

it's about me

Derbyshire's Holiday Activity and
Food Programme

DERBYSHIRE HOLIDAY ACTIVITIES AND FOOD PROGRAMME

ANNUAL REPORT 2024



Department
for Education



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IT'S ABOUT ME 2024

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.

Derbyshire has high levels of children eligible for benefit-related free school meals, with approximately 29,300 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 councils, schools, out-of-school settings providers, the community and voluntary sector, commercial operators and food providers. Together they were commissioned to deliver It's About Me throughout 2024 and were offered training and support to ensure they delivered to our quality and sustainability standards.



"The 'It's About Me' programme is an important aspect of our work to provide eligible children and young people with active, healthy and enjoyable school holidays.

Thanks to support from StreetGames and the growing network of holiday activity providers, the programme has significantly developed over recent years to become increasingly available to families across Derbyshire.

The provision of free holiday clubs demonstrates our ongoing commitment to supporting and empowering the most vulnerable and in need children, young people and families in Derbyshire with a firm foundation for the future."

Councillor Sam Redfern,
Cabinet Member for Children and Families
Derbyshire County Council



“We’ve seen huge growth in the programme throughout 2024, 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 outcomes framework.

We are now able to offer varied and appealing programmes 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

Throughout 2024, we increased 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 2024 compared to 2023 and we will continue this approach into 2025.

To effectively reach and engage our target audiences, we implemented a tailored communications campaign involving schools, postcode-targeted social media and PR. We used past participation data to target schools where attendance from their students was low, but we know there are eligible young people attending and there is local provision available.

We specifically targeted families eligible for benefit-related free school meals, improving opportunities for those living in the most underserved communities and increasing provision for children with special and additional needs where feasible. Collaboration with the Council’s Household Support Fund (HSF) enabled more eligible families to hear about the HAF programme and how it can offer further support during the holidays.

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.



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



Are ready to return to school, college or to move on to work



Have access to safe, non-stigmatising local places to go for fun activities



Spend time with friends and have opportunities to be more active during the school holidays



Have increased awareness of healthy eating, healthy lifestyles and positive behaviours



Have parents and carers who are signposted to local family services



Eat more healthily over the school holidays



Take part in a wide range of engaging and enriching activities



Have the chance to carry on sports and physical activities beyond the holidays

“We’re committed to giving every child in Derbyshire the best possible start in life through education in all its forms - physical, psychological and social - no matter what their ability or challenge.

It's About Me helps us make sure children and young people across the county have fair access to opportunities which support their physical, mental and educational wellbeing during the holidays when they're away from their supportive school network, as well as during the school term.”

Councillor Jack Bradley
Cabinet Member for SEND and Education,
Derbyshire County Council



THE HOLIDAY ACTIVITY AND FOOD AWARDS 2024

REGIONAL WINNER!

In 2024, Derbyshire HAF provider Insight CIC won the East Midlands Regional Award at The Holiday Activity and Food Awards 2024 for their varied, older young people's programme.

The team were invited to the Houses of Commons to receive their award and meet other holiday club providers from across the country.

SPRING 2025 SUMMARY

379

holiday clubs

provided a range of
enriching activities
across the county

81

organisations

took part in the
It's About Me
programme

16,393

children and young
people attended a
holiday club

at no additional cost
to their families



11

**older young people
gained qualifications**

preparing them to
enter higher
education or work

69,227

**nutritious meals
served**

while providing fun,
engaging nutritional
education

£2,058,664.00

**Invested into local
holiday clubs**

guaranteeing funding
for organisations
during the holidays

214

**staff & volunteers
accessed training**

helping local
organisations to upskill
their team

2,003

**children and young
people to access remote
activity**

ensuring equal access for
those unable to attend
in-person holiday clubs

FINANCE

It's About Me Derbyshire is one of England's largest rural HAF programmes, with an estimated 29,300 children eligible for free school meals. The DfE made a grant to the Derbyshire County Council of £2,934,850 for the 2024 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. 88% 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 2024 was based on an average of £24 per child per day, with £29 offered for spaces to engage young people with special educational needs and/or disabilities.

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 2024, this equated to ~£364k being secured by holiday club providers from other grant funders and in-kind contributions.



