

it's about me

Derbyshire's Holiday Activity and
Food Programme

DERBYSHIRE HOLIDAY ACTIVITIES AND FOOD PROGRAMME

IMPACT REPORT SPRING 25



IT'S ABOUT ME

Since 2021, It's About Me has improved the holiday experience of thousands of children and young people across Derbyshire by providing healthy meals, enriching activities and funded childcare places during the spring, summer and winter school holidays.

Research shows that the school holidays can be pressure points for some families. For some children, that can lead to a holiday experience gap.

Children from low-income households are:

- less likely to access organised out-of-school activities
- more likely to experience 'unhealthy holidays' in terms of nutrition and physical health
- more likely to experience social isolation





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



135

holiday clubs
provided a range of
enriching activities
across the county

5,392

**children and young
people attended a
holiday club**
at no additional cost
to their families

61

organisations
took part in the
It's About Me
programme

14,984

**nutritious meals
served**
while providing fun,
engaging nutritional
education

£401,094

**Invested into local
holiday clubs**
guaranteeing funding
for organisations
during the holidays

69

**staff & volunteers
accessed training**
helping local
organisations to upskill
their team

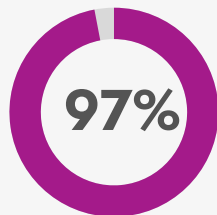
1,500

**children and young
people to access remote
activity**
ensuring equal access for
those unable to attend
in-person holiday clubs

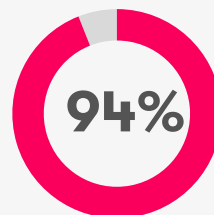
SATISFACTION SURVEY RESULTS

CHILDREN & YOUNG PEOPLE

179 Responses



of children and young people rated their holiday club as 'Very Good' or 'Good' overall



of children and young people said their holiday club made them feel happy

TESTIMONIALS

"I love it! It's my favourite. I look forward to it. I love playing with my friends and all the different things we do."

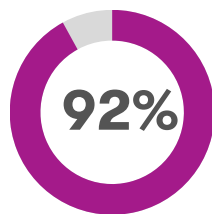
"I really liked it! I think I will maybe go next year. The staff were very kind and the activities were SUPER fun!"

"I had a lovely time, did lots of playing and got to ride my bike."

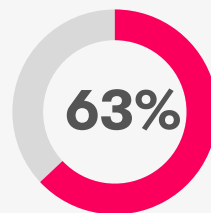
"My favourite part about coming was seeing my friends and winning a trophy."

"I really love it because I get to eat my lunch outside, play in the forest school and play on my bike."

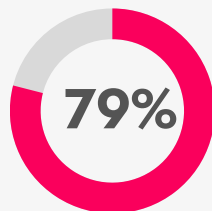
“Which of the following do feel you do you do at your holiday club?”



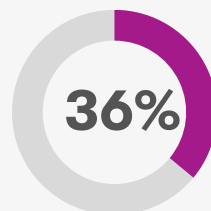
say they take
part in sport,
fitness and
physical
activity



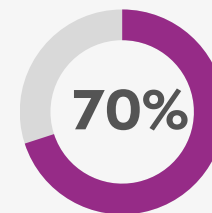
say they
eat
healthy,
nutritious
meals



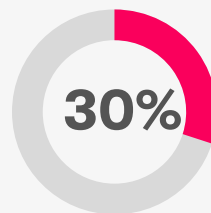
say they
have fun
and
socialise



say they
increased their
awareness of
healthy eating,
lifestyles &
positive
behaviours



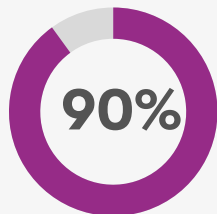
say they try
out new
experiences



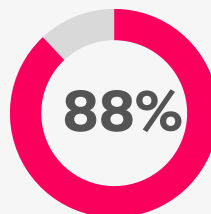
say they
cook or
make
food

SATISFACTION SURVEY RESULTS

PARENTS & GUARDIANS 65 Responses



of parents & guardians rated their holiday club as 'Very Good' or 'Good' overall



of parents & guardians would recommend their local holiday club to other families

TESTIMONIALS

"My child loves going to the holiday camp. He is nurtured by the staff, who ensure he is engaged and encouraged. There is an excellent range of activities, depending on the child's preferences and abilities."

"It was very good. Lots of entertainment for my daughter and kept her off technology devices and socialising with other children."

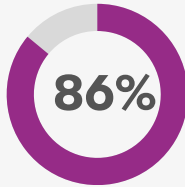
"My son loves attending the club and making new friends. The staff are brilliant and offer a great selection of activities."

