

Hillingdon Holiday Activities and Food Programme 2022/23



HILLINGDON
LONDON

www.hillingdon.gov.uk/haf

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Introduction to the HAF programme

The Holiday Activities and Food Programme (HAF) is a national initiative funded by the Department for Education, in response to research that shows the school holidays can be pressure points for families, leading to a holiday experience gap for some children. The HAF programme provides eligible children from reception (aged four to five years) to school year 11 (aged 16), and up to age 18 years with special educational needs or disabilities (SEND), that are in receipt of benefits-related free school meals (FSM) access to free holiday provision during the Easter, summer and winter school holiday periods.

Whilst the funding is primarily aimed at school-aged children eligible for benefits-related FSM, it is not exclusively, and we aim to include other vulnerable children experiencing economic and social disadvantage.

The HAF programme aims for children who attend provision to:

- eat more healthily over the school holidays
- be more active during the school holidays
- take part in engaging and enriching activities which support the development of resilience, character and wellbeing along with their wider educational attainment
- be safe and not to be socially isolated
- have a greater knowledge of healthy lifestyles and nutritional education
- be more engaged with school and other local services.

And, for families who participate in the programme to:

- develop their understanding of nutrition and healthy lifestyles
- be signposted towards other information and support, for example, health, employment and education.



Programme content and HAF standards

The content of our HAF programme is informed by our families, incorporating the responses to our post-programme surveys, parent/carer and children’s feedback via our providers’ feedback forms and youth voice input from groups including Hillingdon Youth Council and Youth Voice. We aim to deliver a wide range of programming across the year, in venues local to our eligible residents that meet the needs and interests of our families in Hillingdon.

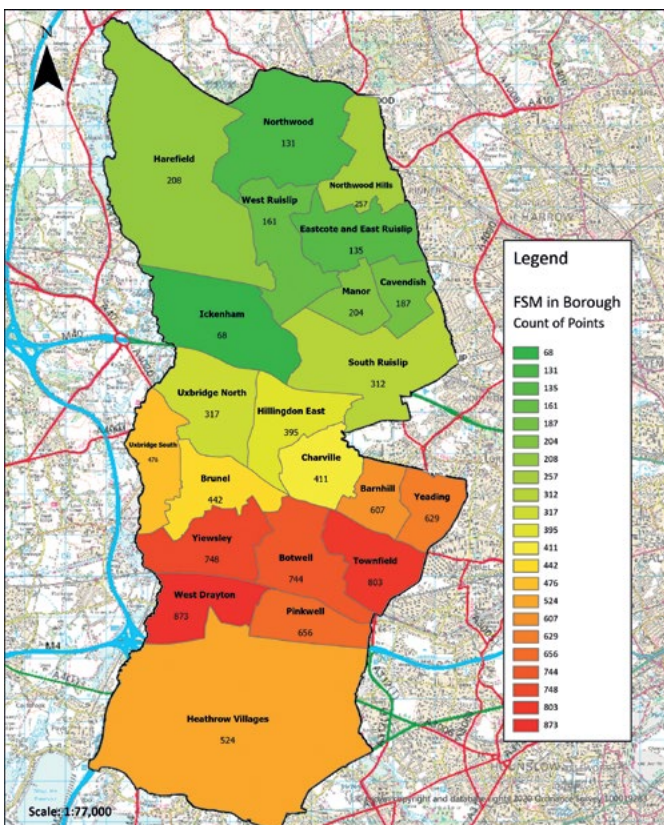
We also use data and statistics about the borough that show us where eligible families live, ages of children and numbers of children with additional support needs. This allows us to develop our programme offer to make sure we have the right activities, in the right places and at the right times for our families.

