



Glasgow Children's Holiday Food and Activity Programme

Monitoring Report Summer 2022

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1 Introduction

The Glasgow Children's Holiday Food and Activity Programme was developed in April 2018 to address aspects of 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.”* (**Scotland and the Sustainable Development Goals – A National Review to Drive Action, July 2020**). 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 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 from 0-18 years of age.

3. Programme Criteria

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

4. Timescales/Applications

88 applications were received in May 2022 with 54 organisations being recommended for funding in Summer 2022 (35 days). Applications for the summer totalled £2,433,374 in value.

This monitoring report focuses on the Summer Programme which ran from 27 June 2022 until 12 August 2022. One organisation returned their award as funding had been secured from another source, therefore the report provides monitoring information from 53 organisations.

5. Challenges

As a result of the COVID restrictions being lifted, the format of the programme returned to 'normal' with organisations able to bring children/young people together to eat, play and learn.

One major challenge that most providers encountered was the demand for the service. Providers worked jointly in some cases and sign-posted service users to another service if they were at capacity.

6. Scottish Government Funding

The Scottish Government provided funding for a Summer Offer for Children and Young People which was announced in April 2022 with the guidance for Local Authorities published on 12 April. A total of £10m in funding was made available nationally. £1,665,024 was awarded to Glasgow to deliver a summer programme.

7. Partnership Working

Partnership working is always strong during the holiday programme with organisations working together to ensure there is no duplication of service, a variety of activities provided, working jointly on the food or activities provision and taking referrals from other organisations if they are at capacity.

8. Outcomes of Programme

8.1 Activities

Activities included: street play, arts and crafts, jewellery making, dancing, sports, nature walks, bush craft, day trips, cooking lessons, learning about other cultures, grow your own, music workshops, karaoke, storytelling, drama, cycling, indoor/outdoor free play, talks, walks, go carting, family meals and trips.

8.2 Beneficiaries

During the 7-week summer programme **25,837 children/young people** (16,637 in summer 2021) benefited from fresh food and activities, as illustrated below:-

Male	59.59%
Female	48.85%
Non-Binary	0.56%
Disability/Additional needs	13.84%
Black and Minority Ethnic	31.78%

The biggest percentage of beneficiaries were from the 5-8 age group.

8.3 Number of meals provided

Organisations provided a variation of meals and snacks, this included breakfast, lunch and dinner. Some organisations only provided one meal per day, while others provided two and some three per day. Food provision is set out in the table below:-

Meal	Summer 2021	Summer 2022
Breakfast	78,085	114,925
Lunch	114,172	156,302
Dinner	36,720	28,568
Snacks	156,518	184,766
Total	385,495	484,561

8.4 Service Delivery Areas by Sector and Ward

8.4.1 Sector data

Sector	No. of Organisations (Summer 2021)	No. of Beneficiaries (Summer 2021)	No. of Organisations (Summer 2022)	No. of Beneficiaries (Summer 2022)
North East	23	10,421	31	13,395
North West	15	2,395	24	4,939
South	18	3,821	23	7,503
Total	56 *	16,637	78 **	25,837

* includes 4 providers working over two sectors and 7 providers working over 3 sectors

** includes 11 providers working over 2 sectors and 7 providers working over 3 sectors

8.4.2 – Ward data

Ward	No. of Organisations (Summer 2021)	No. of Beneficiaries (Summer 2021)	No. of Organisations (Summer 2022)	No. of Beneficiaries (Summer 2022)
1 – Linn	9	1,023	12	3781
2 - Newlands/Auldburn	5	35	5	37
3 - Greater Pollok	7	546	9	273
4 – Cardonald	6	446	12	680
5 – Govan	7	382	10	1310
6 – Pollokshields	9	213	8	450
7 – Langside	6	178	6	182
8 - Southside Central	7	998	9	790
9 – Calton	14	4,730	17	5844
10 - Anderston/City/Yorkhill	5	49	7	695
11 – Hillhead	4	61	10	1156
12 - Victoria Park	2	284	5	1212
13 - Garscadden/ Scotstounhill	4	533	6	857
14 - Drumchapel/Annie'sland	5	287	11	2321
15 – Maryhill	9	417	13	1310
16 – Canal	7	661	12	222
17 - Springburn/Robroyston	9	265	16	294
18 - East Centre	12	873	18	371
19 – Shettleston	12	623	15	723
20 – Baillieston	11	795	11	1047
21 - North East	13	2,499	18	801
22 – Dennistoun	9	636	17	1160
23 - Partick East/Kelvindale	3	103	6	321
	175*	16,637	253**	25,837

* 29 providers delivering to more than 1 ward.

