

WALSALL RIGHT 4 CHILDREN

HOLIDAY FOOD AND ACTIVITY PROGRAMME

SUMMER 2021

EVALUATION REPORT



Walsall Council



Department
for Education

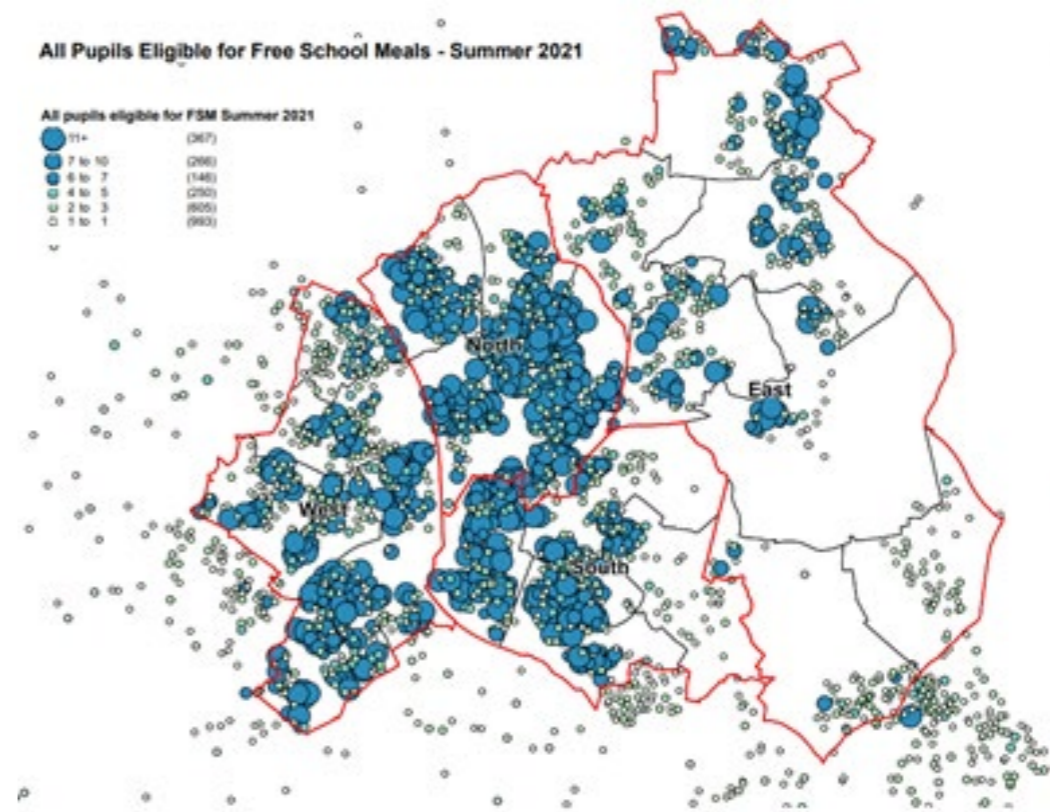


PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



OUR SUMMER PROGRAMME DELIVERY

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



We are proud to have increased the number of delivery partners from 27 in Easter 2021 to 47 in the summer. Providers were asked to develop an exciting, engaging and enriching programme of activities to meet a range of children and young people needs. Eligible children and young people were able to access a range of activities from 52 sites across Walsall

Over the summer we are confident that many of the 3,000 children engaged with the programme will not only make a positive transition back into education in September but will also remain connected to local support, which will make a significant contribution to improving the lived experiences of children in Walsall.



MINDFUL EATING



BREATHING



BODY SCAN

WE DELIVERED



140 different holiday face-to-face provision (Holiday Clubs) providing a range of activities throughout the day for children to engage with, mainly targeted at primary school children (aged 5 to 11) for at least four hours, four days per week per child, for four weeks.



36 different courses to provide children with specific skills including, dance, music, swimming, sports coaching, youth work training, fishing, mentoring



117 different pick and mix offer targeted at young people aged 13 + providing a daily offer of activities they could engage with.



795 families indicated that they wanted to receive more information and as a result they received an email lots of useful information. In addition to this both Street Teams and School Nurses attended provider settings to support parents and young people.



