



## Report: CAHN Boys & Girls club End-of-Year Outing December 2024

### Introduction

This report presents the success of the end-of-year outing organised by the Caribbean and African Health Network (CAHN) on December 14, 2024. The event aimed to provide a fun and engaging experience for children from Black Caribbean and African heritage, aligning with CAHN's goal of addressing health inequalities.

### Demographic profile of attendees

Total attendees= 19 Africans and Caribbeans.

Gender	
Females	9
Males	10

### Event Overview

The outing included a virtual reality experience at DNA VR in Manchester Arndale, followed by pizza at Pizza Hut. The event was well-attended by children and their parents.

### Evaluation of Success

The end-of-year outing was a resounding success. Key factors contributing to its success include:

- Engaging Activity:** The VR experience provided a unique and exciting opportunity for children to explore new worlds and learn through immersive technology.
- Social Interaction:** The event fostered social interaction among children, promoting friendships and community building.
- Positive Feedback:** Parents and children expressed positive feedback, highlighting the enjoyment and value of the outing.

### Alignment with CAHN's Goals

The outing directly aligned with CAHN's goals of addressing health inequalities by:

- Opportunity for families to bond:** Most attendees had either a sibling or a cousin and this made the event more fun and fosters family relationships.
- Promoting Mental Health:** Engaging activities like VR can positively impact mental health by reducing stress and anxiety.

- **Enhancing Social Well-being:** Social interaction and community building are crucial for overall well-being.
- **Inspiring Future Generations:** By providing opportunities for fun and learning, CAHN can inspire young people to pursue healthy lifestyles and achieve their full potential.

## **Conclusion**

The end-of-year outing was a valuable addition to CAHN's initiatives. By providing enjoyable experiences and fostering social connections, CAHN continues to make a positive impact on the lives of Black Caribbean and African heritage communities.

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