## ESSEX & THURROCK HAF EASTER 2023



WE DELIVERED

clubs over an average of 8 days delivering a range of physical activity, enrichment sessions and food education to eligible children and young people across Essex and Thurrock

WE SUPPORTED.

21,818

children and young people through a

range of different activities, allowing

them to socialise with others, learn new

skills and improve their confidence

## primary clubs supporting 4-10 year olds

secondary clubs supporting 11-16 year olds

increase of

to Easter

2022



specialist SEND hubs to ensure children with specific needs receive extra support

hubs to support young peoples

physical activity and enrichment

mental wellbeing through





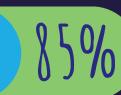
AS A RESULT

skate jam events supporting children and families to learn wheel-based sports and enjoy physical activity, utilise their green spaces and socialise with the local community!

At her club, my daughter made lots of new friends, was able to do different activities that I wouldn't normally be able to provide for her and try new things too! - Parent from Thurrock

> of parents said attending an ActivAte club positively supported their child's mental wellbeing, as well as their own

of parents rated their child's easter HAF club 8 or more out of 10







Family Support Booklet



Family booklets were given to parents, grandparents and carers providing them with free easter activities, low-cost recipes, mental wellbeing signposting and family support and guidance!

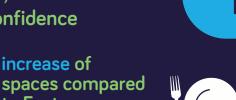
**Booklets** 



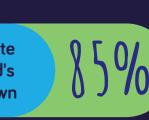
of children benefitted the most from socialising with others and making new friends at an easter HAF club

> of children were not participating in the recommended 60-minutes of physical activity a day before attending a HAF club





of parents said they were happy with the foods their child/ren received at an easter HAF club



Department for Education





ral Health Packs

Supported by Community Dental Services, children received oral health packs containing a toothbrush, toothpaste and teeth cleaning chart to support families during the cost of living crisis and educate them about the importance of oral hygiene!



thurrock.gov.uk

Activity booklets included physical, enrichment, mental wellbeing, food, environment and oral health activities to keep children and young people engaged at home, as well as at HAF clubs!



of children benefitted the most from taking part in physical activity at an easter HAF club and getting out of the house

The holiday clubs are very important my family -Manna's Ark is a godsend! With the cost of living crisis becoming worse every day, it means we still get the opportunity to go out into our community. Routine is very important to my child and therefore he very much looks forward to attending Manna's Ark each holiday. We would definitely be lost without the club! — Parent from Braintree