

Happy Healthy Holidays Somerset Annual Report 2023

Holiday Activities and Food Programme in Somerset



Table of Contents

03 Executive Summary

04 Aims of our Programme

05 Ambitions for 2023

06 Our Programme in 2023

07 HHH 2023 Headlines

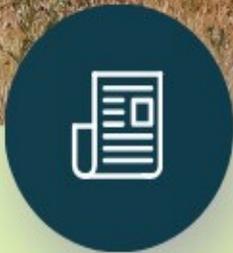
08 Somerset HAF 2023 Map

09 Our Quality Assurance
Approach

10 Food Education

11 Reflections





Executive Summary

For 2023, Somerset Council received investment of £1.5m from the Department for Education (DfE) to continue its vital work in supporting children and young people in need during the main school holidays at Easter, Summer and Christmas with enriching activities and access to healthy food via its HAF Programme, known locally as 'Happy Healthy Holidays in Somerset'.

Building on the fantastic programmes in 2021 & 22, coordinated by our commissioned partner SASP, this report summarises our biggest and most ambitious programme to date, highlighting the amazing hard work, innovation and commitment of our providers, schools and communities who we rightly want to acknowledge and celebrate in this annual report.

Aims of our HAF Programme

For children and young people to;

- receive healthy and nutritious meals
- maintain a healthy level of physical activity
- be happy, have fun and make new friends
- develop a greater understanding of food, nutrition and health
- take part in fun and engaging activities that support their development
- feel safe and secure
- return to school having had a positive break feeling engaged and ready to learn



Our 'whole family' approach;

- Offer of cookery skills classes
- Signposting and direct access to information and support- financial advice, health services, charities and local communities





Ambitions for 2023

1. Have an bigger programme with more providers in more areas
2. Reach more of our isolated rural areas in Somerset
3. Make food education a key focus of HAF sessions
4. Improve the offer for teenagers
5. Make the booking process easier for parents and carers
6. Implement a rigorous quality assurance process and ensure all HAF providers meet the high standards consistently
7. Get schools engaged and involved earlier
8. Reduce 'no shows' with provider incentivisation to fill spaces
9. Try new approaches e.g. targetted HAF provisions for young carers



Our Programme in 2023

Over the course of the year, we commissioned HAF places in over 100 venues to ensure a wide range of enriching high quality activities and experiences. Our programme offered a broad range of provision to cater for different needs including young people with SEND, age ranges and new for 2023, vulnerable cohorts with unique lived experiences such as young carers.

Working with over 70 providers and 9 school providers, over 29,000 spaces were accessed (33,770 made available) offering outdoor activities, water-sports, football, cricket, multi-sports, dance, drama, arts, crafts, storytelling, family trips, den building, coding, cycling, skateboarding, archery and much more. All sessions including healthy food, trying out new foods, with the young people directly involved in preparation wherever possible.



Where the money went	£
Programme Expenditure (<i>HAF places</i>)	£1,289,402
Administrative Expenditure (<i>bookings, promotional materials, programme management etc.</i>)	£150,000
Capital Expenditure (<i>e.g. equipment for HAF activities</i>)	£22,689
Other Expenditure (<i>e.g. family tickets</i>)	£73,709
Total	£1,535,800



2023 'HHH' Headlines



1. 33,770 activity places made available
2. 4,989 individual FSM children attended (29,013 places)
3. 116 different venues used
4. 30% of our total FSM population attended at least once in 2023
5. 16% of places attended were children with SEND
6. Average number of days attended across the year was 15

Summer Programme insights



1. 5,325 individual children attended our Summer programme
2. 25% of whom had SEND or additional needs
3. 102 HAF venues offering 21,620 spaces
4. 98% booked - equivalent to 21,242 spaces
5. Average number of days attended was 6



Somerset HAF 2023 Map



116 Venues

- In 2023, our total number of benefits related FSM children was 15,900
- 5,911 of whom were children and young people in school years 4-8 (age 8-12)
- 80% of this cohort attended HAF at least once in 2023.

