

YOUNG CAMDEN FOUNDATION

**HOLIDAY HUNGER REPORT
FOR 2019**



CHIEF EXECUTIVE STATEMENT

Over half a million young Londoners struggle for food during the holidays. There are 14,429 children living in relative poverty in Camden, representing 39.92% of our population of children (6th highest in London). The percentage has increased by nearly 4% since 2014. For children from low-income backgrounds, the school holidays can be a difficult time. With no free school meals or teacher support hunger and social isolation are a reality for many young Londoners.

Teachers report malnourished children returning to school after the holidays having fallen behind compared to their peers.

Many young people will never claw back this learning and health disadvantage to fulfil their potential.

In 2019, YCF partnered with The Hampstead Wells and Camden Trust, and Kitchen Social to support local community organisations with setting up holiday hubs during the summer holidays. Holiday hubs gave local children and young people a safe place to go during the holidays where they can get a healthy meal. But it was about much more than food. Other important benefits included, general mental and physical well-being, social integration, learning about healthy eating, skills development, social inclusion, and the development of staff and volunteers.

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

YOUNG CAMDEN FOUNDATION

IMPACT

“The Hampstead Wells and Camden Trust aims to help those who are in most in need. Our principle objectives are to alleviate poverty and improve health in the Trust’s area of benefit. We were therefore pleased to partner with Young Camden Foundation (YCF) to pilot a new programme addressing holiday hunger for children and young people from deprived households. It is programmes like this that can have such a positive impact on the lives of families in our community.” Sheila Taylor, Trust Director The Hampstead Wells and Camden Trust

25,000

WAS THIS PROGRAMME A GOOD IDEA?

20,000

"YES, BECAUSE 1, YOUR PARENTS CAN SAVE MONEY AND 2, INSTEAD OF HAVING A SANDWICH YOU CAN HAVE A COOKED DINNER."

15,000

Camden child

10,000

"THIS KIND OF PROVISION IS EXTREMELY BENEFICIAL TO CHILDREN IN THIS

5,000

POVERTY STRICKEN AREA THAT MAY HAVE TO GO WITHOUT BREAKFAST OTHERWISE. YOU HAVE

REALLY HELPED TAKE THE PRESSURE OFF ME DURING THE HOLIDAYS."

Camden parent

"I HAVE BEEN ABLE TO GO TO WORK A FEW DAYS A WEEK OTHERWISE SEPTEMBER PAY WOULD HAVE BEEN VERY LOW."

Camden parent



HIGHLIGHTS

1,295

Meals served during the 4 weeks of the summer holidays

74

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

100%

of young people attending the project said they felt happier

£10,500

Invested in setting up holiday hubs

43

Total volunteer hours to deliver the programme

100%

of the young people felt safe at the project



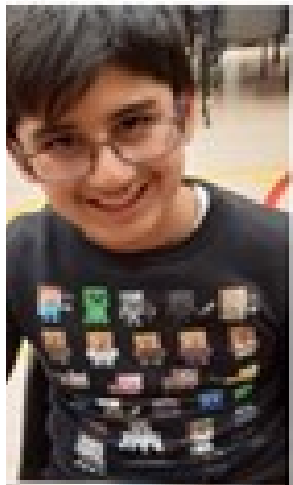
HOLIDAY FOOD INSECURITY

Holiday food insecurity affects young people who lose access to free school meals and other forms of support outside of school term times. The Mayor's Fund for London suggests that there are 700,000 young people at risk of holiday food insecurity in the city.

Holiday hunger can affect the whole family. Research has found that some parents are skipping meals to feed their children, and increased household fuel and food bills cause stress and uncertainty. This can lead to debt, poor diet and social isolation.

Additional studies of holiday provision show that programmes combining activity and food provision during the holidays can provide the following benefits:

- Reduce social isolation and increase learning
- Help parents stay in employment reducing the demand for other forms of food aid during the holidays (a period when many food banks report an increase in take-up)
- Provide a reliable and essential source of nutritious food and give children opportunities to try new foods
- Alleviate boredom and reduce the likelihood that young people engaging in anti-social behaviour
- Provide a platform for inter-generational activities, creating a strong social element to the holiday clubs.