** 43 providers delivering to more than 1 ward

Comment: Calton generally shows a high return as one provider runs several sessions per day to allow for the demand.

9. Expenditure by Sector and Ward and Match Funding

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.

The tables below provide a comparison between Summer 2021 and Summer 2022 funding.

9.1 - Sector data

Summer 2021

Sector	Food Costs	Other Direct Costs	Management Costs	2021 Sector Total
South	£215,813.92	£120,060.52	£9,774.14	£345,648.58
North East	£374,001.11	£214,843.09	£17,671.19	£606,515.39
North West	£209,189.33	£91,423.67	£7,953.30	£308,566.31
Total	£799,004.36	£426,327.29	£35,398.63	£1,260,730.28

Summer 2022

Sector	Food Costs	Other Direct Costs	Management Costs	2022 Sector Total
South	£234,014.79	£150,144.03	£7,052.48	£391,211.29
North East	£518,870.00	£278,844.57	£22,206.27	£819,920.85
North West	£315,343.46	£121,943.66	£8,433.61	£445,720.72
Total	£1,068,228.25	£550,932.26	£37,692.35	£1,656,852.86

9.2 – Ward Data

Summer 2021

Ward	Food Costs	Direct Costs	Management Costs	2021 Ward Total
1 – Linn	£31,274.56	£21,001.18	£860.98	£53,136.72
2 - Newlands/Auldburn	£2,583.78	£2,358.05	£127.13	£5,068.96
3 - Greater Pollok	£36,376.14	£7,761.49	£385.08	£44,522.70
4 – Cardonald	£35,619.84	£9,441.85	£154.19	£45,215.88
5 – Govan	£23,581.37	£26,862.89	£2,106.46	£52,550.72
6 – Pollokshields	£18,469.19	£10,719.43	£284.94	£29,473.56
7 – Langside	£13,655.71	£11,077.48	£740.42	£25,473.61
8 - Southside Central	£54,253.34	£30,838.16	£5,114.94	£90,206.44
9 – Calton	£124,282.40	£51,632.93	£5,731.42	£181,646.75
10 - Anderston/City/Yorkhill	£5,422.69	£1,567.27	£129.87	£7,119.82
11 – Hillhead	£5,607.25	£3,648.81	£107.42	£9,363.49
12 - Victoria Park	£32,151.20	£5,514.82	£837.78	£38,503.80
13 - Garscadden/Scotstounhill	£40,013.57	£11,191.28	£1,292.20	£52,497.05
14 - Drumchapel/Anniesland	£17,708.79	£8,021.87	£952.27	£26,682.93
15 – Maryhill	£38,520.31	£22,200.20	£1,046.53	£61,767.04
16 – Canal	£60,000.30	£33,871.21	£3,305.69	£97,177.20
17 - Springburn/Robroyston	£15,647.94	£10,412.99	£453.06	£26,513.99
18 - East Centre	£40,497.16	£26,967.75	£1,790.76	£69,255.67
19 – Shettleston	£54,969.19	£38,476.43	£3,328.38	£96,773.99
20 – Baillieston	£33,788.76	£20,055.53	£1,628.03	£55,472.32
21 - North East	£67,004.26	£39,372.42	£3,604.18	£109,980.86

Ward	Food Costs	Direct Costs	Management Costs	2021 Ward Total
22 – Dennistoun	£37,811.40	£27,925.05	£1,135.36	£66,871.81
23 - Partick East/Kelvindale	£9,765.23	£5,408.21	£281.53	£15,454.98
	£ 799,004.36	£426,327.29	£35,398.63	£1,260,730.28

