

# ESSEX & THURROCK HAF EASTER 2023



## WE DELIVERED...

215



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



125 primary clubs supporting 4-10 year olds



33 secondary clubs supporting 11-16 year olds

33

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



19 hubs to support young peoples mental wellbeing through physical activity and enrichment

19

7 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!

## AS A RESULT...

8,000

Oral 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!



6,000

Family Support Booklets

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!



6,000

Childrens Activity Booklets

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!

## 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



85% of parents said attending an ActivAte club positively supported their child's mental wellbeing, as well as their own

85%

94% of parents rated their child's easter HAF club 8 or more out of 10

94%

75% of parents said they were happy with the foods their child/ren received at an easter HAF club

75%

93%

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

75%

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

86%

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

+1,000

increase of spaces compared to Easter 2022

