

HEALTHY HOLIDAYS PROGRAMME

EVALUATION REPORT SUMMER 2020

KYA'S
SCHOOL'S OUT!



BOOM!

BANG!



Wow!

COOL!





HEALTHY HOLIDAYS UPDATE 2020-21

Kirklees Youth Alliance (KYA) is a community youth work infrastructure support charity (Registered Charity Number 1191927). As well as its chief officer and dedicated board of trustees it is a network of 125+ local youth organisations from the VCSE sector across Kirklees.

In 2019, KYA co-ordinated a successful "Healthy Holidays" programme funded by Kirklees Council. Marketed as "School's Out!", this programme was developed in response to the issue of "holiday hunger" and a lack of organised exercise and enrichment opportunities for some children and young people in school holidays.

This issue was explored in a 2017 Government report which showed that in long holiday breaks as well as going hungry, some children's learning and behaviour also go backwards.

Kirklees has over 14,000 children and young people eligible for free school meals (FSM); the second highest percentage in West Yorkshire, after Leeds, for the percentage of FSM primary school children and the second highest in the whole Yorkshire and Humber region, after Hull, for the percentage of FSM secondary school pupils according to the latest DfE figures. FSM is one of the key indicators of child poverty in an area, with the impact acutely felt in the 6 weeks' holiday.

In 2019, KYA co-ordinated a programme of 747 sessions taking place in 46 holiday clubs located in areas of deprivation. As well as the holiday clubs for 8-12 year olds and 12-18 year olds, they also ran some sessions for families with school age children aged 4-7. Over 12,000 healthy meals were provided during

the six week holiday and children and young people enjoyed a wide variety of fun activities.

In October 2019, a feedback and celebration event was held for all the organisations and key stakeholders that had been part of the Summer's provision. An Evaluation Report was then circulated, and plans started for 2020.

And then the coronavirus hit and in February 2020, just as all the expressions of interests from community organisations were being scrutinised for Summer 2020 clubs, fears were spreading about a potential national "lockdown".

Over the subsequent four months, the Healthy Holidays steering group considered ways to meet the needs of local children and young people in an ever-changing context of full lockdown, schools slowly re-opening, restrictions being relaxed and last minute directives from central government about school meal vouchers. This made it incredibly difficult for organisations like KYA across the country to plan effectively.

It was not until mid-June that a plan for this year's Healthy Holidays Programme was agreed with the Council and Public Health.

GONNA BE
BORED
SUMMER 2020?
ERRR!

FOR SCHOOL AGE CHILDREN/ YOUNG PEOPLE

WHAT!

CHOOSE FROM:

- KAL KLUB ACTIVITY PACKS
- ART PACKS
- FAMILY COOKING PACKS

FREE
ACTIVITY PACKS
DELIVERED TO YOUR DOOR!

BY INVITE ONLY

Other activities available online at:
www.kidzcentral.co.uk/schools-out
www.youthcentral.co.uk/schools-out

SCHOOL'S OUT KIRKLEES
@schoolsoutkirklees

GONNA BE
BORED
SUMMER 2020?
ERRR!

AGES 12-18

WHAT!

7 WEEKS OF
FREE
ONLINE ACTIVITIES AT
WWW.YOUTHCENTRAL.CO.UK/SCHOOLS-OUT

KYA'S
SCHOOL'S OUT!

Supported by
LAWRENCE BATLEY THEATRE HUDDERSFIELD
Kirklees COUNCIL

GONNA BE
BORED
SUMMER 2020?
ERRR!

AGES 4-12

WHAT!

7 WEEKS OF
FREE
ONLINE ACTIVITIES AT
WWW.KIDZCENTRAL.CO.UK/SCHOOLS-OUT

KYA'S
SCHOOL'S OUT!

SCHOOL'S OUT KIRKLEES
@schoolsoutkirklees

Kirklees Youth Alliance
KIDZ CENTRAL
Juniper foodwise
Supported by
LAWRENCE BATLEY THEATRE HUDDERSFIELD
Kirklees COUNCIL

PUBLICITY FOR THIS SUMMER'S TARGETED AND UNIVERSAL PROVISION

SCHOOL'S OUT! SUMMER 2020

As a result of Covid 19 restrictions and a last-minute decision by Government to extend FSM provision through the holidays using food vouchers, it was agreed that this year's Healthy Holidays Provision should have a slightly different focus.

The programme for the 7 week Summer holiday consisted of a universal offer for all school age children and young people as well as a targeted offer for those more vulnerable and/or disadvantaged by the pandemic.

An online programme of 96 free activities (see appendix 1) was developed and promoted to families through schools and via social media. The activities were devised and recorded by 11 different community partners and were posted on two new websites developed by Conscious Youth CIC: Kidz Central and Youth Central.

The targeted offer was developed with partners and consisted of activity packs delivered to family's doorsteps.

Families, with vulnerable and/or disadvantaged children and young people, were invited to register on the School's Out! app by workers from the Council's Children Services as well as schools and local VCS organisations. Once registered, the parent/carer was able to book a pack for their child or young person.

There were 3 types of packs for children and young people to choose from: Cooking Together Kirklees Packs, Art Packs or KAL Activity Packs.