350 Activity Packs distributed



6406 recipe boxes were sent out. **Complimentary Healthy recipe boxes** available each week to every child.



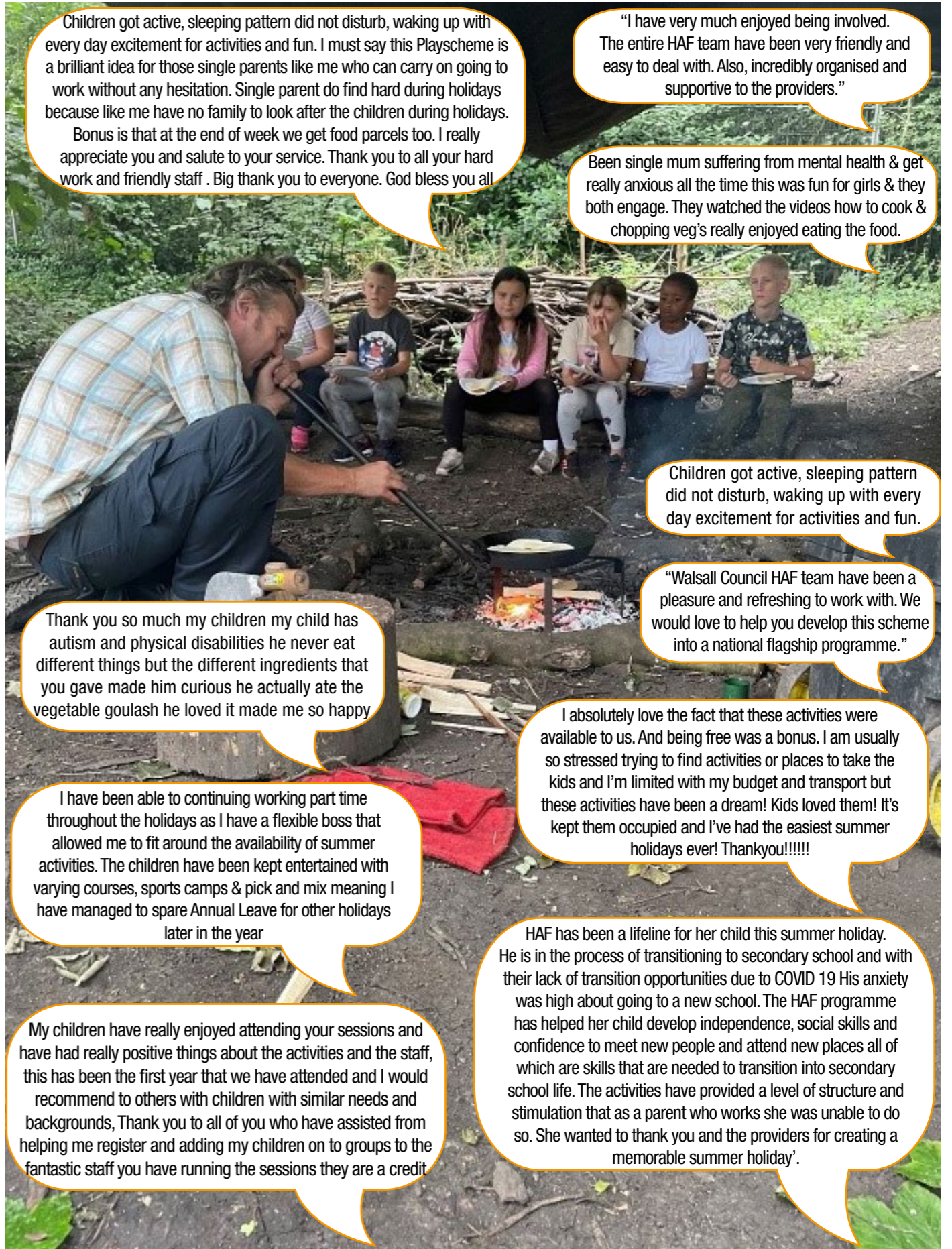
We increased the uptake from **1866 (13.5% of FSM)** children during Easter to **2995** in summer (**21% of FSM**).



77% of these were primary school aged children and **23%** secondary school aged children. **16%** were children with Special Educational need or Disability (SEND).



