

# Derbyshire Holiday Activity & Food Programme

IMPACT REPORT  
**SUMMER  
2024**





# SUMMER 2024



**169**

Holiday  
Clubs

**81**

Holiday Club  
Providers

**251**

Accessed  
Remote  
Activity

**7,019**

Young  
People  
Engaged

**43,027**

Attendances  
& Meals  
Provided

**74%**

Eligible for  
Free School  
Meals

**£1.4m**

Value of  
Grants  
Awarded





I think it's a great programme for kids in the school holidays. Keeps them entertained and learning new things and meeting new people.

## PARENT/ GUARDIAN FEEDBACK

The club is a life line for working mums. My daughter loves it here. The staff are great and really children centered.

This was a fabulous club for my ASD child. The information and videos sent out in advance were brilliant in helping him know what was going to happen in a new environment.

It's a great opportunity for kids during half term. I think it's fab.

Absolutely fantastic. My child who doesn't always find it easy to settle in to places without a parent had an amazing time and felt safe and happy throughout his time there. He came home each night really happy and content which is a sure sign that he has had his needs met during the day.

Incredible programme that's well thought out and catered to the community brilliantly. My daughter has coeliac disease and can't eat gluten but they always ensure she's included and has safe food provided! As a family we're very grateful for the club and the activities it provides free of charge. It's a brilliant break from having to keep my daughter entertained constantly.

This is an incredible holiday club especially for children with SEND. It is inclusive, relaxed and allows children to be free of the burdens they face in day to day settings, without judgment or peer pressure to comply with the norm.



## SATISFACTION REPORT

### YOUNG PEOPLE

**117**  
responses

**91%**  
were highly  
satisfied/ satisfied  
with holiday club  
and the activities  
provided

**98%**  
were highly  
satisfied/ satisfied  
with the location  
of their holiday  
club

**87%**  
were highly  
satisfied/ satisfied  
with the time their  
holiday club takes  
place

**97%**  
were highly  
satisfied/ satisfied  
with their coaches  
and leaders

**74%**  
were highly  
satisfied/ satisfied  
with the food  
provided

### PARENTS/ GUARDIANS

**45**  
responses

**100%**  
were highly  
satisfied/ satisfied  
with holiday club  
and the activities  
provided

**93%**  
were highly  
satisfied/ satisfied  
with the food  
provided

### CLUB LEADERS

**1**  
responses

**100%**  
were highly  
satisfied/ satisfied  
with holiday club  
and the activities  
provided

**100%**  
were highly  
satisfied/ satisfied  
with the food  
provided



# CASE STUDY

## FOREST SCHOOL HOLIDAY CLUB – A "GROW YOUR OWN" APPROACH TO NURTURING YOUNG LEADERS

### Overview

The Forest School Holiday Club offers a unique and enriching experience for children aged 5 to 11 during school holidays, with a special focus on emotional intelligence, practical skills and a deep connection with nature. Over the past two years, the club has successfully delivered Holiday Activities and Food (HAF) places, providing a supportive environment where children can follow their interests and develop essential life skills.

### Approach and Activities

The Forest School's educational philosophy is rooted in the belief that learning is most effective when it is self-directed and takes place in a nurturing environment. Set against the backdrop of beautiful outdoor surroundings, the club offers a diverse range of activities that cater to different interests and learning styles.

Children can engage in various pursuits such as:

- Wildlife and Nature Exploration: Learning about local flora and fauna.
- Practical Skill Development: Building shelters, using tools, and safely managing fires.
- Creative Expression: Using natural materials and other mediums to explore their creativity.

This flexible approach allows children to relax, explore, discover, and "just be" themselves, leading to a deeper connection with the environment and their own learning journey.

### Long-Term Engagement and Leadership Development

While the Forest School Holiday Club primarily serves children up to the age of 11, the programme's flexibility allows for continued participation beyond this age. Several children who started attending the club at a young age have chosen to remain involved into their teenage years, initially as volunteers and in some cases, progressing to paid staff roles. This continuity has supported their development into confident, self-assured young adults.

