

Holiday Activity Fund



LMP ACTION
COMMUNITY INTEREST COMPANY



Holiday Activity Programme

- The 2nd year of our holiday activity programme making use of DfE Holiday Activities and Food funding
- We will provide free holiday activity and events for school aged children across the summer holidays
- Delivered by a range of local organisations across the school holidays
- Makes use of DfE Holiday Activities and Food funding



Holiday Activity Programme

- We aim to deliver a vibrant offer to children and young people that offers opportunities for connection, variety of experience, some much needed fun and a celebration around food.
- Inclusive and aspirational programme. Reaching those who would benefit the most.



Last Years Impact



-  Over 16,000 meals served
-  Over 70% of children on FSM
-  439 hours of food and nutrition education
-  2293 hours of activity delivered
-  5 weeks of food and fun



Feedback from Parents

98%

said it made them feel part of a community

95%

noticed an improvement in their child's awareness of healthy eating

“As a single parent I couldn't afford expensive activities, so this was perfect”

Parent from Bubble & Squeak

97%

Saw an improvement in their child's self esteem

“It was great to include food in our provision. We had professional school chefs, a trained nutritionist and a baker provide excellent food from a variety of cultures, to enhance the children's knowledge of foods from around the world.” – Summer in the City provider

89%

Said it made their child feel more positive about school

98%

said that they would book their child onto another holiday programme

Cross Council & Partner Support

Co-ordinated by LMP Action CIC, Summer in the City brings cross-departmental working to deliver a vibrant programme.

Including:

- Children's Commissioning
- Education
- Sports and Culture
- Climate Team
- Parks
- Events Team

As well as:

- Uniformed Services
- Schools
- Providers



Providers



KULAN FOUNDATION
Together Stronger



FULHAM REACH BOAT CLUB
EST. 2014



Over 20 providers

DANCEWEST.

Summer Delivery Plan

- Over 16,000 sessions across the holiday
- Up to 790 places per week for 5 weeks
- Range of activity across the borough including specialist provision
- Safeguarding training and monitoring visits for all providers

WEEK 3: 8 th August- 14 th August 2022				
Organisation	Location	number of uniques	Location in the Borough	Age Groups
MULTI ACTIVITY PROVIDER				
KULAN FOUNDATION	Hammersmith/Fulham	140	Central/South	8-18 yrs
HARROW CLUB	Old Oak/White City/Fulham	47	North/South	10-16 yrs
LMP ACTION CIC	Hammersmith	50	Central	8-16 yrs
SHEPHERDS BUSH FAMILIES PROJECT	Shepherds Bush Hammersmith	25	North	5-16 yrs
SEAPIA	Sands End – Fulham	45	South	4-13 yrs
URBAN PARTNERSHIP GROUP	Shepherds Bush Hammersmith	52	North	8-19 yrs
URBAN FLYERS CIC	White City	50	North	8-16 yrs
MOTHER AND CHILD WELFARE ORGANISATION	Shepherds Bush Hammersmith	27	North	8-16 yrs
LONDON SPORTS TRUST	Shepherds Bush Hammersmith	48	North	8-15 yrs
FOOD EDUCATION				
BUBBLESQUEAKEAT CIC	Old Oak	58	North	5-12 yrs
SPECIALIST PROVIDER				
ACTION ON DISABILITY	Hammersmith/Fulham	45	Central	11-25 yrs
H&F MENCAP	Hammersmith	12	North	13-25 yrs
STEPHEN WITLSHIRE CENTRE	Fulham	17	South	8-17 yrs
SOLIDARITY SPORTS	Shepherds Bush Hammersmith	60	North	6-11 yrs
SPORTS PROVIDER				
FULHAM REACH BOAT CLUB	Fulham	24	Central	13-18 yrs
H&F SPORTS DEVELOPMENT	Hammersmith		Central	13+
SAMBA SOCCER SCHOOLS	Hammersmith	30	Central	4-12 yrs
THE EALING TRAILFINDERS FOUNDATION	Hammersmith	30	North	8-14 yrs
THE LITTLE FOXES	Hammersmith	30	Central	8-14 yrs
TOTAL:		790		

Communications

- Communication will be positive and aspirational
- Communications will be big bold and consistent
- Communication will focus on celebrating on the strengths in the Borough
- Big focus on food, learning and having fun
- Communication will include the focus on the whole family and a community approach
- Schools and council teams will focus on reaching children who would benefit most.




Nutritional Support for Families

- Commitment to provide families with weekly nutritional and wellbeing information
- Weekly newsletter sent out via delivery partners
- Each edition has recipe info, useful information, games & challenges and info on any FREE events in the Borough and In London


H&F's Spring Spectacular Week 1


Nutritional and Wellbeing Newsletter




In with the Season


Welcome to April! Check out what's in season for this month:


 Apple

 Carrot

 Avocado

 Mushroom

 Banana

 Pineapple

Recipe


HEALTHY PASTA PRIMAVERA

Ingredients

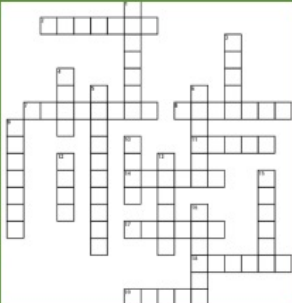
- 75g young broad beans (use frozen if you can't get fresh)
- 2 x 100g pack asparagus tips
- 170g peas (use frozen if you can't get fresh)
- 350g spaghetti or tagliatelle
- 175g pack baby leeks, trimmed and sliced
- 1 tbsp olive oil, plus extra to serve
- 1 tbsp butter
- 200ml tub fromage frais or creme fraiche
- handful fresh chopped herbs (we used mint, parsley and chives)
- parmesan (or vegetarian alternative), shaved, to serve