Summer 2022

Ward	Food Costs	Other Direct Costs	Management Costs	Ward Total
Ward 1 – Linn	£32,266.37	£29,221.51	£989.01	£62,476.89
Ward 2 - Newlands/Auldburn	£1,955.28	£906.16	£122.13	£2,983.57
Ward 3 - Greater Pollok	£29,618.76	£8,010.72	£878.30	£38,507.78
Ward 4 – Cardonald	£21,489.43	£12,467.11	£886.53	£34,843.07
Ward 5 – Govan	£33,706.26	£27,739.78	£2,142.57	£63,588.61
Ward 6 – Pollokshields	£36,237.98	£12,506.13	£1,206.57	£49,950.68
Ward 7 – Langside	£15,307.09	£13,237.13	£537.68	£29,081.90
Ward 8 - Southside Central	£63,433.62	£46,055.49	£289.70	£109,778.80
Ward 9 – Calton	£110,461.74	£34,830.10	£5,346.42	£150,638.25
Ward 10 - Anderston/City/Yorkhill	£10,171.96	£5,373.02	£393.49	£15,938.47
Ward 11 – Hillhead	£14,155.48	£9,751.83	£835.56	£24,742.87
Ward 12 - Victoria Park	£20,503.91	£2,091.34	£108.91	£22,704.16
Ward 13 - Garscadden/Scotstounhill	£34,329.59	£7,118.08	£484.83	£41,932.49
Ward 14 - Drumchapel/Anniesland	£66,114.53	£16,206.96	£1,911.14	£84,232.62
Ward 15 – Maryhill	£61,497.47	£33,135.07	£1,325.05	£95,957.59
Ward 16 – Canal	£89,665.33	£43,158.42	£3,156.17	£135,979.91
Ward 17 - Springburn/Robroyston	£84,130.67	£56,357.70	£2,661.29	£143,149.66
Ward 18 - East Centre	£53,885.32	£32,528.35	£2,563.21	£88,976.88
Ward 19 – Shettleston	£63,368.81	£41,441.96	£2,850.53	£107,661.30
Ward 20 – Baillieston	£34,647.69	£22,633.67	£1,453.85	£58,735.21
Ward 21 - North East	£96,519.20	£57,442.70	£4,383.38	£158,345.27
Ward 22 – Dennistoun	£75,856.56	£33,610.09	£2,947.60	£112,414.26
Ward 23 - Partick East/Kelvindale	£18,905.20	£5,108.94	£218.47	£24,232.60
	£1,068,228.25	£550,932.26	£37,692.35	£1,656,852.86

9.3 Match Funding

Match funding of £289,949 was reported by providers and used in conjunction with the Summer funding of £1,665,024 to deliver the Summer 2022 programme.

10. Financial Inclusion Support

As part of the Summer 2022 programme, providers were offered the opportunity to link families to support offered by the Council's Glasgow Helps Initiative. 23 organisations took up the offer, resulting in 686 families being referred for Financial Inclusion support.

11. Impact/Feedback

11.1 Impact of the Programme

The programme continues to deliver a wide range of impacts to young people and families across the city.

Young people embraced the programme and enjoyed the activities as well as the food. Many organisations reported that young people enjoyed the cooking aspect to the programme as well as the wide range of activities on offer. Many reported increased levels of confidence at the end of the summer programme.

Communities came back together through the provision of the programme's opportunities, with the sustainment of social support and engagement almost certain to continue.

The food provision greatly enhanced the growth of trust, social connection and positive nourishment. Given the cost of living crisis, the programme gave families the comfort of knowing that their children would receive food.

Young people had the opportunity to simply enjoy the 'normality' of being young, connecting with their friends, enjoying fun activities outdoors. They were given time and space for themselves.

Volunteering opportunities were offered by many projects which are likely to improve the employability pathway for those who volunteered.

The programme had a huge impact by providing children and young people with nutritious food whilst generating fun, promoting learning and connection and social support.

11.2 Feedback

Detailed feedback from providers, participants, parent/carers and volunteers, together with case studies, are provided as an **addendum** to this report – see Section 13.

Examples of feedback and a case study are illustrated on the pages below:-

The summer clubs have really helped my son, thank you for putting in the extra time needed to help him engage due to ASN he is now much more ready for starting school in August

Parent

Volunteering during the Summer programme has been beneficial and a positive experience as it has given me the opportunity to work alongside children within a good ethical workplace. That has supported me to gain many skills, and a range of different experiences that will really enhance my practice in the future.

Volunteer

The coaches, workers and volunteers are just wonderful with the children. They are so supportive and help them and really bring them on. Without camps like this I don't know what we would do at the summer. My husband works full-time and I try to pick up work where I can but with the kids it is hard. This helps to much and saves us so much money that we don't need to worry at summer.

Parent



I could never afford to go to soft play and now the kids go 3 times a week, get lunch and meet up with other children.

I felt quite isolated but this week a group of us from soft play went to the park after our session and we are doing it again next week.

Gran - Kinship carer to 2 grandchildren

I am very thankful for what it offers my child. Knowing my child gets a free full meal is a great form of support. The activities that are on offer along with the outings have made a huge impact in my daughter's confidence and independence.



