

Holiday Activities and Food

Welcome to the 2022 Annual Holiday Activities and Food (HAF) programme report. HAF is in its second year of a 3-year Department for Education grant funded programme. This enables children and young people who are in receipt of benefits related free school meals to eat healthily and be active during the school holidays. Most HAF programmes run mainly in our towns and large villages across the county. These fun and creative sessions are delivered by charities, voluntary groups, schools, businesses and internal services of the Council.

What activities were on offer?

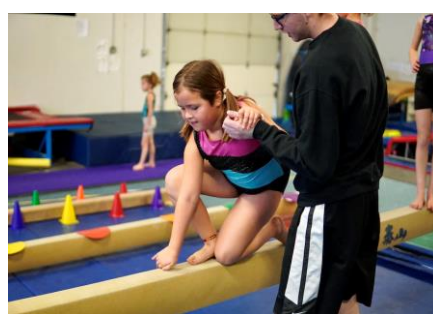
From water fights to team games, Lego challenges to dancing; HAF really had something to offer for all ages. Take a look at the pictures below to see some of the activities that our children and young people enjoyed last year.



Archery



Art & crafts



Gymnastics



Dodgeball



Farm experiences



Board games



Football



Climbing wall



Lego challenges



Musical theatre



Paracute games



Outdoor adventure



Pottery



Shadow puppetry



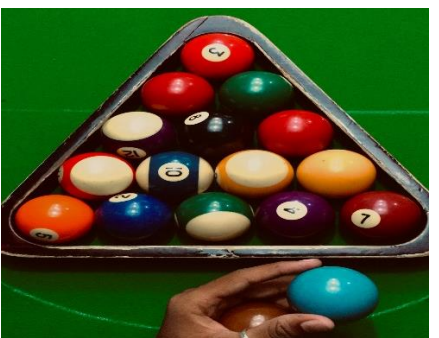
Playful activities



Yoga



Swimming



Pool



Nerf



Outdoor team activities



Karaoke



Retro games



Excursions



Indoor team games

These are just a handful of activities that took place during the holidays. Each programme offered a unique experience, some focusing on developing one skill, others taking advantage of multiple games and team activities. All programmes have children and young people at the heart of their delivery. They gave children and young people the opportunity to make friends, have fun, try new things or get better at something, but don't take our word for it, here's what was said from those children and young people taking part as well as their parents.

"There's not much for kids in the area, and a friend suggested it. A lot of their school friends were also going, and I didn't want them just sat around stuck on their iPads so I thought this would help them get out the house. My lad loved the netball and basketball, and my girl liked the talent show and getting to show off her acrobatics. They really enjoyed it, enjoyed every bit of it". **Parent, First Step Sport.**

"I come here because I have made friends. I can play sport and enjoy football and dodgeball. They are my favourite things to do". **Participant at Flying Futures**

"I have made lots of decorations and am giving them to my family for Christmas. We made a Santa, Christmas bauble and some snow". **Participant at Endorphins**

All our programmes are inclusive, but we also offered a number of programmes specifically for children and young people with special education needs or disabilities. These included multi-sports, playful games, farm experiences, soft play, trips and art and craft workshops.



'You have saved my life! We had been struggling for a while especially during the lockdowns as *Sarah loves routine, therefore I was worried about the summer holidays and how we would manage. There is a good amount of sessions and the staff are so lovely, it's so good for *Sarah to have some independence, she honestly just wants me to leave her straight away now. I could praise you all day. Seeing *Sarah grow so much in confidence and really flourish has been so lovely. I really cannot thank you enough you are all angels'. **Endorphins, SEND specific provider**

"*Mike attended the sessions for the first time this summer. He struggles with his speech and being in a new place he was rather shy to start with and found interacting with the other children quite hard. To see the confidence grow in him was amazing and mum was thrilled he had come out of his shell. He became a very active member in the group, played with other children and didn't stop talking! Knowing that I have helped build that confidence is so very rewarding and why the funding for these children is so valuable". **Creation Station, inclusive HAF provider**

Barnardo's were contracted to support the training needs of HAF providers to help them develop the skills necessary to deliver inclusive activities for all. More than 90% of our delivery partners took up this offer, with a range on online and practical courses delivered.

This all looks amazing, how could I have found out about what was happening in the holidays?

