

Developing your HAF 2021 local delivery: Learning from Leeds

F Wood Solutions Ltd

With acknowledgement to work produced with Leeds
Healthy Holidays Programme Partners

June 2021

About HAF

- DfE's Holiday Activities & Food (HAF) programme provides healthy food and enriching activities to disadvantaged children
- The programme will cover the Easter, summer and Christmas holidays in 2021
- Local authorities are funded to coordinate free holiday provision, including healthy food and enriching activities
- The programme supports children who are eligible for and receiving benefits-related free school meals
- <https://www.gov.uk/government/publications/holiday-activities-and-food-programme/holiday-activities-and-food-programme-2021>



HAF Aims

DfE wants children who attend HAF provision to:

- eat more healthily over the school holidays
- be more active during the school holidays
- take part in engaging and enriching activities which support the development of resilience, character and wellbeing along with their wider educational attainment
- be safe and not to be socially isolated
- have a greater knowledge of health and nutrition
- be more engaged with school and other local services

DfE also wants to ensure that the families who participate in this programme:

- develop their understanding of nutrition and food budgeting
- are signposted towards other information and support, for example, health, employment and education



Who this resource is for

This document contains learning and tips developed from delivery of HAF through the Leeds Healthy Holidays programme during the last four years. Its primary audience is community organisations in the voluntary sector who will be delivering local HA provision.

This programme was originally developed and managed by Leeds Community Foundation, with funding and support from Leeds City Council, to tackle holiday hunger, holiday inactivity and holiday isolation.

Healthy Holidays schemes in Leeds are run by a network of community groups (VCSE organisations), schools and Leeds City Council community hubs.

Leeds Healthy Holidays partners:

- Leeds Community Foundation
- Leeds City Council
- FareShare Yorkshire
- Rethink Food
- StreetGames
- Community organisations across Leeds

#LeedsHealthyHolidays #HAF2021



Sheena Eastwood
@sheena_east

We've had an August filled with farms , guide dogs , pirates , penguins , fantastical beasts, dinosaurs, slime , sunflowers , alpacas and most of all lots of smiley faces @StVincentLeeds Stay & Play. #Summer2019 #HAF2019 @LeedsCommFound @LeedsCC_News



2:15 PM · Aug 30, 2019 · Twitter for iPhone

Make sure you know your basics

Demand:

- How many children do you need to reach, and how will you reach them?
- **Number of CYP:** What data and information can you access (e.g. LA HAF mapping, your current CYP reach, your local partners' CYP reach)
- **Engagement with target audience:** Which local partners and agencies already engage with children most in need of HAF provision?

Supply:

- How much HAF provision can you realistically provide? (no. of places, dates/times)
- What does your provision look like, and how do you articulate that to others? (which age groups, particular demographics you can support, types of activities, dates/times)
- Which other local HAF partners – community groups, schools, LA community hubs and others in your local network – do you need to co-ordinate with to maximise CYP supported and minimise duplication, and ensure you contribute to 4x4x4 for as many eligible CYP as possible?

Capacity:

- Many providers say that HAF feels like running two projects at the same time – an activities project and a food project – and in the past they have underestimated the staff requirement and planning to do this effectively

Who is your HAF provision for?

Children? (How young?)	Young people?	Children <u>and</u> young people?	Families?	Children & young people, but parents are welcome to stay
Think about your staff or adult: child ratio	Will activities be suitable for/appeal to both boys and girls, or are they for one group only?	Do you have separate or appropriate activities for each group?	<p>Having parents there can mean fewer staff and volunteers are needed (Covid requirements permitting)</p> <p>Some parents told staff they felt very isolated: they found friendship, emotional support and practical advice through project staff for the first time</p>	"...parents would arrive hungry and tired, so the staff offered tea, coffee & breakfast, as well as a place to sit quietly: "Some looked exhausted when they came in – they just needed to sit and have a coffee".
Target numbers: Do you already know which CYP/families to support?				
Engagement: Do you need to connect to local referral agencies & partners?				

Who is your HAF provision for?

