

Space2Grow #18

HOLIDAY ACTIVITY WITH FOOD

OCTOBER 2021
MONITORING REPORT



12 fantastic projects delivered October 2021 -

YOUNG BARNET
FOUNDATION

BARNET
LONDON BOROUGH

WWW.YOUNGBARNETFUNDATION.ORG.UK/SPACE2GROW18

Executive Summary

Introduction

Young Barnet Foundation have been working with The Mayor's Fund for London Kitchen Social programme as part of the steering/development group, to bring more holiday provision to Barnet to address these needs. A number of these projects have run under the name of Kitchen Social Projects. Part of this work strand was to canvas support from government sources. The Department for Education announced early 2019 that they were going to pilot projects to address this issue. In December 2020 the DfE announced funding for a Holiday Activities with Food Programme in each Metropolitan Borough and County in England, with funding available for Easter – 4 days, Summer – 16 days and Christmas programme of delivery 4 days school holidays in 2021. Barnet as our Local Authority and Young Barnet Foundation worked together to deliver this programme in Barnet. Over 1,100 children were reached over the summer in this joint delivery approach.

However, this funding did not cover the Half Term holidays. We felt that now more than ever before especially with the pandemic and the repercussions of same, children need access to this type of programme during all holiday periods.

During the Summer delivery period, providers were asked to indicate if they would have the ability to deliver during the October Half Term, were funding to be made available. 12 organisations indicated that would be able to do so. Thanks to the generosity of The Hadley Trust, and the London Borough of Barnet we were able to offer these organisations funding to deliver Holiday Activities with Food during the October Half Term. This report summarises the outcomes of this delivery.

Monitoring and Evaluation Overview



1,211

Total Number of
Participants



5,361

Total Contact Hours



384

Unique Participants



1,536

Total Number of Meals
Served

DETAILED PROJECT INFORMATION

The following pages provides more detail on each project and its successes as supplied in the Monitoring and Evaluation forms by each successful organisation.

Wording is as supplied by the organisation.

The Hope of Childs Hill (THOCH)

Project Feedback Summary



Our Wellness-Nutrifit Camps will encourage low-income families who use Basing Hill Park to engage in leisure activities, community workshops about nutrition and sports such as cycling, walking, basketball, volleyball, badminton, and tennis during the school holidays. We have a newly established Football Club, and some attendees will be taking part in this during Half Term.

Our projects goal is to make nutritious choices appealing along with sharing the many benefits of playing multiple sports which include fewer overuse injuries, improved decision-making skills and mental health, better overall athleticism, a more diverse peer social network, and exposure to different playing styles.

Each registered participant will take part in a number of daily fitness activities and will be offered a hot nutritious meal and access to free drinking water on a daily basis. Participants will be split into two groups by age range.

Number of Sessions – 4 ; Total Number of Unique Participants – 35 ; Contact Hours 560

Organisational Feedback

A great achievement to keep the attention of our older cohort of youths to attend outdoor activities over the half term.

Pro Touch SA CIC

The charitable social enterprise that manages both the Academy and Community programmes across London. The organisation is run by London based sports (football) professionals as well as youth-friendly people, the staff and management are highly skilled and offer a variety of experience. They range from Football Association (FA) coaches to qualified youth, sports and fitness workers from the fields of school education and sports management. We currently are delivering various community youth and sports activities, services, projects and programmes to our targeted members across many different London Boroughs including Camden, Ealing, Enfield, Hackney, Lambeth, Southwark and City of Westminster.

We're delivering over 30 plus sessions a week, minimum lasting at least an hour and engaging with over 300 children and young people per week.

These include;

- Holiday programmes
- Multi-Sports in estates and communities.
- Mentoring and 1-2-1 support.
- Volunteering and training programmes.

Project Summary



Pro Touch are primarily a football coaching service which operates within Barnet and across other Boroughs in London.

Our Be More Active holiday clubs involve a range of Multi-sports Activities – Fencing, Mini-Tennis, Table Tennis, Speed and Agility courses, Tennis, Skipping and non-contact boxing. Running – Sprints and Long distances. Football & Football Challenges. We will provide a workshop for healthy food and nutrition, and provide a daily nutritious meal from our existing provider. Activities will take place in age appropriate groups. We hope to again run our club at Muswell Hill.