The programme is overseen by our steering board, Hillingdon’s HAF Strategic Delivery

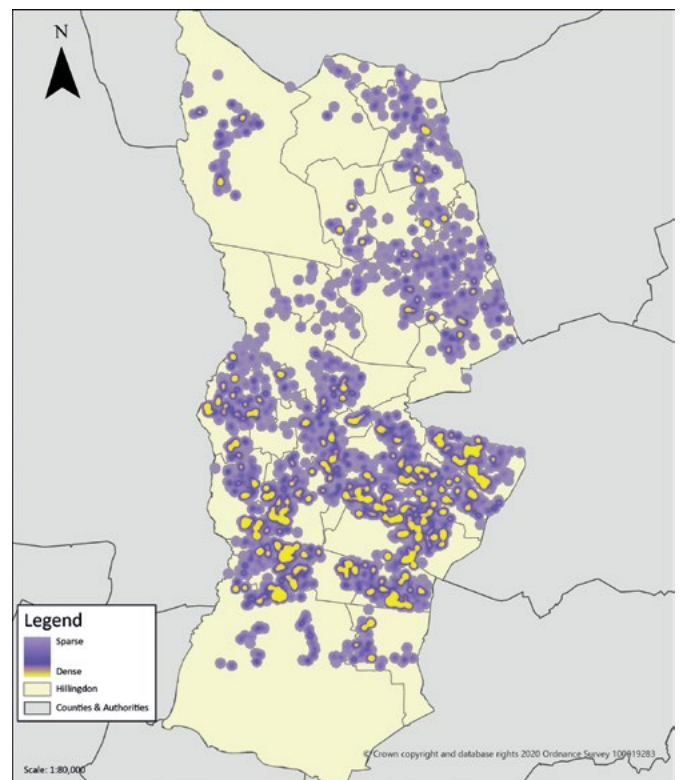
Board, which includes key colleagues such as the Director of Children’s Services, Head of Service for SEND, Head of Health and Strategic Partnerships, Director of Public Health and Head of Service for Youth Justice Service, Axis, Adolescent Services and Universal Youth Services. The steering board meets regularly to review the planned programmes, provide insight from their respective fields and support the ongoing development of the HAF offer in Hillingdon.

In order to partner with us to deliver our HAF programme, all of the providers we fund are required to meet the HAF standards as outlined in the government guidance document. These standards focus on core elements of HAF and include food, enrichment activities, physical activities, nutritional education and promotion of healthy lifestyles.

Provision of free school meals in London Borough of Hillingdon – by ward February 2022



Provision of free school meals in London Borough of Hillingdon – local February 2022



Food provision

On all our HAF programmes we offered children the opportunity to have at least one healthy meal during the day. All meals met the School Foods Standards and considered allergies, dietary requirements and religious or cultural requirements. Our providers used both external and onsite caterers, and many built cookery activities into their programme offer.

Where possible our providers offered a hot meal. For example, our Cycle Coach programme who gave children the chance to learn to ride a bike or develop their existing cycling skills, partnered with the Akshaya Patra Foundation to provide hot healthy vegetarian dishes including curry and shepherd's pie. The food was delivered in sustainable steel containers to not only preserve the taste and temperature, but also reduce the environmental impact.

► **Highlight: Young Cooks delivered by Hillingdon Children's Centres**

The Young Cooks programme (for children aged four to seven years and their parents/carers) ran from three different children's centres during the summer and in two centres during our winter programme. The sessions were interactive and included educational

information for parents on nutrition, a balanced diet and sugar content, as well as age-appropriate physical activities and a chance for the family to prepare and eat a meal together.

"I just want to say thank you so much for contacting me to invite us to your family cooking classes. The day you contacted me to ask if we would like to attend was actually the day my child was finally diagnosed with ARFID – avoidant restrictive food intake disorder... We have been desperate for any type of help ... so for us to have this opportunity has been so very vital.

"The staff running the course were fantastic. An absolute credit to the children's centre. I am so happy with their support every session during the week my child for the first time has actually started holding, touching, licking and since the course tasting new foods. It has been a miracle as this is something he wouldn't have done before as he has a fear of foods.

"So a huge thank you. I am so very grateful for this opportunity to attend. It really has been life changing and a huge step forward."
Parent



Young Cooks winter 2022 session plan:

	Theme	Physical activity	Cooking activity
Day 1	Eatwell Plate	Obstacle course	Macaroni cheese
Day 2	Brush 4 Life and Sugar content of foods	Dance	Vegetable curry
Day 3	Healthy vs Unhealthy food choices	Scout in the park	Mexican bean wrap with vegetable sticks
Day 4	Veggies – including guessing game and taste testing	Team games – bean game	Vegetable stir fry and noodles
Day 5	Where does food come from – including Kim's game	Parachute games	Homemade pizza

Fresh fruit was provided daily in addition to the cooked hot meal.