You can find out about activities local to you in the following ways:

- [Active East Riding](#) website
- [Help for households](#) website
- HAF newsletter
- Articles in other service's newsletters including the SEND bulletin
- Social media posts
- External websites, including [Mumbler](#)
- Provider leaflets and letters to schools
- Provider's own marketing strategies eg social media, leaflets, radio, paid adverts, posters, etc.

Example of the type of marketing used is shown below.



How did we promote HAF grants to organisations?

Spreading the word about the funding available to voluntary groups, businesses and schools was essential and here's how we did it.

- Press releases in local newspapers
- Articles in newsletters of partner organisations and our own council networks including Arts Development and school head teacher bulletins
- Presenting to a wide range of partner forums to engage and answer questions face to face

How much funding was available?

Annual Grant		
Up to £150,000		
Easter Holidays	Summer Holidays	Christmas Holidays
Up to £5,000	Up to £20,000	Up to £5,000

Were there any challenges in delivering the programme?

Being a predominantly rural local authority, reaching families in some of our more remote areas and smaller settlements has proved to be challenging. Attracting organisations to deliver in these areas, and then encouraging attendance, with parents and carers having to use their cars or public transport to access the HAF opportunities. Work is ongoing to see how we can open up more opportunities for families who live in our rural pockets of the East Riding. Most of our organisations tend to work with primary school aged children, so we would like to see more groups open to work with this age group.

Who was involved in HAF?

Below is a list of all the organisations who delivered HAF activities in one or more holiday periods in 2022. All HAF delivery partners met our minimum operating standards, including:

- All staff and volunteers must hold a valid DBS and have undertaken safeguarding training
- A qualified first aider must be present when delivering the programme
- Activities and venues are assessed, with measures put in place to manage identified risks
- All staff can adhere to their governance (safeguarding, safer recruitment, equality, privacy and health & safety) policies and procedures
- Hold public and employer's liability insurance to a minimum sum of £5 million.

The Hinge

Flying Futures

Hull FC Community Foundation

First Step Sport

First Step Education

North Ferriby Riding for the Disabled

Endorphins

Unique Friends

Inmans Primary School

Goole Youth Action

Junction Goole

Fit4fun

Groundworks

Special Stars Foundation

East Riding Theatre

Hornsea Foundation

Footballerz Limited

Driffield Youth Action

Goole Town Council

Creation Station

Shores Southern Holderness Resource Centre

The Beverley Cherry Tree Community Centre

Pocklington Rugby in the Community

Acre Heads Primary School

Mini Athletics

Skipsea Village Hall

Bridlington Quay

Driffeld Methodist Group

Phoenix Wellbeing

Girlguiding

Preston Primary School

Fierce Gymnastics Club

Hornsea Nursery School

Flexdance Inc Limited

Densholme Farm

Beach

St. Mary's Church

Bridlington Football Club

Life Skills Hub Limited

“We worked in partnership with other services to deliver HAF. Neither of us could have done this on our own over Christmas so this collaboration has really worked. Together we offered a more varied programme which is why it was so popular. Had we of known, we would have put on more sessions. The staff have really enjoyed delivering HAF and definitely would like to continue this into 2023” **Internal services, HAF Delivery Partner**

“The support that we received from East Riding was amazing and extremely informative. We were able to get up and running on a quick turnaround”. **Life Skills Hub, new HAF Delivery Partner**

These HAF providers are supported by the Steering Group. This is made up of members from across the Council covering arts development, health & wellbeing, public health, leisure services, libraries, youth & family support, regeneration & funding, and advertising services.

How many children and young people joined in HAF sessions?

	Easter	Summer	Christmas
Number of unique children and young people that attended HAF in 2022	1,955	3,324	2,189
Of the figures above, here's the number of children and young people with SEND or additional needs who participated in the programme	237	500	172
The percentage of children and young people in receipt of free school meals who participated in the programme	22%	38	25%

What were the benefits to parents and carers when their children attended HAF sessions?

Parents and carers have the knowledge that their children will be taking part in fun activities for a minimum of 4 hours. Each child and young person will receive a healthy meal too with the added bonus of these sessions being funded by the Department for Education.