"Due to my children's additional needs, there aren't many places I'm completely happy and confident to leave them. Here I'm extremely pleased to do so."

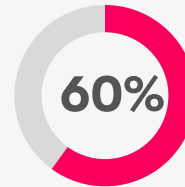
"I'm a single mum. These clubs help me so I can go to work."

"It makes me feel I've more of a village to help me raise my sons."

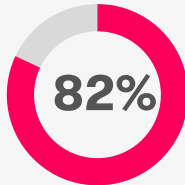
“Which of the following do feel your children do at their holiday club?”



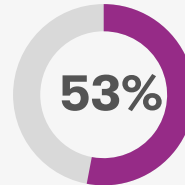
say they **take part in sport, fitness and physical activity**



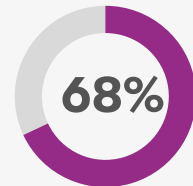
say they **develop their skills & knowledge**



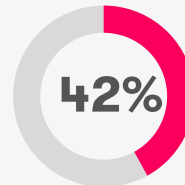
say they **have fun and socialise**



say they **eat healthy, nutritious meals**

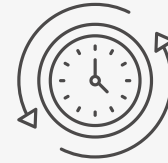
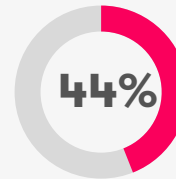


say they **try out new experiences**

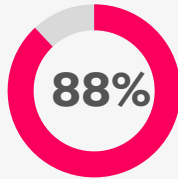


say they **increased their awareness of healthy eating, lifestyles & positive behaviours**

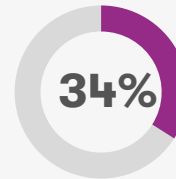
What are the biggest benefits the holiday club has for you as parent or guardian?



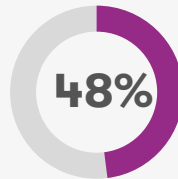
Keeping
your
children in
a routine



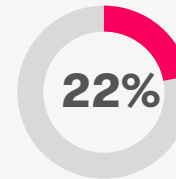
Keeping your
children
entertained



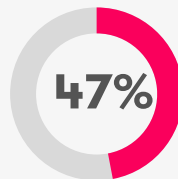
Providing
affordable
childcare



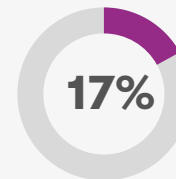
Reducing
general
costs during
the holidays



Providing
support for
a child with
SEND



Supporting
your mental
health and
wellbeing



Signposting to
information
and support,
such as health
services,
employment

SATISFACTION SURVEY RESULTS

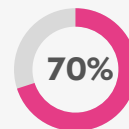
HOLIDAY CLUB PROVIDERS

23 Responses

What benefits has It's About Me had on the children and young people?



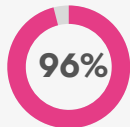
Creating a safe space for young people



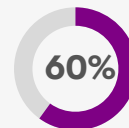
Helping to develop greater understanding of food, nutrition and other health related issues



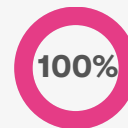
Increase socialisation



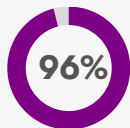
Providing engaging activities that support their development and well-being



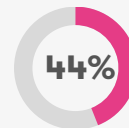
Connecting young people and their families with support services



Maintaining physical activity levels



Providing healthy and nutritious meals



Preparing young people for their return to school

TESTIMONIALS

“Without this funding, we wouldn't be able to deliver this fantastic provision. We had over 100 children attending each day so the need is there.”

“It allows us to offer an incredible range of activities to children who might not otherwise have the opportunity to participate. Without the funding, we would have to charge the families, which would most likely mean the children in receipt of free school meals would no longer be able to attend due to the cost.”

“Our It's About Me programmes take place in the most deprived areas of our district and support children and families who need the support the most.”

“Communities and residents are at the heart of everything we do. It's About Me funding allows us to provide fun experiences and healthy food to vulnerable children and families.”



WORKFORCE DEVELOPMENT

Holiday club leaders and volunteers can access training and learning opportunities to support their delivery of the It's About Me programme.

The training offered adheres to the programme standards and expectations outlined within the DfE Grant Determination Letter and is based on a training needs assessment completed by the providers. We also offer the development programme to casual employees e.g. Quality Assurance Support Officers and young people accessing work placements through the programme.

In Spring 2024, the following courses were delivered and accessed:

How to meet school food standards

Level 3 First Aid at Work

Safeguarding

Risk Assessment

Engaging Women and Girls

ACES and Trauma Informed Practice

GDPR

Risk Assessment

Understanding Behaviour that may Challenge



CASE STUDIES

SEND FIT ENRICHMENT

Community Interest Company, SEN-Fit based in Langley Mill, has been operating since 2022, offering a wide variety of health and wellbeing support for families of children with Special Educational Needs and Disabilities (SEND) in Derbyshire.