Some quotes we have received

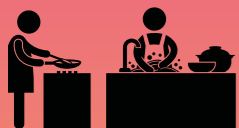


IMPACT- CHILDREN BEING HAPPY, HEALTHY, LEARNING WELL

We received 1010 completed evaluations from children and young people who attended all our summer provision.

102 parents completed the post evaluation programme.

Some of the findings were...



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



99% enjoyed the activities they took part in



78% made them more activate and move around



56% of children felt good/happy before the activity this increased to

93% feeling happy after they attended the activity



82% said the holiday activities had taught them something new



78% of parents said HAF had been a big help:

- Saved money **73%**
- Gave me a break **65%**
- Help my person well being/mental health **53%**
- Improved relationship with my child/children **44%**



Parents reported following benefits for their children:

- Learned new skills **82%**
- Physically more active **78%**
- Made new friends **77%**
- Did something different **71%**
- Got them outside **70%**
- Boosted their confidence/self esteem **65%**

Benefits of the recipe boxes:



- New meal ideas **65%**
- Saved money **47%**
- Tried/introduced new food **49%**
- Learned new cooking skills **41%**
- **36%** reported to cook fresh meals more often
- **40%** reported to involve children in cooking more often

LESSONS LEARNT AND PLANNING FOR CHRISTMAS

Success of summer delivery:

- We will continue the collaborative approach between a wide range of partners to ensure we bring variety to the programme, are able to build sustainable local relationships for children and families and develop capacity for further preventative locality work.
- The range of activities over summer delivery for children and young people.
- Improved relationship of children, young people and with community services
- Central website which includes a central registration and booking system and gives providers direct access so they can manage their own bookings.
- Additional expert support to providers through pulling on our short break buddying pool so they can deliver more inclusively to children and young people with complex special educational and medical needs.
- Complimentary healthy recipe boxes and the activity packs into the provision to encourage family time and healthy eating beyond the activity programme.
- Relationship of children and young people within the community

New developments we want to implement in Christmas:

- For Christmas 2021 we want to build on the success of the summer programme and include more holiday clubs, family activities, courses, virtual sessions and activity packs
- We will seek to recruit more volunteers from within the community to help with uptake and engagement of children
- To improve Special Education needs and Disability (SEND) provision, we will work with our local groups and parents / carers and children to develop a larger offer
- Complimentary healthy recipe boxes to be delivered directly to homes.



