





∃Better Together ☆Partnership ★



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introduction

We are very pleased to be able to share with you the Healthy Holidays Hull Annual Report, the report celebrates the last year of delivery and provides an excellent picture of what we have achieved. It demonstrates how the programme offers a broad range of activities for all children, young people and parents and carers to enjoy in safe environments led by trusted professionals. It also highlights the breadth of partners who are part of the Healthy Holiday delivery team to enable such a wideranging and broad offer.

The delivery over the last year has contributed to alleviating some of the pressures felt by families from Covid and cost of living, by offering food and nutrition and an amazing variety of fun and exciting activities taking place, in community buildings, parks and open spaces.

The Holiday, Activities and Food initiative, known locally in Hull as Healthy Holidays, is funded by the Department for Education (DfE), and Hull City Council, to give children, young people and families access to support and safe activity. We are delighted that the DfE have confirmed funding for an additional three years and we are committed to continue to build and develop on the success highlighted in this report to make a real difference to children, young people and families in Hull.

Councillor Linda Tock

Portfolio Holder Children Young People, Families & Learning

hull's approach to holiday, food & activities programme

Governance of the programme

The development of the Healthy Holidays Programme is led by a multi-agency steering group which includes key partners across the public and voluntary sectors. Its overall purpose;

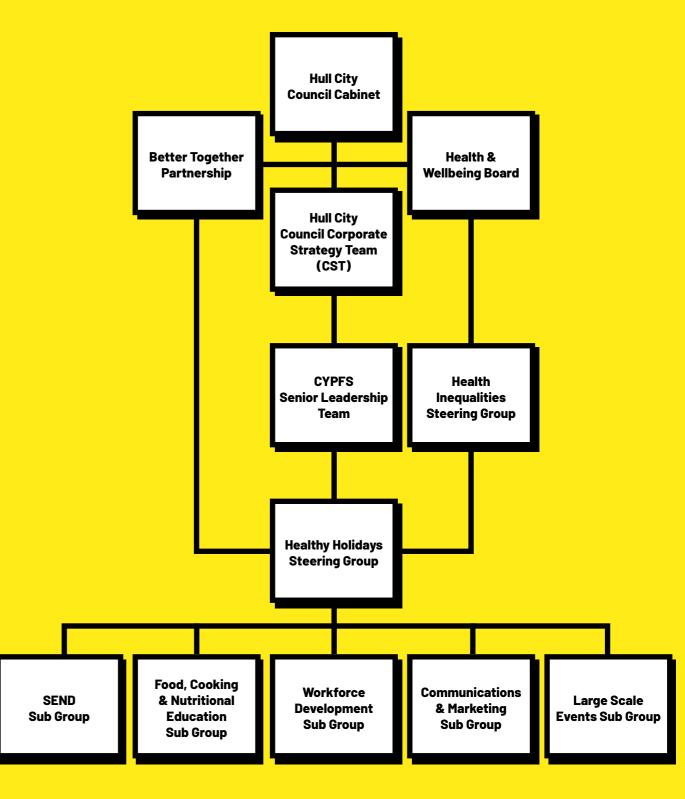
"to lead the coordination of Hull's 'Holiday Activities and Food (Healthy Holidays)' programme for 2022 - 25, funded by the Department for Education (DfE) and Hull City Council, developing a comprehensive city-wide offer of holiday activities and healthy food across Easter, Summer and Christmas holiday periods."

The steering group has a key role to ensure adherence to the guidelines and criteria set out under the DfE's Holiday Activities and Food (Healthy Holidays) and that the programme maintains a clear focus on engaging children and young people who are eligible for Free School Meals (FSMs) in addition to a range of other target groups.