Enrichment activities

In response to feedback from children and parents/carers, we have been developing and increasing the range of enrichment activities on offer across the year. Our HAF programme provided children with opportunities to develop and consolidate their skills and knowledge, try out new experiences and improve their wellbeing and educational attainment.

Activities offered throughout the year included sports, arts and crafts, creative arts and personal development programmes.



Sports:	Creative arts:	Personal development:
<ul style="list-style-type: none"> • Football • Cricket • Cycling • Basketball • Canoeing/paddle boarding • Tennis • Multi-sports 	<ul style="list-style-type: none"> • Dance • Drama • Filming • Music • Singing • Photography • Musical theatre • Street magic 	<ul style="list-style-type: none"> • Cookery • Life skills: building confidence, self-esteem and resilience • Emergency First Aid • Safer Cycling Award Level 1 and Level 2



► **Highlight: Skipz Productions CIC – “Sun, Sea and Some Sand – The Beach Experience”**

Skipz provided a summer/beach-themed programme for children aged between four and 11 years with crafts, drama, dance and singing activities. The theme for the summer HAF programme was ‘The Beach!’ Skipz aimed to bring the sun, sea and some sand to their programme and gave the children an opportunity to learn about summer as a season, the beach and the ocean.

Children took part in devising a short beach themed play and sketches, learned vocal techniques, sung summer and beach themed songs and became a part of a choir. They kept fit by dancing to summer songs and music. A show took place on the last day of the programme involving sketches, choir performances and a few dance performances.

Throughout the week they also involved the children in arts and crafts activities which were beach themed and included activities such as learning about and making ocean animals, suncatchers, fingerprint flamingos, sandcastles and bumble bees. Every week, on the last day they hosted a scavenger hunt and treasure hunt for the children to participate in.

“I liked making my poster, learned that carrots and vegetables are really good for you.” *Child*

“The activity helped to increase my child’s confidence.” *Parent*

Physical activities

All our providers incorporated a minimum of 60 minutes of moderate exercise per day. This was done through a range of engaging activities across the programme offer. For some activities this was simple and for others the staff had to be more creative!

Our sports-based programmes had children doing more than their 60 minutes whilst they cycled, paddled and bat their way to being more active.

► **Highlight: Cycle Coach Ltd**

The Cycle Coach offered children aged five to 12 years the exciting opportunity to learn to ride a bike if they could not already or develop and improve any bike riding skills they already had. Sessions covered core cycling techniques such as braking, pedalling, bike handling techniques and also group riding techniques. Sessions were open to complete beginners in a traffic-free environment and included on and off the bike exercises, cycling skills, games, and the occasional race.

All of the sessions included fun games which helped the children to develop and learn new skills.

“Just to say huge thanks to all at Cycle Coach. My son had the best week with them and is now flying around on his bike!” *Parent*

“The Cycle Coach team were fantastic. Could not recommend enough.” *Parent*





Nutritional education and promotion of healthy lifestyles

All our providers delivered an element of nutritional education to children, offering activities that developed their knowledge of food, nutrition and healthy lifestyle choices. Providers delivered quizzes, drawing activities, games, workshops, Eatwell plate, craft activities, cookery workshops and more throughout the year. They embedded educational content into their programmes and provided informal learning opportunities for children.

We also involved parents, carers and other family members by providing resources, worksheets, at home cookery packs and cookery sessions to develop their knowledge of food, nutrition and budgeting. One of our providers also ran their own food pantry, providing additional free resources and cookery ingredients for families to take home.

► Highlight: Venner Nutrition UK – At home family cookery packs

We partnered with Venner Nutrition UK to provide families with at home cookery packs during our winter programme. The packs contained all the plant-based ingredients needed to cook meals for a family of four for five days, providing daily breakfasts for the children, fresh fruit, snacks and hot evening meals for everyone to enjoy. Boxes included recipes and meal planners to help families prepare healthy, well-balanced, nutritious food. Every family also got unlimited, free access to the Venner Kitchen online so that they have ongoing support on how

to prepare and cook nutritious, affordable food. The 'kitchen' is filled with hundreds of healthy, affordable and easy to make recipes, along with cooking videos and nutrition tips.

