



Evaluation of *‘A Day Out, Not a Handout’ Holiday Provision Programme*

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Causes of Poverty

- Worklessness...personal and structural (2.8M adults in workless households)
- Low Pay/No Pay (zero hour contracts)
 - In 2009/10 58% families below the Poverty line contained at least one working member
 - Zero hours contracts (low pay/no pay)
- Inadequate Benefits (JSA...only 65% money required to live above the poverty line)
- Benefit Sanctions (Department of Work & Pensions, 2017)

Child Poverty in the UK

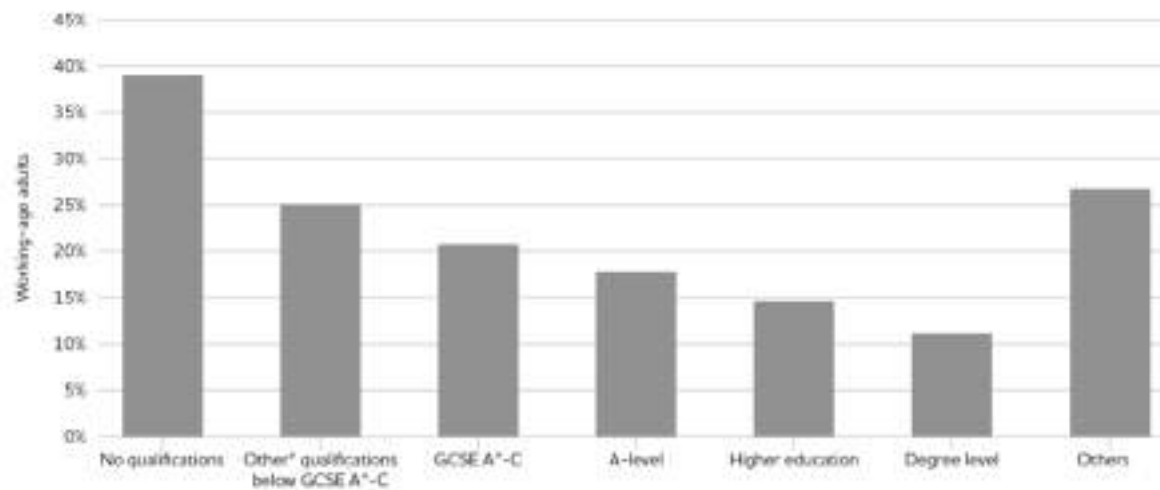
- 4M children living in poverty in UK (costing £29bl PA) (JR, 2017)
- 30% children live in poverty
- Cost of child care 2008 -14 - Child care up 42%
- CB cut, tax credits slashed
- Rise in child poverty within working families



Child Poverty: Human Capital

- Child Poverty costs the UK at least £29 billion per annum
- Education: FSM 3 terms lag behind affluent peers in terms of educational attainment but age 14 this gap grows to over five terms (DfE)
- Health: low birthweight; premature death, Type II Diabetes, dental carries (Hirsch, 2013)
- Housing (x2): Poor Housing, multiple occupancy
- Fuel Poverty (Hills, 2011)

