

Bolton Together

Holiday Activities and Food Programme Report Summer Provision 2021 'Thriving in Bolton'



Funded by The Department of Education and Bolton Council

Introduction

Building on the successful smaller scale delivery over the Easter holidays, the consortium was delighted to upscale the offer to children and young people over the summer holidays. Following an Expression of Interest process, open to all members of Bolton Together, six providers applied to deliver the Holiday Activities and Food Programme. Due to the high quality of the applications, we were able to fund all the proposed provision. The following members delivered a diverse and enriching activity programme over the summer:



Delivery partners provided a high quality offer across Bolton receiving fantastic feedback from parents and young people.

1,380
young
people
participated

213 young
people with
SEND
participated

6 Delivery
Partners

Food Education/Nutritional Information

Lancashire Wildlife Trust - Snack Time

Delivery partners raised awareness and increased understanding of nutrition by providing: Children and young people were provided with the opportunity to cook and prepare their own food, including fruit kebabs and fruit snack pots and to gain hands on experience in a kitchen environment. They found this enjoyable and rewarding, taking food home that they had baked. One participant at Breaking Barriers has decided to take up volunteering within the Breaking Barriers Café.

Opportunities for the young people to sit and eat their lunch with others proved beneficial, encouraging participants to try new foods, and making it a social and positive experience.

The Eat Well Plate
Discussion groups about five a day
Discussing sustainable choices
Reflections on meals at home
Cooking on a Budget
Exploring food connections with the earth
Foraging safely
Messages via social media

Keeping Active

A wide range of physical activity was provided to the children and young people, with delivery partners offering opportunities to try new challenges and be supported to be active, making it a fun and positive experience and considering different abilities and confidence levels. Physical activity options included:

Canoeing
Raft Building
Football
Walking
Making a Camp
Activities in the outdoors
Trampolining
Mini Olympics


Staff were highly skilled and well trained to deliver safe activities whilst also building positive relationships with the young people.



Lancashire Outdoor Initiative - Raft Building

Emotional Health and Well Being

Children and young people had an opportunity to express themselves in several ways using creative outlets including music, to explore emotions and learning a range of coping strategies across delivery partners, which included



Creation of positivity books
Mindfulness and yoga sessions
Making fidget spinners
Awareness /discussion groups
Creation of Transition to High School Booklets
Poetry
Connecting with nature

Robust safeguarding mechanisms were in place with each provider and young people were refer to appropriate services where this was needed.

‘The staff are always really kind and helpful and when I was sad one day about missing my friends from my old school and starting a new school with no friends, they took me for a chat and also a milkshake and talked to me about settling into my school and how I can feel less nervous. It really helped. Then the next day me and a staff member did a “new beginnings” poster for me to look at when I feel nervous or sad, this helped lots of other people going into year 7 too as others joined in. It was nice to know I wasn’t the only one that was sad and nervous. Thank you BLGC for a really good summer.’

11-year-old new member ‘

Enriching Activities

Providers empowered the children and young people to take the lead where possible by involving them in the decision making process of the activities that would be delivered at each session. This ability to be flexible and adaptable increased the self esteem and confidence of the participants and led to more successful delivery. A very wide range of activities were delivered across the partners, including

Creating Pieces of Art
Music Sessions
Playing Instruments
Forming a Band
Bird Watching
Natural Play
Multimedia skills
Den Building
Woodland Games



Breaking Barriers/LWT Creative Activities

Send Provision

Breaking Barriers Northwest, BLGC and ZACs Youth Bar provided specific sessions for children and young people with Special Educational Needs (SEND). All Breaking Barriers provision was targeted at children with SEND. The universal provision also adapted their offer to tailor to those with additional needs, where possible.

My nephew has severe learning difficulties and has an EHCP. He struggles with understanding simple instructions, speech and behaviour boundaries. This results in unwanted and misunderstood behaviour traits. In the past he has attended school holiday clubs with little success, often being sent home and becoming very angry and frustrated. He has LOVED his time at Bolton Lads and Girls Club, the staff have shown him so much patience and understanding. The change in his behaviour is noticeable and has been worth its weight in gold both to myself and him, to know he is somewhere content and happy each day. In my nephew's own words ...past clubs have been zero This one is TEN . ." Feedback to Bolton Lads and Girls Club

"We attended our first messy play a few weeks ago. We were made to feel really welcome, and it was so lovely to be in a room of people who just 'get it'. We've spent a lot of time feeling isolated, but Breaking Barriers is somewhere we fit in. Thank you "

Feedback to Breaking Barriers NW.

"I brought my grandson, and he was welcomed with open arms. He has extreme learning disabilities and doesn't cope well in new surroundings. He loved it so much that he made me bring him back the next day. All the staff were fabulous allowing all the unique children to be themselves in such a safe environment. I would recommend Breaking Barriers to everyone and can't speak highly enough of all the staff."