"I just wanted to say a big thank you to a member of your team who delivered the box this evening...This is how we have used the products from the box so far. Once again thank you :-]" *Parent*



Support for families

It is important to us that our families get access to the information and support they need. All our providers were well informed on local support services and were able to provide resources and signpost families to services that can support them. This included signposting to mental health, careers and housing support services, and providing information about term-time activities for children. Providers sent newsletters, handed out leaflets and gave activity packs, workbooks, and resources to families throughout the year.

Easter programme overview

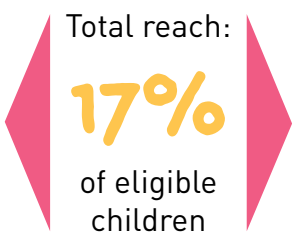
At Easter we partnered with seven providers to deliver 1,785 places on four-day programmes, of which over 80 per cent were booked and 73.5 per cent were taken up (child attended at least one of four-day offer). A total of 7,140 sessional places were offered to children during Easter.

Our providers delivered from 18 locations across the borough including schools, leisure centres and youth centres, enabling children to have access to a range of activities and food over the Easter holidays. The Easter programme offer included multi-activity clubs, dance, singing, drama, sports, musical theatre, street photography and magic!

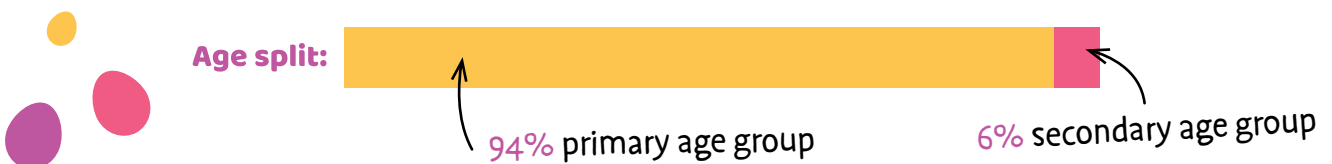
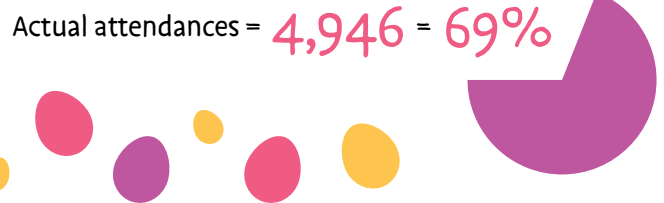
We partnered with the Eden Academy Trust who provided SEND specific provision and were able to support children with complex needs. All our providers are inclusive and able to support those with mild/moderate support needs to participate.



1,312 total number of unique individual children who engaged



7,140 maximum possible attendances across the programme offer



Out of the **1,312** HAF funded attendees, **110** of those were children with SEND

Approximately **5%** of children in eligible cohort have SEND – expect approximately **65** children

Summer programme overview

Our HAF summer programme ran from 25 July to 2 September 2022. During the summer we partnered with 27 providers – a huge increase from Easter – including Hillingdon Council teams, charity and voluntary sector groups and local organisations. These included children’s centres, Universal Youth Service, The Fitness Garden and Hillingdon Autistic Care and Support (HACS).

We delivered over 5,250 places on programmes which ranged from one to five-day delivery, with the majority of programmes being four or five days long. A total of 22,195 sessional places were offered to children during the summer. Bookings were high with 18 providers being oversubscribed and 77 per cent of places being taken up (child attended at least one of four-day offer).

