



Glasgow Children's Holiday Food Programme

Monitoring Report Summer 2021

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1 Introduction

The Glasgow Children's Holiday Food 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

79 Applications were received in October 2020 with 40 organisations being recommended for funding in 2021/22 for some or all the following holiday periods:

- Spring 2021 (10 days)
- Summer 2021 (35 days)
- October 2021 (5 days)
- February 2022 (3 days)

This monitoring report focuses on the Summer Programme which ran from 28 June 2021 until 16 August 2021. Two organisations did not submit their Summer monitoring information in time for it to be included within this report and one partner within a consortium bid was unable to deliver a service. Therefore, the report provides monitoring information from 38 organisations.

5. Challenges

The normal format of the programme was again changed slightly during Summer 2021 due to COVID-19. Due to restrictions, some organisations were unable to bring children/young people together as venues were closed or only allowed small numbers access. However, most organisations were able to return to the “normal” format of bringing children/young people together to eat, play and learn. The programme was therefore less impacted by COVID-19 in 2021 than in 2020.

Where access to a building was not permitted, organisations provided packed lunches and activity packs each day.

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 – in general, 2021 saw increased partnership working by providers.

6. Scottish Government Funding – Education Services

Alongside the Children’s Holiday Food Programme (CHFP), the Scottish Government provided funding for a Summer Offer for Children and Young People which was announced on 24th March 2021 with the [guidance](#) for Local Authorities published on 8 May. A total of £20 million funding was made available nationally including £5m for National Partners such as Sportscotland, Early Years Scotland, Youthlink and Creative Scotland, Barnardo’s and SAMH all of whom provided support under the umbrella of the national Get into Summer initiative.

£2.249m was awarded to Glasgow which was used to further augment partner activity in the existing Council CHFP provision, provide a delegated allocation to schools and their local provider partners and establish a range of city wide activities and transport for those most in need of support as part of the recovery programme. Education Services and Community Empowerment Services worked closely within the challenging timescales set for delivery to ensure that funding was not duplicated and the programmes were aligned to maximize community benefit.

Children eligible for free school meals on financial grounds also received a payment of £80 for food over the summer period in addition to a £100 pandemic support payment.

7. Partnership Working

Partnership working is always strong during the CHFP 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, dancing, sports, circus skills, day trips, cooking lessons, learning about other cultures, grow your own, music workshops, storytelling, drama, cycling, rowing, kayaking and paddle boarding, indoor bouldering/climbing, talks, walks, go carting, family meals and trips.

8.2 Beneficiaries

During the 6-week summer programme over **16,500 children/young people** benefited from fresh food and activities.

Male	51%
Female	49%
Non-Binary	1%
Disability/Additional needs	16%
BAME	25%

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

During Summer 2020 the beneficiary numbers were higher (26,000) but this did not include bringing children/young people together and providing face to face activities. Due to restrictions Summer 2020 involved delivering food to doors or arranging for collection only which allowed for a higher number of beneficiaries as organisations were not using funding for venues and trips. As stated

above, the relaxation of restrictions in 2021 enabled a closer to normal programme with activities (e.g. at 8.1 above) very much at the centre.

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.

Meal	
Breakfast	78,085
Lunch	114,172
Dinner	36,720
Snacks	156,518
Total	385,495

8.4 Service Delivery Areas by Sector and Ward

Following feedback by council committees, the information gathered on service delivery has been refined to provide a more precise level of data. Comparison is not therefore available to 2020 data as data collection methods have changed. Previously if an organisation covered 5 wards then their total number of beneficiaries was split between the 5 wards. Organisations now provide actual number of beneficiaries for each ward which allows for more accurate reporting as provided below. Although there were 40 grants made, there were 47 organisations involved in delivering these projects due to there being 3 consortium bids.

Sector	No. of Organisations	No. of Beneficiaries
North East	23	10,421
North West	15	2,395
South	18	3,821
Total	56	16,637

* 4 organisations working over two sectors, 7 organisations working over 3 sectors.