### "Grow Your Own" Team Approach

The "Grow Your Own" approach has had a significant impact on both the children and the overall Forest School community. By nurturing young leaders from within, the club benefits from having staff who deeply understand the Forest School ethos, rules, and boundaries. These young leaders, who have grown up with the programme, bring a unique energy and perspective that enhances the entire staff team.

Their ability to relate to the younger children in ways that even the most experienced adult leaders may not be able to is invaluable. They bridge the gap between the age groups, helping to create a more equitable and inclusive environment where every child feels understood and supported.

### Impact and Benefits

The impact of the "Grow Your Own" approach extends beyond just the individual young leaders. The younger children benefit from having relatable role models who have walked in their shoes and who can demonstrate the long-term benefits of participation in the Forest School programme.

For the young leaders themselves, the opportunity to take on responsibility, earn their own money and contribute to a community they care about has been transformative. It has increased their self-esteem and provided them with practical experience and skills that will serve them well in the future.

Moreover, the overall staff team is strengthened by the inclusion of these young leaders, who contribute fresh ideas and a dynamic energy that enhances the learning environment for everyone. This approach has proven to be a win-win situation, enriching the Forest School experience for all participants and fostering a strong sense of community.

### Conclusion

The Forest School Holiday Club's commitment to a "Grow Your Own" approach has not only provided continuity and development for the children involved but has also enriched the entire programme. By allowing children to stay connected with the club beyond the typical age range and by nurturing them into leadership roles, Forest School has created a sustainable model that benefits all participants. This approach exemplifies how investing in young people's long-term development can have a profound and positive impact on the broader community.

# CASE STUDY

## A VARIED PROGRAMME FOR OLDER YOUNG PEOPLE

### Overview

The Insight Community Project delivers a Holiday Activity and Food (HAF) club for young people aged 10-16. This initiative aims to provide enriching, cost-free experiences during school holidays, addressing the lack of affordable activities for this age group. The programme was tailored to engage young people in ways that resonate with their interests while promoting health and positive lifestyle choices.

### Nutritious Meals:

A healthy, home-cooked lunches are served which offer balanced, nutritious options, such as pasta bolognese, chicken curry, jacket potatoes with a choice of fillings, and wraps, all accompanied by fresh fruit and salad. These meals not only fuel the participants but also reinforce healthy eating habits.

### Physical Activities:

A wide range of physical activities kept young people active and engaged. These include Football, basketball, team games, inflatable fun, swimming, tennis, badminton, and rounders. By providing these options, Insight CIC encourages teamwork, skill-building and a love of sports in a fun, non-competitive environment.

### Creative and Social Activities:

Arts and crafts, DJing, baking, and smoothie making allow participants to express creativity and develop new skills. Health promotion activities, including healthy eating workshops and vape awareness projects, help participants make informed lifestyle choices.

### Community Impact and Safe Environment

The project offers a safe, supportive and inclusive environment where young people feel valued and respected as part of the 'Insight family'. Over the years, many participants have returned, with some older ones now volunteering to support younger attendees, fostering a strong sense of community and responsibility. This peer-led support enhances the experience, with participants from different backgrounds and schools coming together to form lasting friendships.

### Vape Awareness Art Project:

Working with Derbyshire County Council, Insight CIC facilitated a special project where participants designed and created a sculpture to highlight the risks of vaping. They collaborated with a local artist, a poet, and a music producer, gaining hands-on experience with music equipment and new art techniques. This project not only expanded their artistic skills but also deepened their understanding of the health risks associated with vaping.

### Beekeeping Sessions:

The newly introduced community beekeeping sessions, "The Hive," taught participants about the importance of bees in the environment. Using an observation hive, it was demonstrated how bees work together and make honey, providing a unique learning experience that fostered environmental awareness and an understanding of biodiversity.

### Financial Literacy Workshop:

In partnership with a local financial inclusion group, the team delivered a money management workshop that educated participants on financial literacy. This session emphasised the importance of managing money wisely and raised awareness about the dangers of loaning money. Teaching these life skills at a young age equips participants with the knowledge to make sound financial decisions in the future.

