** – The NCS team could recreate the old pictures together with the service users. The NCS team could teach the service users how to use the cameras and the images collected, sent to you electronically, could be displayed around the centre.

Calendar making

A great activity to produce a range of images suitable for use in a display or another project.

**Visit 1** – The team could play simple games and ice breaker activities to learn about the service users and what they like. Together they could think of some themes or photo ideas they could use on a calendar or on postcards. They could think of images to represent different times of the year; Easter, Christmas, Valentine’s Day or the seasons, or things that represent the centre.

The team should write up their ideas with the service users and make a plan for the next day. They should practice fun photos to get everyone used to the cameras.

**Visit 2** – The NCS team could work with the service users to create 12 images for use in a calendar or post card/picture card.

The images would be sent to the service, and could be used to produce and sell at Christmas in order to raise funds, displayed around the centre, or just emailed around to the service users and their families.

Decorate a Space

The NCS participants could spend some time on site looking at various spaces in their building, and choose a meeting room and communal space to decorate with photographs.

**Visit 1** – We could pair up service users with a small group from the NCS team. The NCS team should prepare questions for the service users to find out what’s important to them. Why do they use the group/charity/organisation? What’s the best thing about it? This way the service users can feed into the creative process. The team can use the cameras to do a photo scavenger hunt or play games and take photographs.

**Visit 2** – The NCS team will return with a plan of how to create artistic images based on what the service users said on the previous day. The service users can be involved in taking photographs and creating ithe images..

Enterprise

The Enterprise team have a budget of £30 to use for activities they plan for their second visit.

Publicity and Branding Challenge

An NCS Team could design new publicity or branding materials for their partner.

**Visit 1** –The NCS team will get to know their partner, talk to service users and aim to learn as much as they can about the ethos of the organisation/group. Using this they will go and develop designs for leaflets, posters or logos.

Discussions and games with service users can feed into the designs.

**Visit 2** – The NCS team could put on a presentation or pitch to show the designs back to the partner and service users. They can then vote for their favourite ideas, give feedback and talk about how they would like to use them. Pictured is a flag made by one team for Blackpool Centre for Independent Living.

Board Game Challenge

The NCS team can work with their partner to create a brand new board game.

**Visit 1** – The NCS team can run workshops with service users to come up with ideas together. They can play existing games and find out what styles and themes they like.

**Visit 2** – The team can then purchase the materials needed to make the game (within the limited team budget) and spend the second day making the game. This can be played with service users later in the afternoon.

Board games work really well, as they can be themed around the experiences of service users, and then played on the second day for a first-class interactive experience.

Tea Party

Our NCS Enterprise team can create and run exciting events – this is a really open field, and a great opportunity to use the creativity of the young people and service users. A typical example of an event they can run is a tea party.

**Visit 1** – Young people and service users make decorations and party activities..

**Visit 2** –The team use their budget to buy snacks, treats, and games and put on a tea party for service users, friends and family.

Sport

**Mini Olympics / sports day**

**Option 1**

Over the two days, the NCS team plays sport-based games with the service users. They could split the service users into teams and create a league table, presenting medals to the winning players at the end of the second visit.

**Option 2**

On the first day, the NCS could lead games and split the group in to smaller teams. The teams could make a flag for an imaginary country and compete in an Olympic theme sports day the following day. The teams could also take part in an opening or closing ceremony. Activities could include; gymnastics, hula hoop challenge, bean bag toss, standing long jump, relay race, limbo etc.

**Personalised Workout**

The team could develop and run a workout session tailored to the service users. This workout alongside plans for different workouts, could be passed onto the host so that the routines could be implemented on a regular basis.

Depending on the individual needs of the group, each exercise could be performed seated or standing, at a low or medium impact.

Some exercises could include: leg raises, calf raises, chest stretch, chair dips, gentle yoga, etc.

The trained Sport Practitioner will supervise the NCS team to ensure suitability of each activity.

Media

Our hope with the media team is that our young people and your service users get to learn more about each other using film as a spring board for conversations and interaction. Our young people will edit the footage and produce short videos. These videos are shown at our Showcase event and a copy will be sent to you for you to use.

Superhero movie

This works well for smaller children.

**Visit 1** – The NCS team will play games with the service users, and use whatever they can find to dress up as made up superheroes. The service users will star as superheroes in their own film. The NCS team could do script writing with them and come up with a story, even getting them to direct it themselves. If this is too much structure, they could film them playing games as their superhero characters, and turn this into a film.

