

DERBYSHIRE HOLIDAY ACTIVITIES AND FOOD PROGRAMME

ANNUAL REPORT
2023

it's about me

Derbyshire's Holiday Activity and
Food Programme



Department
for Education

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INTRODUCTION

Derbyshire's Holiday Activities and Food (HAF) programme – with a campaign name of 'It's About Me' – is one of the largest and most ambitious programmes in England that seeks to address holiday hunger, inactivity and isolation amongst some of the most vulnerable children and young people in the county. National sport for development charity StreetGames continues to support Derbyshire County Council in the design, development, delivery and evaluation of the programme, ensuring that we achieve the outcomes of the programme, building on our successes and striving for further improvement.

We've seen huge growth in the programme throughout 2023, with more providers delivering more opportunities to children and young people across the county. The programme and the provision are maturing, and we are seeing higher levels of engagement of children eligible for free school meals and improvements against the outcome's framework.

We are now in a position where we can offer varied and appealing programme across all 8 local authority areas and include exciting enrichment opportunities. It is through the dedicated provider network that we can ensure that children and young people have somewhere to go and the ability to engage in positive activities throughout the holiday period. The numbers speak for themselves, but the stories behind the numbers really bring our programme to life and evidence the impact that such an approach and investment can have.

Jenny Carter, Programme Director, StreetGames

It's About Me aims to make sure that participating children and young people:

- Have access to safe, non-stigmatising local places to go for fun activities.
- Eat more healthily over the school holidays.
- Spend time with friends and have a chance to be more active during the school holidays.

- Take part in a wide range of engaging and enriching activities that supports their resilience, character and wellbeing as well as their wider education attainment.
- Are ready to return to school, college or to move into employment.
- Have parents and carers supported with information about how to cook healthy recipes on a budget.
- Have parents and carers signposted to local family services.
- Have the opportunity to continue sports and physical activities beyond the holidays.

A COUNTYWIDE APPROACH

Derbyshire has high levels of children eligible for benefit-related free school meals, with approximately 27,000 children entitled to support.

Derbyshire is a large county consisting of 8 local authorities, with a small number of towns and a greater number of rural villages and hamlets. Designing and delivering the programme faces additional challenges due to rural deprivation, the dispersed population of eligible children and young people, low car ownership, and poor public transport links.

Our diverse network of local delivery partners and food suppliers is comprised of Derbyshire County Council and associated district and borough council services, Rural Action Derbyshire, schools, out-of-school settings providers, the community and voluntary sector and commercial operators and caterers. Together they were commissioned to deliver It's About Me throughout 2023 and were offered training and support to ensure they delivered to our quality and sustainability standards.

Throughout 2023, we strove to increase the levels of sufficiency and number of providers delivering across the county, reaching more children and young people in more places. We saw a significant increase in delivery in 2023 compared to 2022 and we will continue this approach into 2024.

To effectively reach and engage our target audiences, we implemented a tailored communications campaign involving schools, postcode-targeted social media, PR and flyering. We specifically targeted families eligible for benefit-related free school meals, those living in the most underserved communities and children with special and additional needs.

Our reach and engagement with parents and families has significantly improved, with an increase in online bookings and those subscribing to our digital newsletter. We have also seen an increase in the number of parents sharing feedback about what they value about the programme and improvements they would like to see.

“We’re committed to giving every child in Derbyshire the best possible start in life, no matter what challenges they may face.

‘It’s About Me’ helps us make sure children and young people across the county have access to opportunities which support their physical, mental and educational wellbeing, not only throughout the school term but during the holidays as well.

Councillor Alex Dale, Derbyshire County Council
Cabinet Member for Education

To ensure we achieved all outcomes of the programme to the highest possible standards, we introduced a self-assessment tool, alongside an assessment tool used by the programme management team that enabled us to understand where we had high levels of confidence and competence, and where there were areas for development. This assessment has enabled the programme team to offer dedicated workforce development and training opportunities alongside a suite of interventions to help providers develop their offer. The greatest success through our dedicated approach was in the quality of food provision and achieving school food standards, moving from the majority of providers being rated as ‘acceptable’ in 2022, to the majority being rated as ‘good’ by the end of 2023.

We also introduced several workshops to support healthy lifestyles, eating and behaviours which have been well received by providers and children. We expect to see a shift in the rating against this outcome in 2024. Beyond the training opportunities, interventions were key to these improvements. We offered providers a suite of options to help them develop their knowledge and confidence, including in-club sessions delivered by local specialists, train-the-trainer approaches and dedicated one-to-one support. These interventions and approaches created positive experiences for both the providers and the children engaged.

