

# Food and Fun in Cardiff Summer 2017

Food and Fun is the School Holiday Enrichment Programme initially developed and piloted in Cardiff in 2015 to support families through the summer holidays.

2017 was our third year of expanding the delivery of Food and Fun in Cardiff. In addition we supported the Welsh Local Government Association with the roll out of Food and Fun across Wales and developed a Quality Assurance Framework.

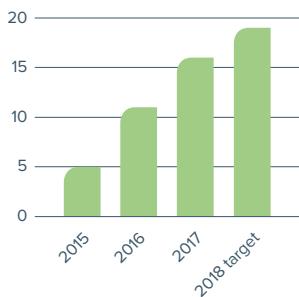
Food and Fun Cardiff runs in schools in the summer holidays for 4 weeks, 3 days a week from 9.00am-3pm. It is a quality assured scheme that includes breakfast, lunch, physical activity, food and nutrition skills education and enrichment activities.

It is funded through the WLGA (Welsh Government) with match funding (including "in kind" funding) from Cardiff Council, Cardiff and Vale Local Public Health team, Sport Cardiff, private sector and third sector organisations.

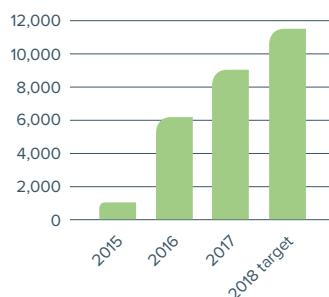


## Food and Fun Cardiff, 2015-2018

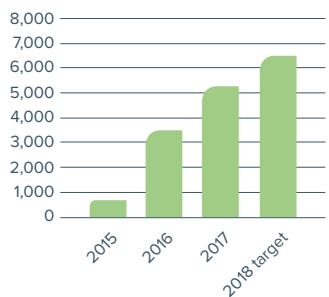
No. of school units\*



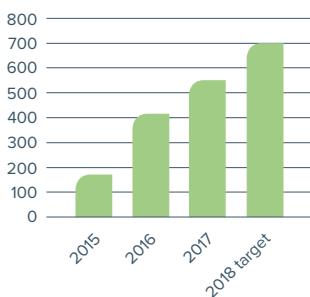
Number of meals served



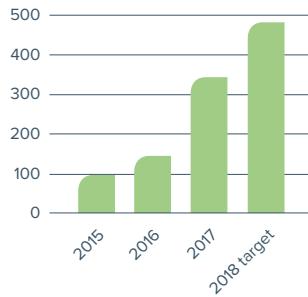
Hours of additional employment



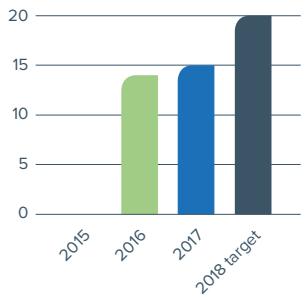
Number of children attending scheme



Hours of sport delivered



School staff trained in Nutrition Skills for Life Agored Cymru Accredited, Community Food and Nutrition Skills



● Level 1   ● Level 2   ● Level 2 cumulative

\*Some school sites (13 in total in 2017) hosted children from more than one school.  
A "unit" is based on 40 children.

### 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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### 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 of 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"

# During Summer 2017:



Cardiff Food and Fun team supported WLGA in delivering Food and Fun to 50 schools across 12 Welsh Local Authorities and 7 Health Boards



Delivered presentations and workshops to share experience on platforms for Wales, UK and internationally



2 Welsh Speaking schools delivered Food and Fun



8 Public Health and Catering Awards since 2015

## PARENT

"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"



23 external Agencies delivering Food and Fun activities in Cardiff



9197 Food and Fun meals were served to children and their families/carers

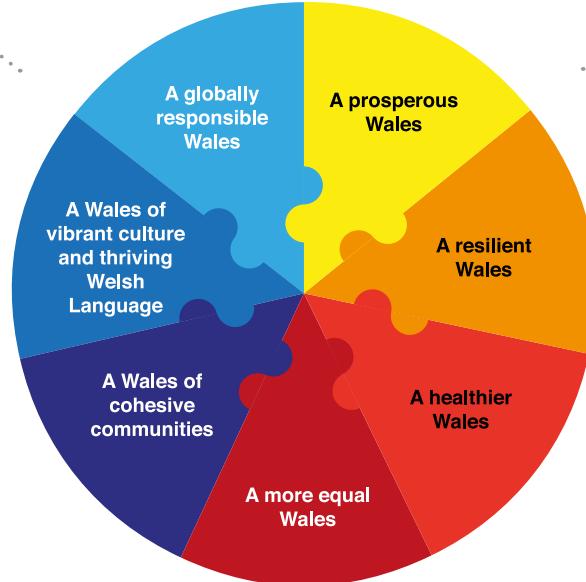
## SHEP STAFF

"At the beginning of Food and Fun we were very apprehensive about the idea of the children having to do Sports for at least an hour everyday! Most of the children dislike anything to do with sport. By the end of the 3rd week the coach not only had children nagging her for more and more games but she had shown them that taking part in things and not moaning about doing stuff is much more fun"

**CHILD WHO ATTENDED SHEP**  
"Without holiday clubs it would be really boring"



Children from 21 schools across 13 sites took part in Food and Fun in Cardiff



29 children with special needs attended a Food and Fun club

## PARENT

"The biggest difference the club has made for her is the way healthy eating is really pushed and encouraged"

551 children attended a Food and Fun club



**PARENT OF A CHILD WITH ADDITIONAL SPECIAL NEEDS**  
"It's long enough to keep my child in an established routine but still enough time to do family things and make memories"



15 additional members of staff delivering Food and Fun were trained in Level 2 Community Food and Nutrition Skills and gained Agored Cymru accreditation



12 new Sport coaches trained since 2015



100% rated the course as excellent and 100% would recommend course to others



5272 hours of additional employment generated

## SHEP STAFF

"One young Mum got a job because she got help writing her CV"

## SPORT CARDIFF

"It was the first time that the school had engaged with the programme which has strengthened the relationship with the school... As the school were so impressed with the Sport Cardiff coach staff arranged for her to continue working at the school as part of her university work placement module"



Fareshare provided breakfast cereals for 4191 breakfasts

## SCHOOL STAFF INVOLVED WITH SHEP

"It raised awareness of the food we served, that it was prepared on site, and fresh and that their kids were trying foods that their parents thought they didn't like at home"

## PARENT

"RSBP was favourite, dancing was another and they also enjoyed the cooking and sugar activity"

## CHILD WHO ATTENDED SHEP

"We've been learning about grams, with sugar and fat and we've been learning what to not eat because of our heart"

## SPORT CARDIFF

"Since SHEP at Meadowlane, St Albans Rugby Club has gained new players, Streetdance sessions are now full in Llanrumney Library and the assistant instructor has gained her Level 2 dance leaders. St Mellons Table tennis club have also had an increase in membership"



342 hours of sport were delivered



Of respondents (255 children):

- 92% children attending enjoyed the club
- 79% reported eating more fruit and vegetables
- 63% reported eating less sugary drinks
- 75% reported trying a new food whilst at the club
- 92% of children reported enjoying the nutrition sessions