

Summer in the City 2023



24 July - 25 August 2023

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Overview of the Summer in the City 2023

For the third year in a row, LMP Action CIC coordinated the Holiday Activity and Food (HAF) programme in Hammersmith & Fulham (H&F) under the name of Summer in the City.

The programme delivered five weeks of free provision for children, young people and families across the Borough. The emphasis of the programmes is to provide enriching activities and nutritional meals to participants to support families who need this support during the Summer holidays. We were happy to continue for a third year in offering a variety of programmes and one-off events to ensure we are meeting the needs and wants of the community.

Over the last three years we continue to see more and more families engaging with our Summer in the City programme.

Year	Unique young people	Total attendances (without one off events)
2021	3,759	16,821
2022	3,617	20,789
2023	3,425	18,192

Although there has been a slight drop in engagement for 2023, the programme has proudly still managed to provide 22,560 meals to young people and families across the Borough.



Summer in the City 2023

We had many applications from providers for funding for the Summer. We worked with 28 providers over this Summer. These providers offered provisions across the Borough as well as across age groups and needs. Across the five weeks, our providers were able to engage with 3425 unique young people which resulted in 18,192 attendances. Of these attendances, 62% of these children and young people are Free School Meal (FSMs) recipients. We were able to provide 22,560 meals to children and young people across the Borough.

Alongside the five-weeks of provision, we were also able to offer one-off events throughout the Summer. This allowed for children, young people and families to be able to take part in fun and interactive activities such as yoga in the park, puppets and storytelling as well as Uniformed Services Week. These events saw 806 children, young people and families attending.

Although we did have 18,192 attendances across the five weeks, many providers did have trouble with ghost bookings where young people would be booked on and not attend as well as weather related issues which limited attendances and decreased access to outdoor activities.

25 out of the 28 providers were visited during the Summer period so that we could evaluate the standard of delivery and see that all deliverables were being met. 90% of providers were reported as being good or very good. The 10% of providers with identified actions have been given plans with dates for these actions to be completed.



One-Off Events

Over the Summer, we offered 7 one-off events within the Borough.

- **Launch event - Picnic in the Park:** The first one-off event of the Summer was our Summer launch event - Picnic in the Park. The programme offered free food, games, activities for children, young people and families. We had many providers come and offer sessions for families to learn more about things going on in the community.
- **Yoga in the Park:** Working with the Goethe Institute of London, we delivered yoga sessions for young people from the community where they could learn good de-stress techniques and learn a bit of German as well.
- **Storytellers in the Park:** Working with the LBHF Councils Education Team, we coordinated interactive puppet making sessions and storytelling sessions.
- **Nourish Hub Quiz Night:** Nourish Hub offered a multi-generational quiz night for children, young people and families could come together to enjoy a meal and activities.
- **Mother and Child Welfare Organisation Storytelling Session:** This sessions is an intergenerational event for youth, parents and grandparents to come together and socialise through art and storytelling.
- **Art in the Park:** Working collaboratively with H&F's Youth Council, we gave interactive painting sessions for young people to help look at their feelings and engage with these feelings through art.
- **Uniformed Services Week:** For one week of the Summer, we worked with partners including the Royal Navy, St Johns Ambulance and the MET Police to offer hands on learning experiences for young people.

Each provision offered children and young people fun and interactive experiences. Although we did have 806 attendances, we did have trouble with the weather thus leading to some activities being cancelled or low attendance. The Royal Navy and British Army have also increased their minimum engagement age to 11 years old which limits their capacity for engagement with our families. Despite these difficulties, these one-off events did offer families a free and enriching activities that they were able to enjoy across the Summer.



One-Off Events

Over the Summer, we offered 7 one-off events within the Borough. Below is a breakdown of each one off event.