To effectively reach and engage our target audiences, we implemented a tailored communications campaign involving schools, postcode-targeted social media, PR and flyering. We specifically targeted families eligible for benefit-related free school meals, those living in the most underserved communities and children with special and additional needs.

“The ‘It’s About Me’ programme is an essential aspect of Derbyshire County Council’s efforts to provide children and young people in the county with enjoyable, active and healthy school holidays.

Thanks to support from StreetGames and various activity providers across Derbyshire, we’re pleased to announce that the programme has experienced significant development and has become increasingly available to families within the community.

As the financial struggles persist, the provision of free holiday clubs exemplifies our genuine dedication to empowering children and young people in Derbyshire with a strong foundation for their future.

Councillor Julie Patten, Derbyshire County Council
Cabinet Member for Children and Families

IMPACT 2023

74%

Free School
Meal
Attendees

18,387

Young people
engaged

87%

Primary
Aged
Children

2,676

Accessed
Remote
Activity

379

Holiday
Clubs

£2,035,093

Value of
Grants
Awarded

95

Holiday club
providers

65,413

Attendances
and meals
provided

13%

Secondary
Aged Children

15%

SEND
Attendees

FINANCE

It's About Me Derbyshire is one of England's largest rural HAF programmes, with an estimated 27,000 children eligible for free school meals. The DfE made a grant to the Derbyshire County Council of £2,719,614 for the 2023 programme delivery period.

It's About Me Derbyshire is committed to supporting as many children and families in need as possible through a vision of upskilling communities and community leaders to develop their competence and confidence and extend the provision sustainably. 87% of the total delivery grant was invested into provision for children and young people across the three delivery periods in each of the eight districts and boroughs in the county.

To achieve the levels of engagement required by the programme, a cost model was developed to support grant-making and ensure value for money. The cost model implemented for 2023 was based on an average of £20 per child per day, with £25 offered for SEND young people.



ADDED VALUE AND ENRICHMENT

The It's About Me Derbyshire programme team seek to utilise alternative provision and support within the existing network that will complement the delivery of the programme.

Throughout 2023, this equated to ~£900k being secured by holiday club providers from other grant funders and in-kind contributions to extend the provision and include non-HAF eligible cohorts.

FINANCIAL SUMMARY 2023

| | |
|----------------------------|------------|
| Administrative Expenditure | £289,964 |
| Capital Expenditure | £0 |
| Programme Expenditure | £2,457,731 |
| Other Expenditure | £0 |
| Total Expenditure | £2,747,695 |
| Total Payment from DfE | £2,899,640 |
| Underspend | £151,945 |

GOVERNANCE

The core governance structure in Derbyshire is the Steering Group. Established in 2021, the Group has defined terms of reference and membership. The Group comprises Derbyshire County Council departments, including commissioning, education, public health, Early Help and adult social care, StreetGames, Rural Action Derbyshire and Derbyshire Fire Service.

Within the governance structure, we also operate a Safety Group, made up of DCC and StreetGames, to manage programme risk and any safeguarding issues.

STAKEHOLDERS

We have continued to develop relationships with key stakeholders across the county to support the programme's delivery, evaluate its impact on children, young people and families and assess future sustainability.

Our key strategic stakeholders include:

- Derbyshire County Council
- StreetGames
- Local Authorities (x8 districts and boroughs)
- Schools
- Local Community and Voluntary Partnerships
- Derbyshire Office for the Police and Crime Commissioner
- Active Derbyshire
- Rural Action Derbyshire

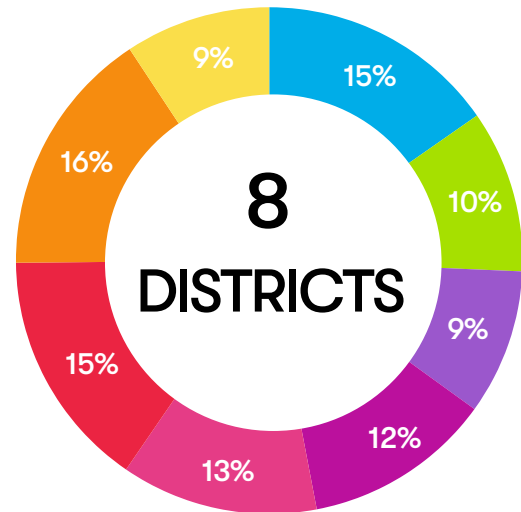
We also work closely with our neighbouring HAF schemes to ensure eligible young people who live or go to school in different local authority areas can still access high quality holiday programmes.





OUR NETWORK

In 2023, we supported 95 holiday club providers operating across 183 venues. Some providers work across multiple venues and some venues are used by different providers during the same holiday periods i.e. delivering programmes during different weeks of the holidays.



