

WALSALL RIGHT 4 CHILDREN HOLIDAY ACTIVITIES PROGRAMME

EASTER 2021 EVALUATION REPORT



Walsall Council



Department
for Education



PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



INTRODUCTION

Walsall Council received an investment of £ 1,799,290 from the Department for Education (DFE) to develop and co-ordinate the Holiday Activity and Food programme (HAF). This programme is aiming to provide healthy food and enriching activities during key holidays to children who receive benefits-related free school meals.

It offers valuable support to families on lower incomes, giving them the opportunity to access rewarding and active activities alongside healthy meals over the school holidays and enhance the holiday provision that has already taken place over the last years.

National research tells us that;

- School holidays can be pressure points for some families because of increased costs and reduced incomes.
- Some children are more likely to experience 'unhealthy holidays' in terms of nutrition and physical health and
- Some children from lower-income families are less likely to access fun activities

Walsall will be delivering an activity programme over easter, summer and christmas holidays in 2021:

- To all children and young people ages 5 - 16 who are entitled to free school meals in the local authority.
- A programme that is inclusive and accessible provision (e.g. Special educational needs and disability (SEND), young carers, etc)



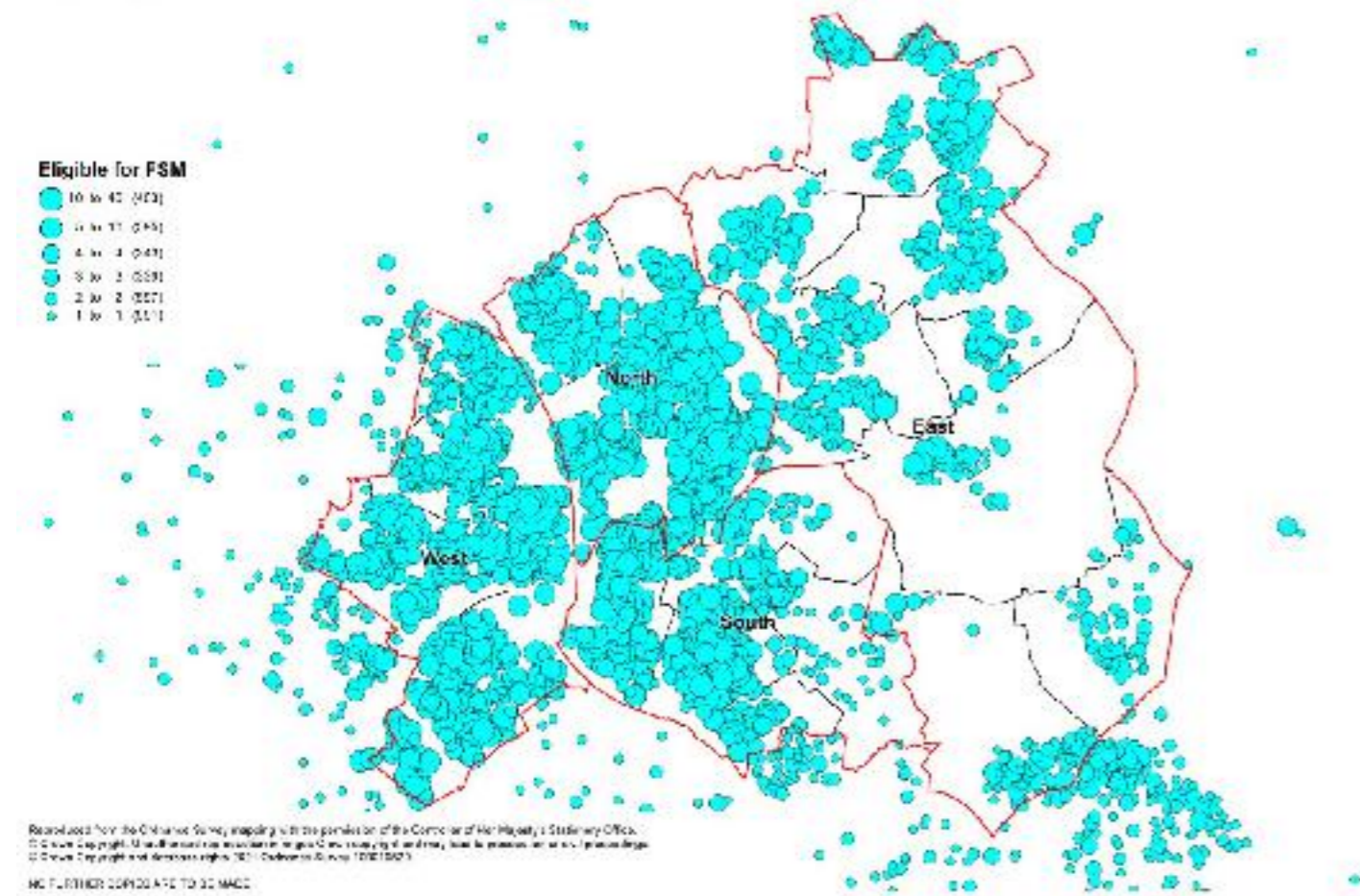
WHAT DO WE KNOW ABOUT WALSALL CHILDREN & FREE SCHOOL MEALS?