Poverty by highest qualification among working-age people

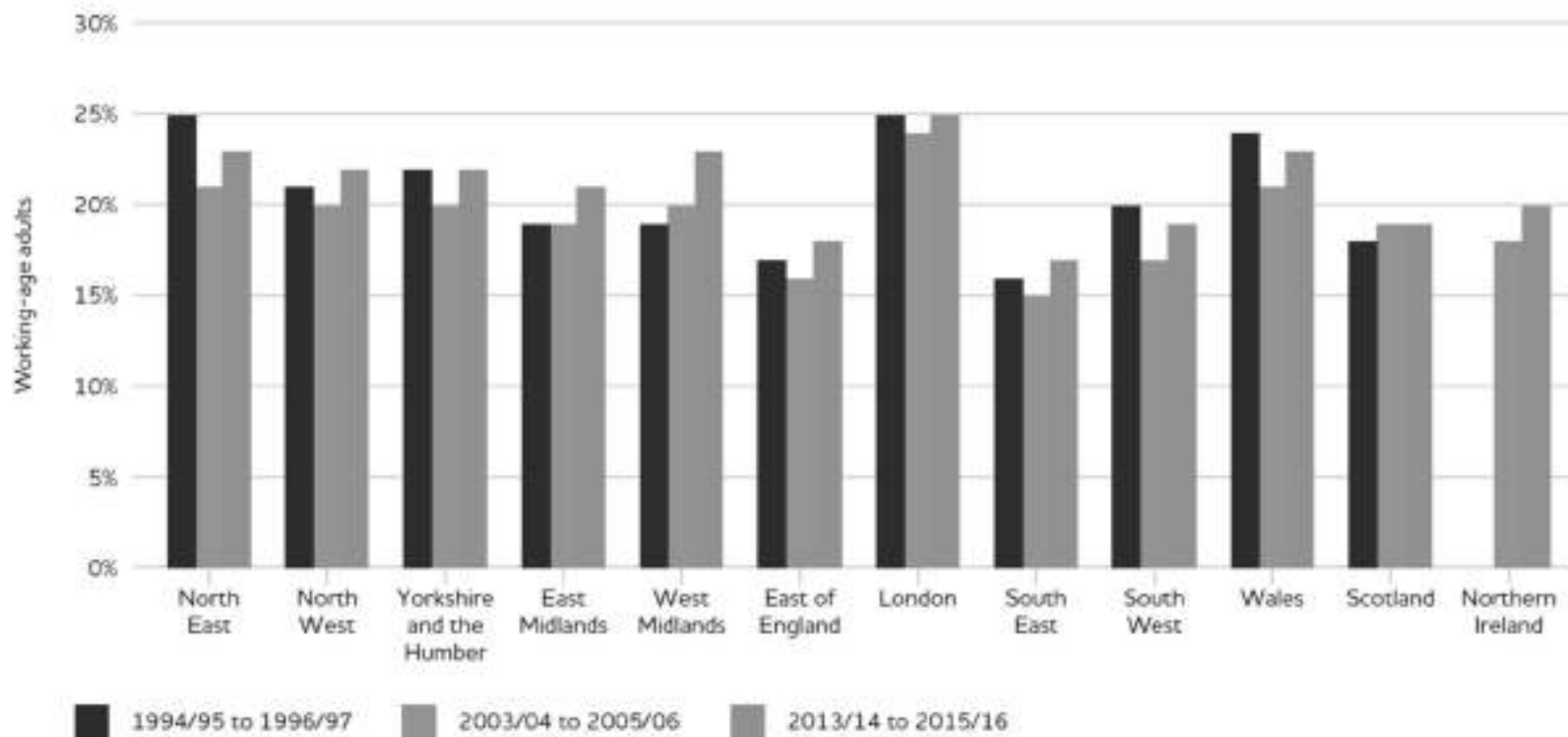


*Other refers to other foreign/professional/vocational qualifications below degree level but not below GCSE level and others where the level is not known.

Source: Households Below Average Income (JRF analysis)



Percentage of working-age adults in households that are in poverty (AHC): by region or country