School/ College/ University

Youth Centre

Community Venue/ Asset

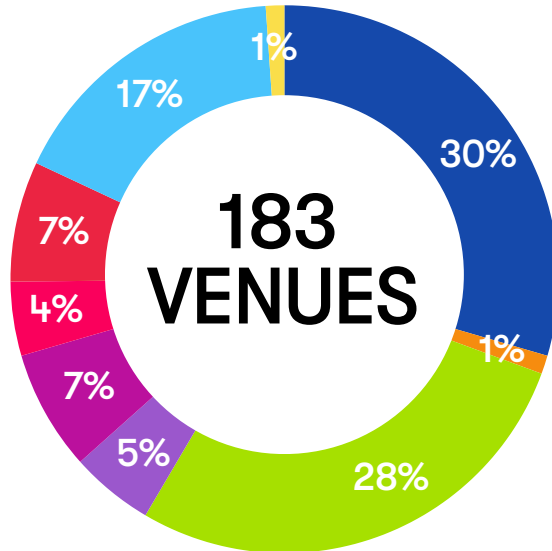
Fitness Centre/ Gym Sports Club

Faith Venue

Open Space/ Outdoor Venue

Leisure/ Wellbeing Centre

Nursery/ Early Years



Charitable Trust Local Authority

School/ College/ University

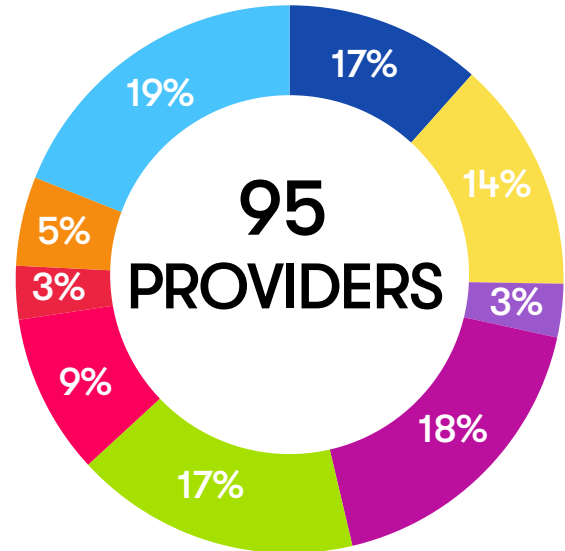
Community Interest Company (CIC)

Leisure Trust

Company Ltd by Guarantee

Constituted Community Organisation

Constituted Sports Club Other



OUTCOMES

We encourage all It's About Me holiday club providers to deliver all the Holiday Activity and Food Programme framework standards. In 2023, these standards were:

- Food provision
- Enrichment activities
- Physical activities
- Nutritional education
- Food education for families and carers
- Signposting and referrals
- Robust policies and procedures
- Effective Safeguarding

We acknowledge that not all providers have to deliver all aspects of the programme, but our clear expectation is that all eligible children and their families should benefit from all aspects of the programme.

We assess an organisation's ability to deliver against the framework standards through:

Grant application forms

All organisations were required to complete a grant application to apply for funding to run free holiday clubs. This form asks for information on their overall programme, where it is needed and why and asks in turn how the holiday programme will meet the requirements of each framework standard.

Quality Assurance

In 2023, 193 quality assurance visits were completed. During these visits to the holiday clubs, we observe the activities taking place and ask questions about the daily programme to ensure the framework standards are being met. It is important that these visits are viewed as a positive experience for the providers and they feel supported to ensure their holiday programme reaches its full potential.

The introduction of a self-assessment methodology allowed providers to identify areas in which they required additional support. The quality assurance assessment forms were modified to better measure delivery against HAF guidelines enabling us to focus on wider programme improvement in all areas and in particular to provide necessary feedback to providers upon which they could take action.



SATISFACTION SURVEYS

YOUNG PEOPLE

296

responses

94%

were highly satisfied/ satisfied with their holiday club and the activities provided

93%

were highly satisfied/ satisfied with the location of their holiday club

88%

were highly satisfied/ satisfied with the time their holiday club takes place

95%

were highly satisfied/ satisfied with their coaches and leaders

78%

were highly satisfied/ satisfied with the food provided

CLUB LEADERS

34

responses

100%

were highly satisfied/ satisfied with their holiday club and the activities provided