Number of Sessions – 4 ; Total Number of Unique Participants –24 ; Contact Hours 320

Organisational Feedback

We managed to achieve high levels of engagement and participation from all the young participants of our programme. The programme was well-received by parents, and provided much needed services to the community. This included keeping our younger generation healthy and active through physical activities including a multitude of sports, as well as including nutritional education. We also provided a safe and inclusive environment where children could socialise and increase their confidence, all of which are bringing a sense of normality proceeding Covid-19.

Beyond the focus on youth and sports, informal discussions on key issues related to current issues/affairs such as anti-racism, gang, drugs conflicts etc took place. We will be also aiming to offer volunteering opportunities for locals to sign up, which can lead to paid employment with Pro Touch Soccer Academy as well as other partners.

Cricklewood Boxing Club

Cricklewood Boxing Club was established by Rob Buick in 2016. We're an inclusive club where all members are invited from a variety of backgrounds. We encourage beginners and those wishing to become pro's to join our friendly team.

With our range of different classes you'll be sure to find something tailored towards you. We have many talented boxers at Cricklewood Boxing Club, with members from all backgrounds. This is what boxing is all about. One of my passions is to help those who are struggling in life with school, drugs, alcohol, crime, anti-social behaviour etc... We believe with enough encouragement the best boxers will turn pro and become world champions.

Project Summary

The aim of the project was to deliver a range of sports and fun activities (including a trip to the play area in Gladstone Park), including the provision of a hot meal each day. We have been running School Break Clubs since 2019, but unfortunately were not able to do so in 2020. This enabled us to reconnect with our cohort of Children and Young People.



Number of Sessions – 4 ; Total Number of Unique Participants – 33 ; Contact Hours 660

Organisational Feedback



Continuing to build on the success of our Summer Holiday Activity Fund Summer Camp, we provided 4 days of activities over the October Half Term including the provision of healthy food and nutritional education. Activities included Football, Basketball, Hockey, Cricket, Table Tennis, Boxing. We were pleased to exceed the number of individuals attending we predicted, and continue to build a group of Children and Young People taking part in positive physical activities.

GROW

From yoga to farming, philosophical thinking to boxing, GROW's specially designed programme gives young people the skills, knowledge and confidence to think beyond their day-to-day routines.

Since launching our pilot scheme at The Totteridge Academy, North London in May 2019 GROW has

started a Forest School, built a community farm and teaches 250 students per week as part of the curriculum.

Project Summary

A four-day outdoor learning and food growing holiday programme for 9-11 year olds from the Underhill Ward, delivered at the GROW Farm. The week will have three core elements. 1) Forest School: participants will play and explore in the Totteridge nature reserve, developing bushcraft skills including how to build a camp fire for cooking 2) Food growing: participants will contribute to the running of a working vegetable farm, learn about sustainable food growing, and take part in the journey 'from ground to plate'. 3) Eating: participants will enjoy a healthy meal each day cooked by our in-house chef with a small group of participants each day using fresh produce harvested directly from the farm. The aim of the programme is to instil a positive relationship with food at every level; where it comes from, how it grows, how to cook it, and how it can make us feel.

Number of Sessions – 4 ; Total Number of Unique Participants – 14 ; Contact Hours 125

Organisational Feedback



Den making - Pumpkin Carving - Sunflower picking - Seed Sowing - Nature hunts on the farm

None of the students knew each other before the club and they all got on extremely well. The food was received very positively! All participants reported on their feedback form that they enjoyed being outside all day, and being active, and learning something new.

ALL children said they would come back to the GROW Holiday club on their feedback forms.

Nene Tereza

Albanian Cultural Centre and Supplementary School (Rainbow Centre). The Nene Tereza Albanian British National Organization is Charity non-profit organization established in 2007 to facilitate and perpetuate the education and training of Albanian speaking community in UK which come with our Albanian heritage. Our programme goal is to preserve and teach our next generation the beautiful and ancient Albanian Language history and culture including activities such as traditional folk dance, vocal coaching, sports and tutoring, this will enable our community to orientate, settle and gain access to education, training and employment. We also run many projects for adults which enables to promote and enhance knowledge, health and wellbeing.

Project Summary

During the project we will be running sporting activities for young people in the community. Activities include; football and basketball, alongside these, we will be running traditional Albanian dance classes to improve fitness levels of young people during the easter holiday as well as keep them busy and mentally stimulated with fun dances to learn with their peers.