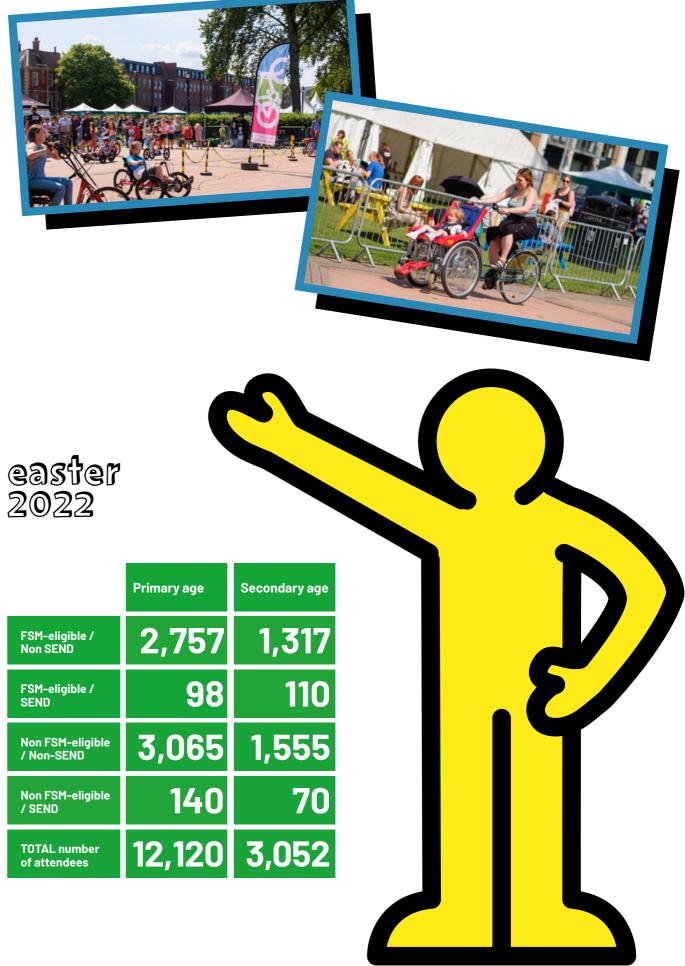
There has been an amazing level of commitment and motivation from all key partners on the group who support a range of focused sub-groups. As Hull City Council has ultimate accountability for the Healthy Holidays funding from DFE, the programme is accountable to Cabinet and the diagram below shows the overall governance structure for the programme and how it also plays into our city wide work around health inequalities and wider health and wellbeing plans.

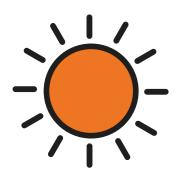
The delivery of high-quality positive activities for children, young people and families is a key priority in the Hull Early Help and Prevention Strategy and therefore also has a reporting line into the 'Better Together Partnership' which has oversight of the strategy.

Hull partners have taken the approach to maximise the opportunities for our children, young people and families by exceeding the minimum delivery requirements form DfE to provide activities over the whole of the Easter and summer school holidays, opposed to the minimum one week and 4 weeks delivery respectively.