In Walsall we have 14,197 children who are on roll in Walsall schools, whose parents claim free school meals. Of these 13,592 live in Walsall.

We have undertaken a mapping exercise to understand where children entitled to free school meals live as well as where potential provision in place currently to be part of the HAF programme.

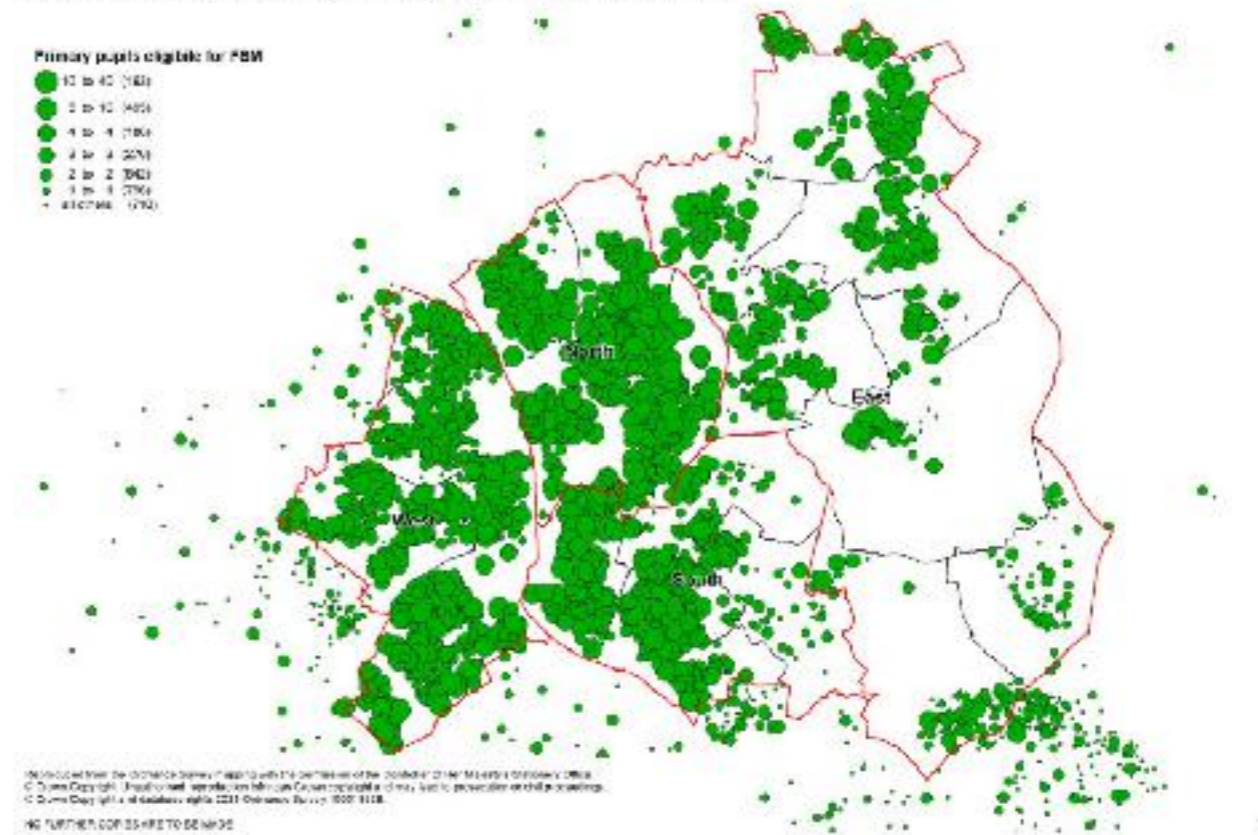
All Children signed up for free school meals on roll in a Walsall School

