









Holiday Activities and FOOD (HAF)

Programme for HARROW

ANNUAL 2022 REPORT











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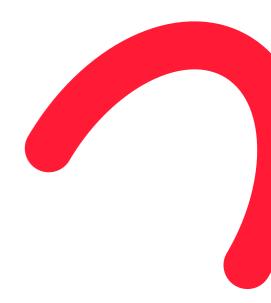
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HAF executive summary 2022

Looking back at our three Holiday Activities and Food (HAF) programmes in 2022, we are extremely pleased with the high-quality provision and support offered to Harrow's young people and families. Harrow, much like the rest of London, is still reeling from the pandemic's detrimental impact and under pressure due to the ongoing cost of living crisis.

As the number of Free School Meals ('FSM') recipients continue to grow, there is a huge need for a programme like HAF that brings young people together, promotes healthy eating, safety and social inclusion, and also connects families with schools and other services.

7,249

Children and young people attended HAF programmes, including young people with SEND needs*

All HAF Harrow programmes this year were well attended, with numbers remaining higher than expected. The overall feedback collected from HAF providers, young people and parents/carers of participants has been very positive. We funded a wider range of new activities designed to meet varying needs, including SEND specific provision. This was well received by participants and their families. Participants tried new foods, made new friends, played sport, explored the great outdoors, got involved in singing, dancing, creating musicals, arts and crafts and visited attractions outside Harrow such as the Shakespeare Globe Theatre, the Science museum, and more.

Food is an essential component of the HAF programme – **more than 1,540 meals were prepared daily for HAF Summer 2022!** In the early stages of the programme we worked closely with Public Health (Harrow) and commissioned Watford Football Club through their community sports team to create nutritional information packs, which includes learning about the importance of nutrition and a healthy lifestyle.

We continue to share this pack with our providers as well as send it home with every participant. Furthermore, during HAF Summer 2022 we formed a £30,000 partnership between our dedicated food partner, London's Community Kitchen (LCK), Jobcentre Plus, Xcite and Harrow Council to launch the 'HAF Hospitality training programme'. We were able to offer vocational training to 20 selected young people on preparing healthy meals and provide hot meals to HAF providers. We are also able to tap into LCK's extended network of support, including links with national supermarket chains, to help in the reduction of food waste and increase the size of portions of food for all of our participants. By leveraging this network we were able to offer food parcels for any family that needed it to take home during HAF Christmas 2022.



HAF executive summary 2022

We continue to work hard to adapt and improve services, addressing and actioning feedback where possible. This year we developed a closer relationship with schools in response to overcome barriers to attendance mentioned in 2021; specifically lack of awareness of clubs, eligibility limits, and difficulties booking sessions. Working with schools, our marketing campaign is now attracting thousands of families who are accessing our website. We received more than double the number of project enquiries during HAF Summer and Christmas 2022 relative to same period in 2021, and had 45% more users engaging with our HAF webpages.

59

Grants distributed by YHF

32

Organisations funded across HAF Easter, Summer and Christmas 2022

Despite the worst of the pandemic behind us, we continued to face last minute cancellations due to illnesses and strike action over the Christmas break. We filled spaces from waiting lists as best we could. On the positive side, we have more schools working with us and we continue to work closely with our local SEND providers, parent support groups and specialist schools. We remain aware of the need to engage more secondary school age participants and plan to pilot a new 'drop -in session' offer at the upcoming HAF Easter 2023 programme.

Lastly, we want to thank our donors, local businesses and schools that supported the HAF 2022 programmes by giving a variety of donations. We are proud to reach and be able to serve so many young people and families in Harrow, and will continue to run HAF programmes in 2023.









HAF Easter 2022 highlights

EASTER PROGRAMME 2022

In total, we distributed £116,464 in direct grants for the HAF Easter 2022 programme. This funding offered a wide range of opportunities right across Harrow, and targeted a diverse range of children and young people. Local providers in Harrow vary by size, with some specialising in SEND provision.

Easter 2022 was delivered by:

11

YHF Member organisations

4

YHF Associate members

5

Private providers

The programme supported:

1482

children and young people in total

1201

Primary

281

Secondary

166

- SEND

HAF





HAF Easter 2022 highlights

EASTER PROGRAMME 2022

The DfE required a minimum of 16 hours provision this Easter, and Harrow provided:

Easter 2022 provision provided:

24

hrs on average for primary-aged participants

28

hrs on average for secondary-aged participants

5

days on average for primary- and secondary-aged participants

Children and young people tried and cooked new foods, made new friends, gone on trips, played sport, got involved in singing, dancing, created musicals, arts and crafts, explored the great outdoors, and much more!