Our Quality Assurance Approach

01 Food Provision

04 Inclusion

02 Nutrition and healthy lifestyle

05 Signposting

03 Physical activity

06 Governance

Example: Food Quality Assurance

Provider Rating	Description
1	Food is provided for the children but there is no choice for them and the food although meeting school food standards, is unimaginative and not typically described as healthy.
2	Food is provided for the children, but the choice is limited and, although meeting school food standards does not include foods from all the major food groups.
3	At least one healthy meal (meeting the School Food Standard) every day provided along with break time healthy snacks and water. Food provision is in line with and appropriate to the facilities that the provider has in place or is available to access. Providers take into account the dietary needs, allergies and food customs of different religious and cultural groups.
4	At least one healthy meal (meeting the School Food Standard) every day provided along with break time healthy snacks and water from a range of options whether hot or cold. Children are encouraged to try a range of foods and make healthy choices. A system is in place to monitor dietary choices during the week and provide a balanced menu. Food provision is in line with and appropriate to the facilities that the provider has in place or is available to access. Providers take into account the dietary needs, allergies and food customs of different religious and cultural groups.
5	A range of meals provided (meeting the School Food Standard) for the children each day provided along with break time healthy snacks and water from a range of options whether hot or cold. Children are actively encouraged to try a range of foods and make healthy choices through innovative approaches such as themed days, designed to enrich the experience. A system is in place to monitor dietary choices during the week and provide a balanced menu that provides a healthy diet throughout the week. Food provision is in line with and appropriate to the facilities that the provider has in place or is available to access. Providers consider the dietary needs, allergies and food customs of different religious and cultural groups.

Food Education



1. Explore different foods
2. Make simple foods together e.g. pizzas
3. Practice preparing fruit and veggies
4. Cook outdoors when possible
5. Grow and pick produce
6. 'Make and Take' home with recipe cards



"I love coming to the cooking sessions. I cook more at home now after coming here many times."

"I really enjoyed learning about the new fruits and how to make a fruit kebab, It was yummy!!"





"I found the experience for the children fantastic. The food boxes were a great touch and really helped out. My son is neurodivergent and it was nice that I was contacted beforehand to enquire about his needs."

"I didn't really want to come and felt scared on the first day but now I have lots of friends and want to do it again and again."

"The lunches were great as I don't always get a hot lunch at home."

"She really enjoyed it, made soup, met new friends from different schools, really made them independent and got on with things to do"

"I love coming to the cooking sessions. I cook more at home now after coming here many times."



Reflections on 2023

2023 saw our biggest programme to date with unprecedented demand levels particularly during the summer. It also brought sharply into focus the cost of living pressures and financial difficulties that families are acutely facing. Whilst not a crisis service, we saw many make connections or reach out in desperate need through HAF, the need for programmes like HAF for our communities in these current times couldn't be greater. We were able to reach 27% of our total eligible FSM cohort (15,900) in 2023 through HAF.

Working closely with providers around developing clear, robust and ambitious quality assurance standards for HAF and incentivising them to maximise spaces (by releasing up to 20% of the funding bid for being contingent on attendance levels) really worked well. By the end of the year, 50% of the providers venues used for HAF had achieved either a 'Good' or 'Outstanding' rating using our new quality assurance framework.

Booking levels and attendance rates for all three school holiday periods far exceeded our expectations, emphasising the importance of a centralized booking system for such large-scale programmes. We reached more children and young people with different needs and backgrounds than ever before - 16% of all the spaces accessed in 2023 were by children with SEND.

None of this would have been possible without the amazing support and commitment of our HAF providers, our schools, local community champions, and our incredible coordinator SASP, on behalf of all the children, young people and their families who accessed the programme in 2023, a huge thankyou.