Pupils Eligible for Free School Meals - School Census Autumn 2020



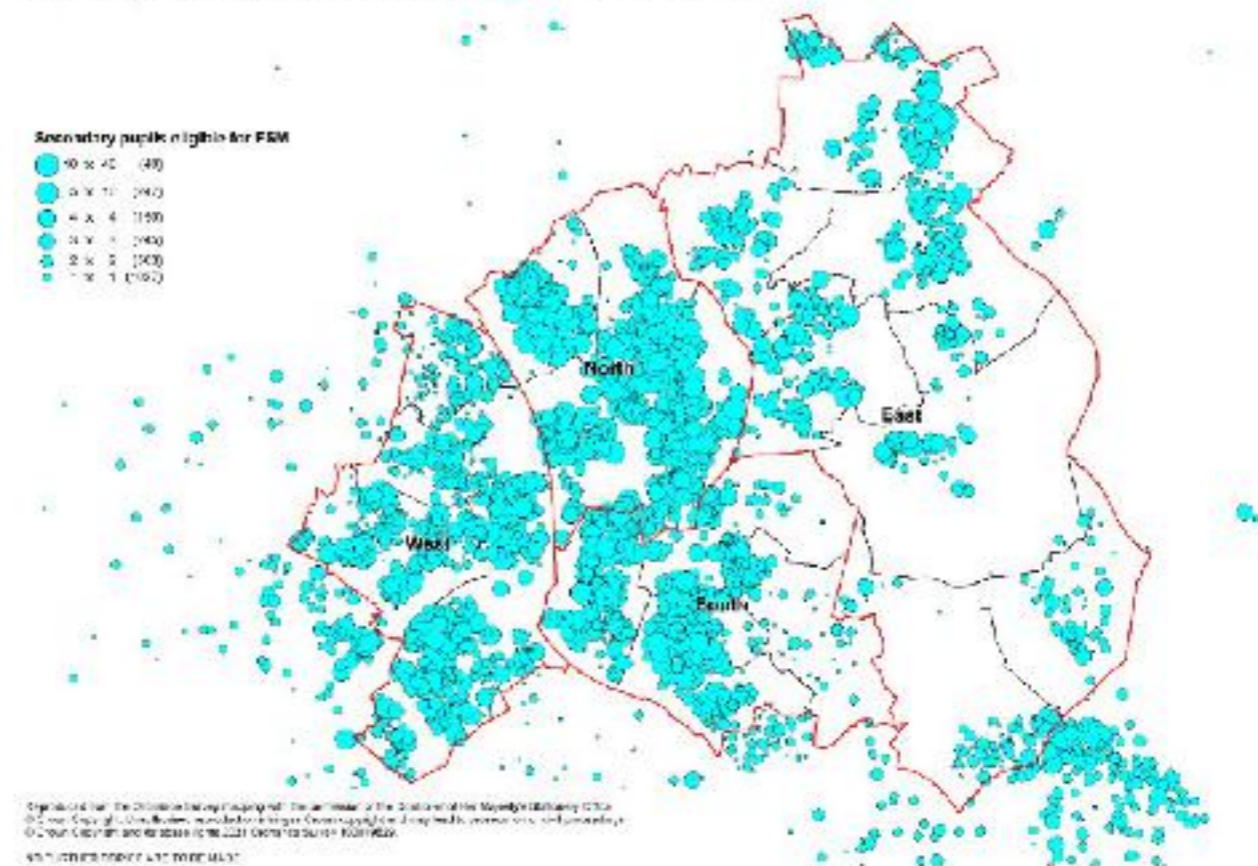
Primary aged Children signed up for free school meals on roll in a Walsall School

Pupils Eligible for Free School Meals - School Census Autumn 2020



Secondary aged Children signed up for free school meals on roll in a Walsall School

Pupils Eligible for Free School Meals - School Census Autumn 2020



COLLABORATION DRIVING FORWARD EFFECTIVE AND TIMELY DELIVERY OF THE PROGRAMME

Our HAF partnership steering group

This year's Covid pandemic strengthened our Children's Services partnership working and delivery mechanisms. During summer last year partners shared data and intelligence on historical and projected need, together with knowledge of activities being planned. This led to the identification of key issues, additional demand, the effective management of risk and the efficient deployment of resources. Gaps and impact were better understood, solutions collectively agreed and acted on. This work led to a proactive, well-coordinated, targeted summer provision in each locality with significant contribution from the Voluntary and Community Sector. This mature partnership provided the right foundations to develop the **HAF steering group from.**

HAF steering group

The steering group comprised Children Services (Early Help, Social Care, Access and Inclusion), Voluntary Sector, WHG, One Walsall, Money Home Job, Black Country Active, Police, Leisure Services, Public Health, Resilient Communities and Economy and Environment, .

The role and responsibility of the steering group was to oversee the effective implementation of the programme, find solutions for any issues or barriers, identify resources & links, add value to the programme, monitor and report on impact. The steering group has been meeting every 3 weeks.