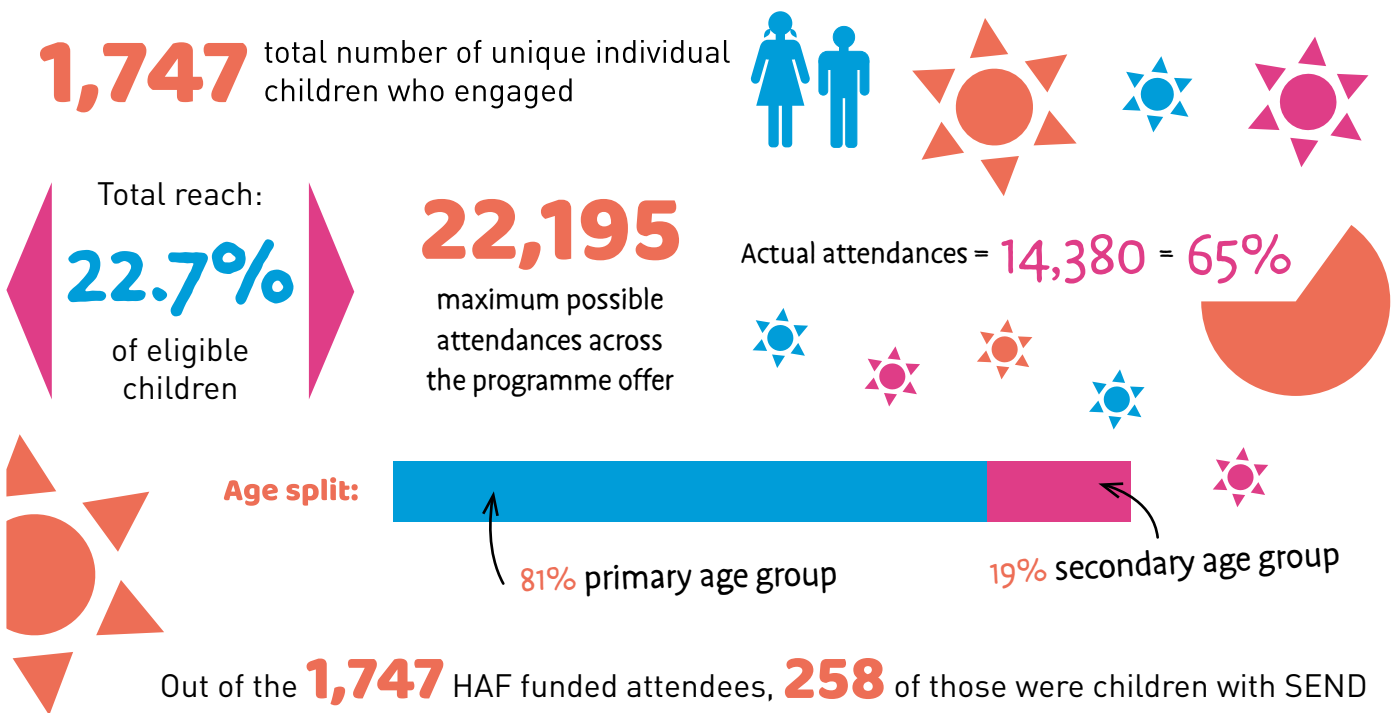
Our providers delivered from over 40 locations across the borough including schools, leisure centres, community centres, youth centres and outdoor spaces, enabling children to have access to a range of activities and food over the summer holidays. Programmes included sports-based provision (football, basketball, cycling, cricket), arts-based provision (musical

theatre, dance, drama, arts and crafts), life skills focused activities (first aid, safe cycling, personal development courses/ building resilience, cookery skills) and multi-activity summer camps.



A targeted piece of work was commissioned to support vulnerable asylum seekers/refugees living in the borough. The Compass Collective delivered a two-week drama-based workshop ending in a short performance at the local Compass Theatre.

We partnered with PSD, Eden Academy Trust, Hedgewood School and Hillingdon Autistic Care and Support (HACS) to provide targeted SEND provision to support children with complex needs. All our providers are inclusive and were able to support those with mild/moderate support needs to participate.



Approximately **5%** of children in eligible cohort have SEND – expect approximately **87** children

Winter programme overview

The HAF winter programme ran from 19 to 30 December 2022. During the winter programme we partnered with 21 providers including Hillingdon Council teams, charity and voluntary sector groups and local organisations. These included children’s centres, Universal Youth Service, Adolescent Development Service, PSD, Music Action and the Compass Collective.

We delivered more than 1,400 places on programmes which offered four to five-day delivery. A total of 6,495 sessional places were offered to children during the winter holiday period. Bookings were good with 14 providers being oversubscribed and 69.4 per cent of places being taken up (child attended at least one of four-day offer).