what we have achieved in numbers



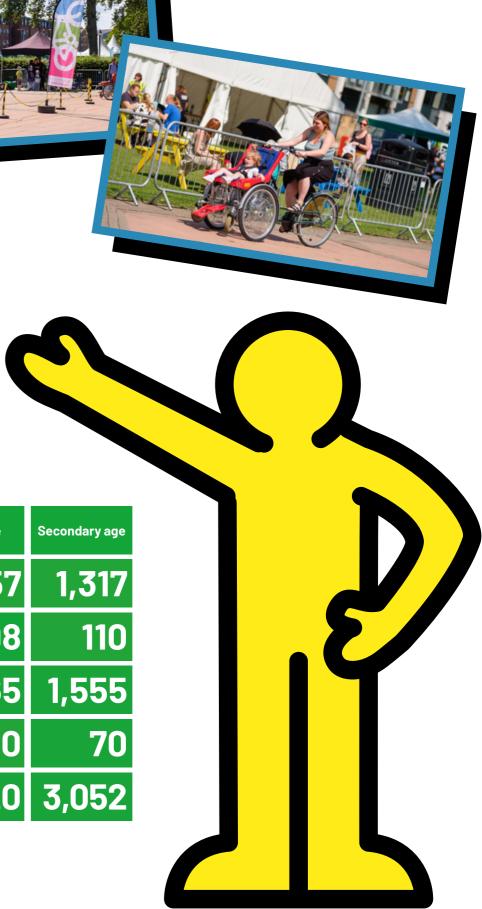


summer 2021

christmas 2021

Primary age Seconda	Secondary age	Primary age	
FSM-eligible / 7,189 9	3,206	3,755	FSM-eligible / Non SEND
FSM-eligible / 130	427	233	FSM-eligible / SEND
Non FSM-eligible 17,533 2,2	7,697	9,942	Non FSM-eligible / Non-SEND
Non FSM-eligible 140 3,3	342	203	Non FSM-eligible / SEND
TOTAL number of attendees 24,992 6,5	11,672	14,133	TOTAL number of attendees





	Primary age	Secondary age
FSM-eligible / Non SEND	2,757	1,317
FSM-eligible / SEND	98	110
Non FSM-eligible / Non-SEND	3,065	1,555
Non FSM-eligible / SEND	140	70
TOTAL number of attendees	12,120	3,052

healthy holidays in numbers:



key work strands of delivery: our approach & impact

The main part of this report presents information on the key work strands of delivery of the Healthy Holidays programme, they should not be viewed in isolation as they complement each other and work hand in hand.

		Key Work strands	
Healthy Holidays Partner Delivery	Com group & VCE	Strategic Partners	HCAL
Hull CC Delivery	Children Centres	Youth Service	Music Service
Digital Delivery		Love Exploring	
Support to all elements of	Food and nutrition		
Healthy Holidays Delivery	Workforce Development		
	Large Scale Events		
	Communications and Marketing		
Targeted Delivery	SEND		
Governance	Healthy Holidays Steering Group and various subgroups		



For the purpose of this report the pragmatic option was to present information under each key area. The table below highlights the work strands and shows how these workstreams complement and support each other:

community groups & vcs delivery

With a rich history of providing holiday activities in the City of Hull, the VCS is an essential element of the network of participation opportunities both during the Healthy Holidays programmes and all-year round.

The first Healthy Holidays funded programme in the summer of 2021 was supported by 55 community partners delivering activities, many of which were doing so partnering with the Council for the first time. For this first programme, the food offer was provided centrally through Hull Catering.

Partnering with VCS organisations is not just about providing participation opportunities. It is very much about ensuring activity providers conform to the minimum standards dictated by the Department for Education. It is about working to improve the quality and quantity of provision and increasing the capacity and competence of providers. VCS providers are engaged with the Healthy Holidays programme through a formal grant application process and inclusion on the Healthy Holidays providers Register. This register is a requirement of the grant funding from the Department for Education to ensure all delivery is monitored and compliant.

Support through the Workforce Development programme and direct intervention from the Healthy Holidays Locality Coordinators is encouraging our VCS partners to consider working outside their normal comfort zone, consider providing complementary activities and provide their own food offer.

Street Games Multi-Sport Workshop

A requirement for all VCS partners to attend Level 2 Food Hygiene training, and the Healthy Lifestyles Team's Top-Ten-Tips nutrition training workshop has increased the level of understanding amongst VCS volunteers, and allows them to share accurate and current information with young people and families.

The outcome from this structured programme of support being that for the Christmas and Easter programmes 100% of the VCS providers delivered their own food offer, ranging from simple packed lunches to full Christmas Dinners and Somali inspired buffets.











VCS providers are not just about sport. The Healthy Holidays programme is all about physical activity and enrichment, it is about providing something different to the normal daily routine, and increasingly it is about giving young people and families ideas for activities, arts and food that they can use in their own time.



strategic partners delivery

Strategic partners is the term used to describe agencies with the scale, experience and capacity to deliver a large number of activity sessions in locations recognised as being of high priority in terms of the percentage of families eligible for free school meals in any locality.