• There was less take up over Easter as people were more at liberty to travel and see other family members across the country and nationally, than during any of last year's programmes which may have been the main reason. That said, we attracted approximately **three times more** young people compared to Easter 2021.

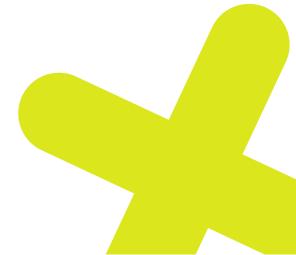




HAF Easter 2022 highlights

- There was also an increase in SEND specific provision and some additional funding through Harrow School to enable us to increase this offer.
- Over 70% of our funded programmes also included breakfast and regular healthy snacks trying new foods, especially different types of fruit. All funded programmes included lunch.
- Harrow has further supported our parents and carers to have access to food banks, we
 have created food videos on cooking on a budget and related this to the type of food bank
 parcels being offered. We created online health workshops for our families and shared lots
 of good resources to support families with this element of the programme.

Click here to watch the HAF Easter 2022 video







HAF

HAF Summer 2022 highlights

SUMMER PROGRAMME 2022

In total, we distributed £334,438 direct grants for the HAF Summer 2022 programme. This funding offered a wide range of opportunities right across Harrow, and targeted a diverse range of children and young people. Local providers in Harrow vary by size, with some specialising in SEND provision.

Summer 2022 was delivered by:

9

YHF Member organisations

6

YHF Associate members

3

Private Providers

School

The programme supported:

2899

children and young people in total

1362

Primary

258

Secondary

259

- SEND





HAF Summer 2022 highlights

SUMMER PROGRAMME 2022

Children and young people tried and cooked new foods, made new friends, gone on trips, played sport, got involved in singing, dancing, created musicals, arts and crafts, explored the great outdoors, and much more!

The programme engaged Harrow's diverse communities, including Romanian, Iranian, Afghan and Tamil families.

The DfE wanted every child to be offered access to a minimum of 64 hours across the holiday period. DfE expected programmes to operate over a minimum of 10 days (they do not need to be consecutive and can be spread across the full holiday period) but must be NO LESS than 4 hours per day and include a meal. Harrow provided:

Summer 2022 provision provided:

1478

children and young people eligible for Free School Meals (FSM)

45

% more users engaged with Young Harrow's HAF webpage

1028

hours of activities delivered

11.7

days on average attended by secondaryaged participants

205

sessions delivered

1540

approx. hot meals provided daily

11.5

days on average attended by primaryaged participants





HAF Summer 2022 highlights

SUMMER PROGRAMME 2022

We were able to increase our programme funding by securing additional match funding, including in-kind donations such as premium venue space, offered free to local charities taking part:

- £9,209 DVS Foundation
- £15,000 John Lyon School
- £500 in-kind support from Harrow School and John Lyon School

We invested £30,000 in the 'HAF Hospitality training programme' pilot. It was a success and led to:

- 20 young people achieving Level 1 in Catering and Hospitality
- Three young people securing paid employment

Click here to watch the HAF Summer 2022 video

Click here to watch the Hospitality training programme 2022 video







HAF Winter 2022 highlights

WINTER PROGRAMME 2022

In total, we distributed £187,197 direct grants for the HAF Christmas 2022 programme. This funding offered a wide range of opportunities right across Harrow, and targeted a diverse range of children and young people. Local providers in Harrow vary by size, with some specialising in SEND provision.

Winter 2022 was delivered by:

10

YHF Member organisations

4

YHF Associate members

3

Private Providers

School



The programme supported:

2868

children and young people in total

2704

Primary

164

Secondary

203

- SEND



HAF Winter 2022 highlights

WINTER PROGRAMME 2022

- Children and young people attended several sessions throughout the Christmas break including Harrow's unique Winter Wonderland, an accumulative number of 5,240 days attended by primary- and secondary-aged participants in 2022.
- We were able to secure £2,973 in additional funding from one of our long standing private donors. This funding was used to fund places for disadvantaged CYP that don't receive FSM.