100%

were highly satisfied/ satisfied with the food provided

PARENTS/ GUARDIANS

185

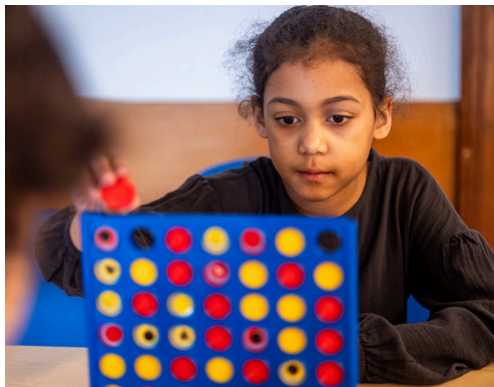
responses

96%

were highly satisfied/ satisfied with their holiday club and the activities provided

83%

were highly satisfied/ satisfied with the food provided



PARENT/ GUARDIAN FEEDBACK

I'm very thankful for such a nice programme.

An amazing club and amazing club leaders! Can't do enough for the kids. My children always compliment the food and come out absolutely full of it after having a great time.

I think the programme is great! It gives all children in the village the opportunity to attend.

I think it is brilliant, really helpful and great for keeping kids occupied out of school.

My daughter has enjoyed coming and making new friends within the activities.

I think the programme is a great idea to keep kids engaged and also improve confidence and self-esteem.

A great free opportunity for my son to make friends and be active in the holiday.

Huge variety of activities sports and creative crafting things. Lots of opportunities to try new things. Keeps the structure similar to a school day helping kids stay in a routine.

It is amazing that there are activities to keep the children entertained through the school holidays. And the food is fab too!

FOOD & NUTRITION

All holiday clubs provided children and young people with at least one nutritious meal a day that met school food standards requirements.

Our network of HAF providers continue to be divided between those who prepared their own food on site and those who work with a food partner who prepares food off site and delivers it to the holiday club venue. Most of the community providers choose to prepare food themselves as they already knew the demographic of the children attending in their community and were comfortable meeting their dietary needs, they are also more likely to be operating in venues with access to functioning kitchens. Our larger operators often choose to work with an external food provider; especially on school sites where they hire space and do not have access to a kitchen.

Food Provision Development

There were some challenges surrounding the provision of healthy nutritious meals that met school food standards across the programme, these were recognised by providers in their self-assessments and by staff when they completed their quality assurance visits. We took a targeted approach working with our food partner, Rural Action Derbyshire (RAD) to deliver school food standard training and to develop a directory of food providers who understand the HAF food requirements that we could signpost providers to if needed. RAD also worked with providers and their food suppliers to improve and enhance the quality of the food they were offering at their clubs.

Due diligence is undertaken to ensure that each holiday club provider meets the following requirements:

- The food provider is registered as a food business with one of the 8 District Councils.
- Must have a food hygiene rating of 4 or 5.
- Planned menus that meet school food standards.
- Public Liability Insurance that covers the provision of food.
- Staff have completed Level 2 Food Hygiene training.
- Staff have completed online Allergy Awareness training.

Our network of holiday club providers made huge strides in delivering healthy eating, healthy lifestyles, and positive behaviour outcomes in 2023. Confidence in delivering food-based activities remained, and we therefore did the following to support clubs:

- Provided access to StreetGames 'Let's Talk About Food' training, which gives ideas and top tips on how to incorporate food education into a holiday club programme.
- Supplied nutritional booklets to be used during holiday club sessions to engage young people in positive conversations about food and nutrition.
- Provided a 'food and nutrition entertainer' for sessions, including interactive vegetable-themed activities.
- Partnered with Warburtons, who provided additional grants to support holiday clubs to provide breakfast for young people.
- Partnered with Morrisons, supporting holiday club providers with additional fruit and vegetables to supplement their food provision and nutritional education work.

Some of our interventions included:

Madame Zucchini

Commissioned to deliver several workshops across Derbyshire over the summer, Madame Zucchini, received fantastic feedback. Madame Zucchini provides a fun and engaging twist on healthy eating and wellbeing, helping young people explore their creativity through workshops making vegetable creations and vegetable theatre shows.

Healthy Intuition

Healthy Intuition delivered online cook-along sessions during the summer holidays. We encouraged Derbyshire families to join the sessions and have fun preparing food and cooking as a family. Eight Derbyshire families attended the online cooking workshops along with other families from across the country.

Water Bottles

To support organisations in ensuring that all young people have access to fresh tap water every day, we provided holiday clubs with branded It's About Me water bottles to be handed out to young people during summer holiday. This also reduced the need for single-use plastic water bottles to be ordered and handed out each day at break and lunch times. The water bottles were well received by the network.

