

Rock Up and Ride

Tuesday 8 April

10.30am-4pm

Burgess Hill BMX Track

Budget: £813 from Mid Sussex Partnership

Breakdown: £450 -Coaching and DJ
£135 -toilet hire
£153 -publicity
£60 -basketball coach
£31.01 -refreshments

Spent: £829.01

Aim: To provide free BMX coaching the children and young teens.

Number bookable coaching spaces: 36

Number coaching spaces booked: 21

Number of attendees: 19

Number of no shows: 2

Number of people who showed up on the day and took part in coaching: 10

Number of children who signed up for basketball: 3

Number who took part in basketball: 10

Publicity:

The event was advertised:

- An article in the Mid Sussex Times, as part of the Easter Activity PR
- Banner at the McDonalds roundabout, Keymer Parade, London Road and in St John's Park
- Poster in the Help Point Window
- Event calendar
- Press release in advance
- Shared with all local schools
- All noticeboards in the town
- Nationwide noticeboard
- On the Town Council website
- Event notification via Mailchimp
- Several posts on the Town Council Facebook
- Graphic in the March About Town
- Correx boards on the bandstand and BH football club

Event breakdown: Parents/carers were asked the complete a waiver ahead of attending the sessions, which asked for photo permission and if the child had any medical or special educational needs, as well as their age. There were 2 coaching sessions which were an hour and a half each, and then free riding time in between and afterward the second session, where the DJ continued to play music. There was also 2 hours of basketball coaching at Maple Drive Multisport court and Sheddingdean Baptist Church ran craft sessions next to the multisport court for a 2-hour period.

We purchased fruit and some biscuits for the event, as well as supplied squash and water. Burgess Hill Pantry donated surplus pasties, which they had received from Lidl. All of this was offered free to attendees. Burgess Hill Football Club was open during part of the event so people could purchase hot drinks or other soft drinks.

Feedback: We created a QR code which is available at the events to scan as well as in notice boards afterwards. The code is linked to a Google form which we can keep adding events to without changing the code itself. The form simply asks what event you have attended, *'what went well'*, *'it would be even better if...'* and *'If the event you attended required you to book in advance, how did you find the process?'*

Here are some of the responses received for this event;

What went well?

- Very friendly staff, nicely organised
- Coaches as always were fantastic and very supportive
- Calm, happy, well organised chance to ride BMX under controlled conditions. My son got great advice too to improve his technique which delighted him!

It would be even better if...

- Shading was provided for the Parents as it was very sunny day

- No suggestions
- More advertising and more marketing

If the event you attended required you to book in advance, how did you find the process?

- Easy
- Easy
- Fine

We also had lots of positive verbal feedback on the day from parents, and children.

Evaluation: the first coaching session was fully booked, and all but one child turned up which is positive. The second sessions only had 3 bookings, but a large number of people had turned up to the track anyway, and so a further 10 children took part in the coaching session which was great.

There was a mix of ages, from the youngest at 5 years old! It was lovely to see the older children (teens) accommodating the younger children, giving them space and time to ride, as well as cheering them on and checking in on them if they fell.

Talking to families, a number of people had come from further afield as they deem the track in Burgess Hill to be a very good one. There was a child and parent from Seaford, 4 teenagers who had come from Littlehampton on the train, and a builder who was working on the nearby site, who lived in Tunbridge Wells but brought his bike with him to be able to use the track. Clearly the track is a real gem!

The basketball sessions had few bookings, but we had several people show up on the day and get involved which was great. The crafts were also busy which was great. Two local PSCOs also dropped into the event, which some of the younger children loved, asking for photos with them!

Overall, everyone had a great time, and thankfully there were no first aid issues. It would be good to run the event in a similar format again in August, for which a date has already been booked in, but with some added elements, such as someone to do graffiti art and possibly a bike registration service.

Kayleigh Elliott-Davidson
Events, Communication and Administration Officer
25/4/2025

Photos of event



Easter fun events in Burgess Hill keep children and young people busy

By Julie Holden
Contributor

Children and young people were kept busy this Easter holidays with free events in Burgess Hill!

The Easter Trail proved popular with nearly 200 children completing the trail across the holiday period. 22 local businesses got involved displaying items for Bunny's lost items, for the children to find. All the children received a book when they returned their map and three children, Niamh, Sebastian and Naichatra, won the main prize of a soft toy (Framble and his two friends) and an Easter egg!

There were taster sport sessions to join with qualified coach, Zaire Taylor, from Worthing Thunder teaching basketball skills and Jimmy Smith and his team, from Exeter Tennis teaching tennis skills. A large number of children attended the 5 sessions over the holidays and picked up new skills!

Over 50 Children visited the Kiln for Easter bonnet making with the Burgess Hill Creative Community on Monday 12th. The children then paraded from the Kiln and headed on a loop around Church Walk as the children could show off their wonderful creations! After all the hard work the children tucked into a yummy picnic back at the Kiln!

On Tuesday 8 coach Niki, from Gosport BMX had children and young people (even the teenagers!) fully engaged during the Rock Up and Ride coaching sessions. They learnt how to use the track better and make their jump higher, whilst DJ Matt blared out the best tunes!

38 families attended the Family Fun Sessions, for families of children with SEND on Monday 7. Children enjoyed a whole range of activities including graffiti art with Touz on inflatable assault course and the Hot Wheel tracks from WOW Sussex. They also enjoyed story time with author Julie Alison McDonald and learnt sign language with Makaton Jenny. There were also several organisations attending with information for families.

If you attended, we would love to hear your feedback, as it helps us plan future



Coach Niki at the Rock Up and Ride event. SUBMITTED



Children at the tennis session at St. John's Park. SUBMITTED



Children enjoying the track at Rock Up and Ride event. SUBMITTED



Coach Jimmy with children at the tennis session at St. John's Park. SUBMITTED



Graffiti art at the family fun sessions. SUBMITTED

event. Please complete the Google form: <https://docs.google.com/forms/d/e/1FAIpQLSeNfLkvwLpVhy6XU6V4LnZWzW0UHCshAbbqMfKlQOYLQ/viewform> Missed out on all the wonderful events? Sign up

our mailing list and you will be emailed directly about events organised by us: <https://www.burgesshill.gov.uk/town-community/town-events/events-mailing-list/> The Family Fun Sessions were sponsored by The Budding Foundation and co-organised by Burgess Hill Town Council and The King's Church. Rock up and Ride was funded by The Mid Sussex Partnership, and organised by Burgess Hill Town Council in coordination with

Gosport BMX and Respect Youth Club. The Easter bonnet making was planned and run in association with The Burgess Hill Creative Community, Burgess Hill Town Council and Central Sussex Rotary, with donations from Burgess Hill Yambombers and sandwiches donated by The Mustard Seed Cafe. The sports sessions and Easter trail were funded and organized by Burgess Hill Town Council. Our thanks goes to the



Photo: Mid Sussex Times