Number of Sessions – 4 ; Total Number of Unique Participants – 25 ; Contact Hours 400

Organisational Feedback



The children played multiple sports and traditional games

F.U.S.E CIC

The FUSE YOUTH PROJECT serves the Children & Young People living on the Grahame Park and West Hendon estates, and aims to teach young people life skills through the use of cooking, creative art, group discussions around youth centred topics and team sports.

We also make it a priority to take young people on exciting offsite trips to encourage them to explore and get to know the world outside of their estate.

Project Summary

Our aim as an organisation is to show young people living in social housing the world beyond their local environment. We achieve this in a number of ways. Firstly we do outreach with local children and young people to let them know what is available to them in their area. From this outreach we will set up a session in the area for the children and young people to get to know us and build trust through fun and social activities such as; sport, arts and crafts, hair and beauty, filming and healthy eating. We also ask the young people what activities they would like to do. Finally we take young people off site on trips such as trampoline parks, swimming, kayaking etc. We do this because we believe that all young people should have access to social and recreational activity irrespective of their social status.

Number of Sessions – 4 ; Total Number of Unique Participants – 49 ; Contact Hours 696

Organisational Feedback



Children and young people from Grahame Park and surrounding areas were able to engage in free activities during the half term which included Cooking, DJing and Henna workshops, outside sports, a creative art painting party, a community clean-up day, alongside all of their regular activities such as; table tennis, pool, hair and nails, group games, an access to electronic devices and consoles. Children and young people were given a hot meal and healthy snacks each day over the half term, which they enjoyed at no cost to them.

Brent Ballers Basketball Club

Brent Ballers was put together to develop youth basketball in the local community. We participate in the London Local League and the goal is to teach kids not only basketball skills, but also life skills and to play competitively with other kids their own age. We have club mark accreditation from England Basketball.

Project Summary

Delivery of 4 hour coaching sessions suitable for 10-18 years old males and females. We have successfully delivered in these boroughs in previous years and the popularity of our project is at a high in these areas. The sessions will be delivered on Monday to Thursday 12-4pm. This will be delivered in two bubbles and participants will be coached by one of our experienced qualified coaches, many of whom are former professional basketball players and local coaches in the area. The sessions will consist of everything kids need to become good basketball players, learning new, fun skills and drills, with prizes available

Number of Sessions – 4 ; Total Number of Unique Participants – 38 ; Contact Hours 424

Organisational Feedback

A great achievement to keep the attention of our older cohort of youths to attend outdoor activities over the half term.

Barnet Community Projects

Barnet Community Projects exists to facilitate long term social improvement in the London Borough of Barnet. We provide an umbrella organisation to help individuals and groups with the start up of independent, sustainable community focused projects.

We have developed partnership working with statutory, voluntary and other organisations in a common effort to provide social activities, employment, information and advice and opportunities to develop new skills and knowledge. We are based at the Rainbow Centre in the Underhill Ward where we empower and support the local community to develop training, community building activities and supporting local people in developing their projects.

Project Summary

Barnet Community Projects have been delivering Holiday Activities with Food for a number of years. For October Half Term, Young people will be offered a series of activities and a cooked meal for them to eat. Each day there will be 2 part sessions each lasting for 2 hours the first session will be sports based activities the second will be a range of art, craft and food activities, games and gardening activities, including sessions run by expert tutors/coaches. At the end of the session's children will be given a nutritious 2-course meal freshly cooked on the premises. These children would normally have free school meals and our aim is to prevent the loss of their educational attainment by providing a nutritional meal plus activities to keep them healthy. There will also be organised outings, (for example in the Summer we went to forest schools, outdoor adventure playgrounds, the Science Museum, theatre shows and the cinema). Our Young Leaders programme for 13 –16 year-olds helps out with delivering activities and supervising children.

Number of Sessions – 4 ; Total Number of Unique Participants – 35 ; Contact Hours 508

Organisational Feedback



We organised activities each day both outdoors (sport skills, football, basketball, hockey, dodge ball) and indoors (craft, cooking (this included making part of the lunch), puzzles, games, fusbol, table tennis) and each child received a nutritious lunch every day. We also arranged a trip to a local pumpkin farm for pumpkin carving and lunch followed by ice creams. Our volunteer sports assistants from South London worked well again.