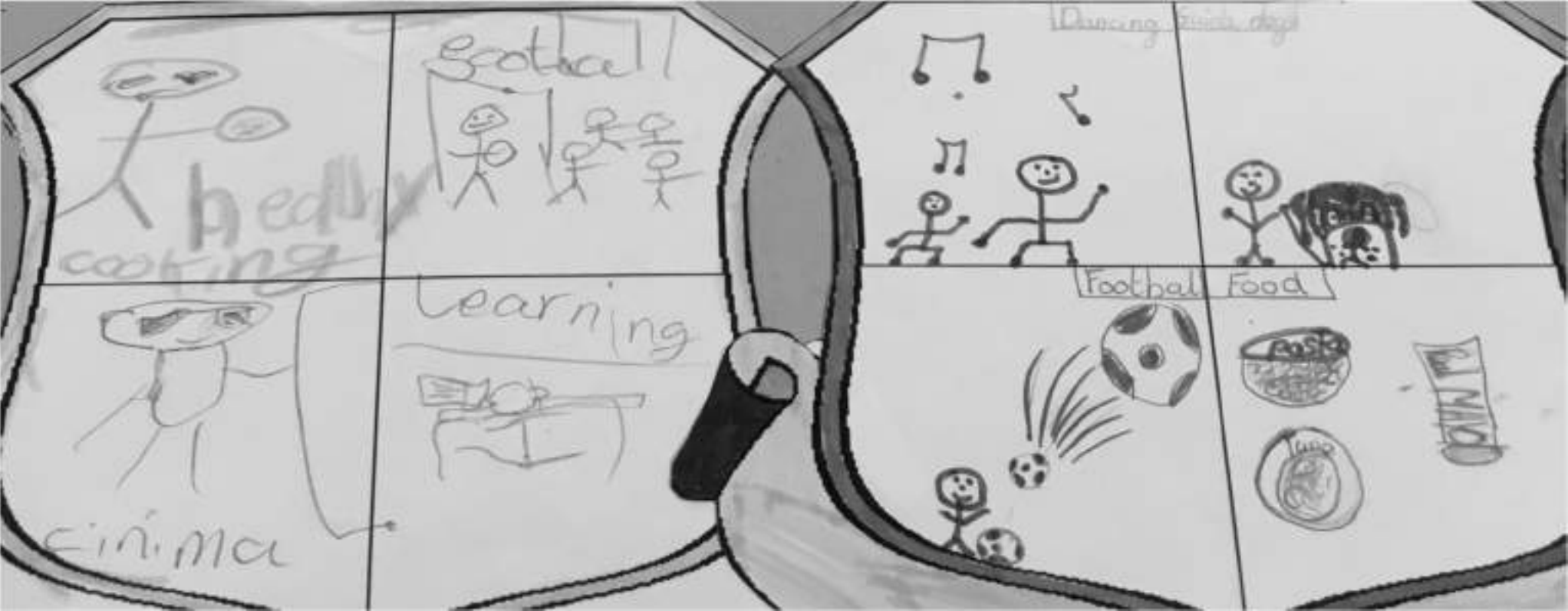


Challenges for Families in Holidays

- *FSM unavailable (2.3 million in UK)*
- *Pressure on household budget*
- *Benefit delays ,sanctions*
- *Safeguarding risk elevated*
- *Access /availability to food*
- *Social contact diminished*
- *Family Stress*
- *(Extra £30 - £40 per week)*
- *Children's Society Fair and Square*



Evaluation of 'A Day Out, Not a Handout'



Aims and Objectives

1. The potential relationship between club provision and children's health, nutrition and wellbeing.
2. The potential relationship between club provision and parents' stress, isolation, financial strain and overall wellbeing.
3. The different ways clubs impact staff and volunteer development and wellbeing.
4. Problems and opportunities that arise from holiday club provision.

Location of the 17 Clubs across the North East (Darlington, Durham, North Tyneside and Newcastle)



There were 4-5 clubs operating in each of the four areas evaluated:

- 76% of holiday clubs opened for 16 days
- 16% of holiday clubs opened for 20 days and
- 8% of holiday clubs opened for 29 days

14 clubs operated in community centre settings and 3 clubs operating in school settings.

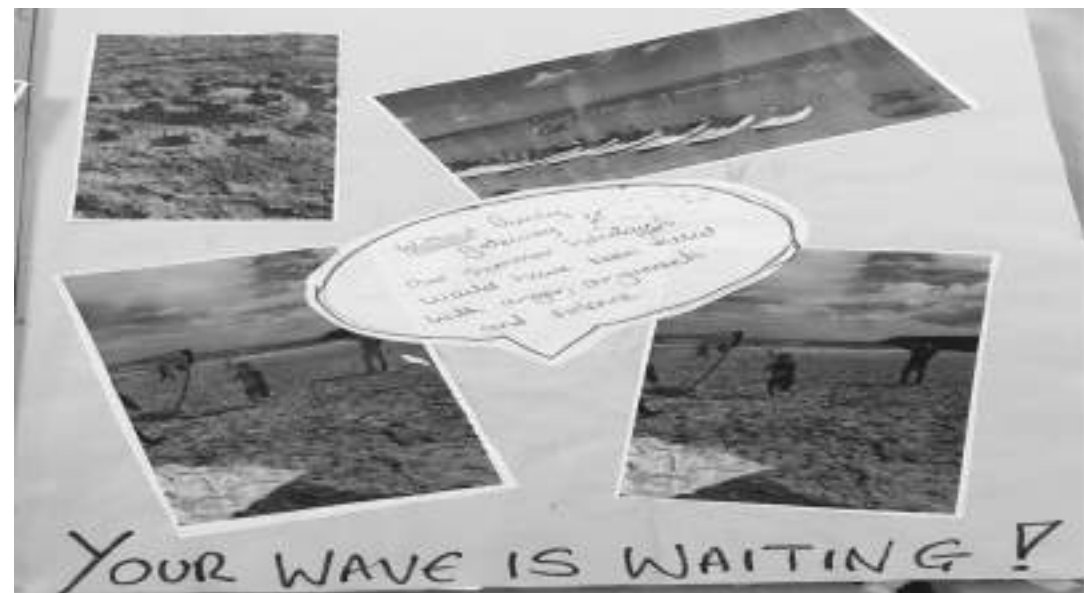
Key Facts

- Children Participating = 606
- Attendances = 7,136
- Delivery Hours = 1200
- Trips = 69
- Residential = 1
- Breakfasts = 3,315
- Lunches = 7,493
- Snacks = 3113