As a specialist SEND holiday club provider with multiple years of HAF experience, SEN-Fit understand the growing need for year-round support for parents of SEND children, especially during the school holidays. In the It's About Me spring satisfaction survey, 22% of families stated that one of the biggest benefits of the HAF programme is providing support for a child with SEND.

An example of this need was evident in their most recent HAF programme. After receiving a referral from an alternative holiday club provider, the SEN-Fit team were able to contact the parents directly, discuss the young person's specific needs and invite them along to try out their spring holiday programme, which focuses on emotional literacy, life skills and fitness.



In the first session, the young person was able to engage with staff on a 1:1 basis, and although the session was still a challenge, they successfully attended the next two sessions.

“The parent was so pleased their child had managed to stay at the session, she told us how it is a struggle to find support and was delighted that we had engaged them in activities they enjoyed.”
Fiona Ross, Director of SEN-Fit

The SEN-Fit team have continued to build a relationship with the young person and their family outside of the holiday programme.

“Without the funding, we would not be able to run the sessions. We require a high level of staff to support the children and young people's varying requirements, often leaving us with limited resources.” Fiona Ross, Director of SEN-Fit

PEAK POWER SPORTS

PHYSICAL ACTIVITY

Founded in 2022, Peak Power Sports was developed following Co-Founder Jack's experience with community sports activities throughout his teens. Combining his knowledge with local fitness professional and gym owner Alex, they decided to create a youth-based provision in the Peak District that not only provides accessible physical activity sessions, but also supports children's mental health and wellbeing.

Peak Power Sports HAF provision provides a range of multi-sport activities tailored to engage and inspire children of all abilities, age ranges and genders. Nestled within the Peak District at Chapel en le Frith Leisure Centre, the holiday camp provides a peaceful and distraction-free atmosphere away from the everyday hustle and bustle, allowing children to focus, connect with nature and fully immerse themselves in the joy of movement and teamwork.

"The HAF programme has been a lifeline for families facing challenges such as financial hardship, bereavement or ill health. By offering subsidised spaces through HAF funding, we've been able to provide much-needed relief to local families by giving them a safe space to send their children during the holidays." Alex Barwell, Co-Founder

Peak Power Sports HAF provision provides a range of multi-sport activities tailored to engage and inspire children of all abilities, age ranges and genders. Nestled within the Peak District at Chapel en le Frith Leisure Centre, the holiday camp provides a peaceful and distraction-free atmosphere away from the everyday hustle and bustle, allowing children to focus, connect with nature and fully immerse themselves in the joy of movement and teamwork.

Peak Power Sport's HAF programme has also allowed families to focus on their own mental health wellbeing while their children engage in holiday activities. **Findings from the Spring 2025 Report highlighted that 47% of parents/ guardians feel one of the biggest benefits of the HAF programme is supporting their mental health and wellbeing.**

"Thank you so much, we really appreciate your support" **Parent/ Guardian**



SUNSHINE FOREST SCHOOL

HEALTHY LIFESTYLE

Sunshine Forest School, Belper, transforms local woodlands into living classrooms every day, offering a range of activities—from guided forest walks and hands-on wildlife exploration to creative outdoor play and environmental stewardship projects. Each day is a new adventure, designed to inspire curiosity, build resilience and encourage a sustainable way of living.

“I began this journey 9 years ago, driven by a passion for connecting people, especially children, with the great outdoors. What started as a simple idea to boost learning through natural exploration has grown into a vibrant community hub. I’ve had the privilege of working closely with local families and educators, nurturing a shared love for nature, building the forest school to what it is today.” **Layla Marshall, Owner and Founder of Sunshine Forest School.**

The Sunshine Forest School HAF programme is designed to provide hands-on experiences that blend outdoor adventure with creative learning. Activities include guided forest explorations, nature-based art and craft sessions, team-building outdoor games and even cooking classes that incorporate seasonal, locally sourced produce. These activities help children develop important life skills such as resilience, teamwork, and environmental awareness.

“Every activity is carried out in our natural woodland environment, allowing children to connect with nature in a way that classroom-based activities simply can’t replicate.” Layla Marshall

The HAF funding has made a significant difference to the organisation, enabling them to expand their team, hiring additional educators and support staff, which has been key in maintaining smaller group sizes, offering more personalised attention during sessions and broadening the range of activities on offer.

This boost in resources has not only enhanced the quality of the sessions but has also allowed the team to reach more children and families within their community, deepening their impact and strengthening their role as a community hub for environmental education and family bonding.







WITH THANKS TO



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