We have developed a closer relationship with schools and our wider marketing campaign is now attracting thousands of families who are accessing our website. During the period of 1st November to 31st December 2022, we had:

5230

HAF and HAF Christmas 2022 page views

2244

unique users accessing, browsing or interacting with YHF website

262

HAF project inquiries through YHF website which represents over 500% increase year-on-year



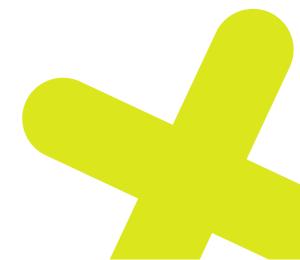


HAF Winter 2022 highlights

WINTER PROGRAMME 2022

Our unique HAF Harrow Winter Wonderland consists of 10 magical activity zones to inspire, captivate and engage Imaginations. Children and young people also receive a healthy festive meal as part of the event. We had over **2000 young people** attending and taking away support information and nutritional education booklets to use over the holiday. We had a special SEND session, not only the children but also their siblings, parents/carers. This helped address the ongoing concern that there are less opportunities on offer for SEND.

Click here to watch the HAF Xmas 22 video







HAF Programme Overview

In 2021, the Department for Education (DfE) successfully rolled-out the HAF programme in England. The programme aimed to enable young people aged 4-16, eligible for Free School Meals (FSM) to take part in free activities run by local organisations across the borough. Following a successful 2021 HAF programme in Harrow, Young Harrow Foundation (YHF) was commissioned again by Harrow Council in March 2022 to deliver the programme over Easter, Summer and Christmas breaks. This programme has been a highly successful partnership between YHF and Harrow Council. This year we continued working closely with the Commissioning Team to ensure the best outcomes for our children and young people across Harrow.

Who is the Programme aimed at?

The funding is aimed at school-aged children from 5-16 years old (from Reception to Year II both inclusive), and is primarily aimed at those eligible for (FSM) benefits related - but not exclusively as we aim to include any child experiencing economic and social disadvantage.

In Harrow we target geographical hotspots showing high levels of economic disadvantage, obesity and deprivation.

The HAF programme aims for children to:

- Eat healthily over the school holidays
- Be 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 health and nutrition
- Be more engaged with school and other local services

And, for families who participate in this programme to:

- Develop their understanding of nutrition and food budgeting
- Are signposted towards other information and support, for example, health, employment, and education





HAF Programme Overview

Harrow has over 4500 children eligible for FSM and we expect this number to rise due to the cost of living crisis. We are also increasingly becoming aware of the financial challenges faced by many families that are not eligible for FSM, therefore fall outside the primary remit from DfE. Once again, this year we worked to secure match funding from other funders so those families can access the HAF programme as well.

If you have any questions about this programme or would like to get involved with this work, please reach out to YHF's HAF Programme Grants Lead at cristina.garcia@youngharrow.org.

Minimum standards for Quality Provision for the programme include:

- Healthy food
- Enriching activities
- Physical activity
- Nutritional education
- Relevant policies and procedures in place

Programme outcomes:

As a result of the holiday provision, we want to see children and young people:

- Eat more healthily (hot meals where possible)
- Be more active
- Take part in engaging and enriching activities
- Be safe and not isolated
- Have greater knowledge of health and nutrition

Additional requirements from DfE for HAF programmes:

The additional requirements vary and depend on the period of delivery. For example, during HAF Easter 22 the DfE required a minimum of 16 hours provision for every child during the Easter break.

During HAF Summer 22, DfE wanted every child to be offered access to a minimum of 64 hours across the holiday period. DfE expected programmes to operate over a minimum of 10 days (they do not need to be consecutive and can be spread across the full holiday period) but must be NO LESS than 4 hours per day and include a meal.

During HAF Christmas 22, DfE required provision to be minimum 4 hours a day, 4 days a week for 1 week in the Christmas holidays.





The Harrow approach

Locally Rooted

Young Harrow Foundation works primarily to support our 200 member organisations. They are a range of small to medium-sized charities working to support and engage with children and young people across Harrow.

We work very closely with members and know about the work they do and have experienced first-hand the range and standard of delivery. Our aim is to keep funding and ensure that locally based charities are not excluded from commissioning and funding opportunities based on size, status or capacity.