The **Cookery Packs**, aimed at children aged 4+ and their families, were delivered every week and contained ingredients, recipes and additional nutritional information around a themed meal for 4. These were devised by the Council's FINE project team (Food Initiatives Nutrition Education) in conjunction with community food worker, Beverley Juniper. These packs also included growing packs provided by Grow to School. In the Colne Valley, the cookery packs were provided by Marsden café, Katie's Homemade Kitchen.



The **Art Packs** were split into two age groups; one aimed at Primary school pupils and one aimed at secondary school students. There was an initial delivery of materials in the first week of the holidays with a subsequent delivery of additional activities at the start of week 4. The art packs for the majority of Kirklees were created by local charity The Children's Art School and packs in the Colne Valley were created by Slaithwaite organisation, Globe Arts.



Local leisure trust, KAL (Kirklees Active Leisure) put together the **KAL Klub Activity Packs** which contained equipment and instructions for 7 weeks' worth of challenges, exercises and games. These packs were aimed at children aged 4+.



MEET THE 2020 TEAM!

A huge strength of the Healthy Holidays Programme is its ability to mobilise large numbers of statutory partners, local VCSE organisations and volunteers for fixed periods of time in school holidays.

With outcomes that align with partners' priorities, it is not difficult to get people onboard!

The core paid team co-ordinating the effort is very small; one manager and one administrator, working on this for around four months of the year in total. In summer 2020 however there were around **337** others involved:

Planning, Communication with schools, Promoting the programme: Kirklees Community Hubs, Louise Muhammad (FINE team), Huddersfield Town AFC Foundation, KC Early Support, Graphic Design - Debby Fulgoni, Social media support from Agency for Good.

Identifying the right children to benefit: Kirklees Community Hubs, School's out! App, developed by Torchbearer Interactive **208 individual referrers** registered on the app from schools, KC Children Services, Thriving Kirklees Partnership, KC Refugee & Migration Team, Barnardos, Police Exploitation team, food banks, KYA network youth organisations and Employability Solutions.

Production of activity packs:

Cookery and Growing Packs The Council's FINE project team, Louise Muhammad, Rochelle Lambert and Louie Chappell, Grow to School and Beverley Juniper and **14 volunteers**. Venue: Hudawi Centre.

Art Packs Children's Art School, Globe Arts and **14 volunteers**. Venues: Holmfirth Adult Education Centre and Globe Arts, Slaithwaite.

KAL Packs Gemma Hill-Wood and three staff volunteers from KAL. Venues: Huddersfield Leisure Centre and Deighton Sports Arena.

Online offer: 12 contributors (below) and Conscious Youth managing the two platforms.

Be More Outdoors, Endorphins, Ricky's School of Rock, Team Hanson, LBT, Musica Kirklees, Shabang, Dance Emporium, Globe Arts, Children's Art School, Juniper Foodwise and Katie's Kitchen.

Collection of activity packs from production sites and delivery to community distribution centres:

Huddersfield Town AFC Foundation, Andrew Ross, Alice Thomas and Rochelle Lambert.

Delivery of packs to families doorsteps from 12 distribution centres: Huddersfield Mission, Thornton Lodge Community Centre, Crosland Moor Learning Centre, Holmfirth Adult Ed Centre, Slaithwaite Town Hall, Chestnut Centre, Batley Bulldogs Community Gym, Chickenley Community Centre, Fairfield School, Cleckheaton Methodist Church, Lindley Focal Centre, Ravensthorpe Community Centre. **30 Volunteers** coordinated By KC Community Plus' Andrew Dolman, Billy Tindle, Sally White and Patrick Crawley, Kirklees Hub Coordinators and LS2Y.

WHAT DIFFERENCE DID WE MAKE?

Proposed Outcomes Did we achieve? Some examples of evidence

| | | |
|---|-----|---|
| 1 Reduced holiday hunger | Yes | <ul style="list-style-type: none"> • 2954 cookery packs were delivered to children and young people's doorsteps during the 7 week Summer holiday • 430 different households benefitted from a weekly pack. • All the cookery pack surplus went to local food banks |
| 2 Increased levels of physical activity | Yes | <ul style="list-style-type: none"> • 602 KAL activity packs distributed to children and young people in the first week of the holidays. The pack contained equipment and 7 activity sheets of exercises, challenges and games for each week of the holidays. |
| 3 Children enjoy and achieve in their summer holiday | Yes | <ul style="list-style-type: none"> • 98% of families whose children or young people received a pack rated them 5 out of 5 stars • 96 online activities were posted on www.kidzcentral.co.uk and www.youthcentral.co.uk with a total of 719 hits • 531 art packs were delivered to children and family's doorsteps • Lots of qualitative data (social media posts, comments made to the volunteers delivering the packs and feedback comments left on the app) around children and young people enjoying the provision, being creative, making and trying new things. |
| 4 Increased skills and knowledge around food | Yes | <ul style="list-style-type: none"> • See Appendix 2 for a summary of feedback received from children and young people taking part in Cooking Together Kirklees • Cooking sessions that were part of the online programme received 170 hits |
| 5 Less Parental Stress | Yes | We received lot of comments like this one: "Really appreciated this programme running as it has been hard trying to home school my children and find interesting things for them to do during this difficult time, thank you". |
| 6 Increased Capacity in VCSE youth sector | Yes | <ul style="list-style-type: none"> • 10 VCSE organisations funded to create videos for the online programme • 4 VCSE organisations funded to create the activity packs • 1 VCSE organisation involved in taking packs from production sites to distribution centres. • 58 volunteers were involved in packing and distributing the packs. • 16 community venues were used as production and distribution centres. |
| 7 Families spent more quality time together | Yes | The programme did not set out to achieve this outcome but it has been highlighted to us as a major benefit of this year's programme. |

