



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING

Leicestershire Holiday Activities & Food (HAF) Programme 2019

Impact Report





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HEADLINE ACHIEVEMENTS

£798,000

DfE funding secured for Holiday Activities and Food (HAF) programmes within Leicestershire

1,904

places [equating to 30,464 meal opportunities and 121,856 hours of activity opportunities] were provided for eligible children



30 kit bags distributed and 19 suppliers received additional expert coaching sessions



95%

of attendees rated the Nutrition workshop as 'Very good' or 'Good'

2,023

children eligible for free school meals were recorded as accessing the sessions

19,572

attendances by those children recorded throughout the summer period

1,004

children accessed the programmes through additional funding or paid places [enabling fee paying children to access the same provision as FSM eligible children]



97%

of attendees rated the Physical Activity workshop as 'Very good' or 'Good'

100%

of suppliers attended improvement workshops focusing on food and nutrition standards and physical activity

20

suppliers operated holiday programmes at 37 sites



100%

of sessions observed saw children having fun in a safe environment



The club has really helped my girls grow in self-esteem and confidence and for that we are truly grateful.

We wouldn't have had a fun summer if it wasn't for the group as we don't go on holidays.



HAF Programme Parents

PROGRAMME OVERVIEW

National Context

In 2018, the government announced a programme of work to explore how best to ensure more children from disadvantaged families benefit from enrichment activities and healthy meals during the school holidays. School holidays can be particular pressure points for some families because of increased costs [such as food and childcare] and reduced incomes [such as loss of a free school meal, reduced working hours etc.].

In December 2018, the Department for Education (DfE) invited organisations to bid for grant funding to take on the role of testing the co-ordination of free holiday provision for children eligible for free school meals during the summer holidays in up to 9 upper-tier local authorities. They wanted to pilot provision working towards offering each child 4 hours per day, 4 days per week over 4 weeks – "4:4:4 provision." In addition the DfE wanted to improve the quality of provision and set a number of high-level standards that provision had to meet in order to receive funding:

- Food: Clubs must provide at least one meal a day, with all food meeting the school food standards.
- Nutritional Education: Clubs must include an element of nutritional education each day.
- Enriching Activities: Clubs must provide fun and enriching activities that provide children with opportunities to develop new skills or knowledge and to try out new experiences.
- Physical Activities: Clubs must provide activities which meet the physical activity guidelines on a daily basis.
- Policies and Procedures: Clubs must be able to demonstrate they have appropriate policies and procedures in place.

Local Context

In December 2018 Barnardo's and Leicestershire County Council Children's Services developed a Children's Innovation Partnership (CIP). The CIP was established to work collaboratively on co-design, co-investment and co-create transformational changes using a 'service design approach'.

As part of the CIP in early 2019 Barnardo's successfully submitted a grant application to the Department for Education for £798,000 to deliver local co-ordination of free holiday activities and healthy food for disadvantaged children (HAF) during the 2019 summer holidays.

Barnardo's took a partnership approach to this grant opportunity and developed a network of Improvement Partners; Leicestershire County Council, Voluntary Action Leicestershire and Leicester-Shire & Rutland Sport. The Improvement Partners then offered, via the Shire Grants portal, an opportunity for local providers to bid for local grants to deliver HAF to local children. The eligibility criteria for the grant was to provide services to those children who were eligible for free school meals.

This was an amazing opportunity to 'reach' a significant number of Leicestershire's children and their families.

The aim was for children (and where appropriate, their parents) who attended this provision:

- to have access to and eat healthy food over the summer holidays;
- to be more active over the summer holidays;
- to take part in engaging and enriching activities which support the development of resilience, character, wellbeing and other skills;
- to access safe provision;
- to access activities aimed at reducing social isolation; and
- to be more engaged with school and other local services and to have greater knowledge and awareness of local free holiday provision.



