



Department
for Education



HOLIDAY ACTIVITY & FOOD (HAF) PROGRAMME

2022/23 ANNUAL REPORT



WE ARE NEWHAM.

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FOREWORD

With great pleasure, I introduce this report on the Holiday Activity and Food (HAF) Programme, which aims to provide healthy meals and fun activities for children and young people during the Easter, Summer, and Christmas school holidays. I am proud to see its positive impact on many children, young people, and their families across Newham.

The HAF Programme was established in response to the growing concern about the lack of access to healthy food and engaging activities for children and young people during school holidays. Research has shown that children and young people from disadvantaged backgrounds are at a higher risk of experiencing food insecurity and social isolation during the holidays, which can have a negative impact on their health and well-being.

Through the 2022/23 HAF Programme, we have provided nutritious meals and a range of activities, including sports, arts, cookery, and music, to thousands of children and young people across the Borough. We have also worked closely with local communities and organisations to ensure the program is diverse and reaches those most need it.

This report summarizes the HAF programme for 2022/23, including its achievements, challenges, and future plans for 2023/24. It highlights the positive impact the programme has had on the health and well-being of children, young people, and families, as well as its wider economic benefits.

I want to express my gratitude to all those who have supported the HAF Programme, including our partners, volunteers, and the communities that helped connect families to the programme. Without your support, we would not have been able to make such a significant difference in the lives of so many children, young people, and families.



I hope this report will inspire others to join us in our journey to ensure that every child and young person can successfully navigate the holiday experience gap through engagement with Newham's HAF Programme.

Thank you,

Vik Verma
Director of Education, Inclusion & Achievement

2022/23 HAF OVERVIEW

In 2022, the London Borough of Newham received a core grant of £1,993,520 from the Department of Education to deliver the HAF Programme across the Easter, Summer, and Christmas school holidays. We had 18,328 children and young people who were eligible to attend the HAF Programme as they were in receipt of benefit-related Free School Meals.

In December 2022, we were fortunate to secure an additional funding allocation of £99,140, of which £67,000 was spent on additional Christmas HAF programmes, training for HAF providers, purchasing capital equipment to ensure providers were able to prepare and cook healthy meals in house and a centralized booking system to ensure that families were able to book onto the HAF programme in a more simplistic format. £31,607 was returned to the DfE as an underspend due to the timeframes in receiving the funding and spending this on the Christmas HAF Programme.

The expenditure for the overall programme is as follows:

Expenditure	Amount
Administrative Expenditure (this includes all of the costs we have incurred in carrying out the administrative functions of the HAF coordination in our Local Authority)	£176,404.57
Capital Expenditure (this includes any equipment purchased to support the programme that meets the definition for capital expenditure, as set out in the HAF guidance on gov.uk)	£8,059.99
Programme Expenditure (this includes all of the costs of providing free HAF places, including payments to providers and third parties for services provided)	£1,825,182.69
Other Expenditure (this is any expenditure that does not fall into the above categories, such as our booking system, publicity, and promotion of the HAF programme and training for providers)	£51,404.96

During 2022, the Council partnered with 24 organizations from across the Voluntary, Community, and Faith Sectors and six primary schools within the Borough to deliver the HAF Programme. These organizations offered dynamic programmes that could bridge the holiday experience gap that children and young people from deprived backgrounds may have faced during the school holidays.

The programme supported more primary school-aged children than secondary-aged young people during each HAF delivery period, consistent with HAF Programmes across the country.

Holiday Period	Number of Primary Aged Children	Number of Secondary Aged Young People	Total number of children & young people attending	% of Newham's FSM-eligible population
Easter 2022	1,922	655	2,577	14.1%
Summer 2022	3,273	990	4,263	23.3%
Christmas 2022	2,143	731	2,874	15.7%

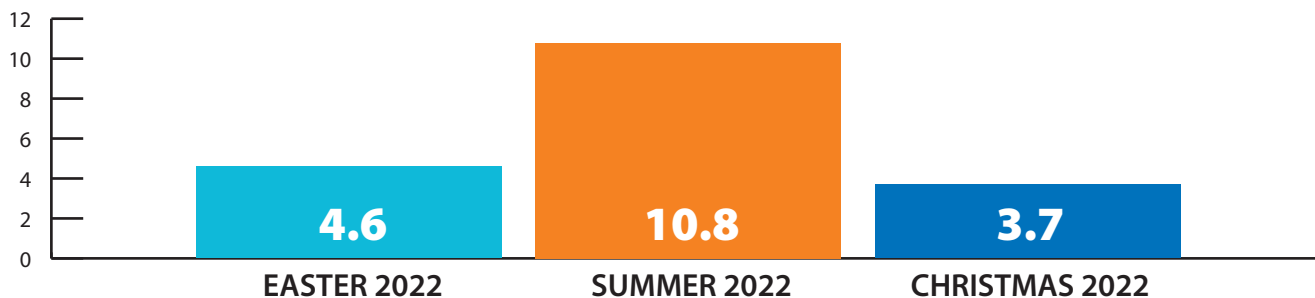
Our aim for 2023 and beyond is to work collaboratively with secondary-aged young people to co-produce programmes and marketing materials that will encourage better attendance amongst their peers. We will also be including Young Commissioners as part of our commissioning process, amplifying the voices of young people and sharing constructive feedback with providers.