This national programme attracted a range of organisations not previously known to us and in particular, those who operate with schools, delivering out-ofschool and holiday-based programmes. Anyone interested in applying to be part of the Harrow-based programme had to join YHF either as a Member or Associate (depending on their status and turnover). It is the first time we had funded or worked with organisations not previously known to us. We have now created a new status of membership (specific to this programme) under Private Providers as they are integral to programme delivery and working with high numbers of children and young people, mainly school based.

Economic and Social disadvantage

Although the DfE funding was specifically aimed at those children and young people in receipt of Free School Meals we were also aware, especially during and as a result of the pandemic, that there were high numbers of families struggling, in a number of ways, who did not meet the criteria.

We remain resolute that all provision, although aimed at those on free school meals/benefit related, should include opportunities for all children and families in need of support, especially during holiday periods.





The Harrow approach

Additional funding

We continue to work with external partners and corporate sponsors to secure additional funding to allow us to continue to open the programme out to other vulnerable or struggling families. For HAF Summer 2022, Harrow Council provided additional funding of £30,000 to pilot a new initiative, the 'HAF Hospitality training programme'. There were two main aims of the pilot, firstly to provide hot meals to all our HAF providers and secondly, to involve young people from Harrow (who are not in education or employment) on a summer training & employability programme.

Over the HAF Easter 2022 programme we worked with a new partner, the DVS Foundation, established in 1985 by Dhiru V Shah is a family-run commercial property business based in Harrow. In 2012, Dhiru and his wife, Rami Shah formalised their family's charitable giving by setting up DVS Foundation.

The Foundation's work is primarily focused on the advancement of education, healthcare and food security, both in the UK and East Africa. Harrow has been home for the family for over 35 years, they love their local community and want to see those around them, especially young people, thriving.

The HAF programme has proved to be a perfect opportunity for this. We are grateful for their continued support with HAF Summer and Christmas 2022, which has allowed us to deliver more activities to those children not in receipt of Free School meals (FSM), also referred to as privately funded places in this report.

We continue to work closely with the Harrow Parenting Forum to support families on finding the right provision for their SEND children and siblings. We are learning about the ongoing challenges and finding ways to address these. For example, providing training for providers and showing provision differently on our website so parents and carers can make informed choices.

We also secured £15,000 from Help Harrow for the 2022 HAF programmes. Fortunately, Help Harrow have donated additional £15,000 for the upcoming HAF programmes in 2023.









Harrow Outcomes

Eat more healthily (hot meals where possible)

On average our children and young people attended more than the minimum threshold of hours required by the DfE for each season. All provisions included lunch. In addition, just over 70% of our funded programmes also included breakfast and regular healthy snacks trying new foods, especially different types of fruit. Additionally, they included a daily health and nutrition theme in their scheduled timetables, and learning and group discussion on the importance of healthy eating. Many Harrow programme providers historically struggle with delivering quality hot meals, but this year YHF secured funding from Harrow Council to set up a partnership designed to provide meals to all providers in Harrow.

Have greater knowledge of health and nutrition

Piloting the 'HAF Hospitality training programme' this summer meant that we were able to offer vocational training to young people on preparing healthy hot meals. This led to 20 young people attaining Level 1 in Catering and Hospitality professional accreditation. Harrow has further supported our parents and carers to have access to food banks, we have created food videos on cooking on a budget and related this to the type of food bank parcels being offered. We created online health workshops for our families and shared lots of good resources to support families with this element of the programme. We continue to explore new approaches.

Be more active

All our HAF participants have a minimum of 2 hours of physical activities or more at each session. They were encouraged to try new sports and new games, designed to keep them active.

Take part in engaging and enriching activities

Our local providers ensure there is an extensive variety of activities to suit everyone. All of our programmes promote healthy eating and being physically active. Participants feel supported and empowered. Children and young people have tried new foods, made new friends, gone on trips, played sport, got involved in singing, dancing, creating musicals, arts and crafts, and exploring the great outdoors.

Be safe and not isolated

The most common feedback from young people on what they enjoyed most from the HAF programme is meeting new people and making new friends. They are happy not to be at home, playing video games, and to be trying so many new things and creating some fantastic memories. This reinforces the importance and ongoing need for our young people to have more face-to-face programmes, especially post COVID.







Feedback from families and carers

Several parents and carers told us that HAF hugely benefited their children. Many families appreciated the opportunity to bond with the local community, and praised the freedom, fun and safety provided by the programme – especially the food provision.