Food and Nutrition Resources

All providers are given access to a wide range of food and nutrition digital resources. These resources provide ideas on producing healthy nutritious meals that meet the framework standards, as well as ideas on fun, food-related activities that can be one with children and young people. [View Link.](#)

Food Provision Development

There were several challenges surrounding the provision of healthy nutritious meals that met school food standards across the programme, these were recognised by providers in their self-assessments and by staff when they completed their quality assurance visits. We took a targeted approach working with Rural Action Derbyshire (RAD) to deliver training and develop a directory of food providers who understand the HAF food requirements that we could signpost providers to if needed. RAD also worked with providers and their food suppliers to improve and enhance the quality of the food they were offering at their clubs.

Slow cookers

Over 60 slow cookers have been distributed to families of those eligible for the HAF programme, these were distributed during the our family-based cooking workshops, delivered by providers. The additional resources gave families access to a wider variety of meals and also allows meals to be pre-prepped and cooked throughout the day, ready to be enjoyed together in the evening.

Kitchen equipment grant/ Let's Talk About Food

We introduced Let's Talk About Food sessions before the summer delivery window, these interactive, informative, and practical sessions supported the delivery of food and nutrition education during HAF delivery. The content and information is based on up-to-date research from colleagues at Loughborough University surrounding feeding practices and provide fundamental guidance to support the development of children's approach to food. Eight organisations completed the training and were offered a £250 grant, which was to be used for the purchase of kitchen equipment and food for the delivery of practical food workshops within their HAF clubs.



PHYSICAL ACTIVITY

All It's About Me clubs deliver activities that meet physical activity guidelines during each session. All children and young people are encouraged to engage in moderate to vigorous physical activity for at least 60 minutes per day. Our holiday club providers deliver this outcome in many formats; structured sport, physical activity or exercise sessions are the most common with many also delivering free play sessions.

We encourage providers to engage young people in various physical activities to develop movement skills, muscular fitness and bone strength. Our most successful providers work with their young people to understand the sports and physical activities they want to do, giving them a say on the activities delivered during their holiday club.

A focus for 2023 was to improve the quality of the physical activity offered at It's About Me holiday clubs. By summer 2023, 75% of holiday clubs were being rated as good or excellent at meeting the physical activity framework standard.

Most of our providers work alongside local sports clubs that feed into national sports frameworks; Buxton Football Club, Sheffield United and Chesterfield Football, DancedazeUK, Lions Dens Boxing, Tuff Riders and Chesterfield BMX Club are examples of this. Erewash Valley Gymnastics Club and Chesterfield Tennis Clubs are also involved either through signposting or by offering additional activities at established sessions.

The sporting activities that were available in 2023 were football, outdoor pursuits, rugby, swimming, racquet sports, cricket, cycling, gymnastics, walking/running, and martial arts.



ENRICHMENT

Our central enrichment offer consists of several centrally funded services and activities commissioned to support the enhancement of the It's About Me programme. These offers are organised by the It's About Me team and then shared with approved providers, who then book the services directly at a time that best suits their delivery schedule.

This has been successful in supporting clubs to offer a varied and vibrant offer to the young people attending their holiday provision and is also helpful in upskilling staff to be able to broaden their skills, knowledge base and confidence in offering something outside of their usual programming. Examples include cooking sessions, wellbeing workshops, climbing wall, team building and outdoor educational activities.

Wellbeing Workshops

Infinite Wellbeing delivered a number of their Marvellous Me sessions to other holiday clubs in winter 2023. These sessions focus on wellbeing and self-confidence with the objective being that young people recognise and celebrate their strengths and what makes them unique. We received excellent feedback from these sessions.

Spring Lakes

We are consistently searching for ways to enhance our offer for 12-16-year-olds. In 2023, the partnership with a local water sports centre enabled us to give eligible young people access to water sports activities that they would not ordinarily get the opportunity to try. Over 50 young people accessed this provision.



WORKFORCE DEVELOPMENT

It's About Me has continued to offer a well-rounded workforce development programme, to not only enhance the quality of holiday club provision during delivery but to provide those organisations with knowledge, competence and confidence to better serve their community in the long term.

In 2023, we expanded the offer to include specialist training such as Adverse Childhood Experiences, Trauma Informed Practice and 5 Ways to Wellbeing, equipping holiday club leaders, staff and volunteers with the expertise to better connect with young people and support them at a deeper level.

We expect to see fewer providers attending our multi-year certification courses such as Level 3 First Aid at Work, Food Hygiene, Health and Safety Level 2 having already gained the accreditation for previous programme delivery.

Youth Leadership: NextGen

HAF providers have expressed significant challenges when recruiting and engaging older young people as participants and volunteers. Recognising the potential to address this gap with the development of young volunteers we introduced a NextGen programme for young people aged 14-16. The project aims to support the development of the next generation of workforce for our HAF providers. Using the provider's current young volunteers, training (including safeguarding, first aid and multi-skills activator training) and guidance were provided to upskill young people, to assist with the delivery of sessions.