The impact of the HAF programme has been reported through to the Children's Service Leadership Group, Walsall Together and the Early Help Steering group to ensure that the learning influences future services, service delivery, partnership dynamics and sustainability of key impactful components of the programme beyond the DfE funding period.

Our HAF project team

A HAF project team with responsibility for taking forward the operational actions as part of the delivery plan was established. This project team was made up of 'in kind' resources from across the partnership as well as a dedicated project coordinator, appointed in March. Two apprenticeship posts were created to support the delivery of the summer and Christmas programme.

The project team has met weekly to ensure the implementation plan was kept on track.

Effective communication

We worked with our corporate communication and ICT team to create a HAF website to provide access to information for providers, professionals and children, young people and families.

We also facilitated a number of workshops and briefings about the programme to a range of key stakeholders including head teachers, social workers and early help professionals, potential providers to keep them up to date with the programme, communication with children and parents. We published the frequently asked questions and answers from these onto our website.

We organised regular 'check ins' with all of the delivery partners to ensure preparations were going as planned, identify any issues that needed support and to update on the take up and booking part of the programme. In the evaluation of the programme, all providers valued this ongoing dialogue and reported this made them feel part of a wider HAF delivery team.

"I have very much enjoyed being involved. The entire HAF team have been very friendly and easy to deal with. Also, incredibly organised and supportive to the providers."

"Walsall council HAF term have been a pleasure and refreshing to work with. We would love to help you develop this scheme into a national flagship programme."

Because of the pandemic and the pressure on schools onto new arrangements as part of all children returning to school we decided to communicate directly with eligible children as much as possible, while keeping schools informed so they could support the update.

All children eligible for the programme received a postcard in the post with information of the programme and how they could register using their unique reference number. This provided us with the ability to track children's uptake and engagement.

SO WHAT DID OUR EASTER PROGRAMME DELIVER?

We are proud to have worked with 26 providers and council departments to develop an exciting, engaging and enriching programme of activities to meet a range of children and young people needs during Easter.

The delivery of Walsall Holiday Activities primarily provided activities virtually with a small element of face to face provision for those children and young people who did not have access to the internet or who were identified as most vulnerable.

Our online offer included;

- 69 Different pick and mix activities: This is a range of standalone activities with 385 specific delivery packs being delivered
- 1000 Physical activity packs: a free activity pack developed by our leisure services (worth £20) linked to physical online activity sessions throughout the 2 weeks.
- 15 Courses: We had a number of courses on offer to get children learning a new skill. This includes piano lessons, gaming, growing plants and flowers, pottery making, 3D printing, etc.

In addition the healthy food aspect for children accessing the online offer was delivered through healthy food boxes delivered directly to children's home. The food boxes were complimented with healthy recipe cards, nutrition information and online cooking sessions. Each child received food to cook 4 healthy meals for their family.

Each child received one of the following food boxes:

Healthy recipe box:

This box contained ingredients to cook 4 healthy meals: Veggie bean chilli, Lentil and sweet potato curry, Tomato pasta and vegetable goulash with potato wedges.

Essential food cupboard box:

This box included essential ingredients will help families cook healthy. The Holiday programme had a couple of cooking sessions included that gave some useful ideas and tips to cook healthy dishes from the cupboard.

Our face to face programme for children who had no online access or who were vulnerable was delivered through 9 providers, creating a capacity of face to face provision for **235** children and young people across the 4 localities over the two weeks of the Easter Holiday. This provision was fully delivered to the HAF standard using the 4 days, for 4 hours model included a healthy meal.



In summary, what we found this year, was a clear demonstration of the collective strength of response from Walsall Council and our delivery partners. The collaborative, solution focussed approach ensured the network of delivery partners could be mobilised quickly, organisations could develop their plans, grants could be approved, and resources delivered to children and families ready for the start of Easter.

MAKING EVERY CONTACT COUNT APPROACH

One of the HAF requirements is to include signposting and referrals into the programme – the DFE guidelines set out that organisations delivering HAF must be able to provide information, signposting or referrals to other services and support that would benefit the children who attend their provision and their families.