Example Activities

- Cooking activities
- Anti-social behaviour and activities with local police
- Insect hunts
- Language sessions
- Plant and grow (Soil to plate)
- Stone painting
- Table tennis
- First aid training
- Themed weeks (Mexican, Italian, England, America)
- T-shirt and mug printing

Physical Activities and Day Trips



Clubs Served a Range of Healthy Foods



Design and Methodology:

Mixed methods approach

- **Qualitative methods:** Face-to-face interviews
 - 77 staff
 - 63 parents
- Focus groups
 - 220 children

- **Quantitative methods:**
 - 133 parents
 - 266 children

- Attending versus non-attending days
- School versus community clubs

Measures

Children

- Day in a Life (n=266)
- Nutritional quizzes (n=187)
- Cooking quizzes (n=109)
- Growing quizzes (n=42)

Parent

- Warwick Edinburgh questionnaire (n=133)
- Strengths and Difficulties questionnaire (n=133)
- Programme Evaluation questionnaire (n=133)

Children's Food Diaries, 'A Day in the Life Questionnaire' (DILQ) (Edmunds and Ziebland, 2002)

- Children's nutritional intake was compared at two time points.
- Time 1= 24-hour period when children attended holiday club.
- Time 2 = 24-hour period when children did not attend holiday club.

9 What did you do most of the time yesterday afternoon between lunch time and your evening meal?

 Sit Around	 Stand Around	 Walk Around	 Run Around ✓
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10 Did you have an evening meal yesterday? (What did you have?)

Spaghetti, mushrooms, peas, chicken

My Evening Meal

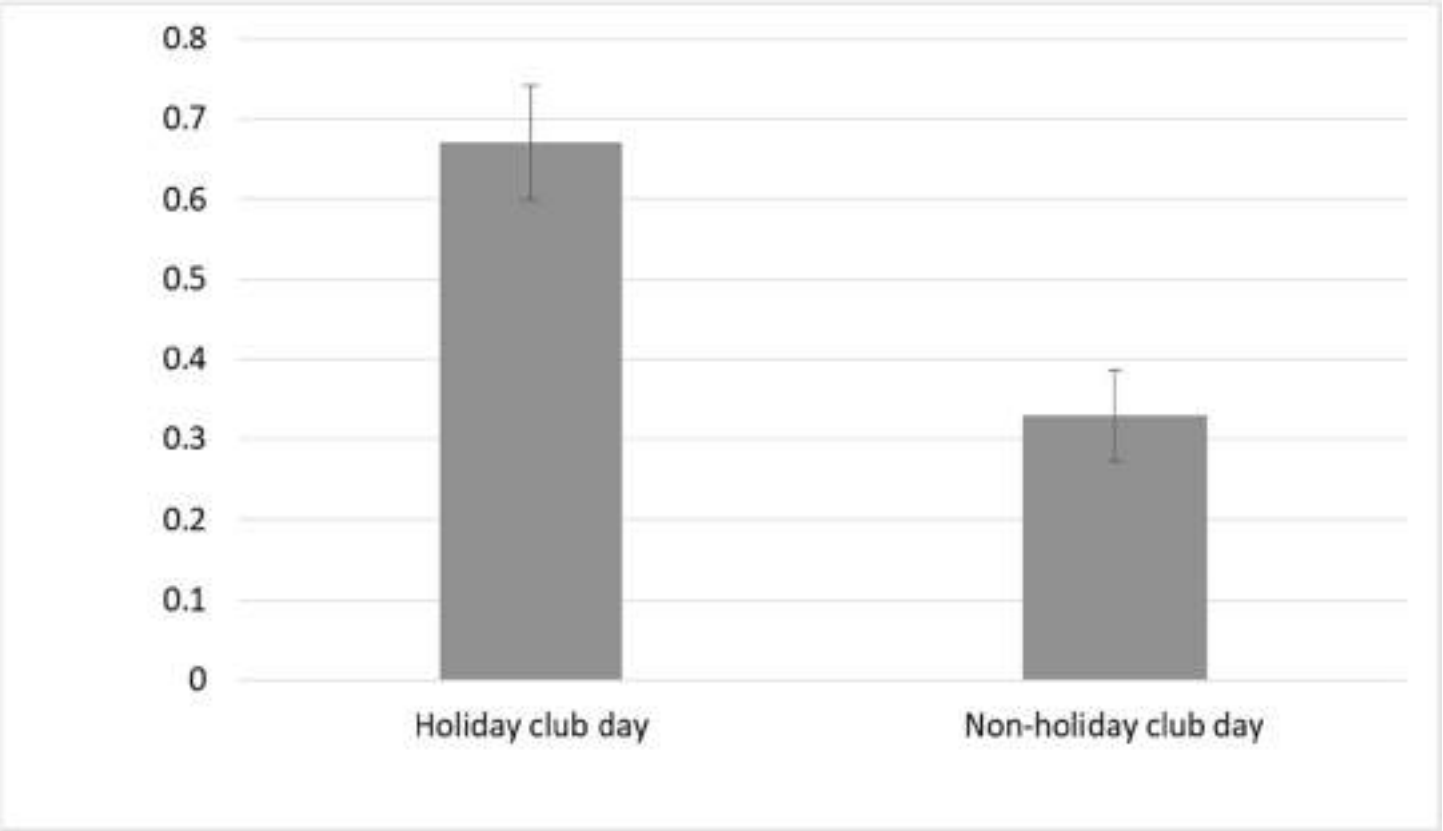
11 Did you watch TV yesterday evening?