Whilst every programme was unique, a good HAF session had the following:

- thoughtful, inspiring and friendly staff and volunteers who relate well to children and young people;

- playful spaces that look inviting and encourage curiosity and imagination;
- sufficient resources to enable participants to develop skills, confidence and independence through a variety of individual and group-based activities;
- a session plan outline which changes based on the numbers and wishes of participants;
- a combination of child and adult led age-appropriate activities;
- periods of noise and quietness;
- time for playing by themselves and with others;
- a space to get away from activities if things become too overwhelming;
- activities and conversations that raise awareness of healthy eating and healthy lifestyles.

“*Mark had a wonderful time today and sung high praises of the team. He can’t wait to come back! I spent the day recharging my batteries and I don’t think either of us could be any more grateful. Thank you for making *Mark feel at home and welcomed” **Parent, St. Marys Church**

“His mum said, it was unlikely he would attend any of the sessions, but embraced this gusto, particularly when asked to support younger children at the session. During the time he was with us, we saw a massive change in behaviour and attitude. I had a conversation about the future and he said he was going to try harder at school as he wanted to do something like what ‘we did’ when he finished“. **Groundworks, HAF delivery partner**

“They like the crafts, they aren’t allowed it at home because of the mess! It keeps the kids active, and they like getting involved. They’ve been asking when they are going again. I know they are safe and getting looked after, they get a meal, and kids always come out happy and don’t want to leave. I live on my own with my three boys, so I couldn’t work otherwise during the holidays. It meant I could still work, I was so happy. The team are just amazing”. **Parent, The Armstrong Centre**

From trying new foods to understanding about hydration, children and young people learnt all about the importance of positive wellbeing and healthy eating. This may have embedded in activities or discussions held at lunchtime. Some providers took their participants shopping and helped them cook a meal, whilst others involved parents too in learning how to make meals on a budget.

Each HAF delivery partner received lots of information to help them with their learning and delivery, including resources from the NHS, public health and mylivingwell.

Parents were signposted to the new ‘one stop shop’ for support families on low income through the [‘help for households’](#) website.

One of the HAF delivery partners was nominated for an award due to their support to families in Beverley. Whilst Cherry Tree’s motto is ‘when you don’t know where to turn, we can help you or find someone who can’, HAF has helped strengthened the relationships with parents as seeing their children happy and fed, more families are starting to come through the door and opening up about their struggles. Cherry Tree’s holiday provision not only provides a place of nurture, support, kindness and opportunity, it has also opened up extra support to parents through money, housing, employment advice, credit union, food parcels and the social pantry.

What was the food like?

Each HAF delivery partner provided participants with a healthy meal at each session. Where possible these were hot. Some providers even managed to deliver this during outdoor only sessions. Providers registered with the local authority if they were preparing and cooking their own food.

Those who chose a catering business had to ensure they had a good food hygiene rating and be registered as a food business too.

Morrisons offered free food parcels at some programmes, and all remaining food after the sessions were given out at the end to children and young people and their families.

New foods were tried... “I’ve never eaten a strawberry before. Can I have some more please”
Participant at the Cherry Tree Centre

Parents also expressed satisfaction with the food “I didn’t expect the food to be so good. They had a Christmas dinner on one of the days, and it wasn’t the same every day, each day was something different so that was lovely” **Parent, First Step Sport**

“My kids absolutely love it. It’s a very difficult time financially, and with the extra food that is offered, it takes away the stress of feeding them and looking after them. I have 8 children and 4 go to the camps and my youngest can’t wait to go again. I can be more productive. It’s saved us so much money in the long run, we wouldn’t be able to cope without you guys”. **First Step Sport, HAF delivery partner**

What did you spend the funding on?

East Riding Council was granted £926,000 together with an additional payment of £45,040 for the Christmas period. Our total expenditure for the year was £971,040 (for 1 April 2022 to 31 March 2023) as shown below.

Administrative Expenditure	£78,120
Capital Expenditure	£17,666
Programme Expenditure	£875,254

What will HAF look like in 2023/24?

The HAF team will recommission those organisations who received high participant numbers, great customer feedback and successful quality assurance outcome. We will also look for new activities and opportunities, particularly more arts based projects and SEND specific opportunities across the East Riding. New for 2023 already include DJ and music production workshops, storytelling, drama and prop design, indoor cricket, get glowing inclusive events and forest schools.

We hope to see you there!

Below are examples of our HAF delivery partner's marketing information.



Contact

For more information on the Holiday Activities and Food programme, please contact haf.programme@eastriding.gov.uk



*Names have been changed to maintain confidentiality.