Local Approach

Barnardo's approached the co-ordination of the grant via task and finish groups which were supported by their Improvement Partners. The task and finish groups met throughout the summer to provide strategic oversight of the programme. Barnardo's as grant recipient took the lead for the grant management of the programme. Barnardo's then worked in partnership with LRS to establish their role as the local Project Management Team. Again this creativity to deliver a complex high value and time bound programme was instrumental in the success of the programme. LRS have excellent project management skills coupled with local knowledge and networks. Rather than having one project manager, and due to the timescales of the programme, LRS initiated a matrix management approach to the programme with a number of team members being utilised to deliver elements of the programme.

The outline of the local process is set out below:

- 1** A local grant application process was developed utilising the existing Leicestershire County Council's SHIRE Community Grant online system. The funding opportunity was promoted by all improvement partners who were then represented on the assessment panel.
- 2** Following submission of a successful application form, suppliers underwent due diligence checks to demonstrate they had the relevant policies and processing in place.
- 3** Suppliers had to demonstrate they could meet minimum standards regarding food, nutritional education, enriching activities, physical activities and policies and procedures. In order to help suppliers to meet these standards, several improvement workshops (linked to physical activity, food standards and policy/procedures) were co-ordinated and there was a requirement for suppliers to attend all these workshops.

4

Leaflets were provided to support the promotion of the programmes; one aimed at parents and guardians and the other for professionals working with the target audience. A dedicated HAF webpage and a suppliers webpage were also created. Suppliers also undertook their own marketing and promotional activities around the communities that they were going to deliver the programme in.

5

As part of the project management, LRS officers undertook Quality Assurance visits to each setting throughout the summer to monitor that the minimum standards were being delivered.

6

In order to support suppliers to meet the Physical Activity guidelines, LRS offered each setting the opportunity to have a visit from qualified sports coaches. Kit bags were also provided to a number of suppliers to support them to integrate physical activity into their programmes. Parental packs containing information on how to lead healthy lifestyles were sent home with all children and young people.

7

Monitoring and Evaluation was undertaken in several ways throughout the programme. All suppliers submitted the required data, questionnaires were sent to parents and children and a children's voice activity was delivered as part of the Quality Assurance visits.

8

Suppliers that were successful in receiving funding for the 2019 HAF Programme were eligible to receive a quality mark, presented at a Celebration Event. The Celebration Event was an opportunity to share and learn about the impact of the HAF Programme, its successes and challenges as well as looking ahead to what is needed in the future. It was also a chance to thank all the suppliers involved in the programme and recognise their achievements.

Examples of marketing and promotional materials:



HAF SUPPLIERS

Twenty suppliers operated HAF sessions at 37 sites across Leicestershire. A list of successful suppliers and a map of their locations can be found below:

Schools Out Holiday Club [x3 sites]	Newcroft Primary Academy	Leicestershire County Council	Fearon Hall
Discovery Trust [x10 sites]	TB Sports [x2 sites]	Edge of Care	Premier Education - JCEA Coaching
Markfield Nursery	Churches Together	Above & Beyond (Gorse Covert)	St Mary's Grub Club
Louise Barney Childminder	Countesthorpe & Leysland College	Learn Academy Trust (Redhill)	Football Fitness [x6 sites]
Melton Learning Hub	North West Leicestershire District Council	Westfield Community Association	Premier HAF (Carline Sports & Education)
			Stafford Leys Primary School

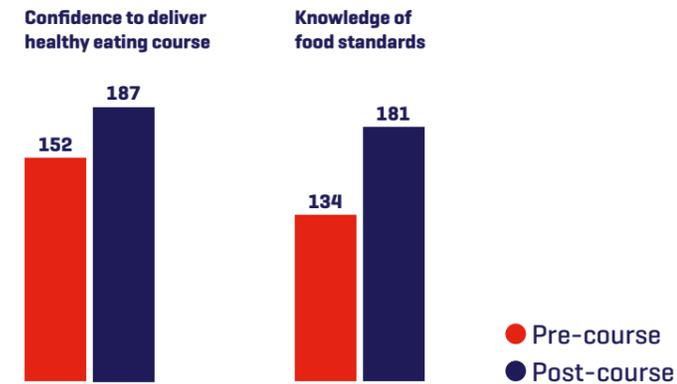


IMPROVEMENT WORKSHOPS

In order to receive their allocated funding, suppliers were required to attend improvement workshops focusing on food and nutrition standards and physical activity. The workshops were designed to support organisations towards meeting national standards in food and activity provision.