It has helped massively towards an expensive school uniform, helped take a lot of weight of my shoulders. Incredible work you guys do and the community would not be the same without you guys - keep up the fantastic work.



I would like to personally thank all the organisers who are involved in organising these holiday events for children in the area, this is a great massive help for children like mine whose family aren't able to afford holidays at the moment.

Parent

I love coming here and getting all this lovely food and treats every day, I don't get ever get to eat anything as much as this in one day. It is delicious and is so special to me.

Child

Picnic days were just the best during the Summer holidays. I was a chef helping to prepare and serve the foods to other children, I loved doing it and when I'm older I want to work here.

Volunteer

My daughter is football mad and I didn't have a clue that girls could go to football camp. I am on benefits and on my own with her and my friend told me to bring her along. She loves it, and now I am helping at the camp.

Parent

I just love how every night they come home and they are so excited to tell us about what they did that day. They love scrolling through the photos from the day and their faces light up. Even on the phone to their gran they are so excited to tell her all about it. I love the structure they get as they wouldn't get that with being off from school.

Parent

Case Study – Child A

Child A is 6 years old and has attended our holiday programmes since last October in 2021. A has autism which affects him in areas such as vocal communication, building relationships and engagement. A attends an ASN school where our project has engaged in many play sessions. Due to this, A was already familiar with our staff as he attended our sessions during term time. When A arrived at our summer programme for the first time, he was shy and felt uneasy. These feelings were identified by staff in sessions as A was always stood by his mother's side and avoided interacting with any of the other participants or staff. Additionally, A was extremely hesitant to participate in most of our activities and spent most of his time playing on his own far away from the rest of the group. If a staff member tried to play with him, A would run away. Our staff had a group discussion to decide how we could approach A in becoming more involved with activities and more sociable with the other participants. One of our action plans was for one individual staff member to provide 1 on 1 support with A over a few days of the summer programme. The aim of this was to provide A with reassurance and a sense of familiarity to try and open him up to wider connections and increase his engagement levels. M was the staff member who worked with A on a more individual basis which allowed A to have a comfort person who was not his mother. With M becoming a familiar person to A, it became easier to encourage A to try new activities. This action plan also gave A the chance to develop his communication with another person. This was mainly physical communication, such as grabbing M's hand if he wanted his attention or holding up an item of equipment to indicate that he wanted to play with it.

This contributed towards his ability to build and maintain new relationships.

Over the course of our holiday programmes, A has shown remarkable growth.

From allowing staff to understand A's needs and abilities, staff were made aware of what motivates, encourages, and interests him. The result of this was A feeling more confident and self-assured. Staff noticed A's progress from observing how he interacted and played with other participants and how he has started to engage with the programme more, including our wake and shake warm up. A gigantic step for A was how he built up a special friendship with C who goes to the same school. Both boys were inseparable and played together for the entirety of our last holiday programme. In terms of engagement, A gradually became more confident in challenging himself to try new activities, particularly the creative activities where he took a liking to the sensory aspect of the materials. A's mother had expressed how she noticed a huge change in him, and she was thrilled with how energetic and approachable he had become. A's mother consistently spoke about how the project has hugely influenced A's life in a positive way, and particularly how this energy continued when he went back home. A is more comfortable interacting with new people and even family members.

"I have never seen him like this before. He loves it here" *Mum*

12. Next Steps

The fund is subject to the Council's budgeting process. It also aligns with the Scottish Government's School Age Childcare Strategy. Once guidance on the Government's Strategy has been published, more information will be provided.

13. Addendum

Feedback from Providers and Volunteers.....