Strategic partners do not just provide delivery staff, the role is very much about adding value to the overall Healthy Holidays programme through their experience, profile, their network of contacts and the ability to contribute to the marketing, promotion and awareness of the Healthy Holidays programme with their existing clients.

With funding confirmed initially for one financial year (2021/22) a number of well-known local organisations with a proven track record of delivery were invited to submit proposals for summer 2021.







\'	First Step Sports Group
	Sports Group

ZS
sportsability

The strategic providers deliver across the full age range from 5 - 16 in all areas of the city, including the provision of a specific programme for children and young people with special educational needs and disabilities (SEND).

The Hull FC Community Foundation is the official charity of Hull FC and delivers a range of projects under the four key principles - Participation, Education, Health and Social Inclusion.

The Tigers Sport and Education Trust is a charity which aims to make a difference people's lives by involving them in sport.

First Step Sports Group create a clear pathway to lifelong activity. We have the privileged position of shaping the first sporting experience of our participants. Positive "FIRST STEP" experiences inspire and provide the tools to be active for life.

Specialist Swim School and health and fitness training provider, with particular expertise delivering swimming and water-based activities for children and young people with special educational needs and disabilities.

hull

museums

hull culture & leisure

Hull Museums supported the Healthy Holidays programme through the creation of Magical Museums activity booklets. 41,00 booklets have been distributed.

Enrichment activities were also delivered for two of the secondary school hubs which ran in the city. The activities were promoted as Art Amazes: Ferens Favourites.

As well as engaging with children in the city with this project through the summer hubs, we also took the activity to two of the large Play Day events in the city.

leisure

Hull Culture and Leisure provided a fantastic array of different activities as part of the Healthy Holidays programme!



Hull Libraries delivered over 150 family activities over the last year. The events were both wide ranging and varied to stimulate the imagination and encourage learning through play.

Most of the activity took place in local communities: there are twelve libraries across the city, providing easy local access to those not able to travel. However, activity was also provided as outreach. Some of the activity also took place in local schools during their transition weeks supporting children moving from primary to secondary education.

Hull Libraries also delivered The Summer Reading Challenge, which encourages children to read throughout the summer. The theme for 2021 was 'Wild World Heroes'. hull libraries

Summer activities included:

- 1,834 swim cards were distributed to young people
- Activity programme at the Animal Education Centre.
- On 'The Wing' where families were able to build their own bird box to take home.
- Free junior fishing passes were also distributed to key Healthy Holidays stakeholders.

Christmas activities included:

- Holiday camp sessions were delivered at Kingswood Park Primary, Woodford Leisure Centre and Costello Stadium
- Ice-skating sessions were facilitated during general skate time and hot meal vouchers were provided
- Free day rider bus passes were also distributed to schools to help address any transport barriers, as well as the creation of a Love Exploring route from the bus station to the venue.



at Primary, ire Centre adium sions were ng general hot meal provided us passes buted to address any ers, as well of a Love from the ne venue.

Easter activities included:

- Holiday camps were delivered over Easter and included a hot meal.
- A first for our Healthy Holidays programme was a Fun, Float and Splash session at Beverley Road Baths. This involved us purchasing a variety of large rafts and floats for young people to enjoy!

children's centres

There are 8 children's centres across the city which are embedded in local communities and experienced at reaching families who are eligible for the Healthy Holidays Activities.

