

Nottinghamshire Children
and Families Partnership



Here's the...

Holiday Hub Report 2018—2019



We're Making a
difference...



Commissioned by:



Funded by:





Background

Holiday Hub is a Family Action initiative funded by the charity Meals & More. It has been delivered and developed in Nottinghamshire, with support from Family Action, since 2016. We worked in partnership with the aim of encouraging the county wide extension of the programme previously delivered in the Broxtowe district to give more families the opportunity to benefit throughout areas in Nottinghamshire most in need.

What is Holiday Hub

For many vulnerable and low-income families nursery and school holiday periods are a time of stress and indebtedness. They make up at least 13 weeks, or 25 percent, of the year.

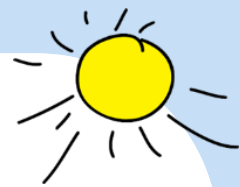
For these families, the opportunity gaps regarding nutrition, learning, financial security and play are most pronounced during holidays. In addition to poor nutrition, social isolation, emotional, financial and family stress can undermine children's school readiness, cognitive functioning, well-being and social integration.

Based on a simple formula of Families eating, learning and playing together *for families who need it*, Holiday Hub works to complement government investments to meet Child Poverty commitments laid out in the 2010 Child Poverty Act. It does this by providing a structured programme of meals and activities for children during the educational holidays.

Holiday Hub recognises that a nutritious diet and continued learning opportunities are cornerstones upon which wider education and wellbeing outcomes are built. On this basis it provides positive family-focused learning, food and play activities during school holidays that aim to improve children's wellbeing, educational opportunities and life-chances. More explicitly it is committed to pursuing positive outcomes in three key objective areas:

- 1) Improved social inclusion and aspiration** - related outcomes include improved school readiness and reduced opportunity gaps for social participation.
- 2) Improved family nutrition and wellbeing** - related outcomes include reduced food poverty, obesity and poor mental health.
- 3) Reduced financial and emotional strain** - related outcomes include reduced debt, social care referrals and safeguarding risks.





Context



Nottinghamshire Children and Families Partnership (NCFP) are Commissioned by Nottinghamshire County Council to deliver Children's Centres within the county.

NCFP consists of 3 organisations - Nottinghamshire Healthcare NHS Foundation Trust, Family Action and Rotheram North Notts College. Family Action have been a key partner in developing Holiday Hub in Nottinghamshire with this obvious link.

NCFP are commissioned to provide a number of interventions based around 4 key themes.

- Children achieve a good level of development, are ready for school and are effectively supported to close the attainment gap
- Parents are job ready with increased aspiration for themselves and their children
- Improved health and emotional health and wellbeing of children and parents
- Early identification and prevention of risk of harm

The Holiday Hub Intervention helps contribute to Improving Health and emotional health and wellbeing of children and parents.

Delivery In Nottinghamshire

Following on from the successful pilot within Broxtowe Children's Centres it was decided to extend the Holiday Hub offer to other areas within Nottinghamshire. This was funded through Meals & More with operational support from Family Action (eg resources, observations, grants, focus group, training, fundraising).

Four Children's Centre clusters delivered Holiday hub from July 2018—March 2019.

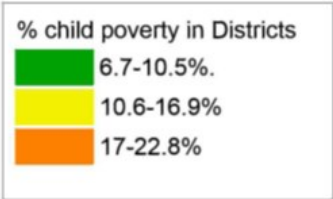
- Mansfield North—Mansfield Woodhouse Children's Centre
- Mansfield West—Ladybrook Children's Centre
- Worksop—Manton Children's Centre, Bassetlaw
- Broxtowe South—Haven Centre , Stapleford

In Summer 2018 Rushcliffe Children's Centre was also selected to take part in Families, Food and Fun (FFF). This programme, co-ordinated by Family Action and funded by the Department for Education (DfE), was a more intensive version of the Holiday Hub programme. Rushcliffe delivered 15 sessions during the summer (see data below) as well as 3 follow up sessions during the autumn.





