

# **YOUNG CAMDEN FOUNDATION**

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**HOLIDAY HUNGER REPORT  
FOR 2020**



# CHIEF EXECUTIVE STATEMENT

During the school holidays low-income families face the risk of experiencing hardship and financial pressure often resulting in food insecurity, which is exacerbated by the absence of Free School Meal (FSM) provision. We know that on average parents spend more money on food during the holidays and for some families this pressure is just too much.

The Poverty and Social Exclusion research project (PSE) conducted the largest ever study of poverty in the UK and found that more than 1 in 4 families skipped meals so that others in the household could eat.

But holiday hunger extends beyond children reliant on FSM. There are three million children across the UK at risk of holiday hunger, of which two million are from working households. The challenge for low-income families during the school holidays is not just the issue of providing healthy food but also accessing affordable childcare and play provision.

Last year, YCF partnered with The Hampstead Wells and Campden Trust, and The Mayor's Fund for London to pilot Holiday Hubs in the borough. This year we were pleased to partner with the Trust again, and Camden and Islington Public Health to set up five holiday hubs across the borough. Each hub offered local children and young people, particularly those eligible for FSM, two meals a day (breakfast and lunch or lunch and dinner), access to a sport or art activity, and nutritional education.

The pandemic has been particularly hard for children and young people, and for most, the hubs were the only structured activity within a shared environment for many weeks and several months.

I hope that you find this report interesting and are moved, as much as I was by the difference the programme made to local children and their families.



**Keith Morgan, Chief Executive Officer**

# IMPACT

**"I like art the best because  
you get to make stuff...and also food"**

**Camden Child**

**"The food was awesome"**

**Camden Child**

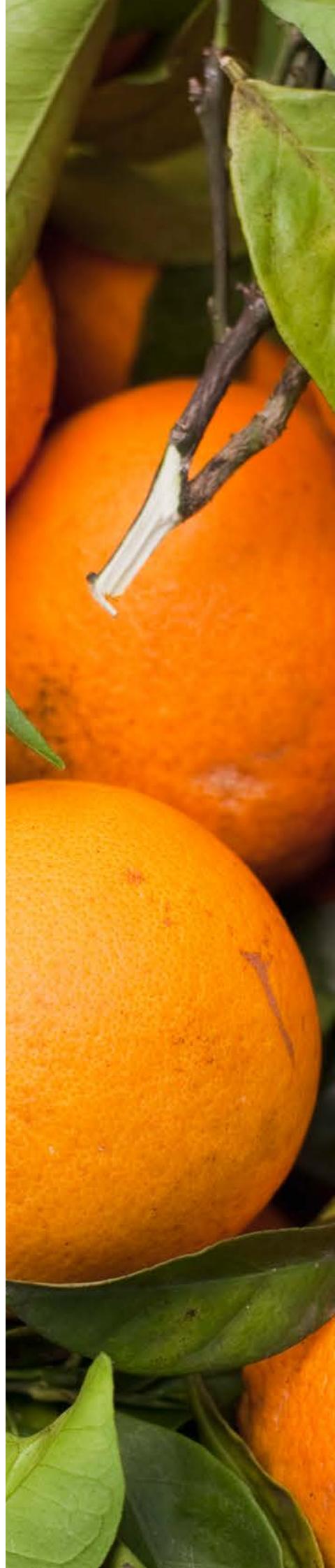
**"It's been a real life saver and I am so  
grateful for the lovely staff especially  
with the Coronavirus stuff going on –  
the kids have been proper bored at home**

**but luckily Sidings has helped  
massively"**

**Camden parent**

**"My children have been able to make new  
friends and play in a safe environment.  
They have learnt new arts and craft  
skills of which they truly enjoyed every  
day"**

**Camden parent**



# HIGHLIGHTS

**2,093**

Meals served during the 4 weeks of the summer holidays

**249**

local children and young people (5-18 yrs old) benefited from the programme

**83%**

of young people attending the project said they felt happier

**£23,500**

Invested in setting up holiday hubs

**5**

Holiday Hubs across the borough

**100%**

of the young people felt safe at the project



# ABOUT

Holiday hubs are led by community organisations embedded in local areas. They offer safe spaces and have experience of delivering holiday activity programmes for local children and young people.