"This is the only respite I get over the summer holidays; the staff are amazing the children have so much fun"

HAF Summer 22 participant



"The camp was an answer to prayer for us as a family. We have just moved to a flat locally and being able to send the children for 3 days a week really helped us to declutter and prepare to move. We would not have been able to afford a paid camp so Cedars Community Centre has been a gift to us!"

HAF Summer 22 participant



children to a club like this, the fact that it was free allowed me to do things with my other children, and the fact that lunch was given was such an added bonus"

HAF Summer 22 participant



Feedback from families and carers

Case study from HAF Summer 2022 programme:

Overwhelmed single mum grateful for HAF for keeping her son safe and fed

A single mum of a boy, who attended the HAF Summer programme, told us that she was a victim of domestic violence. She had recently been relocated to Harrow. We were worried to learn that she wasn't aware of the support that was available, and due to childcare responsibilities she didn't have the time to seek help from the local council.

Struggling financially and emotionally, she signed her child onto the HAF programme. This lifted a huge burden from her shoulders as the camp gave her the confidence that her son was safe in our care and was fed a hot meal. During this time we referred her to Harrow Council to receive the support available to her. HAF also eased some of her financial burden as she couldn't afford to feed her son a hot meal in the evenings.

Her son greatly benefited from HAF as it removed the outside stresses on him and he was able to enjoy activities with children of his own age and develop friendships with his peers.

We are very proud to have helped the mum and son as it was clear that mum's mental health was affected by domestic violence.







Feedback from families and carers

"HAF is a support that me and my family have come to rely on and look forward to!"

Adriana Morosan is a busy mum of four children aged 2, 6, 10, and 13. Her children have been attending HAF programmes in Harrow since 2020, after hearing about it from her sister.

"As a mum of four, even if I am the most organsied [sic] I can be, I simply wouldn't be able to give my children the same opportunities and activities that they have been able to try through HAF."

In the latest Winter 2022 programme, Adriana's children had a fun packed itinerary of ice skating, trips to museums, Harrow's Winter Wonderland and much more.

"They loved it, especially Winter Wonderland. and getting to go on the rides. They were also big fans of the Christmas dinner they received there and shwarma they tried on a trip."

Adriana loves cooking and every day she serves up delicious home cooked meals for her family. Yet, she's all too aware of the cost of living increasing and that feeding her family is getting more expensive.

"Every little helps, and when they are out at a HAF activity I know they are getting a good meal and that's a great part of HAF."

Adriana will be going back to work soon when her youngest joins a nursery and she's counting on HAF places for school holidays when she will need childcare for her young family.

"HAF is a support that me and my family have come to rely on and the children look forward to. It's so good for them to try new activities and socialise with other children."

Three of Adriana's children attended Steps to Success provision in Harrow during HAF Christmas 2022.



Photo: Ariana with her four children.







Feedback from children and young people

We received great feedback from children and young people. Many children appreciated being able to participate in activities with their best friend. As previously some parents were unable to afford it, especially larger families with multiple children.

"Playing sports was so much fun!!
It helps me to keep fit, run around and play games"

HAF Summer 22 participant

"I think that everyone there is so much fun. I love having so much to do. I think that in art you can (sic) do lots of painting and colouring. In singing I like learning new songs. I liked that every day you can see your friends."

HAF Summer 22 participant

"I played golf with all my friends."

HAF Easter 22 participant

"This was the first time I have been to the Theatre in London, the whole day was wicked. I am going to ask my Mum to take me again".

HAF Easter 22 participant

"Great fun and I got the ball past Mr Kelley" - HAH Champion

HAF Easter 22 participant



Feedback from children and young people

"I learnt how some of my food grows and made dishes based on the food I planted too. I really enjoyed the cookery class but learned a lot in gardening sesion too".

HAF Summer 22 participant

"I am glad I come to the Beacon, I loved the pancakes for breakfast, cooking my own lunch, trying sweet potato, and going outside on the gym".

HAF Summer 22 participant

"I made lots of new friends today. I can't wait to come back tomorrow".

HAF Easter 22 participant

"I was scared to leave my Mummy for the day but I had so much fun doing the drama workshop".

HAF Summer 22 participant

"I learned plants are rich in protein and to eat more vegetables and fruits help me build my muscle".

