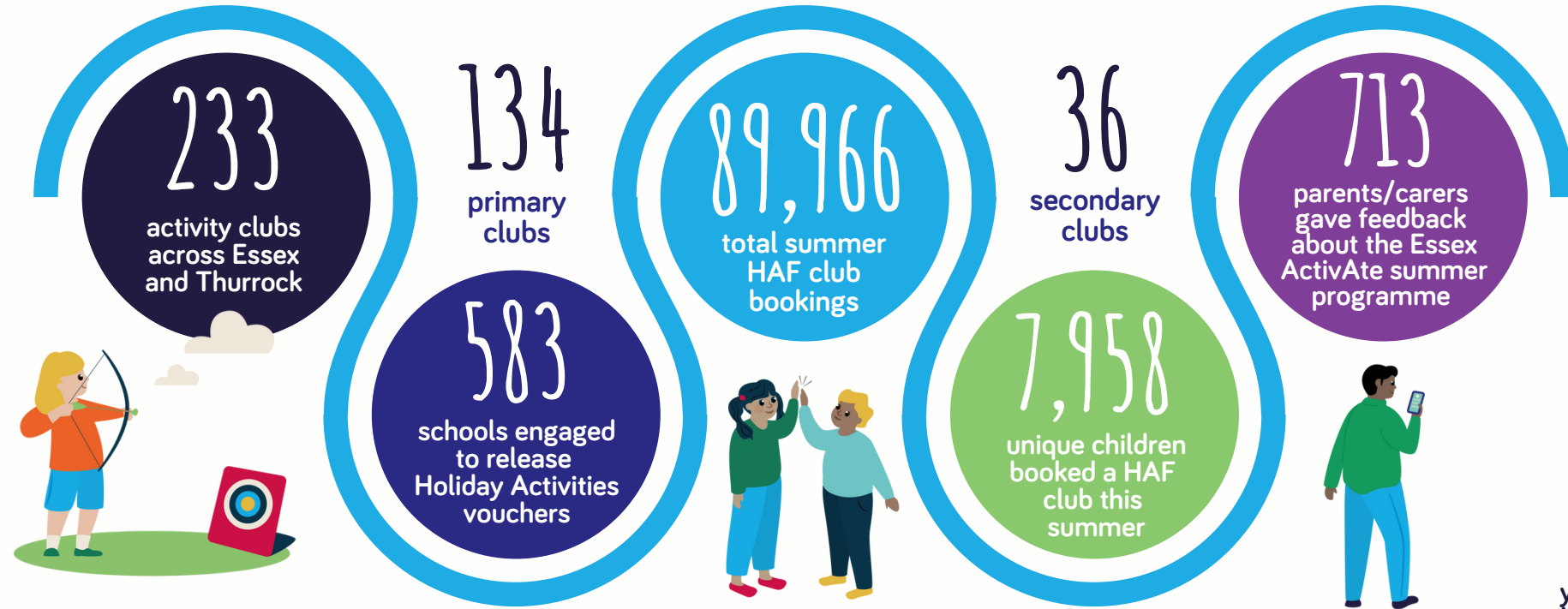


# ESSEX & THURROCK SUMMER HAF 2023



## Across 25 days, we delivered...



The summer HAF programme positively impacted young people and families...

**14** dedicated mental wellbeing clubs to support children's social, confidence and self-esteem through physical and enrichment activities

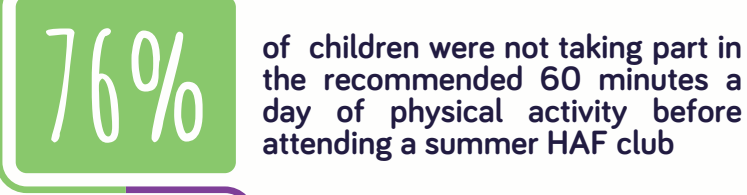
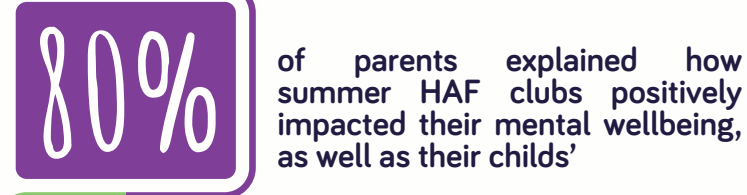
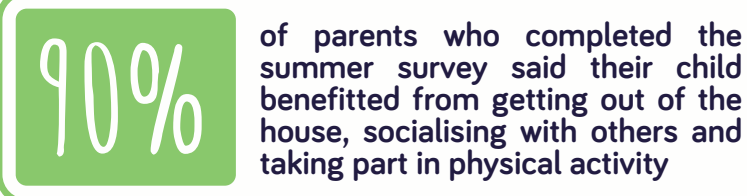
Manna's Ark is a life-line to our girl, it's one of the few places she feels safe, accepted, valued and free to be herself. She loves spending time with the animals, feeding them, caring for them, singing to them - it's so lovely to see! Playing in and exploring nature, being in such a calm and tranquil environment is exactly what she needs.  
— Parent from Braintree

**34** specialist SEND clubs for young people to enjoy activities in safe surroundings with close assistance to support their wellbeing

It's invaluable, and for my foster child, essential! He doesn't have any close friends at school, so he doesn't get to socialise much in the holidays. These clubs give him the chance to play with children his age!  
— Parent from Tendring

- Physical health & activity levels
- Mental wellbeing
- Confidence & self-esteem
- Social skills & getting outside
- Life skills & future prospects
- Respite & routine/structure
- Local communities & new opportunities

## We provided and supported...



We are asylum and have been living at a hotel for a year. It's a good programme for all children because we haven't got facilities to go out and pay money so it's a great opportunity! They had a fun time playing football with each other and they were singing on the minibus on the way to the club - every day my son was happy to be with other children!  
— Parent from Rochford



Scan the QR code to watch some of the partnerships and programmes that supported children and families across the HAF programme this summer!