"I would like to thank you for allowing us to take part in this scheme as my youngest was a fussy eater but by doing this he will now try new foods"

"WONDERFUL" SCHEME

"I have 3 children: 2 doing the art and 1 doing the cooking. I just wanted to say they are over the moon with what they have received and spent most of yesterday afternoon drawing which was fabulous. The cooking pack was a surprise too I don't know what I expected, I didn't expect a box of ingredients but my 13yr old had a lovely time in the kitchen cooking. I am currently awaiting urgent surgery after a fall in April so I am unable to do anything with them and this holiday will not have any fun days out not even a trip to the park so for me to see them happy and engaged in something has been wonderful."



A WEEKLY BOOST

"It was wonderful to get these packs weekly and the kids would look forward to Wednesday when they were dropped off. Really enjoyed making the recipes. Thank you to everyone who put the packs together" Mum of Willow (above) age 9 pupil of Birkenshaw Primary School

GREAT FEEDBACK

"Annabel has loved this scheme! She has cooked everything on the list and grown her herbs. Our favourite was the curry in a hurry closely followed by the pizza she made. It has encouraged her to be more independent in the kitchen and not having to ask as many questions. The sheets were really easy to follow and we wanted to thank you for providing the ingredients too as this was a massive surprise when our first one came. Annabel has looked forward to doing these recipes and has been making teas on Thursdays as a result. The herbs have also encouraged her into the garden and as a result has been buying other seeds like runner beans, beetroot, lemon mint, and lavender. She has been discussing with her dad about the textures, smells and how the different herbs work with dishes. I really hope she can do this again next year. Thanks again". Feedback left on the School's Out! App

RAINY DAY RELIEF

"My son absolutely loved this. The first box held all the equipment needed to complete each weeks activity it was really good for those rainy days and those days where we couldn't go anywhere due to lockdown. This helped keep my son occupied and helped him to focus"



"Thank you he really enjoyed it not often we have time to do things like that" Natalie Power on Facebook talking about her son Joseph, age 9, from New Mill Junior School



WHAT DID WE DO WELL?

1 Thanks to the engagement of 208 children and families practitioners (from KC Children Services, schools, local charities, Thriving Kirklees partnership etc.) we know that we successfully reached the target cohort of "at risk" children and young people. This is what we are most proud of this year! The children were from all corners of Kirklees and represented our diverse communities including BAME, SEND and LGBT+ young people.

2 Not only does Kirklees Council fund this programme but it provided a huge level of support with the delivery through its FINE Project team, School Hub Co-ordinators and the Volunteer Coordinators from the Community Plus Team. There was a very positive working relationship between KC and KYA with everyone reporting back that they had enjoyed the programme.

3 The use of, and experience had by, volunteers was a huge highlight of this summer's programme. Volunteers reported back that they had thoroughly enjoyed being part of the programme and had found it rewarding. From a logistical point of view, volunteers were invaluable.

4 The cookery packs were a massive success; loads of positive outcomes and enjoyed by children and parents alike. The inclusion of the seeds and compost every week was a popular addition.

5 We feel that we delivered a huge amount, under very difficult circumstances, in a short timescale: **over 4000 activity packs and 96 online activities!!!**

A SHINING EXAMPLE

Sue Procter, Service Director for Environment emailed the FINE team after helping out with the packing of cookery packs "Thank you so much for this and the positive change you made for 400 Kirklees families over the summer – you should be really proud of yourselves delivering this in such a short timescale under such demanding circumstances – a brilliant job done by everyone."

"THE CHILDREN COULDN'T GET TO THE DOOR QUICK ENOUGH WHEN I DELIVERED HERE"
Michelle Williams, Kirklees Community Hubs team

"WE JUST DID THE STREET DANCE WITH DANCE EMPORIUM AND IT WAS GREAT. CAN'T WAIT FOR NEXT WEEK!"

"GROWING POTS ARE COMING ALONG WELL SO EXCITED TO GET THIS WEEKS PLANTED"



OUR BIGGEST CHALLENGES

1 Covid-19 Pandemic

Planning for School's Out! Summer 2020 started in December 2019 just as the novel coronavirus outbreak was reported in China. At that point, it seemed very far away and so planning for face to face Summer clubs began as normal. By 11 March, the World Health Organisation had declared the outbreak a global pandemic and on 23 March the UK went into "lockdown". It was unclear, and remained unclear for weeks, how long the strict restrictions would last for and it was therefore very difficult to plan Summer provision effectively.

There was also the particular issue for "holiday hunger" programmes round the country of whether the Government was going to continue providing food vouchers to families eligible for free school meals. A final decision on this was only made on 16 June after the footballer, Marcus Rashford, became involved.