	Adults	Children and young people	Total engagements
Launch Event - Picnic in the Park	105	167	272
Yoga in the Park	3	26	29
Storytellers in the Park	25	105	130
Nourish Hub Quiz Night	40	43	83
Mother & Child Welfare Organisation Storytelling Session	16	45	61
Art in the Park	16	130	146
Uniformed Services Week	25	60	85
TOTAL	230	576	806



Summer Attendance

We worked with 28 partners across the Summer. These providers offered activities to communities across the Borough ensuring that we were assisting all priority areas.

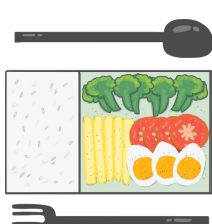
Over the five weeks of the Summer Holiday, we were able to meet a wide range of children and young people. An overview of the demographics can be seen below:



3,425 unique children



18,998 engagements (62% on Free School Meals)



2,123 children on Free School Meals (primary and secondary age)



22,560 meals served to children (hot and cold. *Breakfast was included at some provisions hence why the number is higher.*)



386 hours of food and nutritional education delivered



67% of primary-aged young people engaged



33% of secondary-aged young people engaged

Marketing & Promotion

Promotion of Summer in the City began with a Borough wide school promotion to reach teachers and parents regarding the upcoming Summer events. The promotions included the website link for all upcoming Summer provisions and one-off events. We also handed out Summer brochures around the community to ensure that community members who may not have access to the internet are still able to receive updates regarding our free Summer provisions.

The first in person Summer event - the launch event on Saturday 15 July in Ravenscourt Park. This event was in person to get the public excited and inform more people regarding Summer activities. At the launch event, many providers attended with provision information as well as fun interactive games and free food. Booklets with all Summer provision information were handed out at the launch event.

Providers had two months prior to their provision starting to self market and begin the sign-up process. Many providers have strong relationships with schools and families in the community where they gain the majority of their sign-ups. Providers also work with social services in the Borough to take on referrals. All sign-ups are documented by the individual provider.

Summer in the City is also promoted across the Borough via banners, electric signs and via the Council website. The Council website has a page dedicated to the HAF programme where schools, parents and others are able to see all provisions occurring and register their child(ren).



Partnerships

Our partners have strong relationships with school and families across the community which assists in knowing the needs and wants of the community. We welcomed provisions from three new providers from the Borough - Let's Leap Sports Academy, Thames Valley Harriers and Jolof Sports Club. Alongside our new providers, we also worked with 25 providers that have offered HAF provisions previously.

Alongside our provision partners, we were also able to offer 7 one off-events, including 3 multi-generational events across the Borough. These events brought together all generations and gave a safe and fun environment to interact together. Some partners we worked with at our one-off events this Summer include: City Harvest, Royal Navy, Red Cross, WaterAid, St Johns Ambulance, H&F Youth Council, The Goethe Institute and the English Chamber Orchestra. We worked closely with H&F's Youth Council to offer Art in the Park. These two events enabled young people to be able to express how they feel living in the Borough, through art. The art will then be displayed as a mural at the Youth Council Awards, in December 2023.

We would not be able to offer these enriching provisions without our local partners. We will continue to work to work with these partners and plan to work with many new local partners to carry on offering safe, enriching and nutritious spaces for children and young people.



Demographics

Below is a breakdown in percentages for all of the children and young people who attended the activity provision. *This does not include the children, young people and families who attended the one-off events.*

Breakdown of Attendees	Percentage (%)
Eligible for Free School Meals	62%
Special Education Needs and Disabilities (SEND)	34%
Asian, Black or other Ethnic Minority (BAME)	67%
FSM primary aged child (non-SEND)	41%
FSM primary aged child (SEND)	11%
Non-FSM primary aged child (non-SEND)	33%
Non-FSM primary aged child (SEND)	12%
FSM secondary aged children (non-SEND)	15%
FSM secondary aged children (SEND)	5%
Non-FSM secondary aged children (non-SEND)	11%
Non-FSM secondary aged children (SEND)	2%



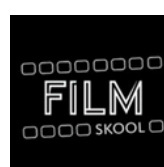
Our Providers

We continually look to strengthen our partnership with new providers to add value to our community offer. This holiday we were able to work with 28 local providers to offer inclusive provisions across the Borough.

