

Healthy Holidays June 2023 Update (30/06/2023)

Welcome to the latest edition of the Healthy Holidays Newsletter!

We are getting ready for an action packed Summer Programme so we have lots of information to share with you all.

Summer Training Programme

The Healthy Holidays Summer Training Programme is live and places on courses and workshops are available to book. The first workshops start next week, there is still time to book on!



There are some diverse training opportunities included in the programme based on feedback from organisations and individuals. Make sure you take up these opportunities and get yourself booked on today.

Please ensure that you share this information within your organisation so that they are aware of the training opportunities available to them.

The Summer Programme includes:

- Maximising the 5 Ways to Well Being
- Engaging Inactive Young People
- How to Make Physical Activity Inclusive for All
- Emergency First Aid (this is now fully booked)
- Safeguarding (few places remaining)
- 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 questions on the training programme contact Kirsty.leake@hullcc.gov.uk

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.

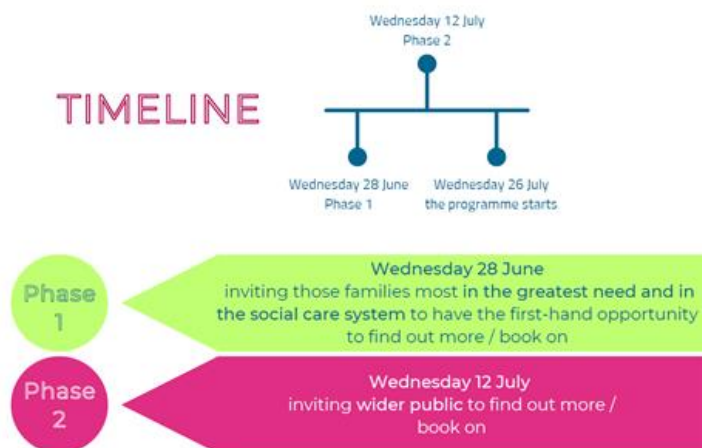
If you have any questions on the monitoring for the programme then please contact Kirsty Leake or Adam.McWhannell@hullcc.gov.uk.

Promotional Campaign for Summer

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 has launched to targeted families, and did so 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 be made available to the **general public from Wednesday 12th July 2023.** This is when school children will receive a postcard through their school to promote the programme.

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.



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.

Dates for Your Diary

This year there will be two Play Days:

- Wednesday 9th August 2023 11:00am-3:00pm Alderman Kneeshaw Playing Fields
- Wednesday 23rd August 11:00am-3:00pm Pickering Park

Also this summer we will be running for the first time a young person's event aimed at the 11 to 16 age group on:

- Wednesday 26th July 2023 2:00pm-6:00pm at Zebedee's Yard, Hull

More information will follow regarding the young person's event for you to share with those you work with, but for now pop the date in your diary!

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.

If you would like any more information on the #NextGen Programme please contact ryan.naylor@streetgames.org

[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.
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[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/>

[Job Opportunity – Kingswood](#)

New Life are recruiting for two sessional Youth Workers based in Kingswood. The closing date is Thursday 6th July 2023. See the attached leaflet for more information.

Grants/Funding Available

We have pulled together some funding opportunities that are available, please see the information below.

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.

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.
