



Glasgow Children's Holiday Food Programme

Monitoring Report Summer 2019

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1 Introduction

The Glasgow Children's Holiday Food Programme was developed in April 2018 to address Poverty in Glasgow – specifically Children's Holiday Hunger.

Eliminating food poverty is recognised as a priority and listed as one of the Scottish Government's Key Sustainable Development Goals. *“By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.”* However the issue of food insecurity is growing. Numerous academic studies have shown that food insecurity affects school children's academic performance, weight gain and social skills. A nutritious and well-balanced diet is vital for healthy growth and development, supporting learning and social skills, and encouraging continuation of healthy eating later in life. For many children across Glasgow, free school meals are the only nutritious, balanced meal they can rely on each day. Many low income families are unable to afford additional food costs incurred during school holidays.

2. Aim of the Programme

The Programme provides a grant fund which enables community organisations to provide nutritious food to children/young people using their services during the school holiday period. The programme is for children/young people 0-18 years of age.

3. Programme Criteria

The Programme is open to all Third Sector and Community Groups.

4. Timescales/Applications

Impact Funding Partners managed the assessment process for applications to the fund in 2019/20. Applications were received in February 2019 with applicants applying for some or all of the following holiday periods:

- Spring 2019 (10 days)
- Summer 2019 (30 days)
- October 2019 (5 days)
- February 2020 (3 days)

For 2019/20, 91 applications were received; 8 were ineligible and 2 organisations withdrew.

This monitoring report focuses on the Summer Programme which ran from 1 July 2019 until 9 August 2019 (weekdays only).

5. Outcomes of Programme

5.1 Beneficiaries

During the 6 week summer programme **19,196 children/young people** benefited from fresh food and activities throughout the day. This is broken down below. Summer 2018 figures have also been added for comparison.

| | Summer 2019 | Summer 2018 |
|-----------------------------|--------------------|--------------------|
| Male | 52.13% | 47% |
| Female | 47.83% | 52% |
| Non Binary | 0.04% | 1% |
| Disability/Additional needs | 18% | 25% |
| BME | 27% | 12% |

The biggest percentage of beneficiaries were from the 6-11 age group.

5.2 Number of Meals Served

Organisations provided a variation of meals and snacks. Depending on the project and activities there was a mixture of breakfast, lunch, dinner and snacks served. Some organisations only provided one meal per day, while others provided two and some three per day. A breakdown is provided below:

| Meal | Served 2019 | Served 2018 |
|--------------|--------------------|--------------------|
| Breakfast | 57,665 | 131,508 |
| Lunch | 111,460 | |
| Dinner | 19,186 | |
| Snacks | 102,534 | |
| Total | 290,845 | 131,508 |

5.3 Service Delivery Areas by Sector and Ward

A breakdown is provided in the tables below highlighting the number of summer projects within each of the Sector and council Wards.

| Sector | No. of Projects | 2019 Beneficiaries | 2018 Beneficiaries |
|--------------|-----------------|--------------------|--------------------|
| East | 27 | 6,357 | 6,436 |
| West | 28 | 3,439 | 3,838 |
| South | 31 | 6,743 | 4,152 |
| City Wide | 8 | 2,657 | 248 |
| Total | 94* | 19,196 | 14,674 |