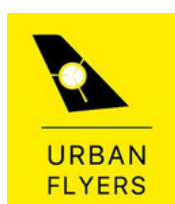
- Action on Disability
- Bubblesqueakeat CIC
- DanceWest
- Ealing Trailfinders Foundation
- Film Skool Deluxe
- Five Star Basketball
- Fulham Reach Boat Club
- Hammersmith & Fulham Care Leavers Service
- Harrow Club
- HF Mencap YDP
- Jolof Sports Club
- Kulan Foundation
- Let's Leap Sports Academy
- LMP Action
- London Sports Trust
- Minaret Community Centre
- Mother and Child Welfare Organisation
- Nourish Hub
- Ominira Learning
- SEAPIA
- Shepherds Bush Families Project
- Solidarity Sports
- Thames Valley Harriers
- The Sulgrave Club
- Urban Flyers CIC
- Urban Partnership Group (Masbro Youth Club)
- Urbanwise.London
- White City Theatre Project



DANCEWEST.



KULAN FOUNDATION
Together Stronger



Shepherds Bush Families Project & Children's Centre



Urbanwise.London

Photos from the Summer

Below, is a suite of photos from our providers who offered a range of food and activities to the children and young people in Hammersmith & Fulham.



Feedback

To ensure that we are continuing to meet the needs of families within the Borough, we distributed an online survey to providers to send to families after the completion of their programme. We use this feedback to continue to improve upon our provision every holiday.

100% of parents/carers found the Summer in the City provision available to them 'extremely useful' or 'useful'.

100% of parents rated their child(ren)'s experience on the programme as 'good' or 'excellent'.

100% parents said their children rated the experience and activities as part of the Summer in the City Programme as either 'good' or 'excellent'.

100% of parents said their child(ren) came back happy from the provision on most days.

100% of parents feel that the Summer in the City Programme has helped their child(ren) with developing their social skills.

95% of parents feel that the programme has helped their child(ren) with developing their confidence/self-esteem.

100% of parents rated their interaction with their provision as 'good' or 'excellent'.

100% of parents would book their child(ren) on again if this programme ran again over the holidays.

Feedback

Part of the parent and guardian survey was asking for feedback on how the programme was helpful for themselves and their family.

Below are some of the responses:

“

The coaches were responsive to my child's needs. My daughter said they were kind and supportive towards her. She was very anxious initially but was able to hugely benefit and actually even want to go back for rowing regularly. This is a huge achievement for someone who regularly refuses schools because of her social anxiety related to her neurodevelopmental condition (ASC). My daughter said the coaches high fived her. These little gestures really build rapport and communication and the young people feel connected. I could write so much more but really this has been a huge success. - Parent of Fulham Reach Boat Club Provision



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“

For my son very useful service he also improved communication and interaction with other people. This gives me a chance to have time with my other children when my son is Mencap. - Parent of HF Mencap Provision

”

“

“This camp has really helped boost my daughters self esteem. She was not looking forward to the summer holidays and not being able to see her school friends everyday. We don't live local to her school and is still at the age where she is not socialising independently. To see her come back from the camp happy and excited has been such a huge relief. For me as a single working parent with a tight budget this has helped with the Mum guilt ” - Parent of LMP Action Provision

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To ensure we are always trying to improve our provision, we asked parents for improvement suggestions. Below are some of the key suggestions mentioned by multiple parents:

Have longer and more days offered at provisions.

Offer provision to younger children.

Increase amount of sports and arts activities.

Feedback from parents and guardians

As this provision is in collaboration with the Council, we also asked parents and guardians for how the programmes made them feel in relation with the council.

