



Food and Fun, Cardiff's school holiday enrichment programme, was successfully delivered in schools in areas of social deprivation for 12 days to support families during the summer holidays in 2016.

Food and Fun was awarded the NHS Wales Award 2016. The judging panel described the programme as "a brilliant example of the Well-being of Future Generations (Wales) Act in action".

## Long term



Reducing health, social and educational inequalities at an early age by building capacity through schools and staff (existing public sector assets) to provide healthy food, physical activities, nutrition education and enrichment activities.

## Prevention



Ensuring children from disadvantaged backgrounds aren't exposed to the stresses long school holidays can present (social isolation, hunger, inactivity, educational inequalities).

## Integration



Fits with City of Cardiff Councils "Liveable City" vision as well as priorities for Cardiff and Vale UHB Local Public Health Team and Public Health Wales' priority to tackle health inequalities.

## Collaboration



Collaborating at a local and national level with multiple organisations to develop an all Wales approach together with the Welsh Local Government Association.

## Involvement



Food and Fun has been shaped by individuals that understand the needs of the children, their families and the wider community (school staff, parents/carers and children). A number of agencies in Cardiff, including Communities First teams, either supported or delivered key enrichment activities to supplement the Food and Fun programme.

### HEADTEACHER:

"Spending quality time with the children during the school holidays has really helped the teachers to develop those personal relationships. They got to know the children a lot better, which will help everyone in the long-run."

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[www.foodcardiff.com](http://www.foodcardiff.com)

### PARENT:

"The confidence and fellowship that my daughter has developed during the 3 weeks she has been attending she will take with her and use with her everyday life skills. Due to financial difficulties we are unable to go away for holidays. With this Food and Fun club it takes the edge off the 6 weeks holidays. It feels like my daughter is on holidays 3 times every week. She absolutely loves this club and the staff here are so welcoming and warming. Hope it runs again next year as "my daughter will be first at the door."



Delivered **presentations** and **workshops** to share experience on 6 platforms for Wales, UK and Internationally

#### KITCHEN MANAGER:

"I love it. It doesn't feel like coming to work and it's such a big help to a lot of parents."



**3500** hours of **additional employment** generated



**94%** of the staff trained and responding found the training **helpful** or **very helpful**



**14** members of staff delivering Food and Fun were **trained** in:

- MECC (Making Every Contact Count)
- Nutrition Skills for Life
- Love Food Hate Waste



**Fareshare** provided **breakfast cereals** for **2820** breakfasts



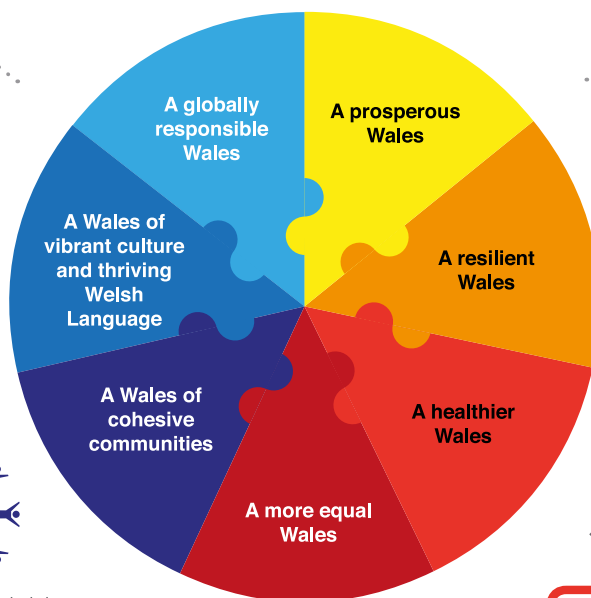
**2** **Welsh Speaking** schools delivered Food and Fun

#### PARENT:

"Lots of children from different cultures for kids to play with and learn from."



**6** **Public Health and Catering Awards**



"My child is learning without realising it. He's trying new foods and he's really enjoyed the daily exercise. It's been absolutely brilliant. I really hope this comes back next year."



**25** **external Agencies** delivering Food and Fun **activities**



**1** **community Food club (Chomp)** was supported



**11** **schools** took part in **Food and Fun** in **Cardiff**

"My child is shy but made new friends."



**6168** Food and Fun **meals** were served to **children** and their **families/carers**



**25** children with **special needs** attended a **Food and Fun club**



On any **one** Food and Fun **club day** an average of **238** **children** attended

#### PARENT:

"It has enabled me to work throughout the first weeks of the holidays and not worry that my child is missing out on having fun."



**416** children attended a **Food and Fun club**



**Cardiff Council** worked in partnership with **Chomp** to serve **512** meals to over **50** **families**

"Gardening was an activity my daughter enjoyed, and has made her want to do gardening with me at home which is fab."



**144** hours of **sport** delivered

"He has loved coming to school over the holidays. He's learned all about the amount of sugar in some foods and enjoyed growing his own watercress. The sports have really helped him with his confidence."



Of respondents (**127**):

- 93%** children attending enjoyed the club
- 81%** reported eating more fruit and vegetables
- 78%** reported eating less sugary and fatty foods
- 87%** are more active
- 62%** have tried new foods whilst attending the club

#### SHEP CO-ORDINATOR:

*describes how one boy with autism had benefited from the programme:*

"During term-time, he always has lunch on his own in one of the classrooms. But during Food and Fun, his confidence grew and he felt comfortable enough to sit with his classmates and enjoy his lunch with them. His parents were thrilled."