During the 2022/23 HAF Programme, we delivered a small number of programmes designed specifically for children and young people with targeted and specialist Special Educational Needs and Disabilities (SEND). However, we asked all HAF providers to ensure that they made a minimum of 12% of the places on their programme available to those children and young people whose SEND needs enabled them to access universal provision.

Holiday Period	Number of SEND children & young people attending (self-declared SEND needs)
Easter 2022	301
Summer 2022	361
Christmas 2022	258

Programme attendance

Average number of days attended per participant



Nationally, around 15% of FSM-eligible children and young people attend HAF programmes; in Newham, we achieved comparable figures for Easter and Christmas programmes in 2022. However, we exceeded those national averages for our Summer HAF Programme and reached an attendance figure of 23.3%. While there is still work to be done to engage with more children and young people to encourage their attendance to the programme, this data demonstrates that we are working in line with national statistics.

During the Easter, Summer, and Christmas school holidays 2022, we served 82,271 meals to children, young people, and their families. This is an astronomical figure representing not only children and young people having a healthy meal but also 82,271 occasions where a parent or career did not have to worry about finding ways to feed their child during the holidays.

The HAF Programme has been nurtured under the watchful gaze of the HAF Steering Group, this group; this included members from the Youth Empowerment Service, Youth Justice Service, Disabled Children and Young People's Service, Commissioning, Libraries and Community Neighbourhoods, Public Health, Parks and Green Spaces and Active Newham. This has allowed for partnership working and improved communication amongst services. As this group matures, the HAF Programme will continue to embed and take root as a core offer from the Council, just as those services which form the steering group are.



EASTER 2022



17
VCFS providers and
6
schools delivered
29
programmes



2,582
children and young people
participated in the programme
with an average attendance of
4.6
days per participant.



The programme cost
£390,365
to deliver, excluding management
and administration costs.

During the Easter Programme, children and young people were provided at least one meal daily, meeting the Government's School Food Standards. A small number of programmes also offered breakfast in addition to a healthy lunchtime meal.

Providers could design their menus catering to the dietary and cultural requirements of the children and young people participating in their programmes.

The range of enriching activities on offer included sports, art workshops, animal sessions, catwalk modelling workshops, and employability sessions for those young people looking to leave school in the summer and wanted part-time work before starting college, amongst many others. Children and young people could access many visits, including Fairplay House, trampoline parks, and Kew Gardens.

As part of the HAF programme, children and young people are expected to participate in at least 60 minutes of physical activity each session. During Easter 2023 were able to deliver 705,240 minutes of physical activity. Children and young people participated in traditional playground games such as skipping, dodgeball, and tag. We could also offer sports such as cricket, football, and martial arts thanks to providers bringing expert coaches. Children and young people have been encouraged to develop resilience in whatever task they faced; keep trying, adjust technique, and try again.

An essential component of the HAF Programme is providing nutritional education to children, young people, and their families. HAF providers could do this by offering families recipe cards and cooking sessions. During the HAF programme, children and young people participated in food quizzes, cooking sessions, recipe research, and shopping for ingredients. Children and young people developed the confidence to try new foods and new activities with their new friends.

As part of our Specialist and Targeted SEND offer, we delivered 6 SEND HAF clubs across the Borough, offering small group settings and 1:1 care. High-quality providers delivered a HAF programme that ensured children and young people who participated were exposed to the same core elements of the HAF programme as those in Universal settings. All participants participated in various physical activities, games, arts and crafts, and nutritional education sessions, including food preparation.

The HAF Programme offers healthy meals, fun activities for children and young people, and a signposting service for families. At Easter, families requested additional support in seeking employment opportunities, benefits advice and guidance, and food security issues. Families were signposts to Our Newham Work, Our Newham Money, and local food banks. One family expressed concerns about fuel poverty and how they could keep their children warm. The provider provided additional duvets to help in the short term while the family worked with Our Newham Money to assess their financial situation and re-calculate their benefit entitlements. Families voiced their gratitude, explaining their surprise that a holiday club could offer more than just activities for their children.