On 5 June an outline proposal of a revised programme was presented to the Portfolio leads for Children. As it included some face to face sessions in Council-owned MUGAs it was felt to contradict the Council's decision (in line with public health advice) to keep children's play areas closed to the public. It was not therefore until the 16 June that a revised programme was fully agreed.

2 Timescales

As a result of the uncertainties caused by the global pandemic, KYA and its key partners had 5 weeks to prepare for this Summer's revised programme.

Roles of key partners had to be re-defined, and "sold" to these partners in a matter of hours!

The School's Out! app had to be modified and there was little time available to test the modifications which led to issues.

The team needed to get schools on board during a period of exceptional challenge for them.

Scores of "referrers" had to be mobilised to ensure that families of children and young people most in need were identified to receive the packs.

3 Logistics

The logistics of producing and delivering over 4000 activity packs is complicated, and especially so in the context of global pandemic restrictions!

Without the enthusiasm and commitment of the Council's Covid Volunteer Co-ordinators, as well as the involvement of TSL Kirklees and the community anchor organisations, none of this could have happened.

4 Registration and Bookings Process

The registration process on the School's Out! app proved difficult for some schools, other professionals and families and it was obviously impossible for those who are digitally excluded. The back-up plan for those families was introduced late in the run up to the programme starting.

The issues above were compounded by general IT issues such as invites going into Junk folders and some internet providers blacklisting the School's Out! emails.



WHAT'S NEXT?

The rest of 2020...

At the point of finalising this evaluation report KYA has worked with 52 schools across Kirklees to identify a further 1351 children and young people to benefit from the School's Out! activity packs. Just under 700 KAL packs and 650 Art Packs have been packed and taken to schools, for targeted distribution, by a team of 19 volunteers in advance of the October Half Term holiday. Given that a new "lockdown" is being talked about, plans are now underway to run the same targeted offer in advance of the Christmas holidays.

KYA has also worked with the director of local festival, Cosmia, to plan a programme of online creative activities, open to all young people, for October Half Term.

2021 AND BEYOND!

1 Different Plans for Different Scenarios

As the professional, statutory and regulatory body for Youth Work, the National Youth Agency (NYA) has developed detailed

guidance: "Managing Youth Sector Activities and Spaces during COVID-19" as well as a "Readiness Framework". KYA intends to utilise these for future planning of the Healthy Holidays Programme. This means that a set of plans will be developed with a range of different options for the programme depending on the level of restrictions that are in place.

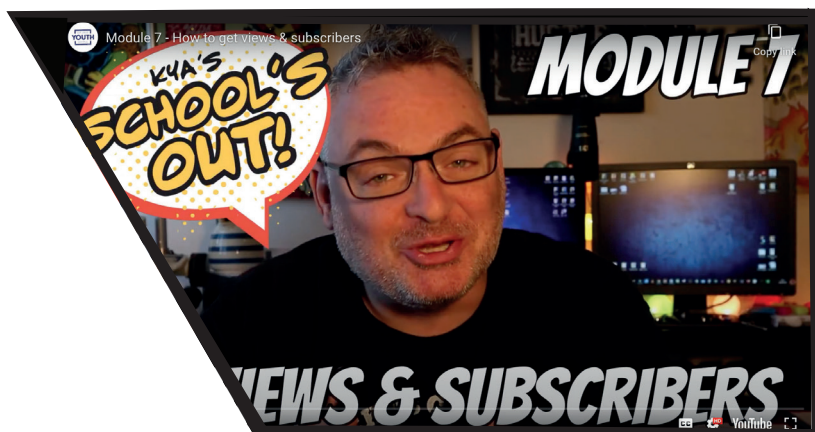
2 Year-Round Focus!

In 2019, Healthy Holidays provision only took place in the long Summer holiday. The 3 year partnership arrangement agreed with Kirklees Council in early 2020 was for provision in all the holidays (except for the Christmas break and Spring Bank Half Term holiday). It therefore makes sense for the Healthy Holidays Programme to switch to a year-round planning cycle.

To that end, a new part time Programme Administrator will be employed for the remaining period of the 3 year partnership arrangement to work on the programme all year round. This should help to address the previous issues of tight timescales!

KYA will aim to have clearer and more achievable deadlines for programme milestones. It will also look to involve partners earlier and define and agree roles and responsibilities within less urgent timescales!

A more organised volunteer programme can be developed with TSL Kirklees partners. This would include giving them more information about the programme and appropriate training.



3 Continuation of "Cooking Together Kirklees"

Due to the popularity and amazing outcomes achieved in Summer 2020, KYA will ensure that the family cookery packs become an integral part of the Healthy Holidays Programme.

Future Cooking Together Kirklees provision will not only focus on nutritional educational and cooking on a budget but will consider fuel poverty too.

4 A Simpler Sign Up Process

To meet the needs of all families (including the significant numbers that are digitally excluded) KYA will be changing the registration and bookings process on the School's Out! app for next year. Approved referrers (e.g. social workers, school DSLs, family support workers) will be able to directly input families details themselves to ensure successful registration.

KYA will work with Hub Co-ordinators on an Information Sharing Agreement so that schools can also pass children's details onto them for registration purposes.