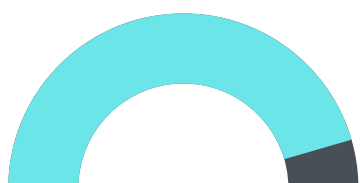
Below are their responses:

- 100% of parents 'agreed' or 'totally agreed' that the Council providing free holiday activities for their child(ren) makes them feel: valued
- 100% of parents 'agreed' or 'totally agreed' that the Council providing free holiday activities for their child(ren) makes them feel: part of a community
- 100% of parents 'agreed' or 'totally agreed' that the Council providing free holiday activities for their child(ren) makes them feel: acknowledged by the local authority
- 100% of parents 'agreed' or 'totally agreed' that the Council providing free holiday activities for their child(ren) makes them feel: that myself and my child are cared for
- 100% of parents 'agreed' or 'totally agreed' that the Council providing free holiday activities for their child(ren) makes them feel: more socially engaged
- 100% of parents 'agreed' or 'totally agreed' that the Council providing free holiday activities for their child(ren) makes them feel: more confident about engaging with my community
- 100% of parents 'agreed' or 'totally agreed' that the Council providing free holiday activities for their child(ren) makes them feel: less anxious in the current circumstances
- 100% of parents 'agreed' or 'totally agreed' that the Council providing free holiday activities for their child(ren) makes them feel: good that my child has a safe place to be

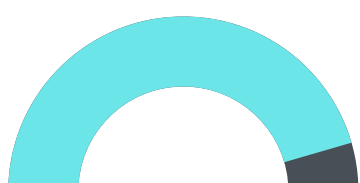


Feedback from Providers

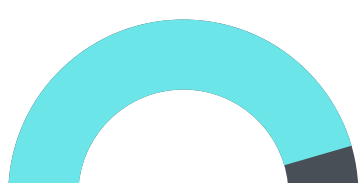
We were able to continue to work with previous providers as well as build relationships with new providers. Below is the feedback from our providers as part of a final evaluation:



91% of providers rated the expression of interest and application process as 'excellent' or 'good'.



91% of providers described their allocation of funding as 'excellent' or 'good'.



91% of providers ranked their experience in delivering nutritious meals daily as part of their provision 'excellent' or 'good'.

We also look to our providers for feedback on the challenges they faced as well as suggestions for improvement for future provisions. Below are some of their responses:

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“One challenge we had was finding food providers and having to accommodate more young people than expected.” - Mother & Child Welfare Organisation

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“One challenge was funding - an increase in funding as we could be providing holiday activities for twice as many children, as evidenced by our reserve list.” - The Sulgrave Club

”



Feedback from our providers

As part of the evaluation of the provision, we also asked providers about their experience. Below are a few of their responses:

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“Watching the young people perform at the end of the week and being able to provide them all with lunches.” - White City Theatre Project

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“We thoroughly enjoyed delivering our nutritional education. This summer, this was done through conversations with our children at lunchtime and with group activities such as growing our own fruit and vegetables. Our children got to take home their own tomato plants, which was very exciting. Another highlight was taking our children by the coast to Weymouth and South End on Sea. For many children, this was their first time at the beach/outside of London.” - Solidarity Sports

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“Young people were excited every day to take part in the cooking sessions. The young people loved the variety of food and were also excited to try new foods that they haven't eaten in the past or were unsure of having (such as vegetables). Parents commented that they were glad to see their child trying new foods and wanting to cook more at home.” - NourishHub

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Case Studies

Below are a few case studies showing the great work our providers are doing as well as the impact it has on the young people.

Masbro Centre (Urban Partnership Group) - Physical Health

Pull n' Push Fitness Gym members Theo Caldwell and Amir Hussein set the gym up at Masbro Centre over 10 years ago. They were both youth club members who saw the opportunity to turn a storage space at the centre into a calisthenics gym space that they could use with their friends while building their knowledge, experience and qualifications while also developing their calisthenics brand. They are heavily community focused people, who in return for using the space offered youth sessions 3 times per week until the pandemic in 2020. Since the pandemic finished in late 2021 our youth programme has been offered a weekly session in their room, known as the chamber, and currently attracts around 20 young people per week into organised high level training sessions. PNP as it is known, has been the face of ad campaigns for Puma and Paco Rabanne amongst other famous brands and the presence of the coaches and the gym alumni is a major positive in our centre, as young people that share the space look up to this group who live healthy and positive lifestyles. Our aim was to increase the amount of young people who could access the gym this year but we haven't been able to facilitate this due to the cuts in council funding negatively affecting our programme capacity.