Feedback from families

"it was really good for my daughter but I really loved it I was so emotional seeing how much she loved it"- Kim

"Brilliant" "Thank You my Grandson loved it "

Summer 2021

All centres had a wide range of activities which they ensured were covid secure. An example of these is from the Parks Children's Centre in North Hull:

- Annual Family Fun Day. Over 500 parents, carers and children attended the event. The event provided local families with a wide range of activities.
- Parks Children Centre Team supported large scale events including the beach day at King George V playing field, Play Day in Queens Gardens and Noddle Hill Nature Reserve play-day.
- · Weekly activities including, storytelling, Tree-Babies, Mini-Athletics, Street-Dance and Pre-Pedal. There was an activity on every day throughout the Summer!

Christmas 2021

Acorns Children's Centre offered three targeted events for children and families:

- Breakfast with Santa and his little helpers.
- Christmas at Acorns with a range of art & crafts activities for all ages.
- Santa's reindeers visited Acorns and we all had hot soup and a roll outside with the reindeers, such a great night!
- Working in partnership with the Freedom Centre we organised a small trip to the Panto.

Easter 2022

With support from the Healthy Holidays funding, the Rainbow Children's Centre held an event at St Georges Primary School during the holiday which was open to children and families living across the West of the City. They hired a Wonderdome which projected space and planets and talked about the history of space travel, names of planets.

Youth Development Service

Provision during the holiday period • Fishing packs very much complements and is • Days out, including Rock Up / Hollywood Bowl / additional to the provision which The Deep / Theatre happens throughout the year. • Supported key events across the city; Play Days and Delivery is mainly from our five key Beach Days sites, targeting young people aged The team have a pivotal role in bringing together local voluntary sector organisations via the youth network 10-19 from Kingston Youth Centre, meeting structure and this helped the Healthy Holidays Andrew Marvell Youth Centre, co-ordination team in identifying which organisations Astra Youth Centre, Route One needed a little more help and shape the programme locally. The youth networks were successful in helping Youth Centre and Ainthorpe Youth map out provision across the whole of the summer, Centre. The service continued to Christmas and easter holidays in every part of the city. provide one to one and small group Many parents and young people commented on how much support for young people through they enjoyed the support and the different activities on a dedicated team of youth workers offer. and emotional resilience coaches. This important work is balanced by the addition of a vast range of exciting activities which young "Just wanted to say thank you for trying people had chosen.

Across the city the Youth Development Service sessions included:

- Music Workshops including drumming sessions, disco and DJ performance
- Den building
- Circus Skills
- Hot and cold food offer, nutritional education,



- take-home cooking packs

to help our family out over the summer holidays. I am so grateful for the work you have done with Tim^{*} and will do with Susan^{*}, without young carers we as a family would be in a worse position with regards to our mental health as you not only help Tim^{*} at the moment you help us as all. Tim* loves his time at young carers as he is able to be himself and not be in the caring role he is at home so he can have a much needed and deserved break.

He loves coming, even though he has been at holiday club today he was still like 'can I go to club?' and the friendship he has built with the another young person is fantastic."

* Name has been changed

music service delivery

Hull Music Service – Lead Partner for Hull Music Hub, led a music programme for the Healthy Holidays 2021-22.

Key providers, including some of the music service's own team delivered workshops and activities in 3 types of location: • Schools

- Community Settings
- The Albemarle Music Centre

The locations were agreed strategically by other parts of the Healthy Holidays planning process, enabling the Music Service to concentrate on the coordination and deployment of workshops. The model worked well with very positive feedback from all our sessions about the content and quality.

Attendance at events at the Albemarle and where workshops were part of larger activity days (eg in the parks) was strong. School attendance was more of a challenge which highlighted wider challenges around running some of the school based Healthy Holidays activities at a time when schools had really only just emerged from lockdown.

Giving increased focus on the musical component of Healthy Holidays and having the Music Service lead on this was positive for the programme and something that is planned to be replicated in 2022-23.

love exploring

In 2021 Healthy Holidays introduced the Love Exploring App to the whole of the city. The app uses a mobile phone to navigate interactive trails with augmented reality allowing the user to be part of the trail and pose with many colourful characters such as dinosaurs, fairies and mega beasts.