What days?	What start time?	What end time?	How many weeks?	Summer Holidays? Christmas Holidays? Half-term Holidays?
<p>Some providers noticed a pattern of attendance, with the number of attendees peaking Wednesday – Thursday. This indicated that families often tried to do something together as part of a long weekend, but that by mid-week the children may be getting bored or under their parents' feet at home so parents were more actively looking for things to do that got them out of the house and kept them occupied.</p> <p>Others found Thursday & Friday the busiest</p>	<p>Teens are often up gaming, etc. at night in the holidays and want a lie-in, so a later start is more realistic</p> <p>Some providers felt they had organised too much structured activity, and could have run an activity in the morning, and left the afternoon for free play and socialising</p>	<p>Some providers for children tried to align with school times to support a routine during the holidays</p> <p>Parents experiencing in-work poverty often work multiple jobs, so value provision that cover their working hours or the normal school day for more of the holidays, otherwise they cannot work</p>	<p>Some parents expect their children to be out of the house all day in the holidays</p> <p>Opportunity to co-ordinate with other local providers to stretch local provision available, and minimise duplication</p>	<p>Some providers choose to offer half-term holiday provision, too.</p> <p>How many:</p> <ul style="list-style-type: none"> • Sessions • People per session • Meals

Activities

thebeckleeds @thebeckleeds · Sep 3
A young person received their Wellbeing Pack today and sent us this brilliant video! The packs have bespoke content for young people to support them with their mental & emotional health @LeedsCommFound #HealthyHolidaysLeeds #HAF2020



Leeds Community Foundation
@LeedsCommFound

"Foundation support has been invaluable, we've been able to get kids outside socialising and learning new things."

In Leeds alone during July 2020: 1,205 children were supported through the #HealthyHolidaysLeeds programme.

Read more here: bit.ly/3mh2BoP #HAF2020



10:00 AM · Sep 15, 2020 · Hootsuite Inc.



Young Lives Leeds and 5 others

4:17 PM · Aug 10, 2020 from Leeds, England · Twitter for iPhone

UK Govt Departments
@HMGDepartments

RT educationgovuk: RT RHA_Leeds: Lots of fun again today at Holiday Club! LeedsCommFound RethinkFoodUK #haf2020 #HealthyHolidaysLeeds



8:13 AM · Aug 9, 2020 · IFTTT

Activities & Covid safety

Covid guidance & Covid-safe activity resources

- <https://network.streetgames.org/covid-19-response>
- <https://nya.org.uk/guidance/>
- <https://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak>

Remote options

- Doorstep-delivered activity bags (offer a touchpoint for contact with vulnerable CYP)
- Online activities (but be mindful of digital exclusion and cyber-safety)

In-person options

- On-site (indoors or outdoors)
- Local outdoor spaces

Contingency planning

- Covid changes: a hybrid model (in person & remote) could broaden your reach, offset smaller groups in person with additional remote activities, and mitigate against potential Covid restrictions
- This will help with your poor weather plans, too



 **StreetGamesYorkshire**
@SGYorkshire

Community organisations asked us if we could share activities that promote social distancing... so we've created sets of 50 cards with covid safe activities!

100 sets are going out to [#HealthyHolidays](#) projects in Leeds today 🙌



What activities? (1 of 3)

Craft activities

- Can be simple: painting, colouring, making/sticking, Lego
- Can be skilled: knitting, weaving, sewing
- Puzzle books, quizzes & games downloaded and printed

Sports

- Organised
- Informal
- Olympics-style day for adults and children
- On site or in local parks / outdoor spaces
- <https://network.streetgames.org/engaging-different-groups>
- <https://network.streetgames.org/holiday-gap>

Outdoor exploring

- 2020: exploring your neighbourhood & scavenger hunts; bushcraft; reclaiming green spaces
- Pre-Covid: Many children did this for the first time, e.g. gorge walking, canal-side walks and picnics, woodlands

Expeditions

- Bowling, indoor climbing, cinema
- Trips to places in your city centre (museum, theatre, exhibitions, music)
- Trips out of the local area, e.g. seaside



What activities? (2 of 3)

Cooking & Baking

- Recipe boxes to make at home – great activity to include the family, improve cooking confidence and healthy eating
- Meals & snacks
- Treats (with messages linking them to a healthier balanced diet)
- Healthy swaps
- Recipe cards or online cookery sessions
- Recipe searches, food prep & serving by children & young people
- Recipe boxes are popular with families: improve cooking confidence and provide healthier meals