This provided a key opportunity to develop our locality offer and to build capacity across our delivery partners to meet preventative and early help demand from children and young people across each locality without the need statutory for Children's Services involvement:

We built in sign positing opportunities through:

1. Registration process – all parent carers where asked if they would like to receive information on free services which may help them including parenting courses, finance information, nutrition information. 1369 families indicated that they wanted to receive more information and as a result they will all receive an email with information on
 - Early Help Parenting information
 - Citizens Advice
 - Change 4 Life
 - Healthy Start
2. Information linked to the HAF booking website
3. We have also delivered a signposting training session to all providers. This included:
 - Intro to Right Help Right Time
 - Intro to Early Help locality and partnership managers
 - Intro to neglect
 - Overview of helpful resources to promote with families
4. We have also partnered with WHG (the largest social housing provider) and have made referrals for all families who do not have access to online resources to be considered for the digital 'kindness bags' as part of the social prescription offer by WHG.



HEADLINE DATA



1866 registered **13591** and eligible **13.7%**



235 face to face participants



age **5-11yrs** =
78% (1452/1862)

age **12-16yrs**=
22% (410/1862)



1820 food boxes delivered to families homes providing

7280 healthy meals



385

specific activity packs delivery packs being delivered to complement interactive online engagement into activities



1000 physical activity packs



26 delivery partners

9 delivery sites



69 online sessions

15 online courses



1369 children signposted to extra help and support

IMPACT OF THE PROGRAMME

Recipe Boxes

We received 130 completed evaluation forms providing feedback on the healthy recipe boxes. Of these 11 were completed by the child, 72 completed by the parent and 47 completed by the child and parent together:



Fantastic easy to follow recipes so kids can help along the way

It was nice to do things with my mommy. I was impressed with all that was offered and the dates on them which gave us some flexibility.

I was very surprised at the amount and content of this box! A great healthy box put together for our family to enjoy, really pleased. A job well done.

Thank you so much my children my child has autism and physical disabilities he never eat different things but the different ingredients that you gave made him curious he actually ate the vegetable goulash he loved it made me soo happy

Been single mum suffering from mental health & get really anxious all the time this was fun for girls & they both engage. They watched the videos how to cook & chopping veg's really enjoyed eating the food.

It was very useful because it was filled with loads of essential items that when put together make a scrumptious meal and they gave extra ingredients to keep us going for longer

HEADLINE DATA



92% rated the quality of food items in the healthy recipe boxes as very good or good



91% rated the quality of the essential cupboard boxes very good or good



only **13%** of families used the ingredients to cook something different then on the recipe cards. The tomato pasta and lentil and sweet potato curry were the most popular recipes to cook by families



68% said the meals were different to what they would normally cook/eat at home



97% used the online demonstrations or recipe cards to help with cooking the meals



66% of families cooked together



14% of children cooked for their family



86% said they learned a new skill from cooking through the recipe boxes provided



26% said their children being fussy eaters put them off cooking meals like the ones in the box



19% said the cost of food put them off cooking meals like the ones in the box

VIRTUAL PROGRAMME:

We received 130 completed evaluation forms providing feedback on the virtual programme.



97% enjoyed the activities they took part in



97% said they would like to do similar activities in the future



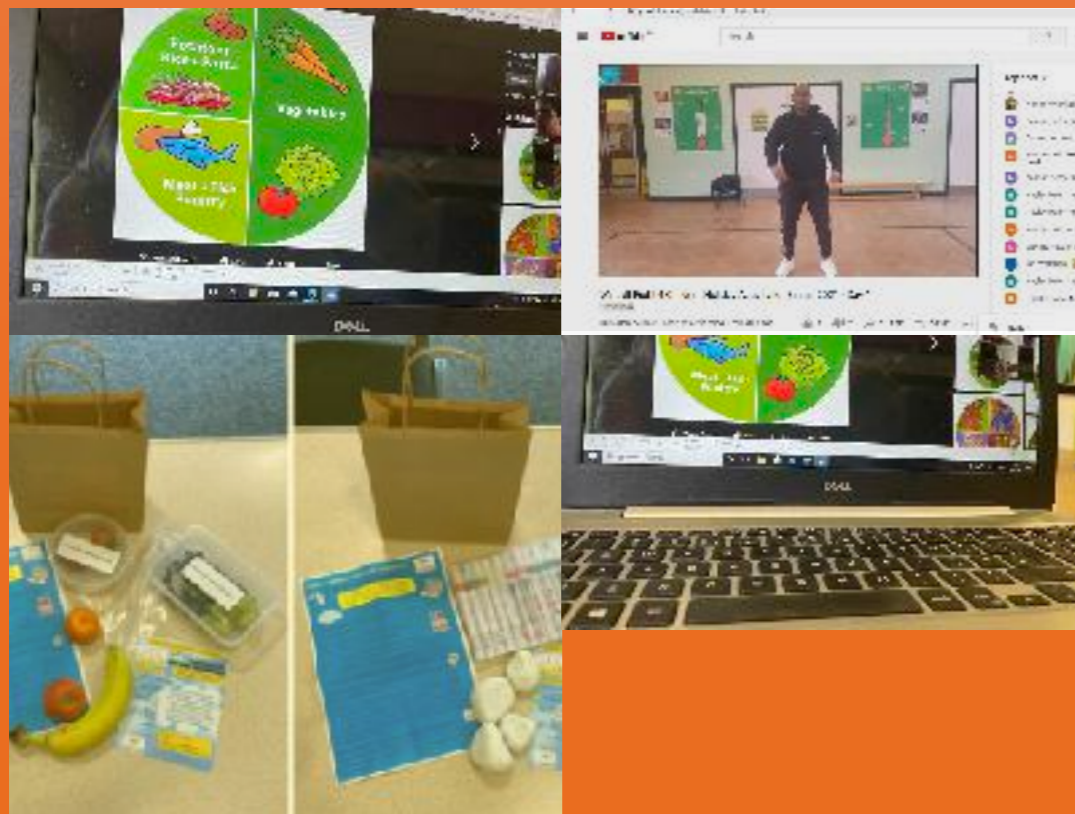
65% of children felt good/happy before the activity this increased to **95%** feeling happy after they attended the activity