Ward	No. of Organisations 2021	No. of Beneficiaries
1 - Linn	9	1,023
2 - Newlands/Auldburn	5	35
3 - Greater Pollok	7	546
4 - Cardonald	6	446
5 - Govan	7	382
6 - Pollokshields	9	213
7 - Langside	6	178
8 - Southside Central	7	998
9 - Calton	14	4,730
10 - Anderston/City/Yorkhill	5	49
11 - Hillhead	4	61
12 - Victoria Park	2	284
13 - Garscadden/Scotstounhill	4	533
14 - Drumchapel/Annie'sland	5	287
15 - Maryhill	9	417
16 - Canal	7	661
17 - Springburn/Robroyston	9	265
18 - East Centre	12	873
19 - Shettleston	12	623
20 - Baillieston	11	795
21 - North East	13	2,499
22 - Dennistoun	9	636
23 - Partick East/Kelvindale	3	103
	175*	16,637

* 29 organisations delivering to more than 1 ward.

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

9. 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, PPE, implementation of social distancing measures.
- Management Costs – marketing, management fee.

Please note that comparison is not available with 2020 data as data collection methods have changed. Previously if an organisation covered 5 wards then their expenditure was split evenly between the 5 wards. Organisations now provide the actual number of beneficiaries for each ward which allows for more precise reporting.

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

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
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

10. Impact/Feedback

10.1 Impact of the Programme

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

Young people gradually felt more comfortable and relaxed being outside and engaging within groups, trying new activities and meeting new people. This led to increased levels of confidence and trust.

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.

People's mental health, wellbeing and emotional resilience improved, which will ripple out beyond the programme improving their quality of life.

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.

The programme had a huge impact by generating fun, connection, and social support.

10.2 Feedback from Providers

"The only reason we were not able to reach our target was because we had to put a limit of young people attending the Holiday Programme. I am sure if everything was normal, we would have reached our target."

"Covid did have an impact and due to restrictions on numbers and additional cleaning required. The Fun Factory had to reduce its capacity and we established 4 90-minute sessions with a 30-minute break between sessions, to allow for Covid cleaning and reset up. This has proved to be a good way of delivering the service. Sessions are breakfast 9.30-11 early lunch 11.30-1 lunch 1.30-3 and late lunch 3.30-5. We also had to do track and trace, take temperatures, masks on when on feet and off when sitting and ensure hand sanitisers were used constantly and a one-way system."

"Changes, we adopted a group staggered start time and finish. Meaning not everyone was in the same area at the same time but everyone participated in the camp. It worked so well it is how we will be continuing in the future."

"Highest number of females we have had at a Programme."

"33% of our service users were from BAME communities – highest ever."

"Created a partnership with Active Schools Scotland which allowed our young people to try-out various other sports/activities including rowing (making use of the nearby canal), gymnastics, cricket, ultimate frisbee and karate"

"20 young volunteers helping out for whom it was the first time in any structured employment situation, and it was a great success with a number of these young people now moving on to paid positions within the trust as coaches, whilst others will continue their development at our upcoming October Camp."

"Due to Pandemic, extra cleaning was a huge priority for the summer programme."

“Facilitating the wide range of dietary requirements within the group, allergies and halal were prominent within the large numbers so daily contact with our food providers and end of week meetings were introduced to ensure we met the individual needs of service users.”

“People felt relaxed and happy to be part of something again.”

“We were able to pay a local café to provide lunches helping keeping business locally in Govan.”

“16 young people completed a Youth Scotland accredited award through a Plan, Do, Review process learning more about GYIP, Funding, Team work, Arts & Crafts and the issues around Holiday Hunger.

“Over the course of the Summer 11 volunteers contributed 521 hours to assist us deliver our programme.”

131 parents/carers completed a questionnaire asking them about the impact of the summer camps. The following information was gathered;

- 100% said that the camp had made their life easier over the summer months
- 93% said that the camps allowed them to not worry about their children being fed during the summer
- 100% said the camps had helped their children
- 100% said that the camps had improved their children's personal and social skills
- 100% said the camps were essential to the community going forward
- 96%% said without the camps they would struggle financially during the summer
- 100% said the camps improved their child's physical and mental health and well-being

10.3 Feedback from Participants

'This is the best day. Ever!'

'I can't believe the kids have access to all of this. He's loving it and so happy. It is absolutely fantastic.'

'This has been an amazing summer. It has been so good to be out with everyone in the park.'

'I told my mum about climbing and she wants to try it now and bring all my family.'

'we haven't been out together for a long time and it's been great"

"I didn't get embarrassed by not having money to buy stuff at the shops like my pals do as my lunch bag was here every day "

"your programme helped me to get out of the house, I like coming here every day - me and my wee sister only get a lunch here.