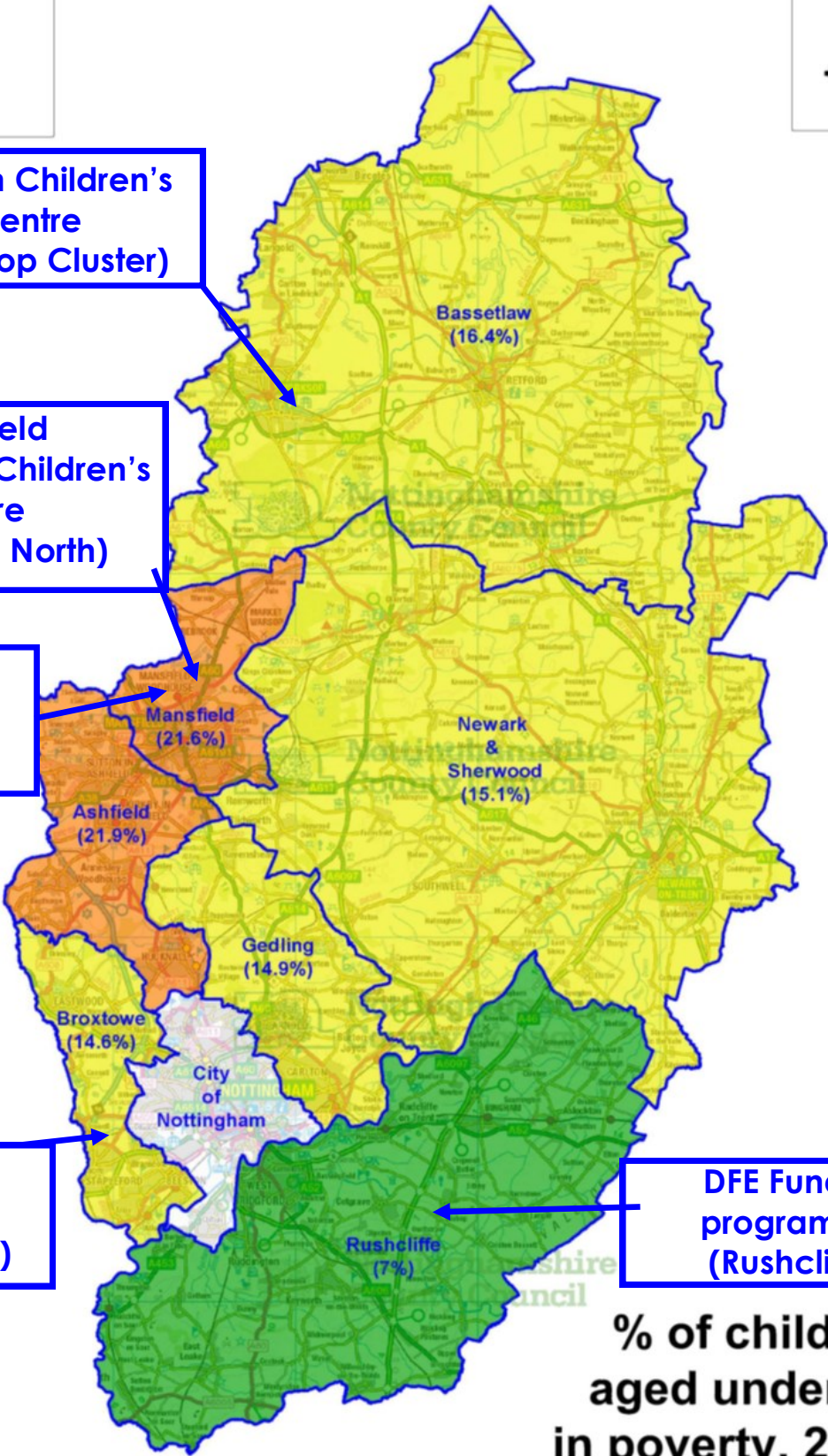
Map Of Holiday Hub Delivery sites



Manton Children's Centre (Worksop Cluster)

Mansfield Woodhouse Children's Centre (Mansfield North)

Ladybrook Children's Centre (Mansfield West)



Haven Centre, Stapleford (Broxtowe South)

DFE Funded programme (Rushcliffe)

% of children aged under 20 in poverty, 2012



Delivery

Holiday Hub was delivered within 3 children's centre building and one community venue (Haven Centre Stapleford) during the Summer holidays, October Half Term, and February half term throughout 2018/2019

Each Holiday Hub was delivered by a core team of Children's Centre workers alongside Everyone Health Community Engagement Coordinators CENCO's and at the Haven a team of church volunteers.

