

Summer 2019 Holiday Activities and Food Programme

Thank you for being involved in this year's Fit and Fed programme and for helping to make it a great success. We really appreciated your input and all the hard work you and your staff have put in over the last six months to enable disadvantaged children to enjoy a happy and healthy summer holiday.

As you know, Plymouth was only one of 11 areas in the country (and the only area in the South West) that received funding from the Department for Education's Holiday Activity and Food Fund to research how best to support children eligible for free school meals during the school holidays by testing a new model in which local co-ordinators oversee and fund clubs in their areas.

Overall we are very pleased with how it all went and believe that we have demonstrated that there is a clear need for programmes like this in the city. Our combined efforts this summer have hopefully put Plymouth firmly on the map.

Evaluation

The Department for Education has appointed a company called Ecorys to evaluate the national programme and we should receive a report towards the end of the year. This evaluation will be used to inform how any future funding from the Department for Education will be directed.

In the meantime, we are able to provide the following headline information. We have also commissioned a promotional video that you can use to highlight and showcase your involvement as you see fit. See link below:

<https://youtu.be/J0LFQs6kap4>

The summer Fit and Fed programme involved 54 holiday clubs across the city, providing 24,439 free places for children aged between 4 to 18 years. Each holiday club operated on different days, at different times and delivered different themes; from water sports to performing arts and dance to the more traditional multi-sports clubs. We were able to work with 26 existing holiday clubs across the city to increase availability, improve access and enhance provision. We also developed 28 brand new holiday clubs in areas of need.



£500k of the grant funding (82.7%) was spent directly on holiday club provision and to ensure our programme was equitable and accessible, we offered extra support with transport needs, as well as extra staffing for children with additional needs. The cost per child/per day for each holiday club ranged from £7.50 to £30.95, with an average of £20.49 per child/per day.

Our target was to engage with 1,000 children on Free School Meals over the summer holidays. In total 1,618 disadvantaged children attended, 86.4% of which were in receipt of free school meals. The remaining 220 children had been identified as being in need through referrals from our partners e.g. children's social services, youth offending team.

Nutritional awareness and education was embedded into each holiday club which involved a variety of activities including Sugar Smart, cooking skills, tasting challenges, smoothie bike and much more. As a result, the children felt they had a better knowledge of healthy food and had tried food that they wouldn't normally have had. In total 23,867 healthy meals were provided over the summer holidays that met or exceeded the School Food Standards.



Environmental issues are of particular importance to children and young people and so to limit the environmental impact of the Fit and Fed programme, we provided reusable water bottles and prevented an estimated 36,500 single-use plastic bottles being used.

A major part of our Fit and Fed programme was to promote sport and physical activity and ensure that children undertook the recommended daily levels of activity to benefit their health. As a result, our holiday clubs provided over 1,800 hours of physical activity including a range of new and exciting activities including bubble football, parkour, water sports and dodgeball. Our holiday clubs also provided a wide range of cultural and enrichment experiences including circus skills, animal encounters, STEM workshops and trips to local attractions.



Below are the top six words used by the children to describe this year's Fit and Fed programme:

FUN

Exciting

GOOD

Amazing

COOL

HEALTHY