THANK YOU FROM WALSALL COUNCIL TO OUR PARTNERS



Old Church Primary



Coop Food



Blakemore



Ace Coaching



Act-Fit Midlands LTD



Walsall Council



St Marys the Mount Catholic Primary School



St Giles Church of England Primary School



Bentley Federation



Bloxwich Community Partnership



Brownhills Community Association



Charlie Caterpillars Day Nursery



Bentley Child Care



Fit For Sport



Walsall Council



Darlaston All Active



Frank F Harrison Community Association



HOPE Autism Network



Inspire Group



Kids



Goldsmith Primary Academy



Sports 4 Kids



The Playscheme



Walsall FC Community Programme



Learn Play Foundation



LGK in the community



Lifegate Communities




Maple Tree Nursery



School Nursing



Mettamins CIC



Moorcroft Wood Primary School



Premier Education



Urban Hax



Walsall Leisure



Walsall Council



Walsall Outdoor Pursuits



Willenhall Chart Centre



Lighthouse



Youth Connect



One Walsall



Community Foot Prints



Midland Langar Seva Society



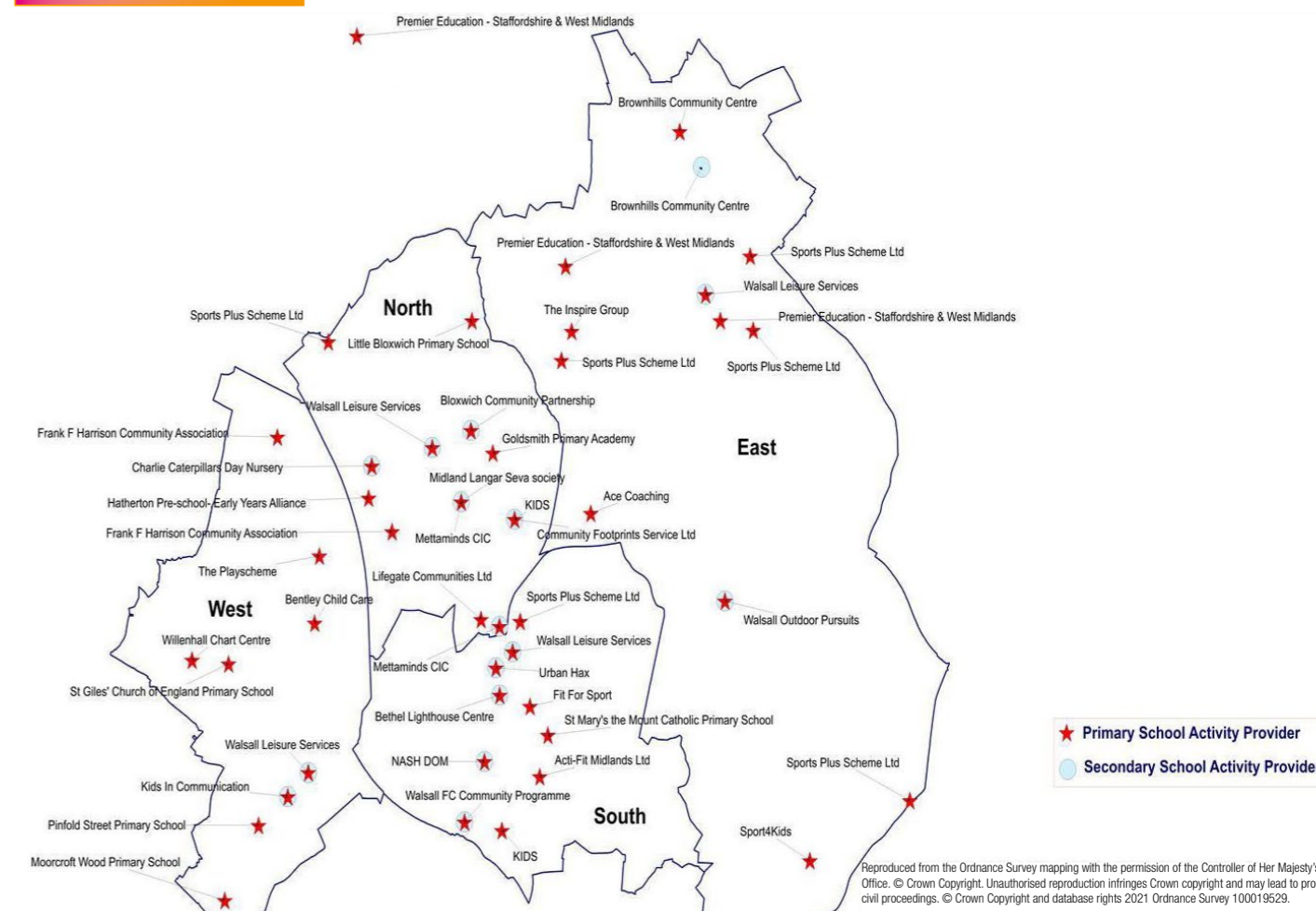
NASH DOM CIC



Sports Plus Scheme LTD



Pinfold Street primary school



Half Term Activities Recipes

Bean Burgers with bap (serves 4)

Ingredients

1 tin chickpeas	1 pepper
1 egg, beaten	1 tin mixed bean soaked in water
1½ tsp salt	1½ tsp mild chill powder
4 tins SR flour approx	1 pk brown baps
3 onions	
2 cloves garlic	

- Peel and cut the onions into 4. Peel garlic. Place both into food processor or chop very finely.
- Wash and cut the peppers in half, remove the seeds. Add to food processor or chop finely. Remove from processor.
- Drain the liquid from the tin of chickpeas, rinse in cold water. Put into food processor with salt and chill powder and blitz. Add to the onion mixture with the beans and stir gently into the chickpea and onion mixture to keep the beans whole.
- Drain the tin of mixed beans and stir gently into the chickpea and onion mixture to keep the beans whole.
- Stir in the beaten egg.
- Form and squeeze into patties with your hands covered with the flour and fry gently in frying pan in about 2 tins cooking oil for about 8 mins each side.
- Serve in the bap.
- Great to serve with mango chutney, green salad leaves, tomato ketchup and cucumber in the bap.