- “Playworker A – Child B has limited language abilities. Gradually over the weeks of the Summer Food Sessions, Child B could describe some of the food items that he wanted to choose each day. Amazingly, at the end of the summer programme Child B was able to tell me in detail about what his favourite foods were and name the foods and snacks that he had tried throughout the 7 weeks of the Summer Food sessions. This was so amazing to hear from Child B and to see how much Child B loved the experiences of the food sessions kindly funded by Glasgow City Council.”
- “The holiday programme is amazing for so many things. Allows the kids to socialise with new pals and provides healthy food for kids whose parents may be struggling.”
- “Helps families who can't afford to pay for extra childcare during holidays so they can continue to work and allowing youngsters to mix outside their family circle.”
- “This is my first camp volunteering and I have loved it. I used to come to the holiday camps before coronavirus when I was younger and I always wanted to become a volunteer to help out. Now that I can do it, it's even better than I thought. I love seeing the difference you can make to the kids and learning new things. I never thought I would play cricket or American football but the kids love it and learning about it has been fun. I know how much my mum needed these camps when I was younger and it's got even harder now and you see some families really struggling but this helps so much. Volunteer, 17”
- “Volunteering during the Summer programme has been beneficial and a positive experience as it has given me the opportunity to work alongside children within a good ethical workplace. That has supported me to gain many skills, and a range of different experiences that will really enhance my practice in the future.”
- “volunteering for this programme has not only increased my opportunity for employment but also given me a real sense of achievement by being involved in a community project that really has made a difference to so many.”
- “I would have stayed up all night and slept in all day if it wasn't for this – volunteer”

Feedback from participants and parent/carers.....

- “Great to see my kid out in the fresh air enjoying herself with other kids and not having to rely on people to watch her during the summer when I am working.”
- “Was a great success as we have just moved to Drumchapel and helped my 3 kids settle into the community especially when English isn't their first language and also helped me with them getting food and water.”
- “Aside from the benefits to Child X I wouldn't have been able to work during the holidays as I have few family members to help and couldn't afford childcare for 5 days as I don't get help.”
- “Helped my child to make new friends and have lots of fun. She loved people there and trips and activities.”

- “It definitely helped me while I was at work and helped with the boys going trips that I just wouldn't be able to afford and making friends.”
- “It has helped massively towards an expensive school uniform, helped take a lot of weight of my shoulders. Incredible work you guys do and the community would not be the same without you guys - keep up the fantastic work.”
- “Thank u so much, it really has been a lifeline this summer with the cost of living feeding my 3 kids has been a struggle never mind being able with take them on trips I'm so grateful for all the staff and volunteers at the project. Thank you!!”
- “The project is a massive part of the community and the staff are fantastic with our kids and they enjoy coming to the club”
- “I like that we meet with a different youth club” and “I really enjoyed the summer programme and I want to sign up for it next year”
- “I really don't know what I would do without them. My 3 kids love the camps, they are fed everyday and they come home smiling and happy. It's what every parent wants.”
- “The coaches, workers and volunteers are just wonderful with the children. They are so supportive and help them and really bring them on. Without camps like this I don't know what we would do at the summer. My husband works full-time and I try to pick up work where I can but with the kids it is hard. This helps to much and saves us so much money that we don't need to worry at summer.”
- “I love the camps. I am here everyday and its great fun. The coaches have fun with you, joke about and help us to improve. The food is great and my brother and I have breakfast every morning and the coaches also give us some food to take home for my mum and dad if we need it.”
- “The project has been a complete life saver this summer, this was the first time I've left Child X to go to her club and it did not disappoint. Everyone who works there are awesome and so approachable and I felt I could go to them with anything, Ladies and Gents keep doing what you're doing! We will miss you!”
- “Great staff! Absolutely great with the kids and Child Y has loved coming here it has made her summer! I am confident leaving her knowing she is in great hands, and you should all be proud of the work you have done. Hope to see you all next year.”
- “My son had a great summer made new friends and played lots of football seeing him happy makes me happy I knew he was safe and enjoying himself”
- “The service has been outstanding throughout the summer programme. It has helped me and so many other mums I have spoken to, with work commitments as well. H has had an absolute ball and all the staff are outstanding with the kids.”
- “The summer programme has been amazing. It has kept the kids busy during the summer. R has had an amazing time and made loads of new wee pals.”
- “This has been a massive help to me. My girls have loved coming to the clubs. They have been kept busy every week and the staff are amazing with them. I don't know what I would

have done without this during the summer. It has been a lifesaver in so many ways. Thank you all for everything you do as it helps me so much.”