Physical activity

- Dance
- Family fitness
- Playground style games
- Walking/climbing
- Outdoor gym
- Family fun days

Remember to support safe behaviour:

- Time and space for Covid safety requirements built into activity plans
- Covid kit (masks, hand sanitiser, etc.)
- Sunscreen, water bottles & hats

Gardening

- Indoor/garden grow kits
- Grow/harvest food
- Sprucing up local areas/on-site spaces
- Local allotments, environmental or conservation charity sites



GAFC Community
@GAFCCommunity

The final week of @GAFCCommunity Healthy Holiday camp! A few pictures of what we got up to today! 🌈🌟 We are all sending a big thanks to @PINGPONGFORU for coming today & delivering a range of cool activities. 3 days remaining 😞
#healthyholidaysleeds #HAF2020 @LeedsCommFound



4:26 PM · Aug 24, 2020 · Twitter Web App

What activities? (3 of 3)

A range of Youth Club-style activities:

- Film club
- Cookery club
- Games & puzzles club
- Online gaming
- Quiz night
- Sport sessions
- (social and/or competitive)

Remember:

CYP value a safe place to hang out and enjoy time with friends: it often helps to leave some time in your programme for unstructured activity

Many CYP, especially teens, will relish the chance to get involved in activities with a purpose, or that help others, as well as activities created with them, rather than done to them

Delivered how:

- On site
- Outdoor spaces
- Activity boxes
- Online

Delivered by:

- Staff, Volunteers
- Sessional staff
- Parents, Partners





**FREE HEALTHY HOLIDAY
DANCE & SPORT CAMP
(6-11YRS+)**

**Wed 14th, Thur 15 Fri 16th April
11am-2pm each day
FREE School Meal Children get
priority. You must book!**

ACTIVITY

CAMP

DAZL HQ, ACRE ROAD,
MIDDLETON, LS10 4LF

Food



Lemon Balm Play Project
@LBPlayProject



A few pics from the first day of our play scheme. So many children jumped at the chance to help chop veggies, tend the stove and stir the pot.

#HAF2019 @LeedsCommFound @LeedsCC_News @LeedsCS

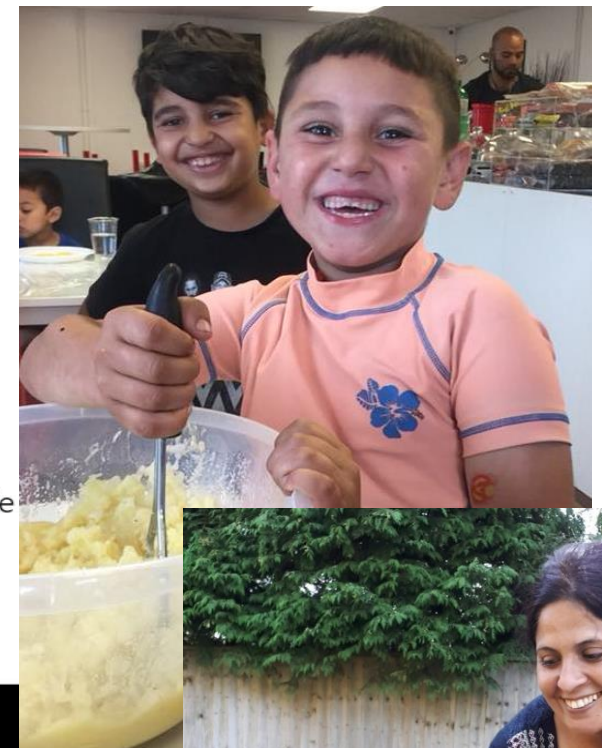


Holbeck Together
@HolbeckTogether

Were you inspired by our earlier post to getting cooking from scratch tonight?

Our wonderful colleague Olivia has created this little video of how to make the Creamy Chicken & Mushroom pasta dish - so simple!