"My kids didn't speak English, but they enjoy all activities every day as staff is amazing"

"Summer program gave my kids and me the holiday which I will never afford financially this year"

"This is a great thing for families who are struggling financially"

"Food was very good and generous"

"My kids would not have had the summer they had, thanks to the club"

“Getting the kids fed and watered helped so much”

“Packed lunches on trips and everything was great!”

“The Well-fed team are amazing, so friendly and welcoming to all, thank you guys and GCC”

“My son is autistic, but he was made to feel welcome and included”

“Great summer, great staff, friendly and loving, no issues what so ever. Catered for all. My 3 boys and I had a ball. Summer this year cost me less, thanks to the club”

“Been great being able to come here every day and not worry about money and the food has been great and plenty of it!!”

“Trips have been great, being a single mum of 5, we don't go on a lot of trips due to money, so being able to go and get lunches provided has been great”

“Excellent programme with lots of fun activities and food. Whole Well-fed team put on great efforts to make it enjoyable and full of fun. Trips great, efforts made to give a day out to families and kids”

“It meant we could all eat as I was struggling”

“All places I've never been or been able to afford”

“We wouldn't have been able to do as much as we have able to do and not having to worry about meals, it was the best time we had”

“Healthy food and good food for kids!”

“Really tasty, nutritious meals”

“This Programme has helped my children so much this summer. They were so shy, didn't engage with other children at all, which made me worry even more about them going back to school. But spending a summer here has really helped them and leaves me feeling less anxious about them going back to school”

“Staff do an amazing job, always give 100% to all the children making them feel part of the group. The food provided is always great and served with a chat and a smile. It would have been a very long summer without this Programme.”

“Staff are fantastic! Friendly and helpful. Great energy and role models for everyone's children. Provide amazing opportunities for families who may not have access to things during summer period.”

“Amazing what you do for the local families highly recommend you to anyone who has kids in their family, kids come on leaps and bounds with groups like this hope you continue to run for years to come”

“Absolutely fantastic fun filled and motivated group of wonderful people who go above and beyond for everyone. No one's ever left out and they are so well organised I'm so happy and so is my son to have been part of their summer programme ♡”

“I thought the staff were very friendly and welcoming, they were lovely with the children and enthusiastic about playing. The staff worked well to involve parents and children in the session”

"I/we cannot thank you all enough for everything you have done throughout the summer. We have been absolutely blown away by the summer programme. It has been absolutely outstanding from start to finish and the difference it has made in our boys has been unbelievable"

"Excellent communication, very friendly hope to see them again next summer"

"The staff are wonderful. So organised and kind and helpful. They went above and beyond to make our day trip to heads of Ayr just amazing."

"The staff were all amazing. Really attentive and welcoming. They couldn't have done anymore to make the kids feel involved and part of the group."

"I've always seen waterfalls in films but never on real life" – Child on their experience at Kelburn Country Park

"I checked the prices at the front and saw that this would have cost me £55 for my family, I could never have afforded this that's not including a train and everything else so thank you"

"You guys always go the extra mile for all the kids"

"It's been magic, really helpful. For people who haven't got anything it's a godsend."

"The bags mean that lunch is sorted, and we don't need to worry about it, they keep the cereal for breakfast."

"This opportunity is really good. It takes the boys away from their computer, meet people and get some exercise. We got to know families that we might not have met otherwise, and we have been in contact."

11. Case Studies

1. Single mum with 5 children and due to her sister having Covid now caring for her sisters 2 children. The mum had lost her job in catering 4 weeks into lockdown and was worried about how she would feed and keep all the children occupied and fed. We arranged that she came to the late lunch session to make sure the children had a hot meal. We also arranged to give her food from the food bank, lots of cereal, noodles, rice, pasta, tuna etc to make breakfasts and lunches. We had a donation of nappies and baby milk plus tooth paste and brushes.
All these additional things would not have happened if we had not been doing the children's holiday food programme. We also sign-posted her on to some of the other service providers as some of the children were a bit older and needed to have additional support as young people, not only during the summer but ongoing. 2 of the children attended the last 2 weeks of the football camp.
2. Child A is 7 years old and has been diagnosed with Autism. R has attended previous PEEK Summer programmes and is a regular attendee at PEEK's Street play sessions. In previous years Child A has struggled at holiday programmes due to the routine and structure in place. This year was a little different and was mainly down to the fact that COVID had impacted how we deliver the session. The emphasis was now on being solely outside and having this freedom really benefitted Child A as he had a larger canvas to express his ideas. Previously Child A wouldn't engage in group sessions as he would become

