

Derbyshire Holiday Activity & Food Programme

IMPACT REPORT
WINTER
2024



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The infographic features a background image of two young girls. The girl in the foreground is looking down at something in her hands, wearing a headband with many colorful streamers (blue, yellow, red, green, purple) that hang down her front. The girl in the background is partially visible, looking towards the right. The statistics are presented in bright green circles with purple and white text.

86

Holiday
Clubs

45

Holiday Club
Providers

1500

Accessed
Remote
Activity

4,883

Young
People
Engaged

13,444

Attendances
& Meals
Provided

93%

Eligible for
Free School
Meals

Over
£197k

Value of
Grants
Awarded



It is an excellent programme with amazing people running it each and everyone of them truly care and it shows.

PARENT/ GUARDIAN FEEDBACK

Excellent, great care for children with complex needs.

My daughter is so happy in the holiday club's care, she gets to do activities she doesn't do at home. And she loves other children.

Brilliant, the kids loved it!

I think its fantastic, every activity that was planned out my children absolutely loved.

Excellent, very helpful and accommodating and have lots of fun things to do for my children, great for motor skills and confidence.

I think this is brilliant and my children love it and it gives them something to do.



SATISFACTION REPORT

YOUNG PEOPLE

9

responses

100%

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

100%

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

89%

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

100%

were highly satisfied/ satisfied with their coaches and leaders

100%

were highly satisfied/ satisfied with the food provided

PARENTS/ GUARDIANS

77

responses

91%

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

72%

were highly satisfied/ satisfied with the food provided



CASE STUDY

JPAC ELITE SPORTS

Jpac provides a range of sports, arts, crafts and design and cooking activities for 4- to 11-year-olds across Derbyshire and Nottinghamshire, catering for children of all abilities including those with SEND. They provide a variety of sports activities from more common sports including ball skills to other less familiar sporting activities such as lacrosse, frisbee floating, volleyball etc. In addition to their sporting activity, children are also provided with a range of different materials to create items to take home e.g. stone pets, recycled cork creatures or tie-dye T-shirts.

As part of the holiday club, Jpac introduced a cooking element to their programme, instructing the children as they prepared and cooked simple foods such as French bread pizza, fruit salad, soup, flan and wraps which could be taken home or eaten as a picnic with their friends.

Children were encouraged to participate in the preparation of the food and the 'construction' of the meal, as they prepared the vegetables and fruit they learnt about the importance of a balanced meal and ways to make simple, inexpensive meals. They learn how to eat healthily and how to make choices in their everyday life which will help them to develop healthy attitudes towards food and a healthy body.

After continuing to provide cooking workshops as part of the holiday club, the Jpac team noticed children were enthusiastic about sharing their new knowledge with their parents at pick-up time, even offering to make a meal when they got home!

The team realised that the best way to ensure the healthy lifestyle skills children were learning at the holiday club had a lasting impact on families, was to be proactive in engaging parents. Jpac began a targeted approach to encourage parents to take part by contacting parents via email/text with healthy recipes and providing the basic food items to encourage participation in the project. The aim was to encourage families to 'cook from scratch' as opposed to buying ready meals which whilst often being expensive, contain very low nutritional value.

The Jpac team noticed positive behavioural changes in the children throughout the programme:

- Children showed an interest in joining more sports clubs.
- Making new friends and being more considerate to others.
- Being more capable of organising their own time.

One child, referred to the holiday club by their school, needed respite from their challenging home circumstances. The holiday club gave them the chance to interact with children of a similar age, in a relaxed environment allowing them to feel safe and relaxed. They were also provided access to further support with experienced and qualified practitioners, giving them the space to share their worries and concerns relieving them of the pressure and stress they may feel at home.



CASE STUDY

A VARIED PROGRAMME FOR OLDER YOUNG PEOPLE

Based in Gamesley, a rural town outside of Glossop, The Bureau operates a holiday programme for ages 5-16 which aims to tackle social isolation for children and young people most in need of support.

To ensure the holiday club reaches as many eligible children as possible, The Bureau works in partnership with local schools to identify eligible children and young people and then contact the parents directly to offer available spaces. To maintain attendance rates, The Bureau also send daily notifications, reminding parents of their booking.

"Parents' lives can sometimes be chaotic and stressful and many struggle with the changes in routine outside term-time. Some parents also suffer from mental health complications or addiction, making holiday clubs a vital support system for children and young people during the school holidays"

The Bureau

Many of the children who attend the holiday club are diagnosed with SEND or are awaiting a SEND diagnosis, therefore both indoor and outdoor activities have been designed to support varying interests, activity levels and support needs. To ensure the children are offered the opportunity to try new things, the holiday programmes are often joined by external activity leaders who specialise in areas such as boxing, street art, skateboarding and nature.

"The club provides an opportunity for socialisation, for some young people who would otherwise be sitting in their bedrooms on games consoles. It also has given them new skills including art techniques, knife/cookery skills, knitting and other needlework-type skills, along with the chance to have fun and learn about nature/foraging and the local countryside and footpath networks." **The Bureau**



"As a single mum to a young daughter, the school holidays can be particularly challenging. While I love spending time with my daughter, the six-week summer break is a long period to manage alone, balancing work, parenting and my own well-being. The holiday club at Gamesley has been a vital source of support for us both. Without this club, the holidays would be significantly harder, both emotionally and practically." **Parent**