Yes / No

Did you do anything after your evening meal? (What did you do?)

Wrote on my letter book

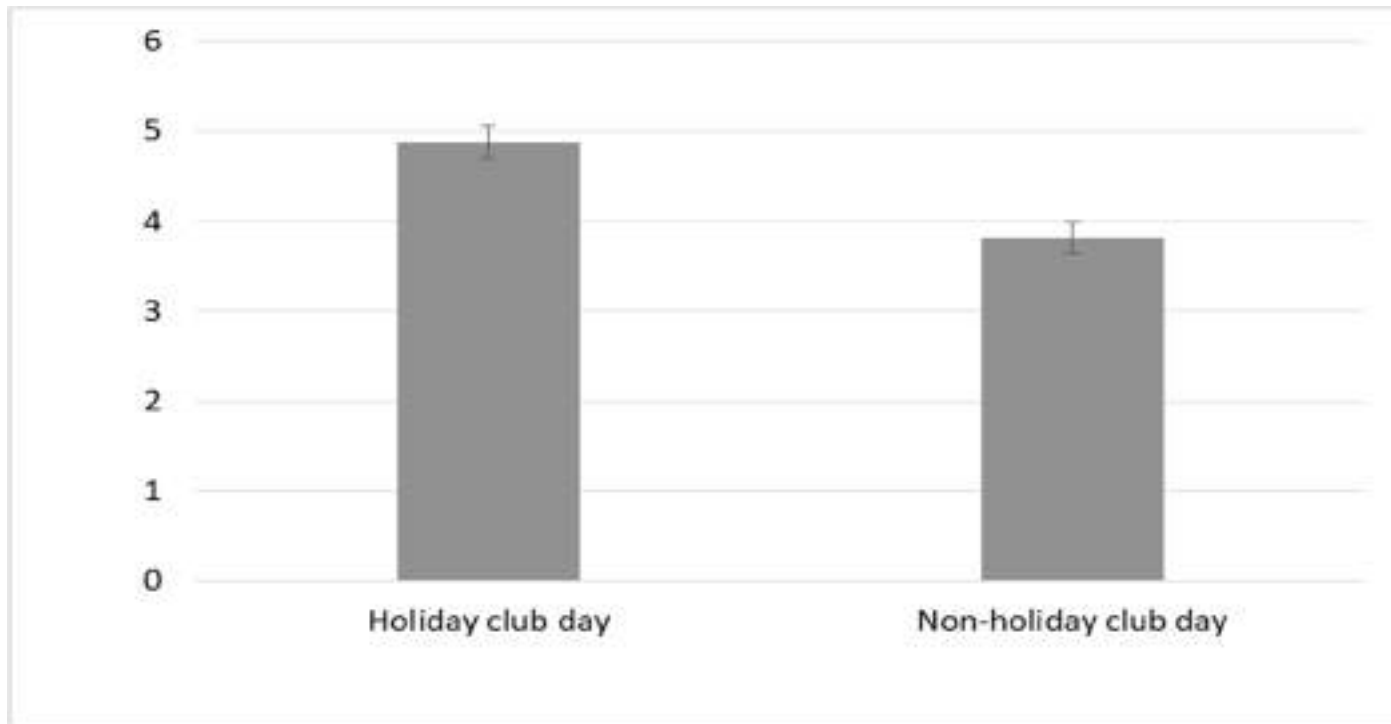
Mean Fruit Consumption According to Attendance