We engaged 3 organisations, who along with the It's About Me team, supported 11 young people on their journey. The programme will continue until Summer 2024, when the young people will design and deliver a social action programme aimed at engaging more young people in their holiday club provision.

During this period, the following courses were delivered and accessed:

- Safeguarding
- 5 ways to wellbeing
- Level 3 First Aid at Work
- How to meet school food standards
- Youth Mental Health First Aid
- Eat & Cook Train the Trainer
- Disability Inclusion
- Emergency First Aid
- ACES and Trauma Informed Practice
- Lead and Learn Sessions
- Risk Assessment
- GDPR
- Food Hygiene
- Health and Safety Level 2
- Let's Talk About Food

211

Provider staff,
and young
people
trained



ENGAGING FAMILIES

Family engagement is strong in Derbyshire, as many providers are already community-centred and already use creative methods to engage families at their provision. In 2023, we supplemented this with summer food education workshops for families as well as food boxes during the winter period.

Healthy Intuition Family Cooking Sessions

Healthy Intuition delivered online cook-along sessions during the summer holidays. We encouraged Derbyshire families to join the sessions and have fun preparing food and cooking as a family. Eight Derbyshire families attended the online cooking workshops along with other families from across the country. [View Link.](#)

Food Boxes

We worked with Morrisons to provide 660 food hampers that were delivered directly to the homes of eligible participants. These food boxes provided a family of 4 with 4 meals.

Activity for all the family (See Case Study)

We have a small number of providers who open their provision to the whole family and encourage parents/guardians and siblings to engage in activity alongside the young people we are targeting. The aim is to encourage the whole family unit to do things together in a safe, friendly and supportive environment where they can make friends and boost social interactions with other like-minded local families. Grassmoor and Hasland Children and Young People's Support Group are a fine example of this. This group sources match funding to enable the provision to be open to all the family. They use community centres in local parks and organise a wide variety of sports, games, enrichment, educational workshops and activities so there is something for everyone – a picnic in the park style approach!

SIGNPOSTING AND REFERRALS

Signposting and referrals for the programme have continued to develop with more Derbyshire County Council producing a wide range of accessible content for us to share with families as well as providers producing their own signposting materials to distribute to their network.

Live Life Better

Live Life Better provided digital resources which we could share with families via our digital newsletter and via our website. The resources promote a series of free courses and sessions available to families who are looking to make positive changes to their family's lifestyle. [View Link.](#)

Family Support Page

To provide families with easy access to support, we have created a 'Family Support' page on the It's About Me website which includes direct links to organisations in Derbyshire that aid families in areas such as food insecurity, mental health support and Early Help.

A signposting and referrals page is also available on the Providers Portal for holiday clubs to refer to when sourcing support for families.

Oral Health Campaign

During the summer we supported public health initiatives to be more involved in HAF, the oral health team provided 1000 oral hygiene packs consisting of a toothbrush and toothpaste, estimated value is £1.02 per pack. Our Live Life Better Derbyshire team visited clubs across targeted areas to support families and refer to various initiatives, such as smoking cessation, managing healthy weight etc. [View Link](#)

MARKETING

Building on the initial brand development in 2022, the It's About Me brand continued to strengthen throughout 2023.

Our digital audience saw the most significant growth, with our social media following doubling, and our digital newsletter now having over 1,000 subscribers.

As the programme now has a solid presence across our digital space, this has subsequently extended to our in-person offer. We supplied It's About Me providers with printed marketing packs which included a outdoor banner, posters, flyers, feedback postcards and water bottles. Whilst there is still progress to be made in terms of brand development and recognition across the county, this is something we aim to continuously improve throughout 2024.

Behind the scenes, providers are growing increasingly confident in using the Coordinate Sport booking system. Those who use this system tend to fill their bookings faster than those who use alternative methods.

FOLLOW US:

 itsaboutmederbyshire.co.uk

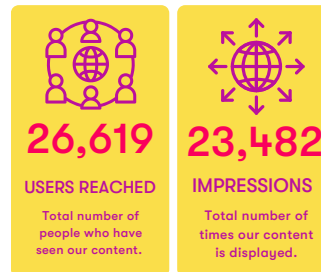
 [@itsaboutme_derbyshire](https://www.instagram.com/itsaboutme_derbyshire)

 [@DerbyshireHAF](https://twitter.com/DerbyshireHAF)

 [@itsaboutmederbyshire](https://www.facebook.com/itsaboutmederbyshire)



AUDIENCE REACH



AUDIENCE OVERVIEW

TOP AGE, GENDER, LOCATION



DATA FROM 08.01.23-07.01.24

CONCLUSION

There is a huge amount to celebrate in the acceleration of the programme throughout 2023 and the progressive rise in the number of holiday clubs delivering activities. We have improved the standards of the programme, measured against the outcome framework and we are continuing to see high levels of engagement.