FINANCIAL SUMMARY 2023

Administrative Expenditure	£293,485.00
Capital Expenditure	£0
Programme Expenditure	£2,439,186.00
Other Expenditure	£14,448.00
Total Expenditure	£2,747,119.00
Total Payment from DfE	£2,934,850.00
Underspend	£187,731.00

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, Adult Social Care and StreetGames.



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

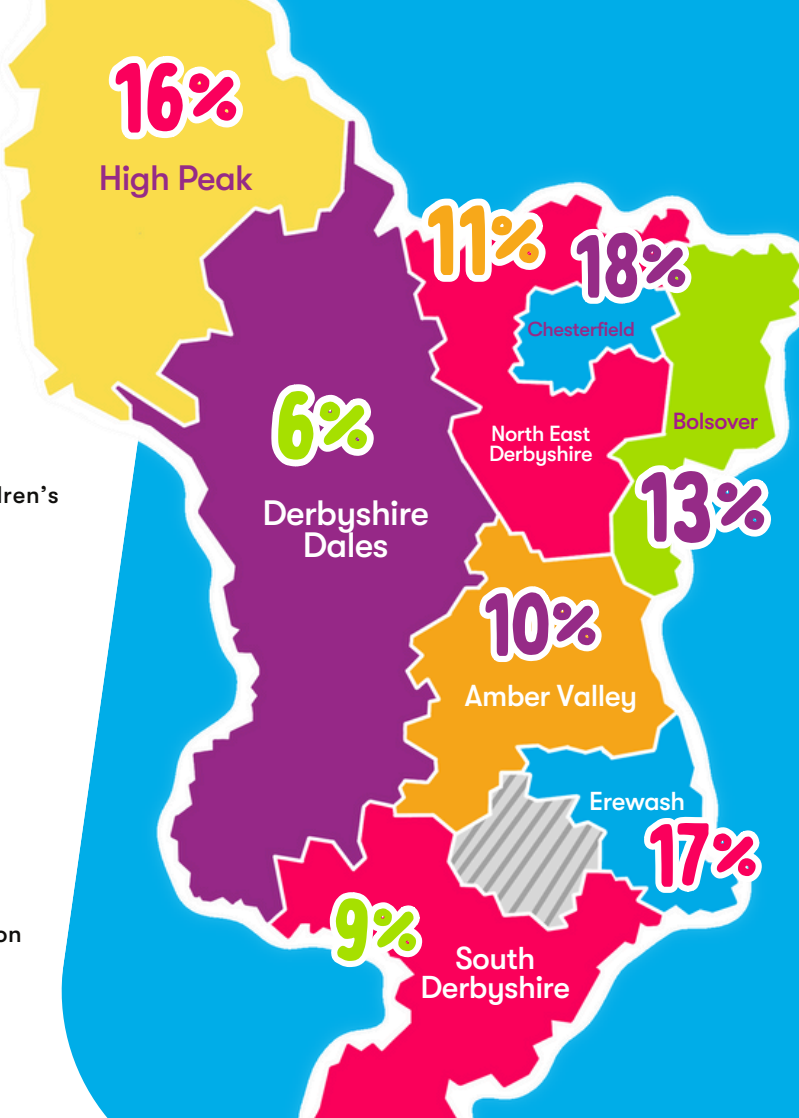
In 2024, we supported 81 holiday club providers operating across 183 venues. Some providers work across multiple venues and some venues are used by different providers during the same holiday periods i.e. delivering programmes during different weeks of the holidays.

VENUE TYPE

36%	School/ College/ University	10%	Sports Club
24%	Community Venue/ Asset	5%	Youth/ Children's Centre
12%	Open Space/ Outdoor Venue	3%	Faith Venue
10%	Fitness Centre/ Leisure Centre/ Gym		

PROVIDER TYPE

30%	Commercial Operator	9%	Other
21%	Community/ Voluntary Sector	7%	School/ College/ University
19%	Local Authority Services	1%	Housing Association
14%	Charitable Trust		



OUTCOMES

We encourage every It's About Me holiday club provider to deliver all the Holiday Activity and Food Programme framework standards. In 2024, these standards were:

- Food provision that aligns to school food standards
- Enrichment activities
- Physical activities
- Increasing awareness of healthy eating, healthy lifestyles, and positive behaviours
- 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.



