

Holiday Activities and Food (HAF) Programme - 2021

From the 3rd of August – 27th August, KEY offered our young people a Holiday Activities and Food (HAF) programme. During the 4-week programme, there was a theme for each week - working with others, healthy living, emotional wellbeing and, celebrating achievements. Each week consisted of various crafts, learning games/challenges, sports, nutrition, budgeting, meal preparation/cooking for a large group, and an outdoor education day.

- **Crafts** – Our crafts were based around emotional wellbeing. The young people created their own self-care bag, hope jars, dream catchers, etc. which meant that at the end of the programme they had a readymade self-care kit and an understanding of how to support their own emotional wellbeing.
- **Learning Games** – Our learning games supported the themes each week. They included games based around listening skills, working with others, problem solving, healthy living/nutrition and sugar intake, etc.
- **Sports** – Sports consisted of traditional sports such as dodge ball, football, capture the flag and using the village's outdoor fitness trail to set various timed challenges for the young people.
- **Nutrition** – Through games, we explored sugar content and food value, through blind food testing alongside preparing well-balanced meals, using the nutrition Eatwell plate. This also included budgeting for the meal, purchasing the ingredients, food preparation, food hygiene and portion sizing.
- **Outdoor Education Days** – These reflected our themes each week, where trained instructors supported our young people to take part in archery, indoor climbing, caving, orienteering, mountain biking, canoeing, den and fire building, team assault course challenges and tree climbing/zip lining.



We encouraged communication throughout the programme and shared snippets of our activities. We received positive comments, texts, and emails from families throughout and even positive feedback from the general public:

“Many thanks for today, C seems to be really enjoying socialising with children of her own age. She's not had much chance to do this since arriving with us 6 weeks ago, so this opportunity has been great.” M, parent.

“I have heard really positive things about the programme, especially the great variety of engaging activities. They needed something to do instead of getting into bother.” N, local café owner.

“F really enjoyed herself, she will be there as many times as she can, bar young carers trips... she's gonna have so much fun... she's loving it 😊 finally socialising.” J, parent.



Youth Café

The youth café continued throughout the summer holidays. The young people took part in the usual activities; sports, games, cooking and crafts. We also supported a young person developing his own DJing business; he ran a film and disco night, training other young people to use the equipment.

We saw peer support and development taking place, leadership skills, young people developing new friendships and understanding social boundaries, as well as having the space and opportunity to be themselves.