

# HAF NEWSLETTER

19/01/2024

Our bi-weekly HAF newsletter provides important information to help support the delivery of your provision, as well as useful guidance, resources, key dates, funding opportunities and more!

## FEBRUARY HALF TERM DELIVERY UPDATES

Please refer to the last HAF newsletter for further details on February delivery updates.

Some tips to consider when preparing for half term:

- 1) Begin preparing your booking systems
- 2) Access the [Partner Hub](#) to use logos, flyers and posters to help to promote your clubs
- 3) Please share dates, times, club locations and booking link/s with your locality Assistant Relationship Manager
- 4) Speak to local families and schools to ensure your spaces get filled and that residents' are aware of your clubs
- 5) Don't forget to tag @EssexActivAte across social media and use the hashtag #EssexActivAte when posting

## FEBRUARY THEME: CHILDREN'S MENTAL HEALTH WEEK

Children's Mental Health Week will take place from 5th-11th February 2024. This year's theme is 'My Voice Matters' and we are supporting the national campaign alongside Place2Be.

We would like you to support this theme during your February half term delivery with different resources for families, primary and secondary children to use below. [Please feel free to add your club to the Children's Mental Health Week map](#) and share how you are supporting Children's Mental Health Week to inspire others around the UK and beyond to support children's mental health.

Place2Be school resources and signposting:

[Explore, access and download here.](#)

Place2Be family resources and signposting:

[Explore, access and download here.](#)

Essex ActivAte printable worksheets for mental wellbeing:

[My Safe Place \(ages 4-11\)](#)

[Healthy Foods For Positive Mental Wellbeing \(ages 4-11\)](#)

[What matters to you? \(ages 4-11\)](#)

[What matters to you? \(ages 12+\)](#)

[Positive Mental Wellbeing Word Search \(ages 12+\)](#)

[Let Your Heart Speak - Colouring Sheet \(ages 12+\)](#)



## PARTNER HUB

February half term is round the corner and we would like to remind you that our bookings page goes live on Monday 22nd January at 12pm midday! Please promote and share your clubs as much as possible, to reach and engage those families and young people across the half term break. To support you, we have created social assets, flyers, logos and more for you to utilise. You will find these on our [Partner Hub](#) under the [Communications Hub Page](#).

## #MOVEWITHUS



We launched the Move With Us campaign last September, and things are now about to get juicy! As an Essex ActivAte partner we would love your organisation and/or coaches to get involved and become advocates of the campaign to really make sure we can create positive attitudes towards physical activity for young people. More information will be announced shortly, so keep your eyes peeled. But in the meantime, remind yourself of the campaign [here](#).

## ● DATES TO CONSIDER ●

**1st February**  
Time To Talk Day



**5th - 11th February**  
Children's Mental Health Week

**26th February**  
Path To Paris launch



## TRAINING OPPORTUNITIES

### JAMIE OLIVER'S MINISTRY OF FOOD TRAINING

We are pleased to offer 8 training spaces for the Jamie Oliver Ministry of Food programme! We will be looking for one person to be trained per organisation that is selected. The training will be across 3 days and will take place on the 26th, 27th and 28th of February 2024 at Galleywood Youth Centre, Watchhouse Road, Chelmsford CM2 8PT. Please ensure you are available for those dates and are able to get to the venue before submitting your expression of interest. Please see the attached form to do so.



### ESCB TRAINING OPPORTUNITIES

Essex Safeguarding Children Board (ESCB) have a number of upcoming training opportunities listed below. Click [here](#) to view what is currently on offer.

### BYSTANDER 'TRAIN THE TRAINER' SESSION DATES/PROCESS

As part of Essex County Council's Bystander Intervention initiative, we've commissioned Purple Leaf (who created our [online module](#) with us) to develop a toolkit and holding some train the trainer sessions for youth group and cadet leaders, aimed at enabling attendees to then run an active bystander sessions with their groups.

Places are now available for the following (online) sessions:

24/01/2024 - 09:30-12:30

29/01/2024 - 13:00-16:00

06/02/2024 - 09:30-12:30

26/02/2024 - 13:00-16:00

06/03/2024 - 09:30-12:30

22/03/2024 - 13:00-16:00

For the online module, click [here](#).

If you would like to attend the sessions, contact [community.safety@essex.gov.uk](mailto:community.safety@essex.gov.uk) quoting the session you wish to join.

## FURTHER LEARNING RECOMMENDATIONS

This week we would like to share a podcast opportunity for to listen too and get inspired! The podcast we would like to share is Ben Bergeron from High Performance Podcast. [E232: Ben Bergeron — High Performance](#) (thehighperformancepodcast.com)

In this episode, Ben discusses mindsets personally and from a coach. He also shares the idea of our inner voice and how this can take on the role of critic or coach at different times. We hope you enjoy this and it would be great to hear your thoughts on the podcast and what you have taken away from listening to it!



## FUNDING OPPORTUNITIES

### MULTIPLY MATHS INITIATIVE

Multiply are looking for local organisations to offer the maths initiative and support residents' numeracy skills. The The Essex Multiply Community Grant will be available to apply for up until 31st March 2025. Please find more information attached, as well as an application form. If you have any questions or would like to discuss this further, email: [multiply@essex.gov.uk](mailto:multiply@essex.gov.uk)

Please see current funding opportunities by clicking [here](#).

### UPCOMING KEY DATES

22nd January

Half term bookings go live on the Essex ActivAte website

19th - 23rd February

February half term delivery

16th May

HAF Fest!