Linked to Hull's physical activity strategy, the app is a fun way to encourage people of all ages to get active and is part of the #gethullactive campaign.

There has been a range of methods used to engage the city residents with the app for example, over 30,000 summer booklets included information and a QR code to help people download and play, the Magical Museums



booklet included access to the app and over 30,000 leaflets were distributed within Primary schools, community groups and the Council. There have been banners placed within parks, social media soundtrack broadcasts and even dinosaurs in costume walking the

The app has had over 6,000 uses focussed on holiday periods but also throughout the year. There has been lots of reflection and this has lead to the shaping of publicity materials and social media.

In Hull we have created Love Exploring trails across the City at the following locations -

- Hull City Centre
- East Park
- West Park
- Pickering Park
- Bude Park

city centre.

- Alderman Kneeshaw
 Recreation Ground
- Pearson Park
- Shaw Park
- Oak Road
 - Noddle Hill

food & nutrition

The Healthy Holidays Food Sub-group was formed in 2021 to bring together key stakeholders to coordinate and deliver a comprehensive city-wide offer of healthy food, healthy cooking and nutrition activities, which adhere to the guidelines and criteria set out under the DfE's Healthy Holidays programme.

The activities support the 'holiday experience gap' and underlying messaging relating to children's health and family food insecurity with a focus on disadvantaged children, young people who are eligible for Free School Meals (FSMs).

The aim of the group was to provide a 'good food experience' for participants of Hull's Healthy Holidays programme

To date the group has delivered the following: -

• Developed a training session that all deliverers must attend that gives basic nutrition messages that can be given during activity sessions.



- Ensured all delivery staff handling food have level 2 Food Hygiene.
- Provided training for staff who are delivering Cook and Eat sessions.
- Food provision was almost 100% delivered by a caterer during Summer 2021 due to enabling more organisations to deliver cook and eat sessions this changed to about 85% of food being delivered by voluntary sector community partner organisations during Easter 2022.
- Ensured food was provided at sessions who weren't delivering Cook and Eat sessions.
- Ensured food provided met the School Food Nutrition Standards.
- Recipe book and cards developed and food boxes for families as part of the events.

Going forward the group is looking at nutritional resources, developing games that promote **healthier** eating and looking at the food SEND offer. We are also looking to establish a Service Level Agreement with the caterer that delivers most of the packed lunches to ensure the supply for the next few years.



workforce development

HULL CC engaged StreetGames to lead the workforce development aspect of the Healthy Holidays programme in Hull after being a dedicated supporter of this work in the city over the last few years and working with HCC and local organisations.

StreetGames have worked alongside other specialist training experts in the city to deliver a needs led training programme to ensure the ever-expanding Healthy Holidays workforce of staff, volunteers and young ambassadors were upskilled with both minimum operating standards and added value workshops to deliver a safe, fun and inclusive holiday programme. The training programme covered the following key themes-

- Physical activity
- Mental Health
- SEND
- Food,
- Equality, Diversity & Inclusion
- Health & Safety and Safeguarding



Other training providers include: Hull City Council Healthy Lifestyles Team, Food for Life, Hull Libraries, LAFSS, Wicketz, Hull Training, Achieve Potentials.

In total, StreetGames and partners delivered 42 workshops with 549 attendances!

There were 22 StreetGames physical activity, behaviour and mental health workshops with 232 attendances and 18 food, SEND and wider support workshops with 317 attendees.

Of the attendees - 57% men and 43% women with 34% of learners aged between 16 and 21

large scale events

The Healthy Holidays Large events Sub Group was developed to coordinate the three large play days across the city and increase the capacity and support for the local workforce to deliver high quality summer activities and healthy food through the planning and development of large scale events, such as National Play Day.

The group also ensured that the wider offer from the Area Teams and their Beach Days were co-ordinated so did not clash.

The decision was made to hold three Play Day events across the city for different areas rather than have just one in Queen's Gardens.