Each hub commits to:

- 4x4x4 model – the programme delivers for 4 hours a day, 4 days a week for 4 weeks during the summer holiday.
- 2 meals per day and age-appropriate nutritional education, physical and enriching activities.
- Target children and young people (5-18yrs old) eligible for free school meals.
- Deliver in parts of the borough with high levels of socio-economic deprivation.

There is strong anecdotal evidence that holiday hubs help to reduce the loss of learning and healthy diet that typically takes place during the long holidays.

A key component of hubs is that they are familiar spaces that can provide a gateway to additional support, and opportunities to socialise.

We know that as well as tackling food insecurity, holiday hubs can:

- Reduce social isolation and increase learning.
- Help parents stay in employment by reducing the cost of childcare and food.
- Provide a reliable and essential source of nutritious food and give children opportunities to try new foods.
- The hubs also help to alleviate boredom and reduce the likelihood of anti-social behaviour, and
- They provide a platform for inter-generational activities, creating a strong social element to the hubs.



# IMPACT

<b>How many children and young people directly benefited from the grant in total?</b>	<b>249</b>		
<b>Of the total number of young people that directly benefited how many reported an increase in confidence?</b>	<b>70%</b>		
<b>Of the total number of young people that directly benefited how many accessed a new activity or opportunity?</b>	<b>100%</b>		
<b> </b>			
<b>Benefits to children</b>	<b>Tick</b>	<b>Benefits to parents</b>	<b>Tick</b>
<b>Benefitted from structured shared activity after time away from school</b>	<b>100 %</b>	Satisfied the play scheme operated within COVID-19 safety guidelines	<b>100 %</b>
<b>Been able to socialise with other children and make friends</b>	<b>100 %</b>	Felt my child/ren was/were happy at the Scheme	<b>100 %</b>
<b>Benefitted from taking part in sports and physical activity</b>	<b>100 %</b>	Although shorter hours, thought the programme of activities was good	<b>100 %</b>
<b>Gender</b>			
<b>Male</b>	<b>130</b>	<b>Female</b>	<b>65</b>
			<b>Prefer no to say</b>
			<b>54</b>
<b>Age</b>			
<b>0 - 4</b>	<b>5</b>		
<b>4 - 12</b>	<b>122</b>		
<b>13 - 18</b>	<b>98</b>		
<b>19 - 25</b>	<b>24</b>		
<b>Did any participants in the project report having any difficulty with seeing, hearing, mobility or communicating and may have needed assistance to participate?</b>			
<b>Yes, No or Prefer Not To Say (Y,N,P)</b>	<b>Y</b>	<b>How many</b>	<b>52</b>

# CAMDEN HOLIDAY HUBS

During the summer of 2020, the Holiday Hunger programme supported five local community settings: Sidings Community Centre; South Hampstead and Kilburn Community Partnership (ARC); Queen's Crescent Community Association; Dragon Hall; and Calthorpe Community Gardens with setting up holiday hubs during the summer.

This year YCF included additional funding to all new hubs to help with set-up cost – equipment, marketing, contribution to staff cost, and information on healthy eating. However, the pandemic brought a new set of challenges to setting up the hubs – cost of setting up Covid safe procedures, conducting risk assessments, recruiting additional volunteers, and learning how to work using PPE (Personal Protective Equipment) and instating a one way system in the centres.

Staff and young people were required to use masks whilst at the projects, which made it harder for the young people to hear what the youth workers were saying and vice versa.

Despite the challenges each hub offered two meals a day, access to physical and enriching activities, and age-appropriate nutritional education. The hubs targeted children and young people (5- 18yrs old) eligible for free school meals (FSM) but welcomed any child or young person that visited the hub.