Nutrition Workshop

Feedback from attendees indicated that 95% rated the content of the workshop as 'Very good' or 'Good'. Attendees were asked to rate their knowledge of the school food standards and their confidence to deliver activities raising awareness of healthy eating and nutrition. Individual ratings were based on a scale of 1-10 (1 = very low, 5 = average, 10 = very high) and attendees were asked to rate themselves both before and after attending the workshop. Following the workshop, attendees indicated that they had improved their knowledge about the food standards and felt more confident to deliver healthy eating activities.



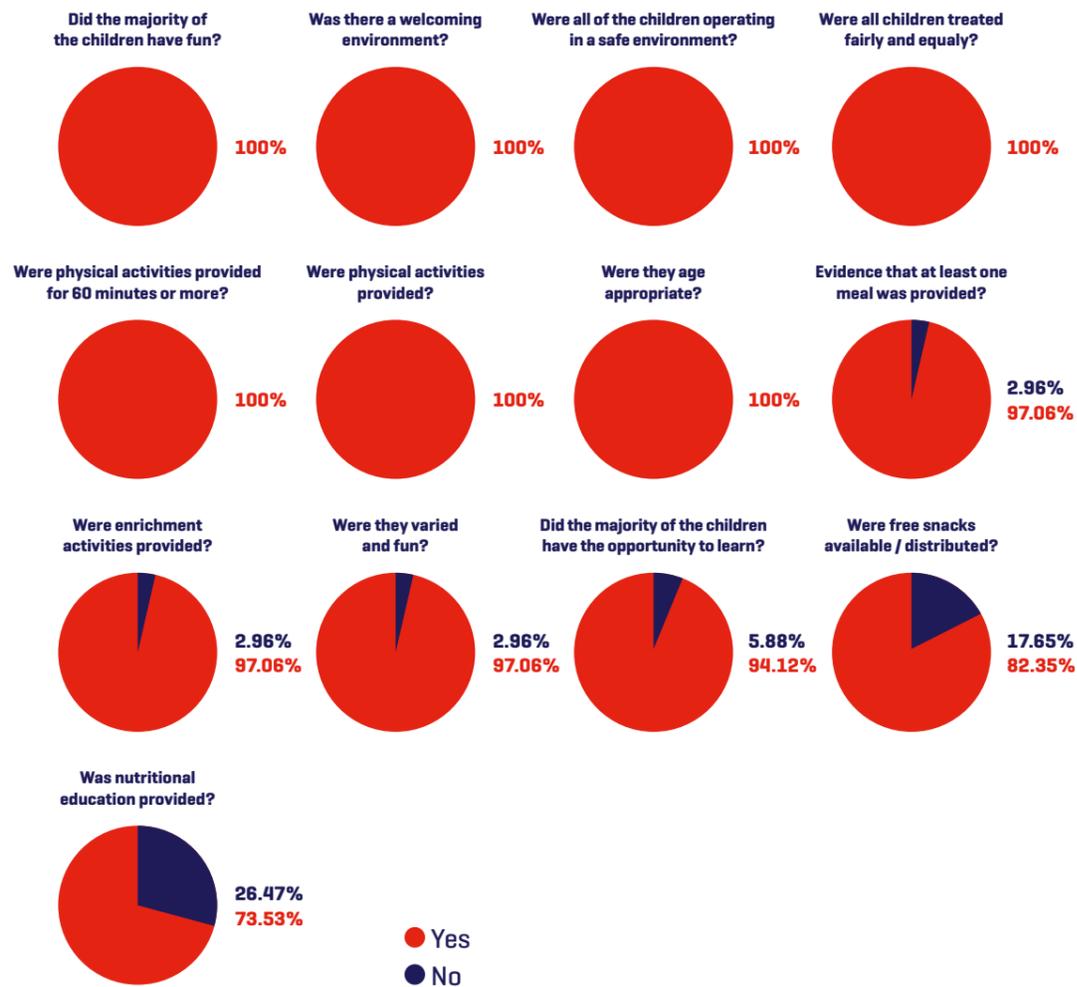
Physical Activity Workshop

Feedback from attendees indicated that 97% rated the content of the workshop as 'Very good' or 'Good'. Attendees were asked to rate their knowledge of the physical activity guidelines, confidence to include a range of physical activity and the ability to adapt delivery to be inclusive. Individual ratings were based on a scale of 1-10 (1 = very low, 5 = average, 10 = very high) and attendees were asked to rate themselves before and after attending the workshop. Following the workshop, attendees indicated that they had improved their knowledge about the physical activity guidelines and felt more confident to include physical activity and adapt their delivery.



QUALITY ASSURANCE VISITS

The LRS team undertook Quality Assurance observation visits to all HAF schemes to ensure that each provider was delivering against the minimum standards. The table below summarises a snapshot of the observations made:



All sessions were observed as having a friendly and welcoming environment with approachable and enthusiastic staff. When asked if the children had fun, all observers answered 'yes'. General feedback was that everyone seemed happy and included; it was great to see the children sitting together and chatting at lunch; they were all engaged with multiple activities and had fun. New friendships were developed and the mix of ages ranges improved social skills across different age groups.

When asked if the children were operating in a safe environment, all observers answered 'yes'. Adequate staff were provided to ensure safeguarding ratios were met, registers were used, and secure settings were observed. Many settings were able to provide dedicated space indoors and outdoors and those based on school sites enabled easier re-integration into school following the summer holidays.