BUDGET SUMMARY AS OF END OF SUMMER 2020

Money In

| | |
|------------|----------|
| KC funding | £225,000 |
|------------|----------|

Money Out

| | |
|---------------------------------|---------|
| Project Delivery - online offer | £16,445 |
|---------------------------------|---------|

| | |
|-----------------------------------|---------|
| Project Delivery - activity packs | £82,613 |
|-----------------------------------|---------|

| | |
|----|--------|
| IT | £8,184 |
|----|--------|

| | |
|------------------------------|---------|
| Project Administrator Salary | £10,339 |
|------------------------------|---------|

| | |
|--------------------|------|
| Expenses (mileage) | £212 |
|--------------------|------|

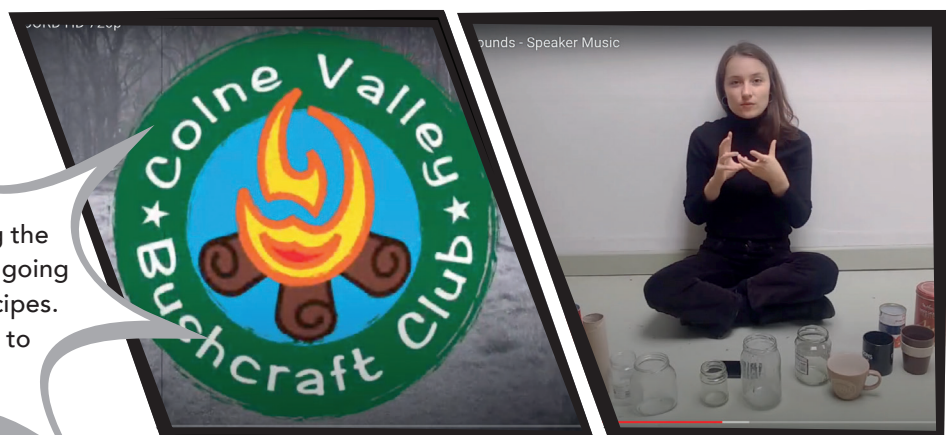
| | |
|-----------|--------|
| Marketing | £1,670 |
|-----------|--------|

| | |
|--|-----------------|
| Total spent in 7 weeks' holiday | £119,463 |
|--|-----------------|

| | |
|-------------------------------------|-----------------|
| Remaining budget for 2020/21 | £105,537 |
|-------------------------------------|-----------------|

" We enjoyed completing the activities together. We are going to continue trying new recipes.

This week we are going to make broccoli soup"



APPENDIX I

School's Out! Online Programme: www.kidzcentral.co.uk

WEEK 1 (20-24 July)

MON Team Hanson Kickboxing and Fitness together

TUES Get creative with the LBT Physical warm-up & Improvisation

WED Quiz Master (Endorphins) from music, films, gaming and some current affairs

THURS Cooking Together Kirklees

FRI Children's Art School Junk model - an egg box bird!

SAT Cooking with Katie's Kitchen

SUN Music and singing with Shabang For early years and children with additional needs

WEEK 2 (27-31 July)

MON Team Hanson Kickboxing and Fitness together

TUES Get creative with the LBT Creative writing

WED Colne Valley Bushcraft Club Shelter

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 1 of 6

SAT Cooking with Katie's Kitchen

SUN Music and singing with Shabang For early years and children with additional needs

WEEK 3 (3-7 August)

MON Team Hanson Kickboxing and Fitness together

TUES Get creative with the LBT Staging a poem

WED Game time (Endorphins) online bingo, scavenger hunt plus lots more...

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 2 of 6

SAT Cooking with Katie's Kitchen

SUN Music and singing with Shabang For early years and children with additional needs

WEEK 4 (10-14 August)

MON Team Hanson Kickboxing and Fitness together

TUES Get creative with the LBT Puppetry

WED Colne Valley Bushcraft Club Camp craft

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 3 of 6

SAT Cooking with Katie's Kitchen

SUN Music and singing with Shabang For early years and children with additional needs

WEEK 5 (17-21 August)

MON Team Hanson Kickboxing and Fitness together

TUES Get creative with the LBT Vocal warm-up & warm-up songs

WED Quiz Master (Endorphins) from music, films, gaming and some current affairs

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 4 of 6

SAT Cooking with Katie's Kitchen

SUN Music and singing with Shabang For early years and children with additional needs

WEEK 6 (24-28 August)

MON Team Hanson Kickboxing and Fitness together

TUES Get creative with the LBT Physical theatre

WED Colne Valley Bushcraft Club Paracord craft

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 5 of 6

SAT Cooking with Katie's Kitchen

SUN Music and singing with Shabang For early years and children with additional needs

WEEK 7 (31 Aug-4 Sept)

MON Team Hanson Kickboxing and Fitness together

TUES Get creative with the LBT Writing & performing monologues

WED Game Time (Endorphins) online bingo, scavenger hunt plus lots more...

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 6 of 6

SUN Music and singing with Shabang For early years and children with additional needs

School's Out! Online Programme: www.youthcentral.co.uk

WEEK 1 (20-24 July)

MON Dance Emporium present Step by Step! "Don't Rush" (Street)

TUES Get creative with the LBT Physical warm-up & Improvisation

WED Ricky's school of Rock How to create your own YouTube channel (lesson 1)

THURS Cooking Together Kirklees

FRI Children's Art School cardboard sculpture

SAT Cooking with Katie's Kitchen

SUN Household Sounds A creative approach to making music from our homes.