Delivery hubs received the following support from YCF:

- Access to local coordinator
- Quality certification prior to delivery
- Access to new networks
- Marketing support and resources
- Physical activity programmes
- Post-activity London-wide evaluation report

Holiday hubs work because they are community-led and the settings are embedded in the local community. They rely on local intelligence to address local need, and for some families they provide a lifeline not just in terms of food but also as an access point for other forms of support.



**"Whilst at first young people can be reluctant to join in [new activity] and try new things, once they started and were trusted to use the tools under appropriate supervision the...boys really engaged well with the project and got such pride and confidence from being involved."**

**Sidings Community Centre**

## **SIDINGS HOLIDAY HUB**

### **The Project**

The schedule put in place by Sidings provided scope for engagements – such as arts and crafts, fitness sessions and multi-sports – to revolve around a two-course hot lunch. In order to follow Covid restrictions the organisation had to adapt activities to comply. Although Sidings could not run the summer project as usual, the project was delivered and it helped to improve young peoples' social skills particularly after the first long lock down.

### **Impact**

The provision of emotional wellbeing sessions encouraged a growth in the self-resilience of the young people involved. For the children attending this scheme, it was likely the only structured activity within a shared environment that was available to them emerging from the lockdown period. Participating in a project like this would have contributed to easing their return to the education system. Young people loved the arts and crafts and the food provided by Sidings. Sidings also partnered with Kitchen Social who provided 'make at home' meals in boxes for the young people to take home. Young people really enjoyed this because it was an activity to do with the family.

## **CALTHORPE COMMUNITY GARDEN**

### **The project**

Calthorpe CG offered football training and healthy meals four days a week during the summer. The 2-hour sessions of football training were followed by matches.

### **Impact**

This hub provided the opportunity for families to meet safely with others in an open space. Through this project Calthorpe expanded its ties with local community organisations (such as - One Housing, Holborn Community Association and Pro Touch Football Academy). The hub designed by The Calthorpe Project was advocated largely through the use of social media and the practice of bring a friend. This encouraged more families to attend. One great achievement of this hub was the distribution of 534 meals, with an additional 20 being taken to the Life After Hummus Foodbank (Somers Town)!

# QUEEN'S CRESENT COMMUNITY ASSOCIATION

## The Project

The 'Supper for All' programme provided the most vulnerable families with additional meals – support for this activity was enhanced through the hub, providing a further 33 meals.

Supplementary to this, throughout the Summer a total of 96 hours was offered through youth services. A principal focus here was the upcycle garden project. QCCA used old pallets to make garden boxes to decorate the outside of the community centre. This was a great opportunity for young people to be doing something outdoors, but also to be seen by the local residents to have a positive impact on creating colourful and vibrant spaces.

## The Impact

The garden project has led to a blooming partnership with Boma Garden Centre and show young people re-using and recycling skills whilst making a positive impact to their local area. QCCA fed 28 families, with a total of 52 children aged 0-19's. 81% of the families are from the NW5 postcode area. 54% of the families accessing the supper in receipt of free school meals; 75% are receiving benefits.