An organisation's ability to deliver against the framework standards are assessed through:

- Grant application forms – all organisations are required to complete a grant application form 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 (Support Visits) – In 2024, **117** quality assurance visits were completed. During these visits to the holiday clubs, the It's About Me team 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 continued use of self-assessment methodology allowed providers to identify areas in which they required additional support. The quality assurance assessment forms were also modified to better measure delivery against HAF guidelines enabling focus on wider programme improvement in all areas and give actionable feedback to providers.

CHILDREN & YOUNG PEOPLE FEEDBACK

314 Responses

94%

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

97%

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

87%

were highly
satisfied/ satisfied
with the food
provided

98%

were highly
satisfied/ satisfied
with their coaches
and leaders

89%

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

We asked children and young people

“WHAT DID YOU LIKE THE MOST ABOUT YOUR HOLIDAY CLUB?”

“All the games and lots of nice food.”

“Games and Rupert who taught us about nutrition.”

“The giant inflatables and kayaking.”

“Activities like gymnastics and dodgeball.”

“Helping out the kids and learning new sports and doing something productive with my time.”

“Climbing because it is so fun and uses all of your body.”

“Loved all the sports especially archery.”

“Thank you for an incredible experience.”

“When Jack Massey the Boxer came to camp and we could have our pictures taken and ask him questions.”

“Playing rugby, Canoeing, Rock Climbing.”

PARENT & GUARDIAN FEEDBACK 264 Responses

“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.”

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

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

“The club is a lifeline for working mums. My daughter loves it here. The staff are great and really children centred.”

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

“Very helpful for working parents. Breaks my days up for kids.”

“It is a vital service for me with limited funds, no car and 3 children of different ages. My children love it!”

PROVIDER FEEDBACK 15 Responses

100%

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

97%

were highly
satisfied/ satisfied
with the food
provided

95%

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

85%

were highly
satisfied/ satisfied
with the food
provided

FOOD & NUTRITION

Every child attending an It's About Me holiday club receives a healthy, nutritious meal. We continue to encourage providers to work with Derbyshire-based organisations to source their holiday club food and meals. We check each food provider to ensure minimum hygiene ratings (4 or 5) are in place.

Most of the community providers choose to prepare their own meals, based on their existing dietary knowledge of those who attend. These holiday club providers 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.

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 Derbyshire District Councils.
- Have a food hygiene rating of 4 or 5.
- Submitted planned menus that meet school food standards.
- Have 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 continues to improve their delivery of the healthy eating, healthy lifestyles, and positive behaviour outcome. Confidence in delivering food-based activities is increasing.

Throughout 2024, we replicated successful HAF interventions in Derbyshire; these included Let's Talk About Food training and kitchen equipment grants linked to the Hakuna Fruitata project.

Let's Talk About Food

We have developed a comprehensive cascade training programme to support holiday club leaders and volunteers to integrate food and nutritional education into their everyday delivery. Training was offered to Premier Education staff and their coaching team. This included theory-based information relating to recent studies and research, as well as an opportunity to share different approaches and practical ways of engaging children and young people in practical food workshops.

The session included a practical cooking opportunity for staff to understand how to deliver to children.

On completion of the training, Premier Education were given a small grant to purchase basic cooking equipment and ingredients to deliver practical food-based activities during their winter HAF programme.



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.

As providers in Derbyshire grow in confidence, there has been an increase in both the variety and quality of the types of physical activities offered.

The range of activities included:

Athletics, badminton, basketball, boxing, climbing, cycling, dance, dodgeball, fitness, football, gymnastics, hockey, martial arts, netball, playground games, rounders, rugby, tennis, scootering, skateboarding, swimming, table tennis, tennis, walking and yoga.



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.

Your Resilience Workshops delivered by Mental Health UK

Your Resilience equips 14–16-year-olds with the tools and knowledge they need to build their resilience, so they can better protect and maintain their mental health through life's transitions. Designed with input from young people, it is delivered through scenario-based discussions and engaging activities. 8 holiday club providers signed up to host a workshop delivered by Mental Health UK.

Wellbeing Workshops delivered by Infinite Wellbeing CIC

Infinite Wellbeing CIC delivered 12 of their Marvellous Me sessions to other holiday clubs during 2024. 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.