We asked the children, young people, and their parents who participated in the programme for feedback

Thank you for helping me,
they were able to further
signpost me for legal
support.

My children were happy with
the food. They preferred the hot
food to the packed lunches. The
breakfasts were great with stuff
they don't get a school breakfast
like bagels and pancakes.

I loved the dance sessions.
I want to go to university and
study dance so I can become a
dance teacher.

Please continue this
program my children are
fussy eaters but they liked
to eat here with other
children.





SUMMER 2022



21
VCFS providers and
3
schools delivered
34
programmes



4,263
children and young people
participated in the programme
with an average attendance of
10.8
days per participant.*



The programme cost
£1,129,260
to deliver, excluding management
and administration costs.

** The extreme heatwave that stretched across the summer did affect attendance to the programme, with many parents choosing to keep their children indoors. Programmes based in parks across the Borough found that their attendance was hugely impacted on days when temperatures exceeded 30 degrees.*

Children and young people were provided with meals that not only met the School Food Standards but were delicious and met participants' dietary and cultural requirements. While meals at HAF clubs are usually hot, due to the exceptionally warm weather, children and young people told us they didn't want to eat a hot lunch; providers were required to pivot and offer cold meals, including salads, sandwiches, pasta dishes, and lots of fruit.

Our provider's designed programmes including beach visits, city farms, Google, and Thorpe Park. Children and young people participated in educational workshops, dance workshops, science experiments, and filmmaking experiences. One programme offered older young people the chance to undertake a Street Doctors Emergency First Aid training session to prepare them to help in a lifesaving emergency.

Children and young people participated in a gargantuan total of 2,759,280 minutes of physical activity. The summer programme saw non-contact boxing, taekwondo, and fencing delivered alongside traditional sports and playground games.

Providers invited families to participate in group cooking sessions and share cookery books produced by children and young people on their HAF Programmes. Families were encouraged to share the recipes for the foods they often cooked at home, and providers would give tips on how to make the recipe healthier or how to make it for a lower cost. Children and young

people learned new skills, which they will use for the rest of their lives. Children and young people learned the basics of cooking and food hygiene as well as how to determine the nutritional value of the foods they eat

As part of our Specialist and Targeted SEND offer, we delivered 4 SEND HAF clubs across the Borough, offering small group settings and 1:1 care. High-quality providers were able to deliver a HAF programme that ensured children and young people who participated were exposed to the same core elements of the HAF programme as those in Universal settings. Participants took part in various physical activities, games, arts and crafts, and nutritional education sessions, including food preparation.

As Summer set in and the families began to see the first impacts of the Cost of Living Crisis, our providers were asked to signpost for help financing new school uniforms, access to food banks, and Housing needs, including repairs and maintenance and homelessness. During one of our parks-based programmes, a parent explained that she was having difficulties feeding her children and herself and often went without a meal for her children to eat. The programme connected her to a local food bank to ensure that she could take any surplus food home at the end of each session to enable her to have a meal.

We asked the children, young people, and their parents who participated in the programme for feedback

**I did lots.
If I wasn't here I'd just
be at home on
my phone.**

**Just the fact that you're
listening to me means a lot.
It's been such a long process and
it's taking its toll on me and my
family, thank you so much.**

**from a Parent who had
Housing concerns*

**I'm a sporty boy so doing
sporty things was extremely
fun. From caving to the beach
where I swam in the sea.
Everything was really fun so
this gets 10/10.**

**Summer holidays are usually
so expensive for me having to
feed 3 children at home. The
food they get at Little Manor is,
I feel, filling and nutritious.**





CHRISTMAS 2022



21
VCFS providers and
3
schools delivered
34
programmes



2,874
children and young people
participated in the programme
with an average attendance of
3.7
days per participant.*



The programme cost
£290,794
to deliver, excluding management
and administration costs.

** As could be expected with the Christmas holiday period, many children and young people spent time with family and friends which impacted the overall attendance to the programme. The Strep A outbreak in December 2022 also caused concern for families in regards to sending their children and young people to programmes to mix in large groups. There were no reported cases of Strep A amongst HAF Programmes during the Christmas holidays.*

During this holiday period, when the weather was exceptionally cold and Newham had seen snow in the preceding weeks, we needed to be able to offer hot meals to children and young people attending the HAF Programme. Most providers were able to supply surplus food for families to take home for additional meals, in some cases where children were unable to attend Programmes due to illness, providers offered a delivery service to provide meals for affected families. This demonstrated providers' dedication to ensuring that they could support children, young people, and their families across Newham to the highest standards.

Children and young people who attended the HAF Programme during the Christmas holidays were able to participate in traditional festive activities such as ice skating, visits to the Pantomime, and hosting Christmas parties with their families. Providers also delivered workshops that allowed children and young people the opportunity to make gifts for their loved ones, this included bath bomb making, candle making, and snow globe-making sessions. Children and young people were able to make cards and small hampers to take home.

