## ESSEX & THURROCK SUMMER HAF 2023 ACTIVATE









Across 25 days, we delivered...

activity clubs across Essex and Thurrock

primary clubs

schools engaged to release **Holiday Activities** vouchers

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

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

children his age!

— Parent from Tendring

the holidays. These clubs give him the chance to play with

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

HAF club bookings

> unique children booked a HAF club this

parents/carers gave feedback about the Essex ActivAte summer



programme

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

secondary

clubs



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...



family and children's activity booklets to engage and educate children at home, also inspire households on how to get active, courses, community activities, resources and guidance



bottles of sun lotion and 250 sun safety boards provided to clubs across the county, educating children on the importance of sun and water safety in the activity booklets and supporting families around cost of living



young leaders recruited through the Leaders In Training (LIT) programme to provide young people with valuable experience in community sport settings, developing their confidence and skills





children and families supported by Jamie Oliver's Ministry Of Food programme to offer food education and cooking sessions at holiday clubs, supporting young people and families to lead a healthy lifestyle!



clubs this summer

parents gained maths skills, budgeting and homework support through Essex County Council's Multiply sessions provided by six organisations during HAF



of parents who completed the summer survey said their child benefitted from getting out of the house, socialising with others and taking part in physical activity



of parents explained how summer HAF clubs positively impacted their mental wellbeing, as well as their childs'



of children were not taking part in the recommended 60 minutes a day of physical activity before attending a summer HAF club



of children were new to a HAF club this summer

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



of children were inspired to try new activities due to having positive role models in the coaches



of young people enjoyed taking part in physical activity and felt confident taking part at summer HAF clubs



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