Our providers delivered from over 30 locations across the borough including schools, leisure centres and youth centres, enabling children to have access to a range of activities and food over the winter holidays. Programmes included sports-based provision (football, basketball, cycling, cricket), arts-based provision (dance, drama, music, arts and crafts), life skills focused activities (personal development

courses/building resilience, cookery skills) and multi-activity camps.

A targeted piece of work to support vulnerable asylum seekers/refugees living in the borough was delivered by the Compass Collective, who ran a drama-based workshop ending in a short performance at the Compass Theatre. We also partnered with Music Action International who delivered a music workshop giving children the opportunity to write their own song and film and star in their own music video.

Targeted SEND provision was offered through provider PSD, who provided camps and activities for children with complex needs and those requiring intensive one-to-one support. All providers are inclusive and offered places for children with mild to moderate support needs.



1,101 total number of unique individual children who engaged



Total reach:
14.3%
of eligible children

6,495
maximum possible attendances across the programme offer

Actual attendances = **3,696 = 57%**



Age split:



78% primary age group

22% secondary age group



Out of the **1,101** HAF funded attendees, **124** of those were children with SEND

Approximately **5%** of children in eligible cohort have SEND – expect approximately **55** children

Children and family feedback

During our Easter 2022 programme 75 per cent of families responding to our survey noted that their child had developed their confidence and self-esteem because of attending a HAF programme and 87 per cent spent more time being physically active.

"The activity helped to increase my child's confidence."	"My son was able to build on his confidence and self-esteem whilst having fun."	"The trainers [canoeing] were excellent. They encouraged everyone and made it so much fun, they made the week fantastic. My son loved every minute."	"My son was able to build on his basketball skill with coaches that had his best interests. They assessed his abilities from day one and gave him a space to improve."
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Throughout the summer 87 per cent of families told us that their child had learned something new and 86 per cent made new friends due to their involvement in our programmes.

"It was a great experience, outside her comfort zone, learning new skills and pushing her boundaries."	"The role models course which both my kids loved. They learned something new and something which can help them in all aspects of life."	"Thank you, I appreciate the effort the team put to bring a variety of activities to the borough. It was one of the best summer activities my child took part in to date. Thank you from myself and my child. My child tried new activities and met new friends."
"I'm really grateful for the opportunities, my son has special educational needs, and he never talks to anyone, but he's made a friend this week."	"My child had an amazing time and learnt a valuable skill."	

The winter programme saw families telling us that their child was eating healthier and trying out new foods, with a high number of families requesting our at home cookery packs. Much feedback was received from families highlighting their gratitude for the additional food resources and the opportunity to try out new foods and recipes with their children.

"My son always came back with something he had made or cooked. It's a great scheme that my son really, really enjoyed. This is the first time and surely will not be the last."	"Both my children enjoyed HAF so much that they couldn't wait to go the next day. Both made new friends, learned how to make cupcakes. Very happy children indeed."
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Throughout the year families responding to our surveys advised that 80 to 90 per cent would recommend our HAF programme to others.

"It's a great help. A huge enormous thanks for this programme. It has been a relief, knowing that the children are looked after, given a meal. I look after three children and all have enjoyed this programme."	"My son has been diagnosed with ASD and he struggles with concentration - so when we have a longer break, being at home he struggles and he always goes downhill before school starts and we lose initial few weeks of each year in settling. Due to HAF programme he is making tremendous progress, he is more focused, active, taking part in things, and he didn't go downhill and we had amazing start of the new school year."
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“This is a very good programme. People really need something like this because not everyone can afford to take children places – everything costs a lot more money.”

“Both the programmes my girls went on were amazing and was a great support to our family over the long summer break.”

“For us parents getting the kids up and away from the screens was amazing for all parents so thank you so muchfor the kiddies they says OMG why do we have to do this!! Then they really enjoy it and are reluctant to come home.”

The children attending HAF programmes this year gave us lots of feedback about what they thought of the activities, what they liked best, what they enjoyed, who they met and most importantly for many what they did and didn't enjoy eating!

Some of their comments are listed below.