*16 projects working over two sectors

| Ward | No. of Projects | 2019 Beneficiaries | 2018 Beneficiaries |
|-------------------------------|-----------------|--------------------|--------------------|
| 1 - Linn | 11 | 848 | 1,009 |
| 2 - Newlands/Auldburn | 6 | 147 | 20 |
| 3 - Greater Pollok | 9 | 251 | 412 |
| 4 - Cardonald | 13 | 509 | 354 |
| 5 - Govan | 18 | 548 | 585 |
| 6 - Pollokshields | 5 | 239 | 177 |
| 7 - Langside | 5 | 144 | 0 |
| 8 - Southside Central | 10 | 724 | 1,427 |
| 9 - Calton | 20 | 3,558 | 2,403 |
| 10 - Anderston/City/Yorkhill | 11 | 295 | 261 |
| 11 - Hillhead | 8 | 169 | 66 |
| 12 - Victoria Park | 7 | 168 | 196 |
| 13 - Garscadden/Scotstounhill | 10 | 408 | 263 |
| 14 - Drumchapel/Anniesland | 14 | 1,107 | 767 |
| 15 - Maryhill | 18 | 893 | 702 |
| 16 - Canal | 18 | 1158 | 1,342 |
| 17 - Springburn/Robroyston | 14 | 643 | 892 |
| 18 - East Centre | 14 | 519 | 391 |
| 19 - Shettleston | 21 | 853 | 554 |
| 20 - Baillieston | 14 | 553 | 283 |
| 21 - North East | 21 | 4,777 | 2,021 |
| 22 - Dennistoun | 17 | 603 | 530 |
| 23 - Partick East/Kelvindale | 4 | 82 | 19 |
| | 288* | 19,196 | 14,674 |

*46 projects delivering to multiple wards

**Please note that if an organisation had beneficiaries from more than one Ward, then the number of service users was divided evenly across all Wards covered.

6. Expenditure by Sector and Ward

A breakdown of expenditure is provided in the tables below. The expenditure categories are as follows:

- Food Costs – food and ancillary costs.
- Other Direct Costs – sessional staff, venue hire, activity costs, transport costs.
- Management Costs – marketing, management fee.

| Sector | Food Costs | Other Direct Costs | Management Costs | 2019 Sector Total | 2018 Sector Total |
|--------------|-----------------|--------------------|------------------|-------------------|-------------------|
| South | £199,997 | £134,034 | £10,373 | £344,404 | £227,844 |
| East | £254,825 | £196,953 | £17,229 | £469,008 | £399,992 |
| West | £171,615 | £112,031 | £8,613 | £292,259 | £229,705 |
| City Wide | £153,377 | £107,809 | £9,141 | £270,327 | £23,643 |
| Total | £779,814 | £550,827 | £45,357 | £1,375,998 | £881,184 |

| Ward | Food Costs | Direct Costs | Management Costs | 2019 Ward Total | 2018 Ward Total |
|-------------------------------|-----------------|-----------------|------------------|-------------------|-----------------|
| 1 - Linn | £42,050 | £23,009 | £1,981 | £67,040 | £41,423 |
| 2 - Newlands/Auldburn | £12,031 | £9,826 | £473 | £22,330 | £263 |
| 3 - Greater Pollok | £25,023 | £24,511 | £735 | £50,268 | £59,765 |
| 4 - Cardonald | £27,650 | £22,496 | £1,493 | £51,639 | £20,858 |
| 5 - Govan | £40,505 | £24,710 | £2,008 | £67,223 | £41,814 |
| 6 - Pollokshields | £6,896 | £6,500 | £648 | £14,044 | £10,167 |
| 7 - Langside | £17,360 | £12,471 | £1,323 | £31,154 | £0 |
| 8 - Southside Central | £49,039 | £23,214 | £2,926 | £75,180 | £38,355 |
| 9 - Calton | £66,252 | £36,673 | £3,199 | £106,125 | £85,542 |
| 10 - Anderston/City/Yorkhill | £15,850 | £9,404 | £614 | £25,868 | £35,915 |
| 11 - Hillhead | £14,312 | £10,298 | £559 | £25,169 | £4,802 |
| 12 - Victoria Park | £12,091 | £9,955 | £568 | £22,615 | £17,365 |
| 13 - Garscadden/Scotstounhill | £27,050 | £18,939 | £1,514 | £47,502 | £9,640 |
| 14 - Drumchapel/Anniesland | £34,452 | £19,190 | £1,467 | £55,109 | £21,817 |
| 15 - Maryhill | £57,251 | £40,188 | £3,573 | £101,013 | £59,772 |
| 16 - Canal | £52,948 | £37,582 | £3,198 | £93,728 | £74,836 |
| 17 - Springburn/Robroyston | £36,812 | £24,116 | £2,274 | £63,203 | £68,930 |
| 18 - East Centre | £32,994 | £29,997 | £2,660 | £65,651 | £29,841 |
| 19 - Shettleston | £61,917 | £51,733 | £4,638 | £118,288 | £61,234 |
| 20 - Baillieston | £37,671 | £35,125 | £3,234 | £76,030 | £45,807 |
| 21 - North East | £75,861 | £60,356 | £5,014 | £141,231 | £114,289 |
| 22 - Dennistoun | £26,666 | £16,034 | £1,173 | £43,874 | £38,093 |
| 23 - Partick East/Kelvindale | £7,133 | £4,499 | £82 | £11,714 | £656 |
| | £779,814 | £550,827 | £45,357 | £1,375,998 | £881,184 |