Somali Bravenese Welfare Association

The SBWA was set up in 1992 to support the Somali and Bravenese community, many of whom have escaped war and persecution in Somalia. The group experience all the difficulties of a largely refugee and immigrant community; language and cultural orientation, problems in accessing training and employment, and cultural and religious isolation, particularly among the women of the community.

We run after school sessions and a weekend after school classes, training for women and business startup initiatives, as well as a wide range of advice and support services.

The purpose of our organisation is to provide a service to the Somali and Bravenese people. In doing so, we aim to improve the quality of life for this community and support them to achieve more whilst breaking down barriers. This includes:

1. Providing information, advice and guidance on training and education opportunities
2. Upscaling community members' skills by offering training and learning opportunities
3. Providing support services ensuring that community members are able to reach their full potential
4. Broadening the employment and economic prospects of community members
5. Empowering community members to become financially independent
6. Promoting and facilitating inter-cultural understanding with local / indigenous communities and encourage community cohesion initiatives.

Project Summary



We would like to continue with the success we have had over previous holiday activities this year and allow children/young people to come to our centre and participate in enriching sports/arts-related activities all whilst educating about the importance of healthy eating and living.

The activities will include both Indoor and outdoor activities; boxing, martial arts, art, basketball, football and much more + hot food will be provided every session.

Number of Sessions – 4 ; Total Number of Unique Participants – 35 ; Contact Hours 556

Organisational Feedback

The project this time round was even more organised and interactive. We worked with various organisations to deliver different sporting activities such as street cricket which was very well received. The young are looking forward to another half term project.

Wild About Our Woods

Project Summary



We would like to continue with the success we have had over previous holiday activities this year and allow children/young people to come to our centre and participate in enriching sports/arts-related activities all whilst educating about the importance of healthy eating and living.

The activities will include both Indoor and outdoor activities; boxing, martial arts, art, basketball, football and much more + hot food will be provided every session.

Number of Sessions – 4 ; Total Number of Unique Participants – 19 ; Contact Hours 104

Organisational Feedback

Access a woodland-based holiday club (in Coppetts Wood) for 14 children to attend each day from 10.30am-2.30pm over 2 session in the October half term break. These sessions will be offered specifically to children who would not otherwise attend a holiday camp due to financial restrictions.

We want to offer fun, engaging and adventurous Woodland Holiday day camps for local children aged 5.5 – 11 years, in local woodlands. We will create opportunities for these children to explore the great outdoors in a safe, supportive environment. Alongside these activities we want to offer the children to have a nutritious lunch to further promote a healthy lifestyle. We will promote it to 3 local schools near the woods and get referrals via the schools who will be able to identify the children for us.

Stonegrove Community Trust

FUSE at One Stonegrove lead the delivery, of a programme of activities focused on engaging children & young people centred on activities that developed social and life skills and offsite trips.

Project Summary



FUSE will be leading the delivery, running sessions of activities focused on engaging children & young people in engaging activities; activities that develop social and life skills. There will also be off site trips for each age group. We (SCT) as well as hosting the scheme will focus on the food and nutrition element. The lunches/dinners will be purchased in from partner organisations (This will include snacks/drinks, ingredients for cooking, and extra food to distribute to families through youth workers where issues identified

Number of Sessions – 4 ; Total Number of Unique Participants – 46 ; Contact Hours 520

Organisational Feedback

Many young people attended our project during the October Half Term, many were familiar faces but we also had some new sign ups, so it is nice to see our Youth Project continually grow and benefit more and more young people. All planned activities and workshops were a success and gave the young people an opportunity to try something they may have never done before and learn a new skill, such as the Henna workshop and also the Boxing workshop that we had in addition to our weekly litter picking. Additionally, the young people took part in many group activities and sports games each day, particularly during the last session on our Sports Day. This was a great way of encouraging teamwork and a proactive lifestyle to our service users in an enjoyable way. Additionally, young people always looked forward to mealtimes and would often comment that they would like to have more.

Fresh Arts CIC

Fresh Arts ran a programme of drama, dance, art, and music. The drama sessions were used to teach children about healthy eating in a fun and active way.