Method

- STEP 1: Bring a pan of salted water to the boil and put a steamer (or colander) over the water. Steam the beans, asparagus and peas until just tender, then set aside. Boil the pasta following pack instructions.
- STEP 2: Meanwhile, fry the leeks gently in the oil and butter for 5 mins or until soft. Add the fromage frais to the leeks and very gently warm through, stirring constantly to ensure it doesn't split. Add the herbs and steamed vegetables with a splash of pasta water to loosen.
- STEP 3: Drain the pasta and stir into the sauce. Adjust the seasoning, then serve scattered with the cheese and drizzled with a little extra olive oil.



Crossword




Across:

2. a lean white meat
7. used to make chips
8. long pasta
11. red or green fruit that has a core
14. a rabbit's favourite food
17. dairy product that can be eaten with berries and granola
18. yellow and smooth type of dairy
19. tropical fruit with a big seed

Down:

1. Green vegetable with lots of leaves
3. used to make sandwiches
4. you could be allergic to this food
5. only fruit with its seeds on the outside
6. a red juicy fruit used in salads
9. vegetable used at Halloween
10. small white grain
12. dairy product used in cereal
13. a round fruit used for juice
15. a small bunch of red or green fruit
16. a green vegetable shaped like a tree



H&F's Spring Spectacular Week 1

Nutritional and Wellbeing Newsletter

Food for Thought

"Primavera" means spring in Italian, and pasta primavera is a wonderful example of nature's influence in the art of food! It's light and fresh, a perfect blend of pasta, vegetables, colors and aromatics. It's a dish that caters to the creative cook, as you can vary the vegetables, pasta noodles, and even the sauce to reflect your mood and make the dish your own! It also comes with an interesting back story, pasta primavera was created in the late 1970s at the famed New York City French restaurant, Le Cirque. The dish was promptly hailed by the New York Times as "by far, the most talked-about dish in Manhattan." Restaurant owners and chefs have made adjustments such as adding ingredients, so there are probably various claims about the origin.





Meals on a Budget

ENCHILADA PIE - FEED A FAMILY OF 4 ON £7!

Give your meal a Mexican twist with BBC goodfood's easy enchilada pie. Packed with nutritious veggies, it provides four of your five-a-day.



Ingredients	Cost (based on ASDA prices)
2 tbsps vegetable oil or rapeseed oil	£0.36
4 peppers, any colour you like, sliced	£1.35
2 red onions, halved and sliced	£0.42
2 400g cans mixed beans, drained	£1.00
4 tps - 4 tbsps fajita spice mix (depending on how spicy you like it)	£0.70
400g cans chopped tomatoes	£0.45
small bunch coriander, chopped	£0.50
8 corn tortillas	£1.00
200g low-fat soured cream	£0.80
60g grated cheddar	£0.45

Method

- STEP 1: Heat the oil in a pan. Fry the peppers and onion until soft, about 10 mins. Add the beans, fajita spice mix, chopped tomatoes and some seasoning. Bubble for 5 mins to reduce the tomatoes a little, then stir in most of the coriander. Heat the grill and warm the tortillas in the microwave for 30 seconds.
- STEP 2: Spread a quarter of the pepper and onion mixture over the base of an ovenproof dish (a round one, if possible) or frying pan. Top with some of the soured cream and a warm tortilla, then repeat the layers three more times, finishing off with a final layer of soured cream. Sprinkle over the cheese and grill for 5 mins, or until golden and bubbling. Scatter with the remaining coriander before serving.



Flagship Events



22 July - Picnic in the Park 1pm-4pm

- Family event in Ravenscourt park to start the summer and introduce families to
- Entertainers, Climate Team, Royal College of Art workshop, DanceZone and much more
- Inflatable challenges, prizes
- Freshly cooked food available to all
- STEM goodie bags from Imperial College to be given out



Flagship Events

Uniformed Services Week
15 - 19 August in
Ravenscourt Park

- Different uniformed service every afternoon in the park
- Army, Navy, Police, Fire & Scouts booked – more still to confirm
- Encourages local participation and highlights what youth opportunities are available in the Borough



Flagship Events



Orchestra in The Park

Weekly in Ravenscourt Park

- English Chamber Orchestra to deliver climate themed workshops

Bike Maintenance Workshops

Twice weekly

- Families to come and bring bikes and learn how to get them fixed to encourage wider use of cycling as a transportation alternative

Storymakers - Puppetry Workshops

Weekly in Ravenscourt Park

- Children to engage with story telling whilst learning how to make puppets and perform with them

Additional Holiday Hunger Support

In addition to the Summer in the City Programme the council will:

- Work with schools to distribute vouchers for children eligible for benefits related free school meals and other vulnerable children, worth £45 each, to purchase groceries and essential household items.
- Through our partnership with Magic Breakfast we are working with primary schools and nurseries to provide home deliveries of breakfast boxes to vulnerable families





Thank You!

Any questions, comments and suggestions