WEEK 2 (27-31 July)

MON Dance Emporium present Step by Step! "Say So" (Pop)

TUES Get creative with the LBT Creative writing

WED Ricky's school of Rock How to create your own YouTube channel (lesson 2)

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 1 of 6

SAT Cooking with Katie's Kitchen

SUN Colne Valley Bushcraft Club Shelter

WEEK 3 (3-7 August)

MON Dance Emporium present Step by Step! "Tun Fo Meh" (Afrobeats)

TUES Get creative with the LBT Staging Shakespeare

WED Ricky's school of Rock How to create your own YouTube channel (lesson 3)

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 2 of 6

SAT Cooking with Katie's Kitchen

SUN Household Sounds A creative approach to making music from our homes.

WEEK 4 (10-14 August)

MON Dance Emporium present Step by Step! "That's what I Like" (Street)

TUES Get creative with the LBT Spoken word

WED Ricky's school of Rock How to create

your own YouTube channel (lesson 4)

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 3 of 6

SAT Cooking with Katie's Kitchen

SUN Colne Valley Bushcraft Club Camp craft

WEEK 5 (17-21 August)

MON Dance Emporium present Step by Step! "Me & You Together" (Indie)

TUES Get creative with the LBT Vocal warm-up & warm-up songs

WED Ricky's school of Rock How to create your own YouTube channel (lesson 5)

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 4 of 6

SAT Cooking with Katie's Kitchen

SUN Household Sounds A creative approach to making music from our homes.

WEEK 6 (24-28 August)

MON Dance Emporium present Step by Step! "Physical" (Pop)

TUES Get creative with the LBT Physical theatre

WED Ricky's school of Rock How to create your own YouTube channel (lesson 6)

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 5 of 6

SAT Cooking with Katie's Kitchen

SUN Colne Valley Bushcraft Club Paracord craft

WEEK 7 (31 Aug-4 Sept)

MON Dance Emporium present Step by Step! "Boasty" (Dancehall)

TUES Get creative with the LBT Writing & performing monologues

WED Ricky's school of Rock How to create your own YouTube channel (lesson 7)

THURS Cooking Together Kirklees

FRI Globe Arts Portrait course Session 6 of 6

SAT Cooking with Katie's Kitchen

SUN Household Sounds A creative approach to making music from our homes.

APPENDIX 2

Q1. MY FAVOURITE DISH COOKED WAS (LIST ONE MAIN AND ONE SIDE DISH OR DESSERT)

Main dish

- Curry in a hurry x3
- Lasagne x8
- Vegetable lasagne
- Fish cakes x5
- Pizza x17
- Faster pasta x7
- Burgers

Side or dessert

- Fruit towers x8
- Sunshine fruit x2
- Garlic bread x3
- Milkshakes x6
- Flat breads
- Fruit pizza
- Fruit flan x4
- Fruit kebabs x3
- Fruit chimichangas x2
- All the fruit!

*one answer and included in figure above – due to allergies we tried our best to adapt the recipes with ingredients to suit

Q2. DID YOU TRY ANY NEW FOODS OR RECIPES?

- Tortilla wraps
- Fruit salad
- Chickpeas
- Warm tuna – yuk!
- Sweet potato
- Burgers
- Yes - all of it was new
- Kiwi fruit
- Pizza and pasta dish
- Fruit flan
- Fish cakes
- Realised my daughter loves kiwi fruit
- Yes - tried new food wouldn't normally eat
- No new foods, just different ways of cooking them
- Microwave cake
- No

Q3. WHAT DID YOU LIKE BEST ABOUT THE PROJECT?

Family based comments

- Cooking together as a family x2
- Was able to do things with the kids
- Being able to cook with a family member
- Kids cooking together, all family involvement
- Spending time with family
- Creating new recipes and spending time together
- The fact that we all get to cook together as a family
- They make a huge difference in families lives
- Interaction between parent and child
- Time with my children
- Cooking with my mummy and daddy
- Some yummy foods for the family
- Cooking together in a relaxed atmosphere
- Having something to do in quarantine and having something to look forward to

Recipe/cooking/food-based comments

- The cooking
- Easy and quick
- Making pizza
- Shaping the fish cakes
- Easy healthy recipes to cook together
- Trying new foods I hadn't tried before
- Something different every week and was something we wouldn't usually make or eat
- That I learnt to cook new types of food
- It was fun to make and the instructions were easy to follow
- Working together exploring different ideas and food
- Trying new recipes and new foods

Miscellaneous

- Growing the seeds
- Like making different toppings
- The recipes were easy to follow
- Trying new foods
- Kids loved some of the recipes and excited about the plant
- Children stay busy and learn something new
- Everything because we tried new recipes and even tasted them
- Seeing my son happy and trying new foods as 'he' had made them
- Working together and was exciting to see what was next
- The best of the project when they are eating food
- I liked cooking the food but the best part was eating it
- Helped improve on my cooking skills
- Cooking together as a family has been the best part about the project
- Kids loved making and reading the recipes
- Wide variety of foods and easy to follow recipes
- My children had never had curry before and actually quite liked it
- The kids felt like it was a special activity for them and makes a change from the usual baking we do