- “Amazing sessions, my kids really enjoyed coming along each week, especially when they managed to find the frog.”
- “The food was so good! There was something for everyone and it definitely catered to everyone's different needs/diets.”
- “What a difference it makes when you have got a few children as everywhere is so expensive, we just love coming here - the food is amazing and there is always so much to do and take part in.”
- “Just brilliant for children, I wish this was available every day at the weekends!”
- “The club is very good for my kids to still mix with their friends from school who also attend the club and gives both my kids a bit of routine over summer-time.”
- “Thanks for everything over the holidays. My kids love attending your club and all the staff are amazing with the kids.”
- “I would like to personally thank all the organisers who are involved in organising these holiday events for children in the area, this is a great massive help for children like mine whose family aren't able to afford holidays at the moment.”
- “Thank you for an amazing 7 weeks of fun and laughter, T and S has had the best time. Thank you each and everyone of you, you all do a fantastic job with the children”
- “There are no words to thank you all for making my girls summer and for the memories and the friends they have made. I could never thank you enough being at the big trip yesterday I saw first hand the bond my 6 year old has with the staff and it was so nice to see. As I say there are no words honestly it makes me so inspired to see the staff working with the kids and my girls love coming”
- “Thank you to each and everyone of you. The support, commitment and dedication you give to all the kids is amazing. Thank you all for giving Child O great memories and a fantastic summer xx”
- “Hi everyone, our family want to say thank you so much for the exciting fun trip to Farm Park. We really loved it. It was exciting, meeting other parents and children. Great privilege for the children to play together. Thanks for the food, drinks and snacks. We really had great fun, lot of laughs. Thanks to all the Team”
- “Well done for putting on an amazing summer programme for the families of Drumchapel, you do so much for our community and the families, my kids have had a great time at the summer sessions and look forward to the new sessions starting in September, your hard work is greatly appreciated and all the workers and volunteers are just amazing people.”
- “Thank you for all you have done. R and I have thoroughly enjoyed both the woods and sports centre sessions ... not to mention the heads of Ayr trip ... absolutely amazing memories made ♥xx.”

- “The summer clubs have really helped my son, thank you for putting in the extra time needed to help him engage due to ASN he is now much more ready for starting school in August”
- “My family are really grateful for your help and support, the food support has really helped us through this summer”
- “Having the clubs have really helped, not only here but also have helped our home life”
- “Child B – “I love coming here and getting all this lovely food and treats every day, I don’t get ever get to eat anything as much as this in one day. It is delicious and is so special to me.”
- “Child D - " Picnic days were just the best during the Summer holidays. I was a chef helping to prepare and serve the foods to other children, I loved doing it and when I'm older I want to work here"
- “Parent A – “My children always made sure that I was up and ready to take them for their food and picnic days. Thank you for everything you kindly provided for my kids. it means so much as right now I am really struggling to afford basic essential foods at home so for me seeing them so happy and having access to lovely foods and having great fun playing and having picnics with their wee friends really makes my days right now”
- “My daughter comes home full and happy after summer club, she tells us there's no need to make her a packed lunch as she gets well fed at the holiday programme. She's told us about the rice dishes and hotdogs and lots of fruit. This makes a big difference to us as she doesn't need to eat till dinner time. At home my son is not a good eater, I need to feed him but when he's around his friends at the holiday club, seeing them all eat, he's happy to eat too. I can tell my son loves it, he pushes or pulls and during summer club he pushes to get there as fast as possible. The meals are wonderful, he tells me everyday what he's eaten and I'm impressed by the variety and that the project provides this as well as music. We have many children at home and we are very grateful to the extras we've been given this holiday.”
- “Mum 3 - I could not have coped financially over the summer without this service.”
- “mum 5 - with 2 children with autism, it’s not just getting the kids fed and meeting up with kids from school but I get to meet other adults, it can get really lonely on your own 5 kids and no money.”
- “Gran - Kinship carer to 2 grandchildren. I could never afford to go to soft play and now the kids go 3 times a week, get lunch and treats and meet up with other children. I felt quite isolated but this week a group of us from soft play went to the park after our session and we are doing it again next week.”
- “dad 1 girl - My daughter is football mad and I didn’t have a clue that girls could go to football camp. I am on benefits and on my own with her and my friend told me to bring her along. She loves it, and now I am helping at the camp.”
- “A great effort as always, you guys really do go all out during the holidays- don't know what I'd do without you!”
- “It's so good that you allow the brothers and sisters to come, we wouldn't have made it along otherwise.”