In 2023, we evaluated Derbyshire's experience with the HAF programme, sharing our findings and recommendations with key stakeholders to help improve the programme and its offerings for children and families.

Looking ahead to 2024:

As we move into the final year of the programme under the current funding regime, we have lots to build upon.

We have gained valuable feedback from children, young people and parents and have developed a number of case studies demonstrating the impact of the programme. In 2024, we will utilise academic research and our user feedback to help guide our delivery, maximising the impact and tackling any future challenges. We will have a stronger focus on sustainability and legacy of the programme and will work towards embedding holiday provision across the county long-term.

Throughout 2024 we will:

- Effectively commission provision that builds geographical sufficiency and offers a varied and vibrant offer to children and young people.
- Implement a targeted approach to engaging children and young people eligible for free school meals and other, specific vulnerable cohorts.
- Implement a continuous improvement plan across the programme and respond appropriately to ensure the highest quality of provision is delivered and the programme outcomes are achieved to the highest standards.
- Seek opportunities to extend provision through leveraging additional investment, resource and capacity.
- Utilise existing research and programme learning to influence future policy and practice in relation to holiday provision.
- Further evaluate the impact of HAF on providers and children and young people, both within and beyond the programme.



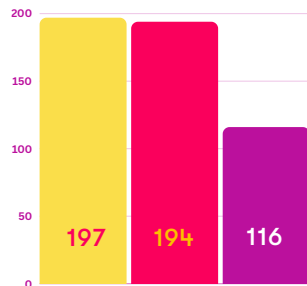
OVERVIEW

Spring

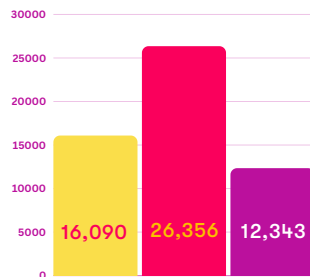
Summer

Winter 2023

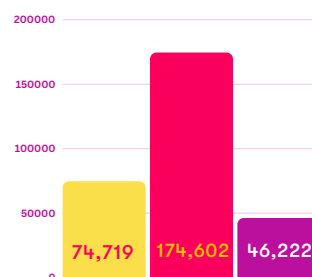
Holiday Club Providers



Young People Engaged

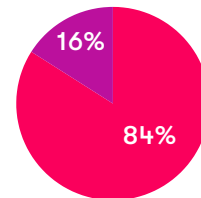


Attendances and Meals Provided

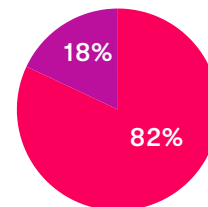


Secondary/ Primary

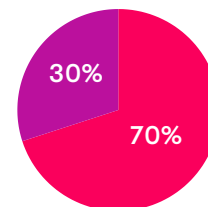
Spring



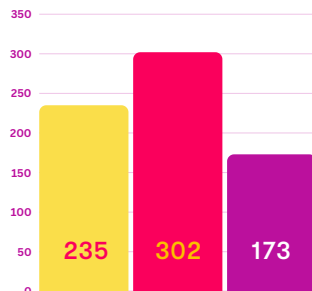
Summer



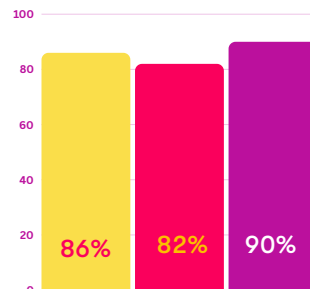
Winter



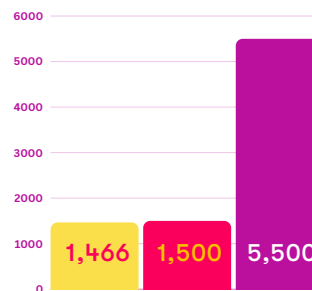
Holiday Clubs



Free School Meal Attendees (%)



Accessed Remote Activity



DERBYSHIRE HOLIDAY ACTIVITIES AND FOOD PROGRAMME

ANNUAL REPORT
2023

CASE STUDIES

it's about **me**

Derbyshire's Holiday Activity and
Food Programme



Department
for Education

FOOD PROVISION

SEN-fit CIC in Heanor engaged 17 children per session all aged between 5-15 and all of whom have some degree of SEND. The sessions include a variety of activities adapted for varying abilities centred around fitness, healthy eating and personal wellbeing.

