

[HAF June 2023 Update \(23/06/2023\)](#)

Welcome to the latest edition of the Healthy Holidays Newsletter!
With the Summer Programme fast approaching we have lots of important information to share with you.

[Top Tips for Cooking Activities](#)



In partnership with StreetGames and Hull City Council's Healthy Lifestyles team we are delivering a training workshop to support organisations within the Healthy Holidays Programme and those delivering on activity programmes for children and young people.

We have already delivered one workshop, but there is an opportunity to attend another one before the Summer Programme starts.

The workshop aims to give you some top tips and practical ideas on how to deliver cooking and food preparation sessions.

- **Tuesday 27th June 2023 - 5:30pm to 8:30pm @ Hull FC Community Foundation, West Park, Hull, HU3 6HU**
<https://www.eventbrite.co.uk/e/top-tips-for-cooking-activities-tickets-634653404417>

There will be a free cooking resource pack for those organisations that attend, to support the delivery of food and cooking activities.

Please share this information within your organisation so those that are interested can attend. The poster for the workshops is attached.

If you have any questions or want any more information please get in touch with Kirsty.leake@hullcc.gov.uk

Healthy Holidays Summer Training Programme

The Healthy Holidays Summer Training Programme is live and places on courses and workshops are available to book.



The Summer Programme includes:

- Top Tips for Cooking Activities
- Maximising the 5 Ways to Well Being
- Engaging Inactive Young People
- How to Make Physical Activity Inclusive for All
- Emergency First Aid
- Safeguarding
- Level 2 Food Hygiene

For more information on the workshops and training opportunities and how to book a place, visit the [Provider Page](#) on the Healthy Holidays website.

If you have any staff or volunteers that need to update Safeguarding or First Aid or any that need to complete the L2 Food Hygiene Certificate before the summer, then please share this information with them so they can book on.

If you have any questions on the training programme contact Kirsty.leake@hullcc.gov.uk

Healthy Holidays Brand Guidelines

You will have already received the Brand Toolkit for the Healthy Holidays programme, this gives you guidelines on how to use the Healthy Holidays logo and empty belly posters.

Please ensure you read through these and use the correct logo from the website, in line with these guidelines.

You can find the guidelines and empty belly posters [here](#).

Summer 2023 Monitoring Returns

You should have all received the summer Monitoring spreadsheet that you need to submit via SFX.

The monitoring for all summer delivery will need to be **submitted no later than one week after your delivery finishes**.

If you notice on the monitoring form the ages are in a drop down menu, you can now report back on any 4 year olds that attend your sessions, so please include those in your monitoring.

If you need setting up on SFX then please email Kirsty.leake@hullcc.gov.uk with the name and email address of the person who will be submitting the monitoring so we can get them set up.

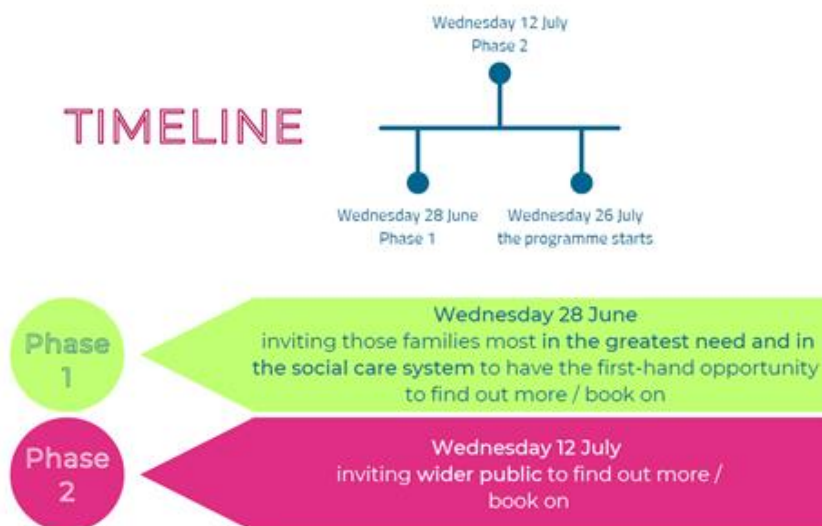
If you have any questions on the monitoring for the programme then please contact Adam.McWhannell@hullcc.gov.uk or Kirsty.leake@hullcc.gov.uk

Healthy Holidays – Promotional Campaign Summer 23

Our marketing team have created a marketing campaign for the summer programme which you will have received information on in terms of key dates of the promotion of the programme.

We just wanted to share these with you again so you are aware.