#getcooking #healthyholidaysleeds #haf2020



8:35 AM · Jul 30, 2019 · Twitter for Android

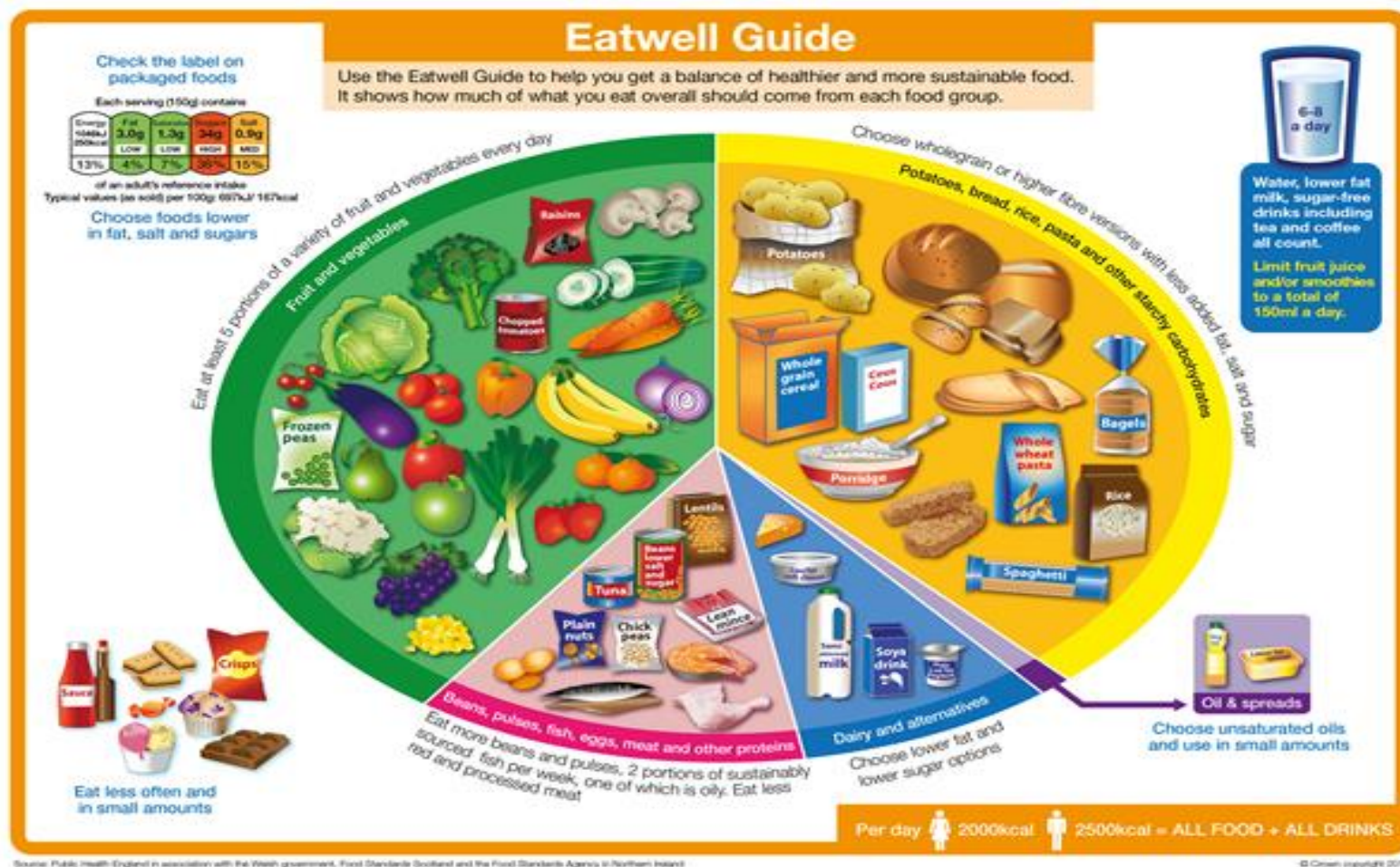
What food?

Grab bag and snacks?	Simple cooked meals & hot snacks?	Cooked meals?	Food hampers for the family and/or recipe boxes?
<p>Local demographics & cultural food requirements: it may be easier to provide vegetarian dishes, or vegetarian options</p> <p>Allergies: capturing information on dietary requirements of CYP</p> <p>Food on the go: Chopped fruit and vegetable snacks are often an easy way to encourage CYP to eat healthier options with their friends & peers</p>	<p>A quick snack before an activity can help improve behaviour, concentration & energy levels</p> <p>Reinforce healthy eating choices & habits with your meals</p>	<p>Getting children involved in aspects of food preparation makes them more interested in trying a range of healthy foods.</p> <p>Make mealtimes sociable:</p> <ul style="list-style-type: none"> • Recipe research • Preparation • Cooking – not always possible (not enough adult supervisors, kitchen size, Covid safety) • Serving • Helping younger children • Clearing away 	<p>Opportunities to support families and overcome stigma:</p> <ul style="list-style-type: none"> • Post-session take-out food bags packed by the young participants • Pay As You Feel food stalls • Recipe boxes