69% said taking part in the activity made them more activate and move around



84% said the activity taught them something new



What they learned new:



Feedback:

“Although only 1 child is entitled to free school meals and the activities (due to sibling being too young at the moment and not of school age) we were able ‘share’ the activity and all get involved which is great. We have also received our physical activity pack now also and very impressed with the contents and absolutely can’t wait to use them. Such a great variety of items meaning we are now able to do activities we probably won’t have had access to.”

“Hi justly wanted to say thank you so much for the resources for the Easter activities we are really grateful for them my girls loved them we are truly grateful to you for including the girls - thank you again”

“Love arts and crafts. I learnt how to make a ninja out of toilet roll. I made two, then I taught my little brother how to make them and I can’t wait till I can see my cousins again so I can teach them too. I also made flowers and a hug card.”

FACE TO FACE PROGRAMME:

We received 130 completed evaluation forms providing feedback on the virtual programme.



99% of children said they had enjoyed their activity week



54% of children felt good/happy before the activity this increased to 96% feeling happy after they attended the activity



92% said taking part in the activity week made them move around more than they normally would



84% said the holiday activities had taught them something new



What they learned new:



How to climb

How to play new sports

How to cook bread

How to shoot a bow and arrow

Making friends

How to ride a bike

How to play a guitar

How to plant things

Cooking skills

Zip Wrire And Archery

Communication, team work meeting new people

How to be nice How to make slime and bath bombs

How to do nails properly and how to tye dye and make bath bombs

I tried fajitas

I learnt how to share more

How to do fun stuff

95% said they would like to do more holiday activities like it in summer.

We had some lovely feedback through the providers of parents with children with disability who appreciated the additional support that was provided to insure that children could be included the main HAF programme rather than a specialist provision. This enabled siblings to attend and have fun together, made the child feel included, and the outcomes for the children with disability in feel confident and happy was amazing.

LEARNING FROM EASTER DELIVERY

Success we want to take forward into summer;

- We will continue the collaborative approach between a wide range of partners to ensure we bring variety to the programme, can build sustainable local relationships for children and families and build capacity for further preventative locality work.
- We will build on the data we have to ensure we can do more targeted work in increasing uptake in communities of high need and eligibility.
- We want to continue with a central website which includes a central registration and booking system and give providers access so they can manage their bookings. This will improve communication to families
- We will continue to provide additional expert support to providers through pulling on our short break buddying pool so they can deliver inclusive to children and young people with complex special educational needs and medical needs.
- We will look at how we can build some virtual activities especially for those young people who maybe anxious in attending face to face. use it as a way to build relationship and confidence to then move them on to face to face activities.

- We may also use the virtual technology to connect children between providers
- We will look at how we can build the healthy recipe boxes and the activity packs into the summer provision to encourage family time and healthy eating beyond the activity programme.
- We will provide further training to providers around neglect and exploitation so they are able to identify and take appropriate action during the summer were needed.

New developments we want to implement in summer

- Summer will be mainly face to face and we have an ambition for children and young people to not have to travel more than 3miles to take part in activities.
- We will be building a two programmes of activities – one targeted at primary age children and one at teenagers with a range of activities to meet different needs and interests in each of the programme.
- We will recruit volunteers from within the community to help us with uptake and engagement of children.
- We will use a text message service to remind children to help increase attendance.

What our delivery partners said:



I have very much enjoyed being involved. The entire HAF team have been very friendly and easy to deal with. Also, incredibly organised and supportive to the providers.