The marketing campaign has **two phases of promotion** to ensure we target the right families in the city. Please see below ↓



The website will launch to targeted families on **Wednesday 28th June 2023**.

This is where families who have been targeted through partnership work with social care, key schools and other key partners will be able to access the website and look at what is available and be able to book on.

The website will then be made available to the **general public from Wednesday 12th July 2023**. This is also when all school children will receive a postcard through their school to promote the programme.

Healthy Holidays Summer 2023 Social Media Content Plan and Assets

We have produced a Social Media Content Plan to support you in the marketing of your sessions. It includes key messages we will be sharing on our social media platforms and when they will be going out in the lead up and during the delivery of the summer programme. It also gives you some examples to use on your social media. We have also provided some digital assets.

**healthy
holidays
hull**

The content plan and assets can be found on the provider page of our website under the [Social Media Toolkit](#) tab.

If you need support with the marketing aspects of your programme, please get in touch with Adam.McWhannell@hullcc.gov.uk or Kirsty.Leake@hullcc.gov.uk

Using a Park for Your Activities



If you are using a park as part of your activity programme over the Summer, you **must** book the park through Hull Culture and Leisure (HCaL).

To book use of a park please complete the booking form, this can be found on the [provider page](#) of the Healthy Holidays website.

StreetGames - #NextGen Training

As part of the #NextGen Training Programme, StreetGames will be running some ad hoc training opportunities for young people aged 13 to 19 years old in Hull, mainly based around sport. There will be a training opportunity every month or two. Young leaders do not need to attend all the training, but they are more than welcome to if they can.

Please see the attached poster for more information on the #NextGen programme

Lifestyle Youth Division

Lifestyle Youth Division is a way for larger groups to get involved in Lifestyle. If you are part of scouts, guides, a sports club, dance or drama group, cadets or a youth group, you can get involved as one team.

As a reward for amazing work on Lifestyle Youth Division, we have team awards available for groups which may be used on day outs, or to buy new equipment your group may need!

This could be up to £500 for the winning Youth Division team or the many prizes for individual teams.

The Daily Mile

Easily integrate physical activity into your HAF provisions with The Daily Mile.

Created by a Scottish Head Teacher Elaine Wyllie MBE in 2012, The Daily Mile is a simple initiative that involves children running, jogging, wheeling, or walking for 15 minutes in the fresh air with friends. The simple concept has taken the world by storm with over 90 countries involved across multiple continents. In England, over 2 million children take part from nearly half of the nation's primary schools, so HAF settings provide a perfect opportunity to keep children involved over the holidays.

The Daily Mile is, and will always be, free they would love for you to get involved. Find out more here: [The Daily Mile for HAF Settings – 2023 | The Daily Mile UK](#)

[SIGN UP: Free Olympic and Paralympic Games inspired activity pack](#)

Path to Paris is inspired by the Olympic and Paralympic Games, their sports and Values, and the amazing events that will take place in Paris next summer. The excitement starts now, and this is your chance to get involved.

There are a **limited number of free packs available** exclusively for HAF providers so [click here](#) to sign up today and they will send your activity pack directly to your door.

What is in the pack?

- Exciting, easy to use, games and activities to get your young people active.
- Worksheets to help young people track and celebrate their progress.
- A SEND focussed pack to tailor your facilitation to young people with Special Educational Needs and Disabilities (SEND).
- Stickers to reward and celebrate your young people's participation and success.

[Food for Life Workshop – Early Years Webinar – A Recipe to Grow Play and Learn: Tea and Snacks](#)

Join Food for Life for a free hour-long webinar where they will explore their new Early Years resources. Our resources will focus on two themes – tea and snacks.

In this webinar, you'll learn how to embed these resources into your settings and link back to the Early Years Foundation Stage (EYFS) and Food for Life Award criteria.

There will be opportunity to ask questions and plenty of discussion, so be ready with any tips or ideas you'd like to share, or questions for the Food for Life team.

Click [here](#) to book on the webinar.

[The University of Hull – 5K Family Community Running Event](#)

The University of Hull are hosting a 5k family community-running event **on Saturday 15th July, 10-1pm**. The event is completely free and is a family fun community event and they encourage all ages to enter.

The route is also accessibility friendly. Alongside the running route, there will also be food stalls, face painting, bouncy castles, and sport activities available for you to access after the 5k route. A special guest from their official partner Team GB will also be attending to open the event. The first 250 people who register on to the event will also win Team GB merchandise!

For more information and to book on please visit: <https://sport.hull.ac.uk/university-of-hull-5k-running-event/>

Grants/Funding Available

Hilden Charitable Fund Now Accepting UK Applications

Non-profit groups can now apply to the next grants round from Hilden Charitable Fund which aims to address disadvantage, notably by supporting causes which are unlikely to raise funds from public subscriptions.