### Long-Term Outcomes

Insight CIC is proud to see the long-term benefits of the programme. Many participants return year after year, some transitioning from attendees to volunteers, embodying the values of leadership, mentorship, and community support. As friendships continue to develop across different backgrounds, schools and ages, the project contributes to social cohesion in the local area.

### Conclusion

The Insight Community Project's HAF club is a valuable initiative that meets the needs of young people aged 10-16, providing them with structured, engaging and educational activities during the school holidays. By promoting health, wellbeing and life skills in a safe, inclusive environment, Insight CIC ensure that participants not only have fun but also grow as individuals, contributing to their personal development and strengthening the broader community.

# WORKFORCE DEVELOPMENT

We have continued to build sustainable provision across the county and through the It's About Me programme.

## THE CORE OFFER

Holiday club leaders and volunteers can access training and learning opportunities to support their delivery of HAF activity.

The training offered adheres to the programme requirements and is based on a training needs assessment completed by holiday club providers. We also offer training our Quality Assurance Support Officers and young people accessing work placements through the programme.

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

- Youth Mental Health First Aid
- Managing Challenging Behaviour
- First Aid (x3)
- Food Hygiene
- GDPR
- Safeguarding
- Adverse Childhood Experiences
- Risk Assessment
- Food Standards Training

GO TO:

[ITSABOUTMEDERBSYHIRE.CO.UK](https://itsaboutmederbsyhire.co.uk)

PROVIDERS  
PORTAL

PASSWORD:  
ITSABOUTME

TRAINING

81

Provider staff  
and volunteers  
accessed  
training.

Learner evaluation is undertaken following each course to assess levels of satisfaction and to understand how leaders apply the learning to real-life settings.

90%

of those questioned said that the tutor was responsive to their needs.

100%

of those questioned said that the tutor's knowledge on the topic was very good.

73%

of those asked stated that they had learnt something new that they would put into practice.

64%

of learners strongly agreed that the course met their expectations.

The summer training programme consisted of 10 courses delivered in person or online. 40 learners attended courses, with another 41 learners accessing codes to complete Food Hygiene or GDPR courses in their own time.

Our learner numbers were as predicted, with many holiday club coaches, leaders and volunteers having now completed their minimum standards training such as First Aid and Safeguarding. Ahead of the winter delivery period, the It's About Me team will be emphasising the value of the free training offer to providers, encouraging providers to utilise the offer to benefit their programme in the long term.

We have again delivered a varied training programme that exceeded the needs of the core training offer to include courses such as Engaging Women and Girls, Managing Challenging Behaviour, Understanding Young People from Low Socio-economic backgrounds and Adverse Childhood Experiences and Trauma in Practice. These courses allow learners to access training that will specifically support the delivery of future holiday programmes.

The trainers were very knowledgeable and shared the information in an easy to understand way. I enjoyed the amount of interaction used throughout the course.

Provider

# DIGITAL STATS

DATA FROM 13.04.24- 11.09.24



**10%**

DIGITAL AUDIENCE  
GROWTH



**909**

SOCIAL MEDIA  
FOLLOWERS



**2725**

NEWSLETTER  
SUBSCRIBERS



**2.9%**  
ENGAGEMENT  
RATE



**122**  
DIGITAL  
CAMPAIGNS SENT



**3.7K**  
WEBSITE  
VIEWS

## AUDIENCE OVERVIEW

TOP AGE, GENDER, LOCATION



AGE 35-44

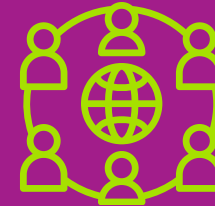


FEMALE



CHESTERFIELD

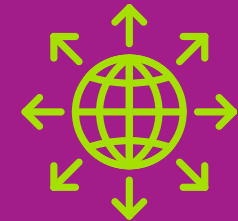
## AUDIENCE REACH



**5909**

USERS  
REACHED

Total number of  
people who have  
seen our content.



**16,796**

IMPRESSIONS

Total number of  
times our content is  
displayed.

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