"It is sad that cooking together is coming to an end this week we are all going to miss the beautiful food that the lady brings in the pack each week. She's lovely with her smile"

Q4. LIST ONE THING THAT YOU HAVE FOUND TRICKY IN THE RECIPES WHICH YOU NEED TO PRACTICE MORE

- Chopping x8
- Peeling x3
- Mixing x3
- Controlling heat on hob
- Chopping and the amount
- Using the oven
- Waiting for the meals to be ready
- Dicing
- Weighing
- Sharing
- Onions were difficult for the kids but had quite a lot of fun
- Quantity of each ingredient, I tend to overdo it
- Mashing sweet potato
- Trying new dish
- The kids having to wait for it to cook
- Not having the right equipment
- Pouring

EVALUATION AIMED AT THE PARENTS/FAMILIES

Q1. In total, you received 6 weekly cooking packs, please rank these in order of your favourites (1=favourite, 10=least favourite)

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|--------|----|----|---|---|---|---|---|---|---|----|
| Week 1 | 20 | 6 | 3 | 2 | 1 | 1 | 1 | 3 | 2 | |
| Week 2 | 8 | 12 | 3 | 2 | 6 | 3 | 1 | 3 | 2 | |
| Week 3 | | 2 | 4 | 4 | 7 | 7 | | 3 | 1 | 7 |
| Week 4 | 4 | 3 | 5 | 6 | 9 | 4 | | 2 | 1 | 6 |
| Week 5 | 5 | 7 | 6 | 5 | 3 | 4 | 4 | 1 | 1 | 1 |
| Week 6 | 4 | 1 | 5 | 6 | 7 | 5 | 2 | 1 | 3 | 5 |

APPENDIX 2 CONT...

Q2. Overall, would you say that the cooking packs have increased yours and your family's confidence to cook on a budget? (1= still not very confident, 10=open to trying new recipes in the future)

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|
| | | | | 1 | 1 | 6 | 8 | 7 | 10 |

Q3. Did your child(ren) learn anything new by taking part in the cooking?

- Chopping and handling the heat
- How to read recipes
- Measure
- They now love to cook
- Names of ingredients
- How to prep food and cook together
- How simple things are to make on your own
- Yes to try new tastes and to try new things
- New flavours
- Mixing and cutting
- Learnt what things go together
- Yes, they learnt how to work together
- Portioning
- To use foods we wouldn't normally use to make things e.g. not using meat
- He learnt a lot about the prep needed to cook
- Learnt new recipes
- Yes, eating all the different ingredients
- She learnt new foods and how to chop fruit and vegetables
- Yes – grew to like more tinned products and using oven safe
- No - we do a lot of cooking together anyway
- Yes – exploring new ideas
- Yes – cook as family and enjoy
- Yes, many things
- New skills and that cooking is fun
- Learnt more about fruit and vegetables
- Chopping, hygiene and listening to instructions
- Yes
- Yes – a lot
- Before when I do cooking with the girl, she didn't like. But now I do every week, she loves cooking now
- How to work together amongst siblings
- New fruits, cooking methods, cooked food results
- They got to help and try new recipes
- They learnt to try a new dish and help out with cooking
- They loved every minute of planting the seeds and the cooking too
- Good tips for cooking in the future
- My children learnt serving skills, teamwork and patience
- They learnt that food is actually grown, how and where etc
- They helped me and my children how to make pizza
- Yes – they really loved it

Q4a. Did you (your children) use the online video tutorials to help with cooking each week?

Yes = 9

No = 35

Q4b. Please explain your answer for part a

Answers provided for – Yes

- To enjoy new dishes
- They were informative and clear
- To get started

Answers provided for – No

- We chose to follow the instructions
- It was quite simple to follow the instructions on paper
- I wanted to learn using only the recipe
- Followed the recipe, needed to adapt with ingredients due to allergies
- Didn't know there was one
- Sometimes/watched a couple x2
- The instructions were easy enough for us
- No need to
- The written instructions were easy enough
- We decided to do it our own way
- Felt capable to do without
- The instructions were easy to follow and we adapted the recipes to suit our taste
- We don't do photos and videos, like to use our own way
- No, read the instructions very easily
- We just used the recipe sheet
- Couldn't find them but found recipes easy to follow
- Couldn't find them
- Time of technology
- No online
- We used the recipe to create our own dish – kids are choosy
- Tried to make from scratch using the recipe, greater sense of achievement
- Written instructions on paper makes them follow step by step
- I am a keen cook, plus they are familiar with the kitchen and sometimes watch me cook
- I had a friend explain how to prepare
- The written instructions already sent with the bag each week

Q5. Did you use the ingredients pack to make the recipes as instructed?

Yes = 40 Of which - 3x yes but only sometimes (included in total). 1x added our own ingredients to it

No = 2

Q6. Would you take part in this again?

Yes = 40

No = 2

Q7. Did your children complete the majority of the cooking under supervision?