The three events had some attractions that were brought in to bolster up the free activities from all the volunteer organisations which again proved very popular. These included.

Alderman Kneeshaw Play Day – Wednesday 28th July

This venue was new to such events and offered an excellent open space for the public on the estates in the area to enjoy the event and numbers for the day were in the region of 4,500. The families could not believe that the City Council were providing everything for free on the day and all the children were so polite and it was really clear that many of them had not been to a Play Day before and thought the whole concept was fantastic and asked if we could bring it back again in the future.

Queens Gardens Play Day - Wednesday 4th August

This was the 15th year of doing the event in Queens Gardens and didn't disappoint again this year with over 5,500 attending the event. As part of the event, we had a new food offer from Timebank, who also offered food at the Pearson Park event. For the first time we had the Chess Association at the event and again the children and families thought this was a great addition and indeed they were the last to close and pack up on the day. The ice cream van certainly did a very good days business and commented that they would wish to come back

Pearson Park Play Day – Wednesday 25th August

Another new venue for such events, which offered a very diverse audience from many different backgrounds and again was an excellent open space to use with its own added attractions of the conservatory and the lake. The attendance figures were again more than 4,500 people. The diversity of the attendees from all different backgrounds was more noticeable in this area and is exactly what we hoped would happen and a larger number of grandparents with grandchildren all of which took part in all the free attractions and could not believe it was all free of charge.

feedback from a provider:

- "thank you for inviting me and thank you to the team for a tremendously successful range of events. I had a great time working with your event staff, all of whom were extremely helpful and professional.
- Also, it was great to see so many children really embracing yoga – I have to say I was very surprised!"

Feedback from families

- "Thank you we had a wonderful day and it was all free!
- Great to be out and about and the children loved it.
- Hopefully this will be available next year, we all had a great time."

communication & marketing



A marketing plan was developed by Website the sub group with the aim to help keep children, young people and families active and healthy during the school holidays. The objectives of the plan were to

- develop an integrated campaign to communicate the activities
- provide positive messages and a clear offer of the activities and family support available throughout summer by creating a booklet
- provide accurate information of the range of activities
- Ensure access to information by those who are digitally excluded/ in digital poverty

Visit the website here



www.healthyholidayshull.org

The website is the central hub for all communication Healthy Holidays Hull. There are pages for each of the three areas of the City, North, East and West as well as SEND activities. Information is available to tell visitors about the Healthy Holidays programme in Hull, contact information and information about the SEND offer.

Initially there was a calendar of activities, however due to the high number being delivered, the calendar was no longer a viable option and activities were listed under each area.

For the 12 month period from 1 May 2021 to 30 April 2022 there were 29,013 visitors, with the majority, 22,603 accessing information from a mobile device.

14,740 came direct to the website, 8,374 via Facebook, 3,473 via Google, 656 via Twitter and 1,475 by another route.



Social Media

Facebook and Twitter pages were created to promote the programme and direct people to the website.

any content from our page or about our page, including posts, stories, ads, social information from people who interact with our page and more) with 563 page likes

Twitter - 217 followers, 102 Tweets 76,067 Impressions (an impact, and one impact means that someone has seen our post. An impression is counted when someone sees your tweet).

Our delivery partners and key stakeholders such as schools also play a pivotal role in supporting the Healthy Holidays marketing and communication efforts by promoting the fantastic Healthy Holidays offer to Hull's children, young people and families though their trusted channels.



special educational needs or disabilities (SEND)

The Healthy Holidays SEND subgroup was developed to coordinate the Healthy Holidays **SEND** partnership to ensure that activities offered through the programme are accessible and inclusive for children, young people and carers with Special **Educational Needs or Disabilities.** A member of the Parents Carers Forum is on the sub group, to ensure the programme is coproduced and met the needs of local families. The meetings generated many positive ideas and the programme developed was comprehensive and well attended.