Evidence of at least one meal being provided was seen in 97% of the sessions which included wraps, salads, fruit, sandwiches and jacket potatoes. Nutrition education was provided in 73% of the sessions observed. Examples included young people being involved in making their own food such as handmade wraps, interactive cooking sessions, talking about healthy foods and learning about the Eatwell Guide.

Enrichment activities were provided in 97% of the sessions observed. Examples were varied and included arts/crafts, building towers with straws, stacking cups, badge making and forestry skills. Physical Activity was provided in 100% of the sessions for a minimum of 60 minutes across the day and many deliverers provided opportunities to try new sports and activities. Examples included morning wake-up and shake-up, sitting volleyball, dance, archery, fencing and other multi-sports. The intensity of the sessions was mixed, with low, moderate and vigorous physical activities provided.

The observations highlighted that all children were treated fairly and equally. Some of the comments noted that all children were given the opportunity to participate in activities and were encouraged to join in, and their individual needs were met. In some settings children were supported to take part in alternative activities if they did not want to join in with the main activity. All observers classified the sessions as being age appropriate, despite there being challenges of large age ranges and small numbers at some venues.



QUALITY MARK

Suppliers who were successful in receiving funding for the 2019 HAF Programme were eligible to receive a quality mark, demonstrating that they had worked in partnership with Barnardo's and their Improvement Partners to deliver a high-quality holiday programme to children and young people.

A logo was also provided for suppliers to utilise on future promotional material over the next academic year (2019-2020):



IMPACT

1,904 places of the 4:4:4 offer (equating to 30,464 meal opportunities and 121,856 hours of activity opportunities) were provided for those children and young people eligible for free school meals. 2,023 children eligible for free school meals were recorded as accessing the sessions with 19,572 attendances by these children recorded throughout the summer period.