Buzz Music and Arts

We continued our partnership with Buzz Music to offer singing, drumming, dance and junk orchestra sessions to our HAF providers. Across the year they delivered 20 sessions in HAF clubs. This offer is always very popular with our network because they offer activities that are a different and unique experience for young people.

Madam Zucchini

We worked with a local nutritionist who delivered their fun and engaging nutritional education sessions in holiday clubs. Madam Zucchini presents her veg show, complete with a veg quiz and a puppet show. Madam Zucchini finishes the session by changing into a vegetable and involves everyone in the Veg Disco Dance!

Kenning Park Forest School

Kenning Park Forest School offered two HAF clubs a variety of forest school-based activities. This unique experience is again something that clubs do not have the skills and resources to be able to deliver themselves to leading on the expertise of Kenning Park Forest School provided a fantastic opportunity for children and young people.

Outdoor Activity Centres

Since the start of the HAF programme, we have worked with Pleasley Vale, Lea Green and White Hall Outdoor Activity Centres to offer enrichment opportunities for HAF providers. Young people get to take part in activities such as stream walking, climbing, high ropes, buggy riding, orienteering, treasure hunts and more. All venues provide healthy lunches for all young people.

Derbyshire is blessed with so much countryside, it is a great way for young people to experience the outdoors and see other parts of the county, something they may have never had the opportunity to do before.

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.

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.

We are using our workforce training programme to support the long-term development of knowledge, skills and experience amongst holiday club staff and volunteers.

Throughout the year, the following courses were accessed:

- Safeguarding
- 5 ways to wellbeing
- Level 3 First Aid at Work
- School food standards
- Youth Mental Health First Aid
- Emergency First Aid
- ACES and Trauma-Informed Practice
- Risk Assessment
- GDPR
- Food Hygiene
- Health and Safety Level 2
- Let's Talk About Food
- Inclusive Practice Training

Inclusive Practice Training

Listening to the needs of our provider network, we recognised that they would benefit from training and support to deliver inclusive holiday clubs. We worked with a locally trusted organisation who are experts in working with you people with special educational needs and disabilities; they are also a SEND specialist HAF provider.

The interactive workshop was designed to support and inform providers on working with children and young people with SEND and their families. The workshop covered the following areas;

- How to get the best information from families about the needs of their child/ children
- Learning about the wider needs of children and the different types of special educational need and disability
- Sharing scenarios with other providers and how solutions to difficult and challenging situations can be found.

The workshops were very well received and will continue to be delivered in 2025.

“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.”

Learner

WORKFORCE DEVELOPMENT

Youth Leadership: NextGen

HAF providers have expressed significant challenges when recruiting and engaging older young people as HAF participants and volunteers, therefore, we introduced a NextGen programme for young people aged 14-16 years. 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 three providers, who along with the It's About Me team, supported 11 young people on their leadership journey.

February Half Term – NexGen

From working with older young people, we know that many of them want to achieve a tangible outcome from attending a HAF provision, which is often recognised as gaining knowledge or a qualification. Using this insight, we developed a mini NextGen programme targeting an area of high need but low HAF attendance for older young people. We worked with schools and locally trusted organisations to engage young people who were eligible for the HAF programme but unlikely to attend a traditional holiday club. Six young people were recruited for the programme. Across the 4-day programme, each young person attended a multi-skills activator, an activator essentials course, and a 3-hour first aid course.



ENGAGING FAMILIES

Family engagement is strong in Derbyshire, as many providers are already community-centred and use creative methods to engage families at their provision.

Spring Lakes

We are always searching for ways to enhance our offer for 12-16-year-olds. In 2024, we continued our partnership with a local water sports centre that enabled us to give eligible young people access to water sports activities that they would not ordinarily get the opportunity to try. A further **25** young people accessed this provision in 2024.

Winter Food Boxes

We worked again with Morrisons to provide **750** winter food hampers that were delivered directly to the homes of eligible families. These food boxes provide a family of 4 with 4 meals and include all the ingredients needed as well as recipe cards.

Engaging Older Young People

During our winter programme, we targeted specific secondary schools with high levels of FSM-eligible young people and provided a range of different activities, including cinema, bowling and family fun festivals. Secondary age participation increased from **7%** over the summer to **31%** over the winter delivery period. This increase shows us that in Derbyshire, a remote offer can be effective in increasing engagement older young people, specifically during the winter delivery period.



