

Essex & Thurrock Winter 2022

We delivered and supported...

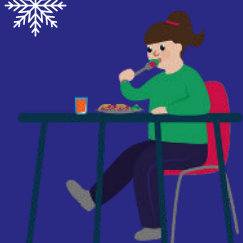
236



clubs over an average of 4 days delivering a range of physical activity, enrichment sessions and food education to eligible children and young people across Essex and Thurrock

+24%

increase of clubs compared to winter 2021



85%

of attendances were children on benefits based free school meals

37



family experiences and over 2,000 spaces helped to ensure all families have valued and memorable experiences with their children

23

hubs to support youngsters mental wellbeing through physical activity and enrichment



27

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

26,763

spaces were on offer to eligible children and low income families

18,481

children attended and supported by an ActivAte club this winter

+10%

increase of attendances compared to winter 2021



“My son loves to attend clubs to integrate with different children as he has a speech disorder which affects his confidence. Getting involved with different activities really helps him outside of his routine!”
— Parent from Thurrock



“The clubs supported struggling families by keeping children safe, warm and fed. Feedback has been fabulous, as even working families are really struggling at this time!”
— Partner from Braintree

As a result...



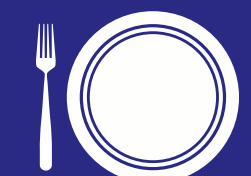
5,000

food hampers were provided to support families struggling with the cost of living increases



8,000

activity packs were created to keep young people and families engaged across the whole holidays



77%

of parents were very satisfied with the hot meal provided for their child/ren

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The clubs were a lifesaver! We have 3 children who can attend while we work, childcare would cost more than we earn for all of them. I know they're safe, having fun and enjoying a hot meal.

— Parent from Uttlesford



80%

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

80%

of children benefited the most from physical activity at a club as it increased their confidence and self-esteem



222

parents said their child benefited the most from socialising with others at a club



87%

of youngsters were not participating in the recommended 60-minutes of physical activity a day before attending an ActivAte club