Please note that if an organisation had beneficiaries in more than one Ward, then the total amount funded to the organisation was divided evenly across all Wards covered.

7. Impact of the Programme

7.1 Benefits of the Service

A range of feedback was provided by organisations in their monitoring reports including:

- Organisations noted an improvement in concentration levels of the children/young people and that they appeared more focussed on activities.
- As a result of providing meals and snacks, the children/young people's energy levels increased and length of participation increased and even helped reduce certain challenging behaviours.
- Changed perceptions and understanding of healthy food and a willingness to try new things.
- Eating together and socialising at mealtimes – all new to some children/young people.
- Involving children/young people in the planning of meals, shopping for the ingredients, preparing the food, cooking the food and having others eat their food was a pleasurable experience for all.
- Learning about and tasting foods from around the world.
- Keeping children/young people engaged and stimulated during the holiday period as well as keeping those most vulnerable in touch with appropriate services.
- Family cooking activities – learning together.
- Breaking down barriers – bringing communities together.
- Service is open to all children/young people therefore no food poverty stigma.
- Less financial pressure on families.
- Increased awareness of organisations and other services available.
- Fitter and healthier children/young people.
- Increased confidence in children/young people.
- Promotion of positive social skills and development.

7.2 Case Study 1

“Parent A attended the Easter programme for the first time with his children and was very grateful for the food provided. During summer 2019 knowing that food and activities would be free of charge Parent A attended almost daily with his 3 children. They have a long daily walk as they cannot afford the bus fares but Dad knows that when the kids get to Project they will have a great time not only playing but getting plenty of food choices. Parent A has told the play workers and project manager on many occasions that he does not know what he would do during these holiday periods as the kids are always hungry and want to do activities. During school time they get free meals. The kids know that things are tight and willingly walk the whole way as they know that there will be plenty to eat and drink as well as bags to take away for eating later at home.”

7.3 Case Study 2

“Staff and I noticed that a brother and sister who came regularly to the Holiday Food Programme sessions were not eating all their food but they appeared to be hungry. I asked them if they did not like the food and they said they wanted to take some of the food home with them. This continued over the next couple of days. I built a relationship with the children and they started to open up to me. They said they had a younger brother at home who was too young to come to the club with them and they wanted them to have some food too. Over the next few days I told the two children

to eat all their lunch and at the end of the day I would give them extra food to take home for themselves and their younger brother. “

7.4 Comments from Beneficiaries

- “Brilliant, can’t wait til the next time”
- “Gonna tell ma pal about this”
- “Never tried watermelon, loved it”
- “I love coming here and meeting my friends every day and having great fun”
- “Wish my mum could cook like this”
- “Can we get Bolognese again tomorrow?”
- “Are you gonna do this every holiday?”

7.5 Comments from parents

- “Such a relief not having to worry about finding money for lunch.”
- “She loves it here, thanks for doing this.”
- “Don’t know what I would do without this.”
- “Activities during holidays are so expensive. The kids love it here and it’s free!”
- “Please don’t stop.”
- “I don’t have to worry about them hanging about the streets during the holidays.”

8. Next Steps

The Children’s Holiday Food Programme has gone from strength to strength with the number of beneficiaries increasing year on year. The service will next run in February 2020.

Applications for 2020/21 are now being processed and assessed with award decisions anticipated in February 2020.