Yes = 34

No = 4

Q8. Each family member to pick a word to describe the programme

- | | |
|---------------------|--------------------------|
| • Really helpful x3 | • Amazing x3 |
| • Interesting x3 | • Fun x9 |
| • Fantastic x2 | • Exciting x5 |
| • Enjoyed x6 | • Educational x2 |
| • Time together x2 | • Learning x2 |
| • Quality time | • Brilliant x3 |
| • Family building | • Healthy |
| • Colourful | • Learning new skills |
| • Tasting the food | • See my cooking results |
| • Good | • Food tasting |
| • New | • Enjoyed the desserts |
| • Too spicy | • Very filling |
| • Delicious x2 | • Family |
| • Tasty x9 | • Creative |
| • Yummy x5 | • Energetic |
| • Nice x2 | |
| • Easy x2 | |

APPENDIX 2 CONT...

- Exploring ideas
- Great
- Tricky
- Very thoughtful
- Awesome
- Different
- Creative
- Happy
- Good
- Excellent
- Encourages and motivates families to cook together

Q9. Is there anything else you would like to tell us about 'Cooking Together Kirklees' or any additional comments?

- Thank you for all your time and help
- Often there was a lot of ingredients missing but we managed
- Yes, was very good experience and enjoyed cooking with the family
- Thank you very much for making us enjoy new recipes, it's been really fun
- Thank you for everything you have given
- No, everything you are doing well. Thank you
- It was wonderful to get these packs weekly and the kids would look forward to Wednesday when they were dropped off. Really enjoyed making the recipes. Thank you to everyone who put the packs together
- A big thank you
- It was great fun, even the kids enjoyed working together. But more importantly the kids even tasted their own cooking
- Would like to say it was good to try once, don't know if it would be useful year after year, one off was good
- Thank you for all these foods which gave us an opportunity to try different foods and to really encourage my child to take part in the cooking
- The only thing was meat products sent to vegetarian/Halal household e.g. non halal products in food pack e.g. corned beef
- The ladies were really great who delivered the packs and even saved one for us when we went away. 4* just because she didn't like some of the ingredients
- We enjoyed receiving our packs each week and the choice of recipes. The lady which dropped off the bags each week was lovely so a big thank you to her
- It was a great way to get my son more involved with cooking and encourage him to try new foods.
- He also like potting the plants
- We really enjoyed the cooking together activity, it gave us plenty of ideas for cooking on a budget.
- Thank you. We would love to take part again
- Really fun, thank you
- As a family we have really enjoyed getting the children involved in making meals. In future, right quantities and more ingredients needed, we would be happy to make a donation towards any costs
- Fantastic scheme, so lucky to have taken part. Thank you so much, it has been brilliant, especially with the ingredients being delivered. 100/10
- Thank you very much for everything
- I would like to thank you for allowing us to take part in this scheme as my youngest was a fussy eater but by doing this he will now try new foods
- We are pleased to take part in 'cooking together Kirklees' and to have received the supplies
- It is sad that cooking together is coming to an end this week we are all going to miss the beautiful food that the lady brings in the pack each week. She's lovely with her smile
- That it was an amazing idea because it brought me to do something new and it helps me spend time on cooking
- Thank you for everything you have sent us, I really appreciate everything
- Just a big thank you, like I said, had

fun and really appreciate the effort of everyone to allow us to take part – the people who donated the food to the people who delivered it – thank you

- Was lots of fun to be able to cook with the kids
- Good effort to complete the task by children
- Thank you for this programme, it has made my children understand not to waste food
- Really appreciated this programme running as it has been hard trying to home school my children and find interesting things for them to do during this difficult time, thank you
- Amazing idea, well done
- It was a good experience for me to learn how to cook some of the interesting dishes
- A massive thank you to the 'cooking together Kirklees' team for a fantastic idea, it has really improved my children's confidence in cooking
- We would love to do it all again, makes the holidays go faster and the kids love it
- We both enjoyed grow your own the most
- We enjoyed completing the activities together. We are going to continue trying new recipes. This week we are going to make broccoli soup
- Really great and lots of fun, would 100% do again. Thank you so much
- Really enjoyed the activity packs

WRITTEN STATEMENT FROM PARENT:



"We thought the packs were great, if there were ingredients we didn't like then we passed them onto another family.

The pizza was the favourite dish. Charlotte complained that there were too many spicy dishes, she only likes bland food due to her autism. Luke however enjoyed it.

They loved the cooking and Charlotte particularly enjoyed seeing what they got each week. Often, we would use the ingredients to make other things that were more to her taste so we didn't watch the videos.

Thank you so much, the bags have been very much appreciated and always delivered with a smile – also appreciated"

Key points:

- 42 child-based evaluations returned
- 45 adults/family based evaluations returned
- 1 handwritten statement returned
- Family time an emerging theme throughout all the questions – one aim which the project didn't set out to do more based on child enrichment.



FOR MORE INFORMATION
PLEASE CONTACT:



Kirklees Youth Alliance

Supporting community organisations to
deliver positive activities for young people

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WHAT DOES KIRKLEES YOUTH ALLIANCE DO?

Helps to develop
new partnerships

Helps with funding

Connects organisations

Shares good practice
& youth work news

Builds capacity in the
community youth sector

Signposts to training
& other support

Promotes activities of
member organisations