- “I love it during the holidays because I still get to see my school friends and eat the food I like!”
- “I enjoyed the water walk the best I loved the chicken curry, mushroom pasta was so tasty, I made lots of new friends at the club.”
- “I loved making smores at the fire and the days we went to the parks was good. I liked the pancakes and strawberries for breakfast as I was hungry when I came to the club in the morning.”
- “I like that I got a packed lunch it is always really nice and tasty, I enjoy playing with all the toys and I have made a new friend. If I am not at the club I would have to go to my grans house.”
- “I sometimes struggle with keeping my children occupied through the school holidays but this has helped me so much and that they get 2 meals a day is amazing.”
- “My son really enjoys the activities you provided for the children, it upsets me that I can’t take my son out to do fun things during the summer holidays. I am grateful that he can come along to the club that is free and he is having lots of fun. I don't need to worry now he is being supplied with his lunch on this day.”
- “This Holiday Programme is great as my child gets free lunches even during the holidays, knowing I have this support means I am not having to find extra money for her lunch.”
- “You guys keep thanking me but I should be thanking you, I have had the best summer of my life -Young Volunteer.”
- “Thank you so much for everything, it’s been amazing the last two weeks and so amazing to see Child F with all the project staff. She still doesn’t speak at school but with your staff she has completely come out of her shell.”
- “I just love how every night they come home and they are so excited to tell us about what they did that day. They love scrolling through the photos from the day and their faces light up. Even on the phone to their gran they are so excited to tell her all about it. I love the structure they get as they wouldn’t get that with being off from school.”
- “My boy made a great connection with C. My boy has Autism, severe language impairment and learning disability, C is great with my boy.”
- “I just used to worry about summer and money and it stopped us having fun, but now we have you and I look forward to our time together.”
- “Helped me financially during the holidays and my kids really enjoyed “eating out” a few times a week.”
- “It was a great help both socially and financially.”
- “Me and my grandson had a good summer holiday, it gave us something to do every day, so thanks.”

- “Not only did my kids have a good time but the meals and food parcels were a big help to my family.”
- “Thank you so much for the food, toys, park days and making my child happy.”
- “I am very thankful that the club runs and for what it offers my child. Knowing my child gets a free full meal and extra snacks is a great form of support as the cost of living becomes tighter and everything is costing more. Learning about healthy food options as well as building self confidence and being around children her own age builds her self development. The activities that are on offer along with the outings have made a huge impact in my daughter's confidence and independence. The variety allows my daughter to experience new things that I may not necessarily be able to provide with money being tight on my budget.”
- “The club do an amazing job. My children very happy there. Thanks for all the food and amazing activities. We look forward to the next holiday.”
- “You did a really good job for our kids with dedication and devotion. I really appreciate your helpfulness and kindness attitude and care for the children. Your foodstuff is good and of high quality. You really deserve 5 stars and a thumbs up.”
- “I come every holiday and it gets better all the time. I think the BBQ's are the best and the trips to the woods.”
- “Without this programme I would have really struggled to feed and keep my children occupied during the summer. I can't stress enough the help this has provided to me and my family.”
- “On behalf of myself and children, we want to say a big thank you to the entire volunteers at the kid's café. Thanks for making the summer break memorable for my kids. They had great fun and will always remember the experience being their first summer holiday in Glasgow.”
- “I had so much fun and would have sat all day at home playing computer games, if it wasn't for the holiday club.”
- “I loved all the games and trips.”
- “This has been so good for my mental health, and I have met so many people.”
- “Wouldn't have been able to take my kids away on a trip, got all of our meals.”
- “All our family enjoyed being at the club. This is an amazing place for us to stay, play, eat and make friends.”
- “Was a lifeline for my family.”
- “This was my first time booking my kids into the Summer Club, and we have been warmly welcomed by both the kids attending and the team, my lot have had a blast! I want to say a huge thanks to all involved for their amazing patience and creativity with the wee folk, we can't wait to return!”
- “Today was so much fun! The snacks were amazing and I loved meeting Bob the dinosaur.”

- “Loved making burgers on the BBQ, and playing musical bumps was my favourite part of the session. I really loved croquet!”
- “This was the best trip I've ever been on. I don't want to leave, but I also want to go home to my mum.”

Case Studies.....

Case study 1

This young person had only been to the project once and was unaware of our youth development programmes initially. Project staff have ensured this child felt safe and supported whilst in attendance of the Hub and quickly became a recurring member. This individual took part in our summer programme, and used this time to connect with peers, learn new skills and develop interests in sports and other extra-curricular activities.

This young person has been in attendance at our weekly drop-in sessions on Mondays, Wednesdays and Thursdays and continues to engage in sessions. This young person has developed relationships with staff and has opened up about their home and school life. Project staff have been working with this individual to develop strategies to support them when dealing with challenging situations, in and out-with the youth hub. This young person continues to make the appropriate choices in face of adversities and is on route to becoming a volunteer with us.