SIGNPOSTING AND REFERRALS

We continue to support holiday club providers to develop their local knowledge to improve their delivery of the signposting and referrals outcome. We expect all providers to be able to provide information, signposting or referrals to other services and support that would benefit the children who attend their provision and their families.

Derbyshire County Council continue to produce a wide range of accessible content for us to share directly with families via our digital newsletter and website and for providers to share too.

Family Support Page

Our 'Family Support' page on the It's About Me website continues to develop as more information is shared with us. The page includes direct links to organisations in Derbyshire that can support families in areas such as food insecurity, mental health, bereavement, financial support and domestic abuse.

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

Live Life Better Derbyshire

Live Life Better provided digital resources which we could share with families and providers. 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.



PROMOTING OUR PROGRAMME

Our communications strategy for 2024 focused on:

- Maintaining attendance levels
- Increasing our digital audience numbers
- Highlighting the impact of the It's About Me Programme

In 2024, the programme achieved a **6%** growth in the number of children attending It's About Me holiday clubs. This was done through regularly communicating with families who have previously participated in the programme through our email and social media comms, whilst also using digital and printed ads to reach new audiences.

To ensure we continued to grow our digital audience, we provided regular content that is relevant to families in Derbyshire, such as promoting free services and events, further support available for families and programme updates. We were able to increase our audience across our digital channels (X, Instagram, Facebook and email) by **32%**, with a combined digital audience of **3,957** by the end of 2024.

One of the priorities for the It's About Me programme team was to ensure we captured the impact of the programme, which was achieved through collecting case studies on providers who had used the programme funding to meet the HAF aims in creative and innovative ways.

OVERVIEW



32% Digital audience growth



920 Social media followers



3,037 newsletter subscribers



5.3% Engagement Rate



187 Digital campaigns sent



9,881 Website views



22,569 Website users reached



35,964 Impressions

CONCLUSION

There is a huge amount to celebrate with the continued acceleration of the programme throughout 2024 and the progressive rise in the number of holiday clubs being delivered. We have improved the standards of the programme, measured against the outcome framework and we are continuing to see high levels of engagement.

Looking ahead to 2025

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 several case studies demonstrating the impact of the programme. In 2025, our user feedback will 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 2025-26 we will:

- Commission provision that achieves geographical sufficiency and offers a varied and vibrant offer to children, young people and families.
- Continue with our targeted approach to engaging children and young people eligible for benefits-related free school meals and other, specific vulnerable cohorts.
- Continue to deliver effective quality assurance that includes checks before, during and after holiday club delivery.

- Continue to deliver a training and workforce development programme that not only focuses on skills and qualifications needed for HAF delivery but also readies providers for future delivery of community-based activity for young people in underserved communities.
- Ensure that youth voice is at the heart of decision-making and that the provision is reflective of need.
- Connect with specialist providers to ensure we commission sufficient provision for children with SEND during holiday periods.
- Seek opportunities to extend provision through leveraging additional investment, resources and capacity.

We are committed to tackling inequalities for low-income children, young people and families during holiday periods.

We will:

- Engage wider partners and stakeholders to influence future policy and practice in relation to holiday provision.
- Use the HAF programme outcomes to measure the wider impact on young people, families and holiday club providers.
- Continue to work with other Local Authorities to share learning and best practice.