“I really like it...I learned to ride a bike, I've never ridden a bike before. My mum has said we can get a bike and go on bike rides together now.”

“Paddle boarding was best – and I fell in! It's fun, it's good to be outside and not staying in all the time.”

“I really like it, it's a lot of fun. I learned to play cricket; I learned how to bowl and how to catch. I learned lots of games and activities. My favourite is the diamond cricket, you have four wickets and if you hit the ball you have to run clockwise.”

“It's fun getting to go outside and do activities.”

“My new friends have been helping me and I'm more confident now.”

“I really like being outside and running around with my friends.”

“I like that you can trust the adults and speak to them about things.”

“I liked the veg curry today, I didn't like the spaghetti – it was too spicy.”

“Lasagne was nice, I didn't have this before. I didn't like the pie yesterday.”

What's next for our HAF programme

We are using the experiences and data collected from our HAF 2022/23 programmes to inform not just future HAF programmes but also the wider delivery of services to children and families across Hillingdon.

Looking forward to HAF 2023/24, we are working on expanding the reach of activities across the borough to ensure that we are delivering a wider range of activities across north, south and central parts of Hillingdon. We will explore potential new providers and venues to make activities more accessible to our children and families.

Whilst we have seen an increase across the year in participation from our secondary age children, we want to continue to develop the offer for older children across Hillingdon. This year, funding requirements set by the DfE for HAF meant that providers needed to offer programmes that fit the four hour and four-day model. However, we know that many older secondary age children prefer to 'drop in and out' of services on an ad-hoc basis. We are planning some more flexible programmes for 2023/24 that we hope will attract more children and families.

Additionally, we are working to develop the programme offer to include a wider range of activities for children. New partners such as the Beck Theatre will provide new opportunities in drama and theatre. We're also adding STEM (science, technology, engineering and maths) based activities – as requested by families this year – such as coding activities and remote-control car workshops.

To increase engagement and awareness of our HAF programmes, we have been developing our communications strategy collaborating with the council's Corporate Communications team. We have increased our use of social media platforms, direct marketing to eligible families, advertisements and stories within Hillingdon People magazine and will be adding a campaign of posters and bus stop advertising next year to raise the visibility of the HAF offer. Young people have fed back to us that they

spend a lot of time waiting for buses, especially before and after school so we hope that this will assist us to increase engagement for secondary age children.

We will continue to build on our HAF Champions project, recruiting and training colleagues and community stakeholders from a range of services and agencies across Hillingdon to be able to identify and support eligible families to book onto and attend our HAF programmes. We have found that colleagues such as pastoral support workers in schools are best placed to identify and support eligible families to book onto programmes. With some support from the HAF team, they have been able to assist families who may struggle due to language barriers and lack of ICT skills/access to book on and take advantage of the wide range of programmes.

We look forward to offering another exciting year of activities.

Our delivery partners

- Department for Education
- Hillingdon Council – including Universal Youth Service, Adolescent Development Service and Children’s Centres
- Aktiva Camps Ltd
- Be Active Sports & Clubs
- The Canoe Sports Trust Ltd
- Compass Collective
- Cricket for All - Gordon Summerfield
- The Cycle Coach
- Eden Academy Trust
- Film Skool Deluxe
- The Fitness Graden CIC
- Football and Fitness Training part of London Football Academy
- Fresh Arts CIC
- RSR Sports trading as Get Active Sports
- Greenwich Leisure Limited (GLL)
- Hillingdon Autistic Care & Support (HACS)
- Hedgewood School
- Music Action International
- Our Parks Ltd
- Primary Sporting Development (PSD)
- Pro Touch SA CIC
- QPR in the Community Trust
- Queensmead School
- Role Models Life Skills Limited
- SCL Active part of SCL Education Group
- Skipz Productions
- Sports Plus Scheme
- Super Star Sport West London
- Tree Tops part of UK Childcare Group
- Way 2 Work
- West Drayton Kids Club (WDKC) in conjunction with Southlands Arts
- Whiteheath Infant and Nursery School in conjunction with The Elms Holiday Camps

A thank you to the following organisations for providing access to buildings and resources:

- Brunel University
- The Compass Theatre