What type of meals may be determined by:

- Your staffing capacity
- Your staffing capabilities (training, certification & confidence)
- Your kitchen facilities
- Your dining space

Encouraging healthier eating choices & habits



Food & Covid: Has your LA's Public Health team produced any Covid-related guidance for community projects providing food to the public?

Does your LA's Public Health team provide any training that your staff & volunteers can access?

e.g. Leeds City Council offers free Healthy Living training for

- common beliefs and influences around food and physical activity
- the Eatwell guide
- food hygiene
- physical activity

Food Standards Agency guidance & tips:

<https://www.food.gov.uk/safety-hygiene/food-safety-for-community-cooking-and-food-banks>

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

<https://www.food.gov.uk/business-guidance/managing-food-safety>

What meals?

Breakfast	A snack at the start of your session	Lunch	A snack at the end	Dinner
<p>Cereal Porridge Beans on toast Eggs on toast Toast & jam Yoghurt Cereal bars Supplies from Intercepted Food Partners Training Making healthy, appealing meals with confidence</p> <div> <p>Environmental impact:</p> <ul style="list-style-type: none"> • Water bottles – are there local businesses who will donate or sponsor water bottles? • Can you purchase eco-friendly alternatives to plastic bags, plates, cutlery? </div>	<p>Yoghurt Cereal bars Fruit snacks Veg snacks Training Making healthy, appealing meals with confidence</p>	<p>Packed lunch Sandwiches (bread, wraps, pitta) Cheese Ham Other cold meats Tuna & mayo Eggs & mayo Butter/spread/ /sauce/ mayo Fruit & Veg snacks Simple cooked meal Pasta Make your own pizzas Veggie stew/curry with rice Other cooked meals Batch-cooking sauces</p>	<p>Fruit snacks Veg snacks Lunch-time leftovers</p> <div> <p>Kitchen essentials:</p> <ul style="list-style-type: none"> • Pots & pans • Crockery & cutlery • Kitchen towels • Kitchen cupboard essentials (herbs, spices, ketchup, low-sugar squash) • Grab bag components (bags, cartons, etc.) • Recipe boxes/hampers (cardboard boxes, bags) • Covid-safe cleaning equipment & PPE </div>	<p>Some providers used leftover food as take-outs, and encouraged families to take them home in order to reduce food waste (reduce stigma)</p> <p>Recipe boxes have been a popular option to combine a home-based activity with food and cooking skills</p>

Food supplies

Food Aid Network & Intercepted food providers:

- May be able to help you to supplement your food needs with free or low-cost food items

Other food sources who may be able to donate food items, or offer discounts, or bulk discounts if you can purchase with other HAF providers:

- Local supermarkets
- Local grocers
- Local food wholesalers

For foods nearing the end of their shelf-life, please remember food safety standards

Make sure you have adequate space and facilities for storing food safely

To reduce food waste and support families more, some groups provide take-home bags at the end of the day, or run PAYF schemes or Food Pantries & Clubs that they promote to parents/carers through HAF



What staff?

Paid staff?	Volunteers?	Bought-in sessional staff?	Partners' staff	Parent & Carer support
<p>Training and support needs:</p> <ul style="list-style-type: none"> • Catering & food safety requirements • Dealing with challenging behaviour • Health & Safety requirements • Safeguarding • Inclusive activity • Digital inclusion support • Covid safety • Volunteer co-ordination 	<p>Many paid staff and volunteers have holiday childcare responsibilities: running a holiday scheme could help you retain your volunteers as well as help them manage better over the holidays</p> <p>Young volunteers can make a huge difference (build capacity, helping hands, peer support, positive role models). Recruit via your:</p> <ul style="list-style-type: none"> • Youth boards or groups • Young leaders • Young members • Local teens & students <p>(See also training and support needs)</p>	<p>Are there particular activities you want to get started or develop further at your site?</p> <p>Are their providers looking to engage with the CYP you're supporting with whom you could negotiate cost-effectively, or as part of their Corporate Social Responsibility or Social Value?</p> <div data-bbox="1070 1210 1972 1389"> <p>Keep in mind:</p> <ul style="list-style-type: none"> • DBS requirements https://www.gov.uk/db-update-service • Safeguarding processes • Liability cover </div>	<p>Can you work with your partners to deliver specific sessions, either on your site or at theirs?</p> <ul style="list-style-type: none"> • Local high school for transition sessions • Local library for reading challenges • Local LA Community Hub to connect parents to additional support services • Local community sports clubs, gardening, art, music, etc. 	<p>Parents attending family sessions valued the opportunity to do fun things with their children, which they found difficult to do by themselves, and to meet with other parents/carers so they could develop better local sociable networks for themselves and their children</p>