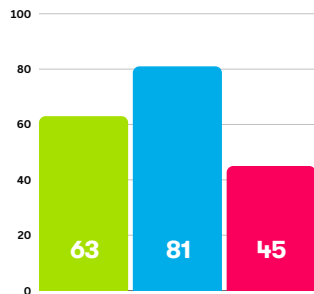
OVERVIEW

SPRING

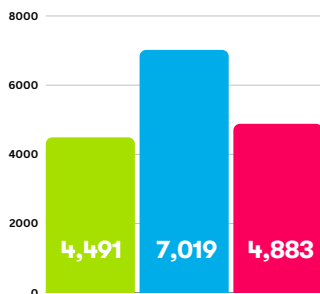
SUMMER

WINTER 2024

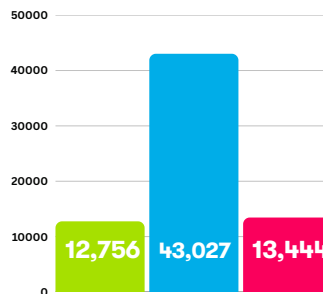
Holiday Club Providers



Young People Engaged

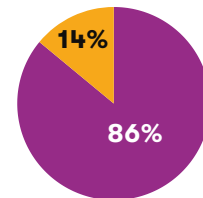


Attendances and Meals Provided

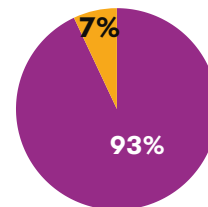


SECONDARY / PRIMARY

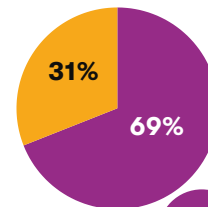
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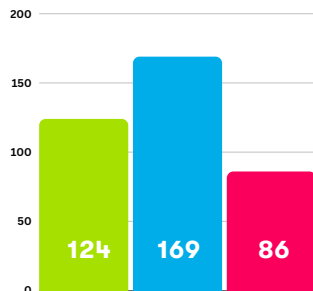
SUMMER



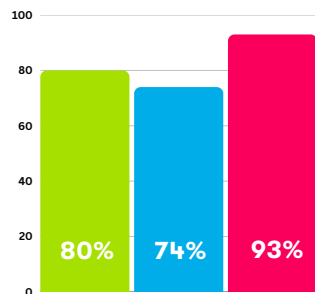
WINTER



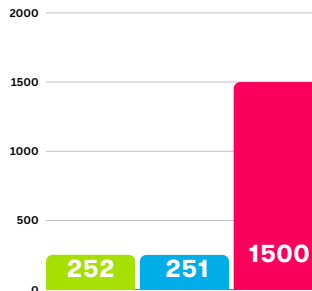
Holiday Clubs



Free School Meal Attendees (%)



Accessed Remote Activity





CASE STUDIES

JPAC ELITE SPORTS CIC

FOOD PROVISION

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.

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 prepared the food including vegetables and fruit whilst learning about the importance of a balanced diet and ways to make simple, inexpensive meals.

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!



Jpac also 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.

A "GROW YOUR OWN" APPROACH TO NURTURING YOUNG LEADERS

ENRICHMENT

While 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.

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.

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.



BUILDING SUCCESS IN PARTNERSHIP WITH LOCAL SCHOOLS

PHYSICAL ACTIVITY

AM Sports run four HAF programmes in the borough of Erewash, based in Sawley, Sandiacre, Draycott and West Hallam, offering 20-30 spaces at every club book up quickly, usually with a waiting list. The children are primary school-aged with a mixture of girls and boys.

The clubs are sports/games-based with additional arts and crafts. AM Sports offer a wide range of activities each day to cater for all children who attend such as football, cricket, dodgeball, gymnastics, dance, zumba and outdoor and adventurous activities (OAA) to name a few. They also encourage children to try sports they would not ordinarily have access to, such as boccia, new age kurling and archery.



AM Sports partnerships with local schools play a vital role in the programmes being so successful. All the venues the clubs operate in are also where AM Sports deliver their day-to-day services of PE Sport and Physical activity. During term time staff are building relationships each day with the children as well as parents during after-school pick-ups. This helps immensely if children are nervous about coming to a holiday club when they arrive and see a familiar face welcoming them in every morning.

The schools AM Sports operate in are all very supportive of the programme, promoting the clubs on websites, newsletters, emails and text messages, targeting certain families who need support and signposting families to the 'its about me' website. This helps ensure that the clubs are always full and senior leaders at school are at ease during the holiday knowing that they are safe at the clubs.

AM Sports report back to schools or any information they feel schools would need. Such as any targeted families attended, how many children from their school came as well as any necessary safeguarding.

AM Sports relationship with schools and the community play a pivotal role in the success of their programmes.

A VARIED PROGRAMME FOR OLDER YOUNG PEOPLE

HEALTHY LIFESTYLE

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.

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.

Insight CIC is proud to see the long-term benefits of the programme whether through health promotion, financial literacy, or environmental awareness, ensures that participants leave with more than just memories—they gain knowledge and experiences that will serve them well in the future.



THE BUREAU

SEND SUPPORT

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 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**



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