HAF Easter 22 participant





The 'HAF Hospitality training programme' pilot

Being able to provide nutritious, hot meals was cited as the single biggest challenge by HAF providers in 2021. Procurement and logistical challenges, such as pricing and delivering hot meals across Harrow on a daily basis throughout the holiday period proved to be more challenging than anticipated. Due to this we saw many providers opting for packed lunches. Whilst this is sufficient for some days and activities, the DfE really wanted to see the provision of nutritious, hot meals as often it is the children's only hot meal of the day.

To alleviate this issue, we secured additional funding of £30,000 from Harrow Council and formed a special partnership between our dedicated food partner, London's Community Kitchen (LCK), Jobcentre Plus, Xcite and Harrow Council. We piloted the 'HAF Hospitality training programme' during HAF Summer 2022.

There were two main aims of the pilot, firstly to provide hot meals to all our HAF providers and secondly, to involve young people from Harrow (who are not in education or employment) on a summer training & employability programme.

The pilot successfully recruited 20 unemployed local young people to participate in a six-week hospitality sector based training. The young people were employed and trained by LCK.

Pilot highlights

- More than 1540 meals prepared every day for HAF Summer 2022
- Saving more than 31 tonnes of surplus fruits and vegetables saved from landfill (or would otherwise go to waste)
- Saving ~77.5 tonnes of CO2 carbon emissions
- 20 young people achieved Level 1 in Catering and Hospitality; gaining skills and increasing chances of future employment opportunities
- Three young people have secured paid employment after the six-week training (two of which came through SEND referrals to the programme)





The 'HAF Hospitality training programme' pilot

At the beginning of the pilot we faced a few teething issues, mainly logistical, but these were quickly resolved. Our local providers, participants and their families were pleased with the quality and amount of food delivered. Many children asked for seconds, sometimes more and families were given excess food to take home.

Both the DfE and Childworks visited the pilot and were really impressed with this initiative. They praised the added value this pilot brought to the overall HAF programme.

The highlights below show that the pilot was successful and sustainable. We are now looking to maximise and extend our HAF funding to train and create employment opportunities for local youth on a longer term basis.

<u>Click here to watch</u> <u>the video</u>









Shared Learning

What worked well?

We had a significant increase in referrals to HAF through our partners

Our strategic partnerships with schools and NHS partners resulted in an increase in referrals to all three HAF programmes. We reached out to vulnerable families and those who may not have accessed the programme previously. We are really pleased with the progress we made on this and will continue building on new relationships to support our local community.

This year over 8000 users engaged with our HAF webpages, we saw project enquiries more than double compared to last year for our HAF Summer and Christmas 22 programmes

Last year we found that many of the HAF providers struggled to use social media. This year, our comms team put in a lot of work to ensure the full HAF offer was displayed on YHF's website. This includes significant work on our part to getting all the programme portals live, allowing the user to easily search for what they need in one place, sign up for places and connect directly with a range of providers. This alone increased user engagement by 45% to over 8000 users during HAF Summer 22. For HAF Christmas 22, we saw a jump of more than 500% in project enquiries through our website, a testament to our strong collaboration with local schools and successful running of HAF programmes.

'HAF Hospitality training programme' employed 20 young people for the summer and delivered hot food daily to HAF providers

Last year YHF and HAF providers in Harrow faced major challenges with hot food provision. This pilot was a much needed initiative investment that helped us overcome the hot food issue. In addition to delivering hot food daily, the 'HAF Hospitality training programme' offered vocational training to 20 young people in Harrow. This new initiative was a fantastic addition to our HAF Harrow programme and one we hope to build on next year.







Shared Learning

What could we improve?

We need to attract more secondary school-aged young people

We are aware, partly due to the criteria set by the DfE, that we are unable to attract as many of the older, secondary school age group in the HAF activities. Often secondary school-aged young people only want to 'dip in and out' of services and use them on an ad-hoc basis. Currently, HAF providers are unable to ensure they attend for the minimum days in total as set out in the funding requirements. We are planning a more flexible format of 'drop-in' sessions for HAF Easter 23 programme that we hope will attract young people who previously were unable to participate. We continue to explore ways of making the activities more accessible and appealing.







HAF Harrow delivery partners









































































youngharrowfoundation.org







27 High Street, Harrow-on-the-Hill, HA1 3HT Charity No. 1163589