CAMDEN HOLIDAY HUBS

During the summer of 2019, the Holiday Hunger programme supported two local community settings, Sidings Community Centre and South Hampstead and Kilburn Community Partnership (ARC) with setting up holiday hubs during the summer. Using the 4x4x4 provision model popularised by Professor Greta Defeyter (Northumbria University), the holiday hubs were open four hours a day, four days a week, for four weeks over the six-week summer period.

Targeting children and young people (5-18yrs old) eligible for free school meals, each holiday hub offered 2 meals per day, access to, physical and enriching activities, and age-appropriate nutritional education. Although the programme targeted children eligible for free school meals (FSM), delivery hubs were encouraged to run an inclusive programme for all local young people. FSM is a troublesome indicator of need as some families will find that they are above the threshold despite being low income and struggling to afford to provide high quality food for their children.

Delivery hubs received the following support:

- Access to local coordinator
- Quality certification prior to delivery
- Pre-delivery and continued training
- Access to new networks
- Professional chefs, nutritionist and links to surplus food providers
- Marketing support and resources
- Physical activity programmes
- Post-activity London-wide evaluation report



"As well as the delivered food, we always offered salad and fruit – and were impressed by how many of the children did take fruit as well as desserts."
Sue Measures, Centre Manager Sidings Community Centre

SIDINGS HOLIDAY HUB


Sidings Community Centre is a vibrant and popular hub of activity in the heart of the community. It has served the local community and wider area around West Hampstead and North Kilburn since 1983, providing activities for children, young people and families.

Sidings combined existing funding from The Hampstead Wells & Campden Trust and BBC Children-in-Need with the Holiday Hunger programme to set up a holiday hub for children aged 5 - 16 yrs. The combined funding enabled the centre to offer free places for all families registered for free school meals, and further reduce subsidised spaces. This made a real and noticeable difference to some very low income families who would not have been able to afford the programme. Free lunch and breakfast was offered to all children, and some parents. Packs of all left over non-perishable food was given to families at the end of the scheme.

ARC HOLIDAY HUB

ARC Youth Club is situated in the Alexandra and Ainsworth Estate and is a centre where young people aged 13 to 19 get support, meet other young people and get involved in positive activities.

During the programme ARC provided young people with 2 meals a day - breakfast and lunch. Young people took control of the menu and meals included tagine, Pizza and fajitas. Through the programme, 44 mealtime opportunities were offered to young people, with over 900 meals served to 48 local young people.



"ARC has improved its knowledge and capacity to handle food by training staff. And acquiring food hygiene certificate level 2. The organisation obtained a 5 hygiene rating from Camden Council which is the highest possible rating."

**Boris Witzenfeld,
Community Learning and
Participation Manager - ARC**

HOLIDAY HUB 2020

This pilot was hugely successful and as well as making a positive difference to children, young people and their families, it has opened up a discussion on what holiday hunger provision should look like.

Feedback from the Hubs was extremely positive and highlighted the mutual benefits of the programme. The feedback also provided some key learning points from the programme including, the reliance on staff to volunteer extra time so that the programme kept running. Whilst the funding covered the cost of the food and sports activities, it did not include the cost of coordinating and administering the programme. Hubs also fed back that their limited kitchen facilities meant that they were somewhat restricted in the food they could prepare.

The latest statistics show us that an estimated 2.5 million children are living in food insecure households, of which over 600,000 live in London. Despite this astonishing figure only 5 London councils are taking significant action to tackle holiday hunger. The Camden Holiday Hunger pilot has demonstrated the need for more locally-based Holiday Hubs providing access to healthy food, and physical activities. In 2020, Young Camden Foundation aims to expand the project to support more families.



If you would like to support a Camden Holiday Hub please contact info@youngcamdenfoundation.org.uk

To find out more about Young Camden Foundation visit: www.youngcamdenfoundation.org.uk

YOUNG CAMDEN FOUNDATION

www.youngcamdenfoundation.org.uk



THE HAMPSTEAD WELLS
AND CAMDEN TRUST