Recruitment – a multi-agency approach was used to recruit those families most in need onto the course. Social workers, Schools, Notts county councils family service, Early years settings, Healthy family teams aswell as our own family Support workers were the main referrers onto the project. Holiday Hub, was not openly advertised as a universal service in order to identify those most in need.

Delivery – A flexible start time between 9.30 and 10.15 allowed families to arrive and have a healthy breakfast between these times.

Between 10.15am and 11.00am families prepared the ingredients for the meal.

Between 11.00am and 12.00pm, families participated in a fun activity together.

Between 12.00pm and 1.00pm families sat down together to eat a healthy meal

Between 1.00pm – 1.30pm we reflected on the morning reiterating the key health messages and learning outcomes of the day.

There were a number of resources available for the practitioners to use in delivering Holiday Hub including activity ideas, lesson plan templates, Recipes ideas evaluation tools and quality assurance observations

Food

Meals & More supplied a number of Healthy recipes to help give families ideas for Quick and easy meals that families could use to cook at home. These recipes included:

- 5 a day Beans on Toast
- Healthy Fish and Chips
- Tuna and sweetcorn Fishcakes
- Home made Pizza
- Fruit salad









Project Outcomes

Ladybrook Children's Centre

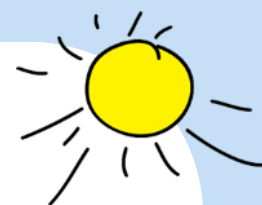
			NO OF FAMILIES	NO OF CHILDREN	NO OF ADULTS	TOTAL MEALS
	LADYBROOK CHILDREN'S CENTRE					
1	SUMMER	1.8.18	7	10	7	17
2	SUMMER	8.8.18	12	19	12	31
3	SUMMER	15.8.18	10	12	12	24
4	SUMMER	22.8.18	10	15	10	25
5	SUMMER	29.8.18	12	22	15	37
6	Oct	31.10.18	9	21	9	30
7	xmas	3.1.19	5	12	5	17
8	FEB	20.2.19	9	22	9	31
9	EASTER	10.4.19	10	19	10	29
10	EASTER	17.4.19	9	21	9	30
	Total		93	173	98	271

Mansfield Woodhouse Children's Centre

MANSFIELD WOODHOUSE CHILDREN'S CENTRE	15.8.18	15	21	18	39
Summer	17.8.18	7	10	10	20
Summer	21.8.18	12	20	15	35
Summer	28.8.18	10	14	9	23
Summer	3.9.18	7	10	9	19
Oct	31.10.18	12	20	12	32
FEB	19.2.19	4	8	12	12
Easter	11.4.19	4	11	5	16
Easter	17.4.19	10	16	10	26
Total		81	130	100	210



Manton Children's Centre



			NO OF FAMILIES	NO OF CHILDREN	NO OF ADULTS	TOTAL MEALS
	WORKSOP CHILDREN'S CENTRE					
1	SUMMER	27.7.18	5	11	5	16
2	SUMMER	1.8.18	5	10	5	15
3	SUMMER	3.8.18	4	6	4	10
4	SUMMER	8.8.18	4	9	4	13
5	SUMMER	10.8.18	3	5	3	8
6	SUMMER	16.08.19	5	10	5	15
7	Oct	2.11.18	3	5	4	9
8	FEB	18.2.19	4	6	4	10
9	EASTER	12.4.19	5	7	5	12
10	MAY	31.5.19	4	7	5	14
	Total		46	76	44	122

South Broxtowe Children's Centre (Delivered at Haven Centre)