Solidarity Sports - Nutrition

Over the summer, we were delighted to deliver nutritional education to our children once again. During previous projects, this has been done through conversations with our children about healthy eating, learning how to read food labels and learning how to build a 'healthy plate'. This Summer, with the aim of making our nutritional learning more exciting and interactive, we introduced the concept of 'urban gardening'. Unfortunately, many of our children live in overcrowded small flats, and very few have access to a garden. To tackle this, we took on the group project of growing our own fruits, vegetables and herbs. Children were taught about different herbs, which foods they can be used in, and how they can continue to garden at home. By the end of Summer, children had their own tomato plants to take home. The feedback we received was overwhelmingly positive, and many children took an interest in learning how to grow their own fruits. Some children even expressed a new appreciation for the fruits they eat after learning how difficult they are to grow! We definitely plan to continue our urban gardening project and would like to grow more seasonal fruits over the upcoming months.

Case Studies

HF Mencap - Fitness and Community

We are very proud of the Fitness motivation and wellbeing course that we provided during the summer for our young people. This is a course designed by Richard who is a professional personal trainer and fitness instructor (BRAND INC FITNESS). Richard is very experienced in providing inclusive fitness programmes to suit all abilities. Everyone who has participated has seen improvements in both their physical fitness and mental wellbeing (young people and staff included!). It's often hard work but Richard always makes fitness challenges fun and he is a great motivator! We have all learnt a lot about our own health and how important it is to look after it during our whole life.

We were also very proud to help the Police with their community project. They asked us to be involved as they are keen to improve their understanding of living with a learning disability or autism. They had a very positive interaction with our young people and thanked them for their feedback which will be used to shape their policies and educate others within the local police force. Topics that were discussed included stories of experiences with the Police, how people feel when they see the Police, what the Police need to know when interacting with a person with a learning disability and how they can change to make things safer for them. The Policemen also explained individually about their jobs and their motivation. Everyone learnt a lot and we all had fun in the process!



Recommendations and Summary

Over the five weeks of the Summer, we were able to engage with 3,435 unique children and young people resulting in 18,998 total attendances. 62% of young people are Free School Meal recipients and 37% have a SEND need.

We are happy to have worked with so many providers who offered a vast plethora of activities to assist children and young people in pursuing healthy lifestyles. We were also glad to expand the number of families we worked with this Summer thus showing the demand for the provision is increasing. As one parent of a provision said:

"This camp has really helped boost my daughters self esteem. She was not looking forward to the Summer holidays and not being able to see her school friends everyday. We don't live local to her school and is still at the age where she is not socialising independently. To see her come back from the camp happy and excited has been such a huge relief. For me as a single working parent with a tight budget this has helped with the Mum guilt."

We want to ensure we are able to continue providing provisions for families in the community that make an impact not just on themselves and their children but on the community as a whole.



Recommendations and Summary

Our recommendations for future delivery of the HAF Programme includes:

- Create a centralised booking system to assist providers with recording data and to minimise ghost bookings.
- Increase provisions for secondary-aged young people in the north of the Borough.
- Increase SEND provision
- Work to engage with different organisations to host a improved Uniformed Services Week.

Although, we did have some difficulties with ghost bookings, the weather and uniformed services having new age restrictions; the Summer was a huge hit with providers, families and others in the community. which emphasises the need for these provisions in the community. It was an enriching and nutritious experience for children and young people and an appreciated resource in the community. We are busily preparing our Christmas 2023 provision to grow upon the needs and expectations from families in the Borough.





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