Case study 2

One young person who had been struggling recently to engage with the sessions and whose behaviour had shifted over the last few months to the point where they were really struggling to play positively around other young people, was really inspired by the cooking and wanted to help out every day. This helped them focus on a positive task and gave a role for them to succeed in. By the end of the summer they were supervising and teaching younger participants how to cook. They seemed far more confident and relaxed in themselves and were getting on far better with the other young people. The only time we saw a dip in this was in the last two days of summer and we felt this was a way of expressing their sadness at the summer sessions being over. We have a process to monitor changes in behaviour and we will continue to use this learning to support this young person with focused tasks into the new season.

Case study 3

Another young person came to the club for the first time at the beginning of the summer. They were very withdrawn, would rarely engage with staff and other young people and wouldn't speak English (their second language) to anyone. They came to nearly every session, at first they would just play on their own, but gradually they became more confident (trying new activities, moving around the space in a different way) and began to engage more and more with staff and other young people, though this was still non-verbal. We saw a huge shift in the wellbeing of this young person, their whole demeanour changed, they were able to join in with games and activities and play with other children. They began to smile and laugh – something we'd not seen them do. During the last week of the summer they replied to some questions that staff asked in English for the first time and this seemed indicative of the confidence and sense of safety they had built over the holidays.

One of the youth volunteers really benefitted from being offered the role and attended nearly every session through the holidays. They are in the older age group and hadn't been attending so much before this role was created; they told us that they really enjoyed the responsibility and they took a

lead in gardening and cooking and were really dedicated to the role. They said that they were bored at home and really enjoyed being at the club. They told staff they would like to be work with us as a youth worker one day.

Case study 4

15 year old female. Mum signed up to programme and explained that Girl X had never been to the project before and asked staff to pay extra attention to her as she has not left the house since the pandemic struck. When joining the programme Girl X was withdrawn and did not want to participate. Staff included Girl X in various activities and encouraged her to lead sessions with staff in our junior groups. Girl X participated in our Seniors groups and again led on sessions with staff. Throughout the summer mum provided feedback and highlighted that she had never seen Girl X so engaged and that she had told mum that she had made many new friends, Girl X returned to our regular programming after summer to volunteer and is now finishing her Community Achievement award in youth work.

Case study 5

Child A is 6 years old and has attended our holiday programmes since last October in 2021. A has autism which affects him in areas such as vocal communication, building relationships and engagement. A attends an ASN school where our project has engaged in many play sessions. Due to this, A was already familiar with our staff as he attended our sessions during term time. When A arrived at our summer programme for the first time, he was shy and felt uneasy. These feelings were identified by staff in sessions as A was always stood by his mother's side and avoided interacting with any of the other participants or staff. Additionally, A was extremely hesitant to participate in most of our activities and spent most of his time playing on his own far away from the rest of the group. If a staff member tried to play with him, A would run away. Our staff had a group discussion to decide how we could approach A in becoming more involved with activities and more sociable with the other participants. One of our action plans was for one individual staff member to provide 1 on 1 support with A over a few days of the summer programme. The aim of this was to provide A with reassurance and a sense of familiarity to try and open him up to wider connections and increase his engagement levels. M was the staff member who worked with A on a more individual basis which allowed A to have a comfort person who was not his mother. With M becoming a familiar person to A, it became easier to encourage A to try new activities. This action plan also gave A the chance to develop his communication with another person. This was mainly physical communication, such as grabbing M's hand if he wanted his attention or holding up an item of equipment to indicate that he wanted to play with it. This contributed towards his ability to build and maintain new relationships.

Over the course of our holiday programmes, A has shown remarkable growth. From allowing staff to understand A's needs and abilities, staff were made aware of what motivates, encourages, and interests him. The result of this was A feeling more confident and self-assured. Staff noticed A's progress from observing how he interacted and played with other participants and how he has started to engage with the programme more, including our wake and shake warm up. A gigantic step for A was how he built up a special friendship with C who goes to the same school. Both boys were inseparable and played together for the entirety of our last holiday programme. In terms of engagement, A gradually became more confident in challenging himself to try new activities, particularly the creative activities where he took a liking to the sensory aspect of the materials. A's mother had expressed how she noticed a huge change in him, and she was thrilled with how energetic and approachable he had become. A's mother consistently spoke about how the project has hugely influenced A's life in a positive way, and particularly how this energy continued when he went back home. A is more comfortable interacting with new people and even family members. "I have never seen him like this before. He loves it here" Mum.