Healthy eating has become a bigger part of the programme, with children being invited to be more involved in their lunch. The young people are encouraged to choose their meals and then work with the holiday club leader to follow the recipe. The recipes included healthy homemade pot noodles and pizza wraps. After they have set the table, the young people then dine together and enjoy the experience of eating, sharing and chatting whilst encouraging each other to try new food items.

“We saw children engaging in activities outside of technology, waiting for their 'friends' sharing and supporting each other. We have watched this group grow in confidence with peers and in advocating for themselves about things they like or don't like. We saw children trying things they had not before, this time we had persimmon fruit, sugar snaps, mango and cherries on offer.” Fiona Ross, SEN-fit

ENRICHMENT

Since 2022, 3 Village 2gether Project has taken over 150 It's About Me participants to Lea Green Learning and Development Centre to allow young people to participate in stimulating and educational activities that build confidence and improve communication.

The activities include bush-craft skills, a party zone, an assault course, high ropes, the duo drop swing and many more on-site facilities.

Lea Green also adapts its programme to encourage inclusivity among participants, ensuring those with educational and behavioural needs have the opportunity to have a positive experience.

For one young person who had moderate/high medical disabilities and needed specialist carers on-site, the staff at Lea Green adapted the experience to meet their needs and ensure they had a positive experience.

"I would like to personally thank all the staff who I worked alongside at the centre. I feel their professionalism and attention to the individual's needs was fantastic! " Janice, 3 Village 2gether Project

PHYSICAL ACTIVITY

IWorksop Town Academy held at Whitwell Cricket Club provided a summer camp primarily focused on football skills and gameplay. They hosted around 30 boys and girls throughout their camp with ages ranging from 4 - 14.

One particular child, Charlie*, had quite a behavioural transformation whilst at the holiday camp. When they first arrived, Charlie was described as not interested in participating in activities and found it difficult to listen to instructions. They also struggled to communicate with other children and make friends.

Charlie did express that they had a keen interest in rounders, so the Head Coach organised a 'football/rounders' game for the children at camp to participate in. Charlie enjoyed this thoroughly and frequently requested to play the game throughout the remainder of their time at camp.

As sunny weather is not always guaranteed, coaches have learnt to adapt their programme by planning indoor activities as part of their holiday club offer. Charlie very much enjoyed the indoor activities, particularly the quizzes and became very animated and excited.

The team of coaches also supported Charlie in learning to express and regulate their emotions. By the end of the camp, Charlie's behaviour with both the coaches and other children had noticeably improved and Charlie became calm, and communicative and happily participated in group activities.

HEALTHY LIFESTYLE

Marlpool URC in Heanor is a volunteer-run programme for children aged 5+ targeting those in the community most in need.

Each holiday club is based on a theme, previous themes include love & friendship, solidarity, hospitality & welcome, new beginnings & hope, adventure & scavenging, welcome (diversity and inclusion), and confidence (let your light shine). These themes are often chosen to meet the current needs of the community. For instance, the club chose to focus on welcome (diversity and inclusion) after many children from Ukraine began attending local schools.

Activities include ice-breakers, value-based talks, group work, story-telling, crafts, games, dance, drama, singing, puppet shows and nature workshops.

The organisation work with other partners to deliver physical activities such as Express Coaching Services and Samba Sport Coaching. The most popular sessions include wheelchair basketball and glow-in-the-dark sports and games. A frequent workshop has been provided by members from Shipley Eco-Action Group as well as AnimalMagic who bring around 20 animals so that the children can learn about them and even touch them.

The programme aims to offer a varied and balanced diet including fresh fruits and vegetables. Occasionally, the morning cooking workshop enables the children to make some elements of their lunch. A regular food workshop is tasting food from around the world as well as using a smoothie bike with a variety of fruits and vegetables.

SIGNPOSTING & REFERRALS

Clubzone LTD has been a delivery partner for It's About Me since the programme began in 2021, facilitating holiday clubs across 3 venues in Derbyshire.

To offer further support to those in their community, Clubzone LTD produced a leaflet containing information about Derbyshire-wide services that may help families during challenging times.

A digital version of the flyer is emailed out to families before the programme begins, to remove any stigma that asking for advice might bring. Paper versions are also displayed at each site and copies are available for families to pick up and take away without question. Each project has a lead who has local knowledge and links so that if they are approached for further help, they can offer assistance with finding local services.





WITH THANKS TO



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FIND OUT MORE

itsaboutmederbyshire.co.uk

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