"He absolutely loved each session, he came home talking about what he had done and gained so much from being around people other than his family in holidays. He struggles with the lack of routine but being able to come and spend time with other children in a safe and nurturing environment has really helped". – Feedback to Breaking Barriers

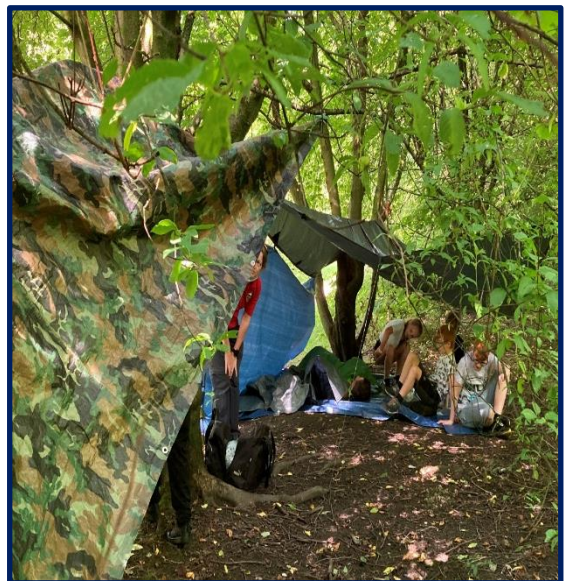


Food Provision

Two Members directly provided food to participants and four members received food for participants from Urban Outreach. Delivery partners praised the food provision co-ordinated by Urban Outreach. The range of delivery in different venues across Bolton presented logistical challenges which were addressed professionally and effectively managed.

‘The organisation from Urban Outreach was amazing and the communication (around allergies, deliveries, pick-up/drop-off times etc.) was second to none! Laura made this whole process very easy – a huge thank you from us, ‘Bolton Wanderers in The Community’

Partners fed back that the food provided was fresh and nutritious. Useful information was also provided in the pack lunches.





ZACs Youth Bar - Bushcraft

Examples of the Difference Members Made

Feedback from Parents, Carers and Children and Young People

*"Our kids loved it so much, they asked to come more and more. The staff were fantastic . I asked our 8 year old the questions, so these answers are his words not mine! They came home filthy every day, which is always a sign of a brilliant time! To say you have had an impact on their summer is an understatement. We feel very lucky to have this safe and wonderful resource available to the children thanks to the **Lancashire Wildlife Trust.**"*

'Our foster child really didn't want to initially go to the session but after his first visit insisted that he went the following day!'

"As a single mother of 3 children with 2 part time jobs I could not believe that I would be eligible for free places for my 2 children. BLGC have been so welcoming from the first contact to any conversations when I pick up, my youngest is very shy and struggles to make friends but staff have reassured me she has made plenty of friends on sessions and I have noticed L is happier at home, and also very tired! Thank you everyone you are doing an awesome job."

– Bolton Lads and Girls Club

“My 2 girls aged 12 and 9 attended this event at Moss Bank Park over the holidays. It has been superbly organised, and the ladies running it were amazing, enthusiastic, caring and fun. Thank you!.” **Lancashire Wildlife Trust**

“The girls absolutely loved the sessions; I didn't get chance to thank you. I really hope that Bolton Council can provide these sessions again in subsequent holidays.”

Tommy felt he really developed his skills particularly in kayaking. He would like to volunteer at the Anderton Centre, and eventually train as a kayak instructor. Connor had struggled to fit in with more traditional sports like Football but kayaking made him very happy. Tommy said if he hadn't attended the session, he would have just been playing on his Play Station.

Lancashire Outdoor Initiative

“I can be in the worst mood ever and within 10 seconds of being at ZACs I have a smile on my face. I give it 5/5.”

10 year old participant of ZACs





Case Study - Developing Independence and Friendships – Lancashire Wildlife Trust

Joey attended sessions at The Hive in Moss Bank Park regularly over the four weeks of delivery. At the start of the first session Joey was quiet and kept to himself. He was reluctant to engage in full group activities and struggled to find a voice within team games. Over the course of the first session, he gained confidence and began to engage in the quieter activities that were on offer. He chose to make a 'woodland eye' from sticks and wool and proudly exclaimed that he was going to take it home for his Mum as she really liked that kind of thing.

The woodland craft activities gave him the opportunity to create pieces of art that he could take home with him and he was excited to share all of his creations with his family at home. This growing confidence in his own abilities then began to carry across into other areas of the sessions and by the end of the week he was taking part in games of hide and seek and leading the group in organising who should count.

A highlight for Joey was forming a close friendship with another participant. They bonded over team activities including raft building where they were experimenting with how to make the largest item float. They also chose to go minibeast hunting and sweep netting together and were keen to learn all about the different types of invertebrates they found.

Name of child changed for purpose of the case study

Case Study – 'The Only Reason We Leave the House' Bolton Wanderers in the Community

At one of our sessions, we were engaging with 2 brothers, ages 9 and 12. Their Uncle was bringing them to the session, twice a week, and though they started very introverted and quiet, they slowly became more confident. Our coaches continued to engage with the boys and their uncle, and as their trust grew, our coaches were told that the boys' father had passed away just before summer and our session was the only reason the boys left the house. They had previously not engaged with anyone out of their home, and they now looked forward to this provision each week. They took part in the knife crime workshop delivered by GMP and are planning to access more of our activities/services.



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