The Healthy Holidays SEND subgroup focused on 4 mains areas of support:

- 1) Provision through the Leisure and Family Support Service Team, who already provide short breaks support for children and young people in Hull with SEND, focusing on how the funding could support developing the activities further.
- 2) Ensuring the key strategic partners had a SEND element to the offer they were delivering
- 3) Offering additional open access SEND sessions to these, such as swimming, rock climbing, Forest Schools, dance etc
- 4) Ensuring the contracted SEND summer programme which is commissioned every three years with KIDS was linked to avoid duplication

A major focus was also ensuring the marketing was clear around the SEND offer, and the activities were open access or easy to book on. The Healthy Holidays website therefore had a SEND page, which was easy to navigate. We also ensured there was information around disabled parking, and which activities were wheelchair friendly.

We also offer training to partners around working with families with SEND.

Some of the specific successes have been:

Summer 2021

- The LAFSS bus was a great resource and ensured that families across the city could access support and activities - please see the LAFSS Summer report for further details.
- The SEND swims were also very popular, and families fed back how much they enjoyed them.
- The strong links with KIDS and the wider partnership were vital and ensured that we did not duplicate activities and liaised closely with families in the city.
- Additional funding from Healthy Holidays was used to purchase sensory/fidget toys to give out to children and young people at the play days, these proved hugely popular, and children were given them after playing games such as hook a duck, Jenga and giant connect
- Families who had not accessed the short breaks service previously, did so over the summer.
- The total number of people accessing the SEND activities, excluding the KIDS

Christmas 2021

- LAFSS focused on their Christmas events which were well attended.
- Additional open access SEND activities were offered by Hull City Council Healthy Lifestyles Team such as Rock Up and Scrapstore, complimenting Youth Service sessions and SEND swims

Easter 2022

- The LAFSS activities were well received and these included SEND swims.
- Two rock climbing sessions at Rock Up
- Dance and Scrapstore at Frederick Holmes School were provided by Hull City Council Healthy Lifestyles Team in addition to swim offer by Sportsability to create 'SEND camp' approach
- We also undertook a mapping of other activities across the partnership to avoid duplication.





Feedback again was:

"We thank you so much for this opportunity it has been such a fun enjoyable family day out we wouldn't usually be able to do or afford thank you.

I wasn't aware this was going on, so I think for the future it would be best if the schools local or all SEND special schools could hand out leaflets to the children and carers.

Beth (Hull City Council Healthy Lifestyles Team) was very inclusive of all the children.

One parent doesn't drive, her son attends the SEN sessions as the location is great for her as they cycle. So appreciative of the sessions being on and at Fredrick Holmes.

We are so grateful that he had this opportunity to be part of Big Buzz and it has given him the confidence in looking to the future.

My two boys personally enjoyed it [rock climbing], it was nice to see them being able to attend something together rather than it just being for A because of his disability".



conclusion & next steps

As we move into our next year of delivery of the Healthy Holidays programme it is important that we build on the learning and experiences of the previous years, with this in mind our priorities for Summer 2022-Easter 2023 delivery are:

Working more closely with our partners from education / social care etc to reach the families that would benefit most from the Healthy Holidays provision.

Update the Healthy Holidays WWW to make it more functional and accessible. Appoint strategic partners to deliver key elements of the programme over a 3-year period; allowing for consistency and development over this period.

More emphasis on quality assurance of Healthy Holidays provision. Try out alternative and innovative approaches to marketing & communications to help us reach the right audiences including reaching those in digital poverty.

Continue to engage, and listen to children and young people and make changes to Healthy Holidays delivery based on their input.

Strategically align the Healthy Holidays programme with child poverty / food insecurity agendas / health inequalities.



A more targeted approach to reach young people ie. via Instagram and pilot new ways of engaging young people in the Healthy Holiday Programme.

Continue to hold Play Days and locality based large events across the City.

Continue to build on and develop our local workforce across the City, including young leaders.

healthy holidays hull