Look after your staff, and grow your capacity

Build in staff time & costs for:

- Admin (pre-project planning, marketing/comms, project delivery, taking & recording bookings, data collection & reporting)
- Food shopping/collection: driver time and petrol costs
- Mealtime: menu planning, food prep, cooking, clearing
- Training: food safety, covid safety, delivering activities
- Engaging & co-ordinating with local partners
- **Many voluntary organisation staff are already over-extended after an extremely demanding 18 months, so be realistic about what they can do**

And make sure you use your HAF holiday scheme to:

- Recruit participants as members, or regular users (CYP, their parents/carers and even other family members)
- Recruit participants as volunteers
- Recruit parents/carers as volunteers

Channels to reach the families most in need

School, social care, public health staff	Community Influencers and your Staff	Online	Offline	Managing attendance
<p>Families most in need of HAF provision may not have headspace to think/plan ahead. Ensure agencies supporting them can give them your HH info so they book in time:</p> <ul style="list-style-type: none"> 2020: Priming them with information they can use when speaking to CYP and parents/carers Pre-Covid: leaflets in school bags ineffective 	<p>Encourage them to spread the word in person and via their online networks</p> <p>As parents and children start attending, if you have capacity, encourage them to spread the word to other families they know who are struggling</p>	<p>Not just your Facebook page: are their local Facebook groups where parents share information (e.g. neighbourhood groups, particularly in deprived areas to “show” what’s on offer and how to book/take part – make sure parents/carers know it’s free of charge)</p> <p>Twitter: raise your profile with “referral” agencies & other HAF groups</p> <p>Instagram: if you’re already engaging with teens</p> <p>Before & during: many providers posted pics and updates when they were up and running to spread the word</p>	<p>Community noticeboards & staff:</p> <ul style="list-style-type: none"> Food banks Community centres Supermarkets Libraries/ LA Community hubs Local cafés <p>Each year, this promotion should be needed less, as providers get better at linking in with local “referral” agencies to ensure they are supporting children most in need</p>	<p>How do you want parents (or young people) to sign up?</p> <ul style="list-style-type: none"> Drop-in or pre-booked sessions? If pre-booked, how will you manage this? Digital exclusion: remember, not everyone can book online!

Who are your trusted messengers?

Who are your HAF trusted messengers, i.e. the people who already have relationships with the parents/carers and CYP you want to reach, and who can give those parents/CYP the relevant information at the right time to connect them to your provision?

- Schools: safeguarding teams, behaviour support teams, Business Managers
- LA staff linked to SEND & Social, Emotional & Mental Health Needs and to supporting locality-based vulnerable people/families
- Housing officers
- Health Visitors (when visiting homes with older siblings)
- Social workers, including DV & A teams
- LA Community Hub staff
- Children Centre staff
- Youth service and youth workers

- Youth service and youth workers
- GP and primary care teams
- DWP staff, including employment & skills support staff, benefits support staff
- Community organisations
- Faith groups
- Cultural community support groups
- Food banks and food support providers

Many LAs have multi-agency teams who meet:

- can you attend and present on the HAF offer
- can you give them easy-to-use information on local providers that they can use when engaging with target parents/carers and CYP?

What communications content is best?