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Frittata (serves 4)

Ingredients

6 eggs	½ - 1 pk cherry toms
½ pk new potatoes	½ tsp salt
3 peppers	2 cloves garlic
3 onions	1 tbs oil or butter

- Wash the new potatoes and slice each one into 4 or 6 slices with the skin on
- Put into pan of water with a tsp of salt and bring to the boiled for about 15mins. Slab one with a fork and if the fork goes through easily, they are cooked. Drain away the water
- Peel and slice the onions thinly. Fry in a pan with 2 tbs cooking oil for 5 mins. Peel the garlic and grate into the frying pan with the onions
- Wash the peppers, half and remove the seeds, then slice into about 3 mm slices. Add to the onions and fry for 5 mins
- Grease the baking tin (about 11 x 6 inches, no bigger than A4 size) with the butter or oil
- Beat the eggs, add ¼ tsp salt
- Put the potatoes into the baking tin. Spoon over the onion and pepper mixture. Wash the toms and cut in half, place on top of the onion and pepper mixture
- Pour over the eggs and bake in oven for approx 25 mins or until the mixture has set

Good to serve with salad.

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Nasi Goreng (Korean rice) (serves 4)

Ingredients

200g basmati rice	1 tin sweetcorn (optional)
3 onions	4 cloves garlic
2 peppers	2 carrots
2 tsp curry powder medium, coop	1 inch fresh ginger
2 eggs, beaten	400ml boiling water
1 tin garden peas (optional)	1 stock cube (vegetable or chicken)

- Chop the onion, peel and very thinly slice the carrots and fry in 1 tbs oil in large frying pan on med heat for 5 mins
- Cut the peppers in half and remove the inside seeds. Chop the peppers into med sized pieces
- Add to the onions/carrots and fry over med heat for further 5 mins
- Peel the ginger and take the outer skin off the garlic and grate into the onions, carrots and peppers for 2 mins.
- Add the rice and stir.
- Add the boiling water and stock cube.
- Cook over low heat for about 15mins with lid on. Check after 10 mins to make sure it hasn't gone dry. If it has, add a little more water.
- Drain the tinned peas and sweetcorn and add to the rice mixture and are set
- Beat the eggs in a cup or bowl, heat 1 tbs oil in a small frying pan and pour in the egg mixture. Cook over medium to high heat until the eggs are set
- Slide the eggs that look like an omelette onto a plate and slice into strips
- Add at the last moment to the rice and serve.

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Flatbreads with roasted vegetables (4 portions)

Ingredients

300g SR flour	2 Courgettes
½ tsp salt	2 Sweet potato
Approx 250 ml warm water from kettle	2 tsp Smoked paprika
3 Peppers	Melted butter and 3 cloves garlic
3 Onions	

- Peel the sweet potatoes and cut into med chunks
- Peel the onions and chop each into 8 pieces
- Wash and slice the courgettes into 2 cm pieces
- Wash the peppers, cut in half and remove the seeds. Chop each pepper into 8
- Place on a baking tray and drizzle with cooking oil. Sprinkle smoked paprika over the vegetables
- Place in oven 180 C for 40 - 45mins. Slab the sweet potato with a fork, and salt in a bowl.
- Whilst the vegetable are cooking make the flatbreads. Mix the flour and salt in a bowl.
- Add the warm water and mix together to bind it
- Knead for a few minutes on a clean, floured surface. Divide the mixture into 4 and roll into 4 balls
- Leave for 5 minutes
- With a rolling pin roll the dough balls until flat, about 5 mm deep
- Put a frying pan on to med - high heat and place the flat breads into the frying pan for 5 minutes. Turn and cook the other side
- In the meantime melt a knob of butter and grate the garlic into the melted butter
- Brush the flatbreads with the garlic butter and place the roasted veg on top

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For more information on our programme and Christmas 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 @WR4Children or Facebook (Walsall Families in the Know)



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