Walsall council HAF team have been a pleasure and refreshing to work with. We would love to help you develop this scheme into a national flagship programme.

Thank you for the opportunity, you kept tab on every aspect of the Easter programme, which is very commendable.

We have really enjoyed participating in this important programme to support children and their families. It has been a learning curve on the technical side of things

Thank you for all of the work that was contributed to the programme and well done to all involved.

Looking forward to running a summer scheme.

THANK YOU FROM WALSALL COUNCIL TO OUR PARTNERS

 MKG Foods	 Coop Food	 Blakemore	 Ace Coaching
 Bentley Federation	 Bloxwich Community Partnership	 Brownhills Community Association	 Charlie Caterpillars Day Nursery
 Frank F Harrison Community Association	 HOPE Autism Network	 Inspire Group	 Kids
 Learn Play Foundation	 LGK in the community	 Lifegate Communities	 Maple Tree Nursery
 Mettaminds CIC	 Moorcroft Wood Primary School	 Premier Education	 Urban Hax
 Walsall Leisure	 Walsall Council	 Walsall Outdoor Pursuits	 Willenhall Chart Centre
 Lighthouse	 Youth Connect	 One Walsall	

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JUMP FOR JOY

Whether you're skipping to a rhythm, playing a jump rope game or practising your jump over a skipping rope improves coordination and acts as a calming technique. It also helps with the development of your brain, which can improve reading skills, memory and make you more alert.

Try these skipping techniques...

WHAT YOU WILL NEED
A SKIPPING ROPE OR A LONGER DUTCH JUMP ROPE

HOW TO PLAY EACH GAME:

- The Basic Jump**
Practice getting into a rhythm, keep your feet close together and step your jumping height low to the rope as you can.
- Double Under**
Skip normally to warm up. When you're ready, start skipping a little higher, using the rope under your feet and over your head in one skip.
- The Bell**
Keeping your feet close together, turn the rope and working to step in a steady rhythm.
- The Hop**
Start on your right foot, turn the rope and jump ten times before switching over to your left foot and complete five seconds.

WHAT YOU WILL NEED
SKIPPING ROPE, FOOTBALL, BEAN BAG, BAT AND BALL, CHALK

HOW TO PLAY THE GAME
Start by setting out your relay track, with a start and finish line (use chalk on a suitable surface). Prepare equipment for each lap.

ON YOUR MARKS, GET SET, GO...

- LAP 1**
Skipping - take the rope and skip as fast as you can around the whole lap.
- LAP 2**
Balance a bean bag on your head without dropping your bean bag completely in a single lap. If you drop the bean bag, return to the start.
- LAP 3**
Use your bat to continuously hit the ball up in the air. Kick around the whole lap. **TOP TIP:** Time yourself to see who can complete the fastest lap!
- LAP 4**
Start with your football on the ground, kick it a little way in front of you and circle it around the course. Make sure that you keep control of the ball all the way around!

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RELAY RACES

Relay races make for a fun activity that can be played indoors and out. They can be adapted for any number of children, ages or abilities and can be completed as individual challenges or team games.

The rules are simple, travel around each lap, from A to B completing a different activity each time. With infinite varieties, the only limit is your imagination!

WHAT YOU WILL NEED
SKIPPING ROPE, FOOTBALL, BEAN BAG, BAT AND BALL, CHALK

HOW TO PLAY THE GAME
Start by setting out your relay track, with a start and finish line (use chalk on a suitable surface). Prepare equipment for each lap.

ON YOUR MARKS, GET SET, GO...

- LAP 1**
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TINY TABLE TENNIS

Also called 'wiff waff' and 'ping pong', table tennis is a popular sport played around the world. Use your bat and balls to practise your skills at home with these fun games.

CREATE YOUR OWN TABLE!
Use your chairs to draw a 'table' shape and a line on the ground. The ball must be hit over the 'net' to the other side. Win a point if your opponent cannot return the ball to your side of the net.

FABULOUS FANS
Draw a wiffly road in chalk. Use your bat to 'hit' your table tennis ball along your course. Can you keep it between the lines?

Challenge a Friend!
Draw and choose and see who is the fastest!

Make it Harder!
You could use a straw to blow your ball around the course.

TARGET TENNIS
Find a wall that you can bounce your ball against. Make a target, at least on a wall using your cones, chairs or stepping stones. Can you hit the ball against the wall and get it to bounce into a new position? Once you're successful, move the cones, chairs or stepping stones to a new position.

Make it Harder!
Draw a number 10 on the ground in the shape of your target. Throw or bounce your ball into the number 10. Can you do it?