			NO OF FAMILIES	NO OF CHILDREN	NO OF ADULTS	TOTAL MEALS
	STAPLEFORD CHILDREN'S CENTRE/Chilwell					
1	SUMMER	26.7.18	22	39	22	61
2	SUMMER	1.8.18	14	27	14	41
3	SUMMER	8.8.18	14	30	14	44
4	SUMMER	15.8.18	12	23	12	35
5	SUMMER	22.8.18	11	19	11	30
6	SUMMER	29.8.18	11	28	11	39
7	Oct	30.10.18	4	9	4	13
8	FEB	20.2.19	20	31	23	54
9	EASTER	9.4.19	17	34	20	54
10	EASTER	10.4.19	8	13	8	21
11	EASTER	11.4.19	14	23	16	39
12	EASTER	16.4.19.	19	38	20	58
13	EASTER	17.4.19	11	19	11	30
14	EASTER	18.4.19	13	24	15	39
	Total		190	357	215	558



Rushcliffe Children's Centre (DFE Funded)

Summer

NO OF CHILDREN SUPPORTED (AGED RECEPTION +)	NO OF ADULTS SUPPORTED	NO OF PRE SCHOOL SUPPORTED	TOTAL ATTENDANCE	AVERAGE ATTENDANCE PER SESSION	TOTAL NUMBER OF SESSIONS
46	36	22	283	19	15

Follow Up sessions

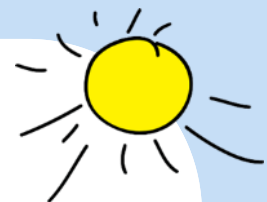
		NO OF FAMILIES	NO OF CHILDREN	NO OF ADULTS	TOTAL MEALS
Half term	30.10.18	7	17	10	27
Half term	1.11.18	11	18	11	29
Xmas FFF event	xmas hols	17	19	17	36
			54	38	92

Nottinghamshire

From July 2018 to March 2019 the Children's centres Holiday Hub intervention delivered the following:

- 4 Children's Centres directly delivered Holiday Hub
- 1 Children's Centre delivered DFE funded programme
- 782 children attended the programmes (including 76 in Rushcliffe)
- 457 Adults attended the programme (including 74 in Rushcliffe)
- 1,253 healthy meals were provided (including 92 in Rushcliffe)
- **99%** of families stated Holiday Hub helped their family **have fun together**
- **79%** of families stated Holiday Hub helped their family **be more active**
- **67%** of families stated Holiday Hub helped their family **worry less about money**
- **12%** of families stated Holiday Hub helped their family **visit new places**
- **84%** of families stated Holiday Hub helped their family **eat healthier foods**
- **79%** of families stated Holiday Hub helped their family **try out new activities**
- **64%** of families stated Holiday Hub helped their family **meet new people**



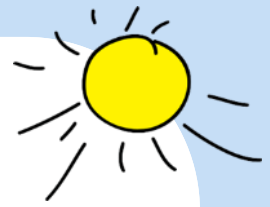


Evaluations/Comments

- Loads of recipe ideas for me and my children
- Helped the children to play outside as opposed to be indoors playing on games console
- Was nice that we could make food together as a family
- Being in a friendly safe environment
- My child has never tried so many different foods
- Really convenient location
- My little one liked the hot dogs and chopping vegetables
- Great place to meet new friends and socialise
- The friendliness and welcoming environment helped me to have the confidence to come back each week.
- Would never have learned about food safety if it wasn't for this course
- Going to the holiday hub session got us out of the house
- We enjoyed being together as a family and not sat at home bored.
- It was great bonding with the kids
- Having fun out in the Fresh air was the best bit
- It was good to get out as a family and try out new things.
- It's built my confidence to explore a new area with my children and enjoy it instead of worrying
- Definitely helped me get through the week financially. Even I can have something to eat this week as I usually go without so they can eat.'



Case Study



Lucy Davis, Early Years Practitioner at Nottinghamshire Healthcare NHS Foundation Trust, gives a flavour of just one of the holiday food and activities sessions running in South Broxtowe, Nottinghamshire, during the 2018 summer holidays.