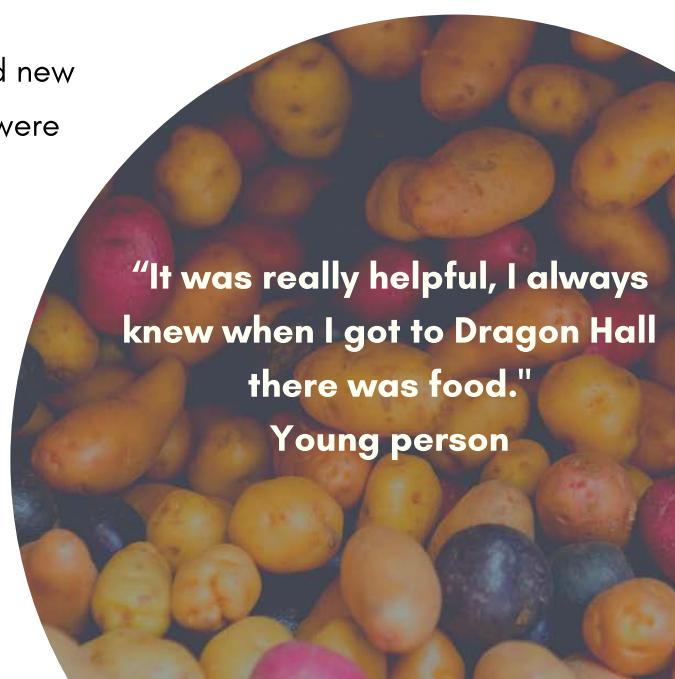
## DRAGON HALL

## The Project

This project used virtual and face-to-face activities to engage with young people. The virtual workshops provided young people with improved nutritional knowledge especially around different groups of food, a balanced diet and self-care. This section of the project ran alongside the provision of meals for families in order to reduce financial strain and food insecurity. Online wellbeing sessions were also supported by face-to-face work which covered a range of activities like- video creating, arts and crafts, gardening and cooking, and group game activities.

## The Impact

The sessions that took place allowed young people to build new friendships, a vitality in the COVID period. Young people were involved in the design of the overall programme via zoom discussions. The main activities of the programme allowed Dragon Hall to form links with Covent Garden Food Bank and The Phoenix Gardens. The Covent Garden Food Bank provided food parcels for the young people to take home. The Phoenix Gardens was a safe outdoor space to run fun activities for young people. Overall, 22 young people benefitted directly from this project – all of whom reported an increase in confidence.



**"It was really helpful, I always knew when I got to Dragon Hall there was food."**

**Young person**

## ARC HOLIDAY HUB

### The Project

SHAK made use of a vast array of events for their hub, including visiting Talacre Sports Centre, a cinema trip, artistic/creative elements, and the provision hot meals per day. Young people were regularly consulted and were at the heart of the programme's design. They decided on the food prepared and were also given the task of developing a weekly event. The young people showed great enthusiasm and actively participated in activities such as football and preparing salads. Overall, the project catered for 47 young people across four weeks only 12 young people in the centre at any time due to Covid restrictions. Young people were all very eager to be back at the youth club!

### The Impact

Young people expressed to have increased their confidence by participating in Shak's project, apart from accessing great food. SHAK provided two freshly cooked meals for young people each day. Food ranged from curries to lasagna, pizza and tacos, all served with salad and vegetables. Young people were engaged in football at the Talacre Sports Centre to keep them active. By organising weekly events young people learned new skills to organise a programme, to design leaflets and organise medals to give out.



**"We had young people queuing on the first day to get into youth club from 9:30 am when we didn't open until 11am"**  
**Arc Youth Club**

# HOLIDAY HUB 2021

YCF supports the ambition to address the root causes of food poverty, but recognises that these are multi-faceted, and may take some time to resolve. In the meantime, we want to see:

- The continuation of consistent statutory support for free meal provision during the summer holidays and are keen to see this extended to every school holiday
- A rethink of the current free school meals eligibility criteria (extended to in-work poverty and no recourse to public fund households)
- At a local level we want to see progression towards all lower-income families having access to additional support to tackle food poverty during the school holidays.

On 8 November, the UK government announced: A £170m Covid Winter Grant Scheme to support children, families and the most vulnerable this winter; and an extension of the Holiday Activities and Food (HAF) programme, covering Easter, Summer and Christmas in 2021 costing up to £220m.

This is great news and vindication of the many efforts to stop children going hungry not just in the Summer but all year round.

Our goal is to increase the coverage of the Holiday hub programme over time, extending the reach in line with capacity within the sector. In 2021, we want to support at least local 10 Holiday Hubs and reach at least 1,200 children and young people across the borough.



**If you would like to support a Camden Holiday Hub please contact  
[info@youngcamdenfoundation.org.uk](mailto:info@youngcamdenfoundation.org.uk)**

**To find out more about Young Camden Foundation Holiday Hubs visit:  
[www.youngcamdenfoundation.org.uk](http://www.youngcamdenfoundation.org.uk)**

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[www.youngcamdenfoundation.org.uk](http://www.youngcamdenfoundation.org.uk)



THE HAMPSTEAD WELLS  
AND CAMPDEN TRUST