Healthy Holidays in Holbeck Easter 2021

Week One

Tuesday 6th April – 10:00am – 11:30am

- Family Brunch Food Hamper Collection
- Easter Egg Decoration Kit Collection (including egg moulds, chocolate, decorations and equipment)
- Interactive Zoom Quiz Activity Pack Collection
- Create your own Easter Bonnet Activity Pack Collection

Wednesday 7th April – 1:30pm – 2:30pm

- Music Themed Interactive Zoom Quiz Afternoon

Thursday 8th April – 11:00am-12:00pm

- Intergenerational Garden Groover's Dance Session in partnership with Dazl Dance, Holbeck Moor 11:00am – 12:00pm (ages 4-14)
- Jacket Potato lunch – 12:00pm

Friday 9th April – 10:30am onwards

- Community Easter Egg Hunt & Easter Grotto
- Spring Chicken Lunch Box Collection - 11:30am onwards

Week Two

Monday 12th April – 12:00pm

- Jacket Potato Lunch
- Healthy Holidays Activity Pack Collection
- Interactive Zoom Quiz Activity Pack Collection
- 'Grow Your Own' Activity Pack Collection

Tuesday 13th April – 10:00am – 1:00pm

- Multi-Sport Session in partnership with Leeds United, Holbeck Moor 10:00am – 1:00pm (ages 4-14)
- Packed lunch collection - 1:00pm

Wednesday 14th April – 1:30pm – 2:30pm

- Royal Family, Kings & Queens Themed Interactive Zoom Quiz Afternoon

Thursday 15th April – 10:00am – 1:00pm

- Multi-Sport Session in partnership with Leeds United, Holbeck Moor 10:00am – 1:00pm (ages 4-14)
- Packed lunch collection - 1:00pm

Friday 16th April – 11:00am

- Fulcrumb Kitchen Facebook Live Event

All events are for children aged 4-11 except where specified. Availability is limited so please call 0113 2455553 by WEDNESDAY 31st MARCH to make a booking for your family



FREE HEALTHY HOLIDAY DANCE & SPORT CAMP (6-11YRS+)

Wed 14th, Thur 15 Fri 16th April
11am-2pm each day
FREE School Meal Children get priority. You must book!

ACTIVITY CAMP

DAZL HQ, ACRE ROAD, MIDDLETON, LS10 4LF

Keep it simple and shareable for:

- Parents/carers
- Trusted messengers
- Your LA's HAF network



Healthy Holidays April 2021

Leeds Community Foundation

Leeds CITY COUNCIL

Barca LEEDS

MON 5TH	TUE 6TH	WED 7TH	THU 8TH	FRI 9TH
EASTER MONDAY	WEST LEEDS ACTIVITY CENTRE	GARDEN GROOVERS WITH DAZL GAMEZSTATION & SPORTS SESSION	GARDEN GROOVERS WITH DAZL GRAFFITI WORKSHOP WITH JAPES CREATIVE	
MON 12TH	TUE 13TH	WED 14TH	THU 15TH	FRI 16TH
HERD FARM	GO APE GAMEZSTATION & SPORTS SESSION	WEST LEEDS ACTIVITY CENTRE GO APE	GRAFFITI WORKSHOP WITH JAPES CREATIVE	

Good comms helps you do more than reach families

Creating good comms content in the run-up to the school holidays, and during the school holidays:

- Helps connect you with other HAF providers
- Encourages support from other funders, donors, suppliers, etc
- Enables you to put out requests for help
- Makes it easier to acknowledge partners
- Shares good ideas across your LA's HAF network (and beyond)
- **Reinforces the numerous positive benefits of HAF, and stresses that it is about much more than just food**

Encourage providers to tag posts with #HAF2021 and create your own place-based tag e.g. #HealthyHolidaysLeeds



Other ways to help families

Help and support services you provide, or access from local partners:

- Guidance and advice services
- Introducing them to a friendly face at other services they need
- Emotional & social support
- Helping them take part in your other groups, activities and services
- Free WiFi and basic digital support

Specific advice & support services

- Money mgt/ debt mgt
- Housing, employment support, training & skills, ESOL, school uniform exchanges
- Parenting skills & support groups
- Social prescribing, access to services like Healthy Start
- **Other HAF schemes, food providers, or local activities you can connect them to**

Healthy Holidays Mapping

- Contact info on other groups in your area

A number of community groups, schools and community hubs are running holiday schemes providing fun activities and meals this summer. For more information on Healthy Holidays or free school meal vouchers speak to your local school to find out what's happening in your area.