**Visit 2** – The NCS team would return and bring the ideas to life through film. They will spend the following day editing the footage before the short film/s will be sent out to partners.

Promo Challenge

Do you want a video that you could show on a website, to potential service users, funders or supporters? Our young people can gather stories and information and produce a short promo video – all the while interacting with people they may not usually mix with.

After a short introduction to the organisation from the host, the NCS team will discuss what the partner wants to achieve with the video. Over the two days, the NCS team can run ice breaker activities/games with service users and can be prepared with interview questions for service users and staff (on or off camera.) The team can get to know the venue and take shots to showcase the facilities. The end result will be a promotional video for the partner to use.

Documentary

A chance for our young people to learn a lot about your service users – the challenges they may face, their hopes and dreams, their personal histories, their beliefs, the role your organisation plays in their life – whatever they want to say! A mini documentary is then produced by the young people.

**Visit 1** – After a short introduction to the organisation, the young people could be taken on a tour by service users, volunteers or staff. The NCS team will have written interview questions or activities based on the style of documentary that has been agreed. This will be the beginning of great conversations between the team and the service users, the team can also lead games or activities to build a rapport before they start filming.

**Visit 2** – The NCS team will return with a focus on delving deeper into what they learned the day before.

Drama

Drama Heroes

**Visit 1** – The NCS team will spend time with the service users to discuss who their favourite super hero is and why. Then they can do a drawing challenge to draw themselves as super heroes and think about what their power would be and what name their new super hero should have. If there is still time, the service users and NCS team should improvise short role plays as their made up heroes.

**Visit 2** – The NCS team could perform a short drama based on the superheroes that they created the previous day. Then they should break up into groups and put together short skits with the service users where they are the super heroes.

This is a visit that can be highly effective and *even better if* you can combine a media team with it so that the stories can be filmed. (Just make sure there are going to be plenty of service users)

*\* If you commit to multiple visits throughout the summer, or want to have multiple teams visit simultaneously, an enterprise team can create super heroes brands and costumes, a photography team can photo-shoot them in their costumes, a sports team can do superhero themed games and an art team can create simple comic strips.*

Across The Generations (A project for older people)

**Visit 1** –The NCS team will run simple drama games and board games. The team will have prepared a list of question based around growing up in a different era. To help prompt conversation further, the young people could print off pictures of places and celebrities from the 40s/50s/60s before they go so they can ask the service users about them.

**Visit 2** – The young people should have prepared a performance based on the stories they heard the previous day. There should be plenty of talking points with the service users and young people should aim to tell the service users what they learned, or how they felt putting this piece together. The NCS team could even perform a short song. Young people should be encouraged to research a song from the era, either online or with the residents.

The Big Issue

This project is all about choosing a local issue or theme and working on some drama performances to demonstrate the issue or theme.

**Visit 1** – The NCS group should spend some time with the service users learning about the issue or theme and why it is important to them. The team should seek to learn as much as possible. At the start/end of the day the young people could sit with the visit leader and see what they can do to best assist them.

**Visit 2** – The group should come back with one or two solid performances (in groups or a team) ideas about the chosen themes or topics. The young people could then look to integrate some of the service users into the performance and record the drama to be used as an awareness campaign.

Music

Learning Samba

**Visit 1** – The NCS team will teach the service users what they’ve learned about samba, and spend time teaching individuals how to use each instrument, or singing together.

**Visit 2** – They’ll bring all the instruments together to be able to perform a piece of music, and perhaps put on a small show for the staff or any visiting family and friends.

Watching a show / singalong

**Visit 1** – The NCS team will spend time playing music-based games with the service users and getting to know them. They’ll ask about their favourite songs or musicians.

**Visit 2** – The NCS team will have spent the time between the visits learning the favourite songs of the service users, and can put on a short performance of what they’ve learned, encouraging the service users to sing along.

Procession / carnival

**Visit 1** – The NCS team will get to know the service users, playing music-based games and teach them basic call and response. They’ll spend some time making costumes and instruments out of scrap materials and found objects – a fun and playful activity that keeps hands busy and allows them to get to know each other.

**Visit 2** – The NCS team and service users will bring together their costumes, instruments and any props, and lead a procession in and around the venue, involving everyone they possibly can, playing music, singing and dancing.