It was a pleasure to invite some of our elderly residents to join HAF Programmes as guests of the children and young people who cooked for them, ensuring that they also received a hot, festive meal. These sessions allowed both generations the opportunity to share stories and a few cooking tips!

Children and young people participated in 634,500 minutes of physical activity, disproving the idea that Christmas is a time for sitting down and watching lots of TV. Our participants kept very active by taking part in football, rounders, table tennis, basketball, and various others. Children and young people developed their sporting skills such as aiming, movement, and team spirit. Lots of providers included walking as their main mode of transport when undertaking visits. Not only did the participants get additional exercise, but it also helped the environment and supported Newham's Climate Change Agenda.

HAF Programmes welcomed families in to undertake workshops with their in-house chefs as well as programme leaders who provided lots of hints and tips on how to make meal times more cost-effective, more nutritious, and more adventurous with lots of recipe ideas. We saw our first air-fryer cookery session which was well received by those who participated – so much so that they asked for a follow-up session!

As part of our Specialist and Targeted SEND offer, we delivered 3 SEND HAF clubs across the Borough, offering small group settings and 1:1 care. High-quality providers delivered fantastic, inclusive programmes.

As the Cost of Living Crisis worsened over the winter months, our providers found themselves facing increased requests for signposting and additional support. Families had concerns about their energy bills as prices continued to rise. As inflation raised food

costs, many families faced the harsh reality of choosing to Eat or Heat. Providers were able to refer families to food banks for surplus food and Warm Havens to spend time in warm, safe environments for a few hours each day to reduce the amount of time they stayed in cold homes. Providers supported families to report housing repairs that added to having a cold home

such as damaged windows or leaking roofs. Families told us that this additional support made incredible differences to their health and well-being by reducing the stress and worry they carried concerning feeding their families or improving their living situations.

We asked the children, young people, and their parents who participated in the programme for feedback.

The braiding class was amazing and would like to attend again.

Was just happy to see my kids enjoy themselves, and that food was also catered to them. Very rare that you come across programmes like.

Can we have the recipe for the meal [yesterday – Spaghetti Bolognese] as my daughter really wants me to do this at home. She said it was delicious.

I didn't know that Newham had a volunteer service.



CHALLENGES FACED IN 2022/23

There were several challenges faced in 2022/23, which we are well on our way to addressing to improve the programme in 2023/34.

Challenges included

- Short timescales to procure providers and mobilise programmes
- Booking summer activities for large numbers of young people was difficult for providers on short timescales
- Families found that 4-hour sessions were not long enough to allow for them to go to work, meaning they incurred additional childcare costs during the school holiday periods
- High numbers of no shows across the HAF Programme, meaning some children and young people missed out on attending
- Publicising the programme to those children, young people, and families who are eligible for benefit-related Free School Meals
- Providers found there was a lot of administration involved in delivering the programme

These challenges were not unique to Newham and were faced by HAF Programmes across the country.



THE HAF PROGRAMME 2023/24

As we move forward into our 2023/24 delivery of the HAF Programme, we do so with the confidence derived from a successful 2022/23 Programme, but with the determination to ensure our Programme continues to develop into something we can be even more proud of.

We are addressing the challenges of 2022/23 with the following actions:



A new approach to commissioning providers to increase mobilisation periods, allowing providers to deliver programmes full of fun activities, trips, and visits, as well as a great range of workshops



Delivering an increase in the number of programmes that have sessions that are longer than 4-hours, allowing families time to work and reducing the need for paid childcare



A new booking system that allows families to manage bookings, including cancellations. The system will also alert those on the waiting lists which will in turn reduce the number of places that are wasted



We are working with partners across the Council to target those families who are eligible for benefit-related Free School Meals to ensure maximum uptake across our 2023/24 programme



We have reduced the administration process for providers by implementing a new approach to commissioning and by use of our centralised booking system which halves the reporting process after each delivery period

As we move forward, we want to work closer with secondary-aged young people and will be working with the Young Commissioners from the Youth Empowerment Service to evaluate bids from providers, but also to undertake monitoring and evaluation of programmes. This will offer great work experience for those young people taking part, but will also help providers to tailor programmes that historically have been difficult to attract this age group.



We would want to thank all partners who have worked with us to make Newham's 2022/23 HAF Programme a success.

We can't wait for you to see what our HAF 2023/24 Programme has in store for you!

www.newham.gov.uk/children-families/activities-young-people-newham/11

Contact us HAF@newham.gov.uk

Please get in touch if you are interested in joining us as a HAF Provider or to support our steering group to help shape future programmes.