A number of suppliers were either able to secure additional funding or applied a charge to open up their sessions to non-free school meal children. This meant that a further 1,004 children were able to access provision during the summer holidays, which would not have been in place without the HAF funding.

Qualitative feedback regarding the impact of the programme has been sought from partners, suppliers, children and parents. Some of the key impacts have been listed below:

- Due to the holiday provision, young people were able to mix together in a safe and constructive environment rather than being isolated at home over the summer.
- New friendships were made between young people (including from different schools and backgrounds) and also between parents.
- Confidence levels of children and young people were also reported to have increased between the start and end of the programmes. One example was a child who would only stay outside at the start of the provision and engage in activities by themselves, by the end of the scheme they would run into the provision and participate in all activities.
- A number of parents reported to suppliers that their children would be doing nothing without this provision and expressed their gratitude for this service being available. Parents fed back that they would like sessions to take place during all school holidays.
- A range of different activities and experiences were provided and one young person described a visit to the police station as "the best day of my life." A five-year-old attended a session led by British Cycling and learnt to ride a bike around the cycle track (despite it raining all day!).
- Some suppliers targeted young people on the SEN register who were able to engage with other children of all ages and abilities and it was noted that foundation age children were able to try physical activity and sport.
- Suppliers reported benefits to the whole family. At some sessions parents had the opportunity to stay and get involved in activities (for example supporting children to make healthy pack up boxes at the start of the session, activities designed for all the family to stay) and in some cases this has even led to an interest in them volunteering in future. Family Fun Days brought carers and children together and where events took place on a weekend, families benefited from all being able to attend.
- A family that attended the Leicestershire County Council Edge of Care programme on a particularly challenging wet day enjoyed themselves so much that when their social worker went out to visit them later in the month the feedback was so positive it was worthy of adding to their file.
- A single mother with three children who were all missing education attended the scheme and as a consequence of working with community workers the children will all be in school from September.

- The programme offered respite for some parents, whereas others, for example a young mother who needed to work, could go to work whilst her children attended the HAF programme.
- The programme provided an opportunity to engage with new partners and deliverers which also offers the potential of future partnership working. New relationships have been developed between different partners and deliverers and this has the potential for longer term programmes to be delivered e.g. one supplier has been approached by LCC to deliver a specific programme in targeted areas during October half term.
- Some suppliers will be making longer-term changes following their involvement in the HAF programme. For example, as a result of raising awareness of healthy eating with young people and staff, Discoveries Trust will be making changes to their before and after school provision from the new academic year to make sure that children are no longer being provided with crisps and unhealthy food.
- There were a number of referrals made to local safeguarding boards as a response to needs identified during the provision [these needs may have gone unnoticed if that provision wasn't there]. For example, one young person disclosed that they would leave the house at 8am and not return until 10pm [without the provision, they would have been out in the local area without a safe place to go].
- Some suppliers extended the provision of free food beyond the setting, with a number providing food parcels for children to take home to their families.
- Kit bags were provided to a number of suppliers to support them to integrate physical activity into their programmes which will also help to sustain future delivery.



"We haven't been able to do much over the holidays but this is one place we can guarantee to see friendly people each week."

Parent

"We have really enjoyed our time at Grub Club. It has been really nice for our children to go somewhere different and get to interact with other people."

Parent

"The club has really helped my girls grow in self-esteem and confidence and for that we are truly grateful."

Parent

"We wouldn't have had a fun summer if it wasn't for the group as we don't go on holidays."

Parent

"The young people have already asked for an October half term club and that's before a day of inflatable sports tomorrow!"

Fearon Hall Centre Manager

"The volunteers are amazing...very friendly, supportive and always smiling."

Parent

LEARNING FROM THE PROGRAMME

Timescales – although the application process was perceived to be straightforward and not too onerous, the short timescales to apply for funding posed challenges in relation to ensuring the correct partners were in place, engaging with vulnerable families and promoting the scheme before the school holidays. This made it challenging to recruit some of the children who were really in need of attending the HAF programme. It would also have been beneficial to allow more time for family support workers to support parents/carers to make the most of the opportunity to access the provision. The short timescales also caused issues for suppliers in terms of turnaround time to advertise for and recruit staff and get their DBS checks and paperwork completed in time.