Project Summary



We will be running an exciting programme of drama, dance, art and music. We will be using the drama sessions to teach children about healthy eating in a fun and active way. Each day the children will participate in one hour of dance. Our sessions are active, fun and exciting and our team has 12 years experience running enriching activities for children. We are Ofsted registered childcare providers and are trusted by local schools to deliver programmes

Number of Sessions – 4 ; Total Number of Unique Participants – 31 ; Contact Hours 488

Organisational Feedback

Fresh Arts C.I.C was pleased to deliver a holiday programme over the October Half Term funded by the Young Barnet Foundation. The sessions were run at Wren Academy Primary School and welcomed 31 children from primary schools all over Barnet.

The children did daily sessions of art, dance, drama and singing and were able to make new friends, express themselves and build creativity all while learning about healthy living and wellbeing. The children had a delicious hot lunch each day and were able to have 1 hour of physical activity in dance.

The key successes of our project were that the children all rated the classes highly in their evaluations and expressed how much they enjoyed the activity, this was proven through incredibly high attendance throughout the programme.

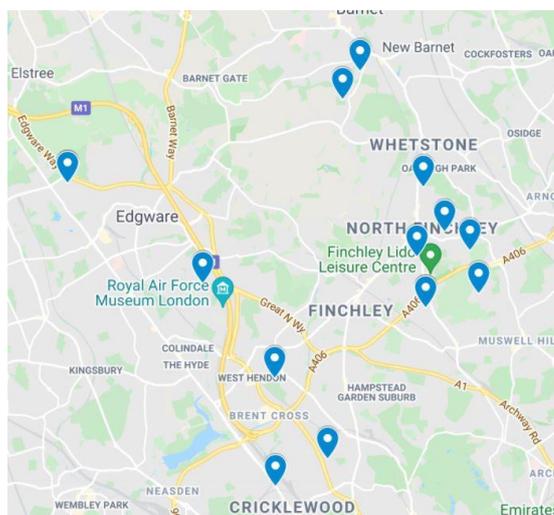
We were also able to share messaging about healthy living and nutrition in a fun and creative way.

Breakdown of Delivery

Organisation Name	Total No of Unique Participants (Proposed)	Total No of Unique Participants (Actual)	Total No of Contact Hours (A)
<i>Cricklewood Boxing Club NB - delivered using additional funding</i>	30	33	660
The Hope of Childs Hill (THOCH)	35	35	560
Brent Ballers Basketball Club	25	38	424
Stonegrove Community Trust	30	46	520
Somali Bravanese Welfare Association in Barnet	35	35	556
Fun Unique Social Enterprise C.I.C.	35	49	696
Fresh Arts C.I.C	30	31	488
Wild About Our Woods CIO	15	19	104
Pro Touch SA CIC	20	24	320
Barnet Community Projects	25	35	508
Grow	12	14	125
Nene Tereza	25	25	400
TOTALS	317	384	5361

All organisations went over their projected numbers

Locations of project delivery



Quotes from Children and Young People

It's vital that these Holiday Activity Fund projects are valued and appreciated by the Children and Young People involved; it's for this reason that in our Monitoring & Evaluation we always ask grantees to provide an anonymised quote from a participant. For this round of Space2Grow funding Children & Young People have said:



Young Person R, an 8 year old male said "I'm so happy because now I get to see my friends everyday, even when we are not at school!"

Boy, 13 "Very Happy that I get to come to youth club everyday in the half term I like it here the staff are nice, and I get to see all my friends"

Young male, aged 12: "I really liked the staff, trying new things, and it made me feel good"

"THOCH always offer great holiday projects in our area. Loved the food 🍔🍕"

"I have a had a good time at the camp, I really enjoyed the coach as he put a lot of effort into the sessions and making sure we did our best."

"I loved coming to the centre and the activities were very fun!" M aged 11

Young Person A, a 7 year old Female said: "I liked playing with my friends. I liked playing Duck Duck Goose. I liked doing arts and crafts.

And I liked having fun with all the teachers. I will miss you all. I will miss being with all of you."

"It was so much fun playing Halloween based games outside like bobbing apples. We also learned how to play conker fights which my grandad had told me about in his day".

"I really enjoyed my time playing games, football and other sports with my friends in half-term. We didn't go on holiday, so this was really fun instead", Young Person C, a 12 year old male.

S, Female said 'I enjoyed the activities, if I didn't attend, I would have spent all day at home playing video games'