Leeds Money Information Centre (LeedsMIC)
Leeds MIC is a website that provides details and links to agencies nationally and in Leeds that offer free, independent, confidential help and advice on where to access food support, advice on money, debt, budgeting, reducing bills and affordable loans.
www.leedsmic.org.uk
The www.leedsmic.org.uk website is dedicated to posting information on services available across the city in line with the national guidance around managing the impact of coronavirus (COVID-19), including the latest information on support available at Council Community Hubs and One Stop Centres. Help is available but the availability of some organisations in Leeds may be limited, but please check this website for the latest information.

Community Hubs and One Stop Centres
Council Community Hubs and One Stop Centres are venues across Leeds that offer a mixture of library services, housing services, customer services, job searching and other help and advice. Some venues have been offering a limited service and Leeds MIC will provide the latest information as more Council Community Hubs and One Stop Centres begin to re-open as lockdown eases and social distancing measures are in place.
Please visit www.leedsmic.org.uk for the latest information.

Healthy Start information
With Healthy Start, you get free vouchers every week to spend on milk, plain flesh and lean fish and vegetables, and infant formula milk. You can also get free vitamins.
• Pregnant women get one Healthy Start voucher a week worth £3.10
• Babies under the age of one get two vouchers a week worth a total of £6.20
• Children aged over one and under four get one voucher a week worth £3.10.
You qualify for Healthy Start if you're at least 10 weeks pregnant or have a child under four years old and you or your family get:
• Income Support
• Income-based Jobseeker's Allowance
• Income-related Employment and Support Allowance
• Child Tax Credit with a family income of £16,190 or less per year
• State Pension Credit; or
• Universal Credit with no earned income or total earned income of £408 or less per month for the family.
(To find this refer to your Universal Credit award notice in this section "your take home pay for this month".)
You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.
Ask your midwife, health visitor or GP for the application form or go on line <https://www.healthystart.nhs.uk>

Managing bookings & collecting information

Some LAs are providing online booking systems (booking systems may be challenging to use in areas with significant levels of digital exclusion, or where providers do not have staff/volunteers with basic levels of digital skills, so check with your LA if this is the case for you, and what training/support is available to mitigate risks for digital exclusion)

LAs should be providing guidance on information you need to collect in order to provide data from all HAF providers that can be collated for reporting to DfE

You will want to be able to report the number of unique beneficiaries who attended, the number of sessions they attended (where possible), the total number of attendances, and the total number of meals provided.

You will also want to have information about each individual, not just for LA/DfE reporting purposes, but to be able to manage your provision effectively and safely (data to identify unique individuals, signify FSM status, etc. where possible, as well as collect notes on sessions booked, dietary requirements, emergency contact details, picture permission, GDPR notice, etc.)

Managing bookings & collecting information

Do you have:

- A booking form & process for use by parents/carers, or form that can be used by trusted messengers when they discuss and book HAF provision with parents/carers or CYP?
- A method to confirm which days/sessions an individual will be attending?
- A daily registration/sign-in sheet so you have info on individuals attending each day?
- A tally sheet to count the number of food portions you are providing each day?

Check what your LA wants you to report on, and when: do your systems enable you to do this? What help do you need from your LA?

Make sure your staff are given guidance so information is collected correctly and consistently

Make sure you collect and collate **qualitative** information, too, from:

- Parents & carers
- Children & Young People
- Staff & Volunteers
- Partners

- What did they like most & least?
- Suggested improvements?
- What would the children/families have been doing if they didn't come to your HAF activities?
- What mattered most to them?
- Quotes?

This information – and pictures of your provision – are often some of the most powerful ways to convey your impact

More HAF resources are available at:

F Wood Solutions Ltd

<https://www.fwoodsolutions.co.uk/resources/>

Follow me on Twitter: @francjwood

The HAF Alliance

<https://www.hafalliance.org/for-haf-providers/>

Children's Holiday Clubs (site for parents/carers & HAF providers)

<https://haf2021.org/>

LA HAF Co-ordinators

Your Co-Ordinator has access to DfE resources, including 'HAF Resource Pack for Local Authorities' and YouTube bite-sized learning sessions

DfE HAF 2021

<https://www.gov.uk/government/publications/holiday-activities-and-food-programme/holiday-activities-and-food-programme-2021>