Training – rather than suppliers having to attend three separate workshops in the future it may be more efficient to combine the three workshops into one session. There were different levels of understanding at the training sessions and some suppliers needed more in-depth or targeted training than others. The training may not have been attended by the most relevant people if delivery staff hadn't been recruited into their roles when the training took place. There is also a potential to upskill the workforce and parents/carers about wider issues and onward referrals.

Free school meal eligibility – clear criteria is needed around funding free places on the scheme as currently within Key Stage 1, all children in Foundation, Year 1 and Year 2 are eligible for universal free school meals, however these children aren't necessarily in the most need of receiving funding to attend HAF schemes. Suppliers were also faced with queries around families who didn't necessarily meet the free school meals criteria but the need for provision was evident e.g. parents in prison, grandparents with parental responsibility, looked-after children, working poor, alcohol dependant parents, Travellers etc.

SEND – the funding guidance was unclear and did not specify how funding should be used to support a child with SEND or how to assess their needs. Many children will require 1-1 support in order to access a mainstream activity, in addition to transport. One provider did use the funding to increase the staff to child ratio considerably to reflect of the large number of children requiring additional support, however unfortunately this still didn't leave them with capacity to provide 1-1 support which meant a child with SEND was unable to be included in their holiday scheme. There was a good example in one setting where 1-1 support was able to be successfully implemented which enabled a young person with an oxygen tank to join in with all activities.

School engagement – schools varied in the support they provided when it came to promoting the scheme and handing out leaflets. Suppliers found it challenging to market the activities to parents of eligible children without direct/face to face contact. However, some suppliers who had stronger links to schools were able to write to all parents whose children were eligible for free school meals. Wider engagement would be beneficial to identify eligible young people such as community groups and referral agencies such as social services and food banks.

Payment – there was some uncertainty around the payment system. Suppliers invoiced for payment before attendances were registered, putting pressure on them to recruit and 'hope' the grant would cover their costs if lower numbers of eligible children attended than expected.

4:4:4 – one aim of the programme was to work towards offering each child 4 hours per day, 4 days per week over 4 weeks – "4:4:4 provision." However, although the opportunity was available, in practice not all children attended the holiday schemes for the full 4 weeks [this ranged from 24%-93% across the suppliers]. A number of schemes offered provision above the 4:4:4 offer as they felt that this would meet the needs of parents/carers.

Nutrition – not all deliverers had a focus on nutritional education so a consistent approach to food education with a practical delivery template and menu examples could be useful. Some deliverers found food preparation to be a challenge however one supplier managed to engage parents at the start of the day to help. Some suppliers were unsure whether the terminology and promotion of a free meal would be the key driver for signing up to HAF sessions and that perhaps promoting free activity sessions may be more beneficial.

Parent/Carer engagement – further consideration needs to be given to how we can engage more with parents/carers e.g. sessions for the whole family, celebrating achievements with parents and carers.

Sustainability – suppliers/partners/carers have raised concerns that funding and provision may not be available for young people in future school holidays. Consideration needs to be given to how we can extend the provision beyond just the summer holiday period.

Connectivity – improved connectivity between suppliers and local authorities. Some partners could benefit from working together to avoid duplication of delivery in certain areas, share expertise and the joint management of the programme.



CONTACTS

For more information on the Leicestershire Holiday Activities & Food Programme, please contact:

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Leicester-Shire & Rutland Sport

www.lrsport.org

Leicestershire County Council

www.leics.gov.uk

Voluntary Action Leicestershire

www.valonline.org.uk

My first day
was good I
enjoyed my
Self also the
food is very
Nice and
lara and
charlie





**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING

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