overwhelmed with the noise and the restricted sense of being in a space that had 4 walls that felt enclosed and limited his ability to express himself. Child A would leave sessions and staff would have to work 1 to 1 with him, this would take the staff member away for the whole session making it hard to engage with any other participants. Child A has always showed a keen interest in storytelling and creating costumes/outfits for participants. Throughout the summer Child A was very keen to create and direct movies that he liked. This was done with everyone, which in comparison to previous years was a huge change. It was so nice to see Child A embracing the environment he was in and having the freedom to develop personally. Child A's confidence was going from strength to strength, his mum commented "He is up so early every morning asking, when are we going to PEEK?" Throughout the summer he was having conversations with other participants and engaging with individuals. This was a significant change from the last summer programme. The costume making and resulting show theme became a fixture of the summer with everyone enjoying and taking part.

Child A mentioned that " this has been the best summer ever, I've even conquered my fears"

Child A's mum also previously was really anxious about leaving Child A alone - she was worried about Child A not coping or being bullied by others. However, as the focus this year was on family holiday clubs – Child A's mum came along with his younger brother. Mum equally benefitted from attending the programme, she got to connect and build relationships with other parents/carers and got to see Child A make new friends and try new activities which she previously hadn't been able to do.

3. Two of our young people who attended every day of the programme were sisters aged 11 and 8. Both sisters lacked substantial support at home and shouldered a lot of family responsibility, often caring for their baby sister. These young girls initially appeared visibly stressed and at first did not engage with the other children in play. It was clear that food provision was a central need to these young girls as they arrived early each day to make sure that food was available as they conscientiously prepared for themselves and their young sister. The abundance and structure of social food provision provided the security of daily meals to the young girls within a supportive and inclusive environment which alleviated both the self-consciousness and insecurity they felt due to their family food concerns - the community gatherings and socially supportive food provision shielded many from any indignity they felt in needing to access food. Additionally, the daily community gatherings, provided connection and much needed community support, including positive, nurturing adult support which was lacking at home for the young sisters, and exacerbated throughout the isolation of the pandemic. This allowed the girls to relax, play and participate in the activities as children again - as such, they began to grow in self-confidence and positivity. The foundation and trust that has been built throughout the summer programme has enabled ongoing engagement to ensure the girls continue to be supported within our programme and built on the positive development they have made. The informal, relaxed set-up of outdoor activities and support enabled the young sisters to participate, to relax and enjoy playing in a trusting environment.
4. Child A started the club in June 2021. She was a fairly shy child, not that keen to participate in games and not much knowledge of the outdoors but clearly a lot of interest. She attended the club regularly over the Summer Holidays and enjoyed being part of the group, taking part in most of the activities that we had on offer but taking herself away when she became anxious or tired. Over the summer, she particularly enjoyed any sessions about wildlife and especially

looking at animals, like beetles, ladybirds and worms through magnifying glasses. She was initially a bit squeamish about having certain insects close to her but grew in confidence and has also been carrying out a lot of research online about insects and has been keen to share these with us. She is also really enthusiastic about planting and growing, potting a sunflower and growing it on her balcony. A few weeks after sowing some herb seeds at the start of the Summer she brought the pot back to show us with healthy herbs growing. Cooking sessions were a big hit with her, and she particularly enjoyed lifting and preparing carrots and using them to make carrot cake and shepherd's pie. She said she had eaten far more vegetables than she would at home and her mum was surprised that she had started to ask for raw carrots as a snack.

Child A can still be reluctant, at times to join in certain games and sometimes brings her own soft toys to play with when, for example, the others are playing tig. She has, however, shown more confidence in her physical abilities, participating with enthusiasm on visit to Blair Drummond Safari Park and Tollcross Park where she enjoyed climbing on trees and jumping off them. Towards the end of the season she expressed an interest in going away on next year's residential trip if she has one which for this child is a huge achievement

12. Next Steps

The fund is subject to the Council's budgeting process and more information on the 2022/23 process will be available early in 2022.