Healthy breakfast

Today families were given a choice of toast or healthy cereal upon arrival. Staff, volunteers and families reinforced the importance of hand hygiene, especially when handling and eating food, and all went and washed their hands. During breakfast, we discussed portion sizes, which resulted in one parent making a comment about how her daughter overfills her cereal bowl. The child was happy to compromise and have a standard serving. She said she found that the portion was adequate, and Mum said that she would try smaller portions at home. We then discussed the media and their methods of advertising (often unhealthy) breakfast cereals and portion sizes.

Other enrichment activities

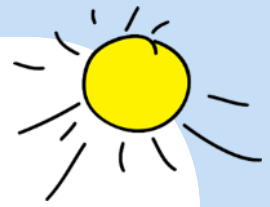
We offered a range of different activities, with the playdough activity being particularly popular. Families got creative (e.g. pretending to make and bake gingerbread people). Some children said that they were making their family out of gingerbread, commenting on who was part of their family and who was special to them. Families enjoyed this activity and wanted the activity to continue for longer.

Physical Activity

We provided a wide range of fun sports activities for families to choose from and activities which would be suitable for the whole family. Some played with the balls and cones (e.g. throwing and catching and using the cones to create goal posts for them to have a game of football). Some used the stilts to balance and walk with. Others used the large parachute activity, with children offering suggestions for what to do, for example, bouncing balls on the parachute to see how high they would go.



Case Study (Continued)



Preparing lunch

Today families were seated around different tables and each group was allocated a task (e.g. grating cheese, slicing tomatoes). Younger children had the opportunity to take an active role in chopping, using safety knives, and were supervised continuously throughout this activity.

Parents supported their children and modelled chopping and grating. Families discussed together the different actions needed when preparing food (e.g. chop, grate, slice) and during this activity children were heard commenting: 'Good that I am trusted to use this (safety) knife.' 'I am good at grating. I love grated cheese.' 'I like helping.' Several adults commented on their children's concentration during this food preparation activity, and how they will try to replicate such activities at home.

Tasty lunch

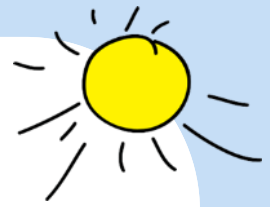
For lunch today, children and families made their own stuffed pitta pockets by selecting healthy fillings of their own choice (e.g. chicken, cheese, salad), followed by a selection of yoghurts. Several adults commented that their children had selected combinations and flavours that aren't usually eaten at home – and that they were surprised to see their children eating them enthusiastically. Throughout lunch, discussions took place between staff, parents and children about:

- ☑ the social aspect of meal-times and how powerful this can be for children
- ☑ food waste (we encouraged families to take any food left over home with them)
- ☑ storing cereals to preserve quality in Tupperware containers
- ☑ saving money by making their own food rather than buying ready-made meals.

Volunteers also suggested simple kitchen jobs that children can easily do to support their parents, for example, washing fruit and vegetables, scrubbing vegetables and peeling under supervision of adults.



Case Study (Continued)



Engaging parents and carers

Children attend these sessions with their parents/carers. Today's activities helped children develop their social play and interaction, and also encouraged sharing and turn taking, language and communication, and provided the opportunity for parents to role-model positive play and interaction. Parents were engaged in all the play activities, food preparation, eating together and tidying up the venue (e.g. clearing tables).

Supporting local families

One of the Food Bank volunteers from the church where we held the session explained they provide many local residents with food. This was evident upon our arrival to the venue, with many local residents waiting outside for the venue to open at 9am to enable them to collect food. A volunteer also advised that they have several families who struggle in the school holidays to provide the extra meals and entertainment for their children – and said she was pleased to see these families accessing our session (which they signpost families to). Volunteers also said they felt that the club is useful in maintaining routines and social interactions for the families. During today's session, vegetables, grown on the local allotment, were delivered to the church for the families to take home with them.

To Find out more about Family action and their commitment to the Holiday Hunger agenda please visit:

www.family-action.org.uk/holidayhub

To Find out more about Nottinghamshire Children's Centres delivery of Holiday Hub to help tackle Holiday Hunger e mail.

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