The following groups may apply for funding:

- Registered charities.
- Charitable companies.
- Community Interest Companies.
- Charitable Incorporated Organisations (CIOs).
- Accepted charities.

Applicants should have an average income of less than £250,000 over the past three years, as the funders would prefer to support smaller organisations. Unrestricted grants of core or project funding are available. However, to be eligible for unrestricted funding all of an organisation's work must meet the Fund's criteria

Activities must fall into one of two programme areas:

- Asylum seekers - for organisations working to provide essential services which help meet the needs of asylum seekers and refugees and support their integration into the wider community.
- Penal Affairs – for work "through the door" where organisations go into prisons with projects and support to help prisoners (especially women) cope and/or maintain family bonds and to be better able to resettle positively when released.

Grants will usually be in the range of £5,000 to £7,000 per year for up to two years. **The deadline to apply is 7 July 2023 (4pm).**

Arts Council England Reopens Capital Investment Programme

Cultural organisations in England can now apply to the second round of the Capital Investment Programme, which aims to support post-pandemic recovery of the cultural sector.

From a total funding pot of £20 million, grants of £100,000 to £750,000 are available. Applications are accepted from not-for-profit cultural organisations based in England. Organisations must be able to clearly demonstrate that their primary aims are around culture and that the activities they are applying for fall within the remit of Arts Council England.

Partnership applications between properly constituted cultural organisations will also be accepted to this fund.

Eligible costs and activities include, but are not limited to, those in the following areas:

- Digital infrastructure to enable the use of technology to produce, distribute and exhibit cultural content, reaching homes, cultural venues, and community spaces.
- Physical infrastructure to address access, reduce environmental impact, support new business models and create an environment to meet the diverse needs of creative practitioners, participants, partners, workforce, volunteers, and audiences.

The deadline to apply is midday on 3 July 2023.

Bupa Foundation Launches Green Community Grant

The Green Community Grants scheme is provided by the Bupa Foundation as part of its Healthy Cities campaign which aims to support one million people across the globe to improve their health each year by 2025, through restoring and regenerating nature.

The scheme is administered by Groundwork, which is a federation of charities working nationally and locally to transform lives in the UK's most disadvantaged communities. Grants of between £500 and £2,500 are available for projects delivered between 1 October 2023 and 30 April 2024.

The funding is intended for registered charities, not-for-profit organisations, schools, local authorities and social housing providers for practical projects which help with both people and planet health.

Priority will be given to the regeneration of green spaces for community use, however other examples include:

- Improving green spaces for community activities to improve wellbeing
- Tree planting to improve air quality and biodiversity
- A school wanting to create an outdoor classroom or forest school
- A community group who would like to create an allotment
- A voluntary organisation wanting to install sustainable equipment, such as a heat pump.

This is not an exhaustive list and other project ideas are welcomed.

The deadline for applications is 30 June 2023 (12pm).

Cycling UK Reopens Big Bike Revival Grants Programme for 2023

Cycling UK is offering grants of up to £2,000 for voluntary and community cycle groups and other not-for-profit organisations across England to deliver projects and activities that achieve the following objectives:

- Encourage people who don't cycle to cycle.
- Encourage people to cycle more often.
- Increase short cycling trips.
- Improve the perception of cycling safety.
- Improve people's confidence to cycle.

The Big Bike Revival Grants Programme will support events and activities that use the 'fix-learn-ride' model to provide sessions for people groups that are underrepresented in cycling, such as:

- People on low incomes.
- People who suffer from poor mental health.
- People who are not meeting physical activity guidelines.
- People who are homeless.
- People lacking confidence.
- People who are unemployed.
- Military veterans.
- People who are experiencing substance abuse.
- People who are ethnically diverse.
- Refugees and asylum seekers.
- People experiencing transport poverty.
- People with perceived barriers to cycling.

Funding can be used for costs including but not limited to:

- Staff costs.
- Volunteer expenses, such as refreshments and travel.
- Equipment purchases, including tools, bikes, bike parking, locks, helmets, high-vis jackets, and pumps.
- Equipment hirings, such as cones, high-vis jackets, helmets, or bikes.
- Consumables, including brake pads, inner tubes, cables, lubricant, or small parts.
- Venue hires or location fees.
- Participant refreshments such as reasonable drinks and snacks
- Promotion costs
- Transport, including transportation of goods to and from the event location
Personal Protection Equipment.

Funding is for activities delivered between 15 May 2023 and 30 September 2023.

The deadline for applications is 31 July 2023.