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BEAN BAG TOSS

Bean bag games are fun, versatile and adaptable to fit the skill level of whoever is playing them.

WHAT YOU WILL NEED
SKIPPING ROPE IN A CIRCLE, 3 X BEAN BAGS PER PERSON, CHALK (IF YOU HAVE A SURFACE YOU CAN MARK)

HOW TO PLAY THE GAME
Set up your playing area, if possible outside and make sure that you're aware of anything overhead. Play on your own or take it in turns to have a go. Position your skipping rope at least a metre away. Then mark your starting place with chalk. Player have three bean bags to throw into the rope. Every time you get one in, take a step back. How far away can you get from the target?

THE FURTHER AWAY IS THE WINNER!
TOP TIP: Try throwing with both your right and left hands, which one are you better with?

MAKE IT HARDER!
Turn your back on the target and throw the bean bags over your shoulder, under one leg or with your eyes closed.

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BEST BALL GAMES

Balls come in all shapes and sizes and can be rolled, hit, kicked or thrown. Some are heavy, some are bouncy, and some are soft. The ball is one of the oldest toys known to man and ball games were popularised by the ancient Egyptians and Romans! In many early games the ball was simply thrown back and forth among individuals in a group, but there were also genuine team games and competitions among the ancient Greeks.

Here are some simple games that you might not have played before:

7-UP
Find a smooth wall or garage door outside. Bounce the ball against the wall a set number of times while performing a specific skill in between bounces.
Shower: Bounce the ball against the wall 7 times. Catch it on the 7th time.
Swimmer: Bounce the ball on the ground 3 times.
Fireman: Bounce the ball on the ground 3 times, then use your palms to hit the ball against the wall.
Nurse: Use the ball under your leg and bounce off the wall, then catch. Repeat.
Catcher: Throw the ball against the wall, then catch it in a circle. When you catch the ball before it bounces.

FIGURE OF EIGHT
A tricky one! Set if you can build up to do even more one after the other.
Throw up your ball and head it. As it comes down try to balance it on your shoulder. As it comes down try to balance it on your arm. To finish, try to catch it with your feet.
Make it Harder!
Can you use both shoulders, knees and feet?

KICK THE CAN
Set up a series of cones in a line outside. With your chalk, draw a 'can' on your ball to hit the cones. If you hit it, move on to the next. How and get back on the beginning!

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Half Term Recipes

Tomato pasta (4 portions)

Ingredients

- 350g pasta
- 1 tin chopped tomatoes
- 2 cloves garlic - Peel, chop or grate
- 2 peppers - Wash, cut in half, remove seeds, chop into big pieces
- 2 onions - Peel and chop
- 2 aubergines - Peel, chop into very, very small pieces
- 1 tin tomato paste
- 2 veg stick cubes

- Put 2 tin cooking oil into pan.
- Add the onions, peppers, aubergine and cook on top of heat for 10 minutes on medium heat. Keep stirring.
- Add the garlic and cook for 2 minutes, then add the tomato paste.
- Add the tin of tomatoes and stick cubes. Add half an onion and cook for 20 mins.
- Bring this to a boil, then add the water and pour the boiling water carefully into another clean target aluminium foil with the 200g of pasta in. Make sure the water covers the pasta by about 5 cm. Put lid on, turn heat down to low and cook for 10 minutes.
- Carry on with the water out of the pasta pan. Ask an adult to help.
- Take the tomato paste, add a pinch of salt and a bit more stick cubes if you think it needs it.
- Put the tomato paste into the larger pan with the pasta.
- Use chopsticks and serve.

Bean Goulash (4 portions)

Ingredients

- 2 onions - Peel and chop
- 2 cloves garlic - Peel, chop or grate
- 2 peppers - Wash, cut in half, remove seeds, chop into big pieces
- 1 tin tomato paste
- 1 tin chopped tomatoes
- 1 tin chickpeas - Drain!
- 2 vegetable stock cubes
- 250g potatoes - Peel and cut into wedges

- Put 2 tin cooking oil into pan.
- Add onions, carrots and peppers and cook on top of heat for 10 mins, stirring on a medium heat.
- Add garlic and cook for 2 mins. Add potatoes, then remove from heat for about 4 mins.
- Add the drained tin tomatoes, half a tin of water and vegetable stock cubes. Cook for 10 mins with lid on low heat.
- Season with potato wedges or rice.

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For our programme and summer delivery visit:
 Our Webpage: https://go.walsall.gov.uk/children_and_young_people/haf_signup
 Emails at: WR4C@walsall.gov.uk
 Follow us on twitter @WRight4Children



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