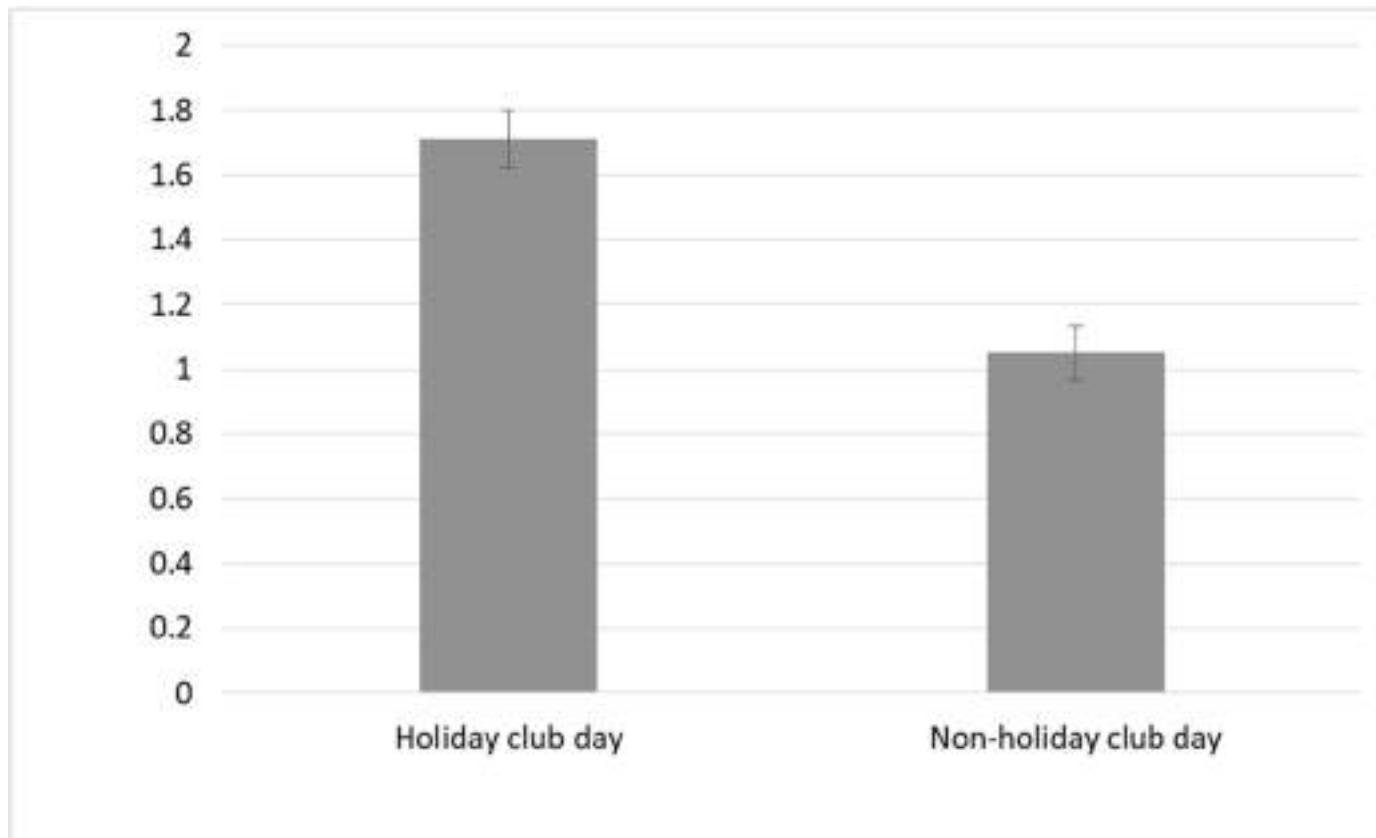
Mean Vegetable Consumption

There was no significant main effect of attendance on the total number of vegetables consumed across the entire day ($F(1, 231) = .135, p > 0.05$). There was a significant main effect of club ($F(16, 231) = 2.276, p = .004$). There was also a significant club x attendance interaction ($F(16, 231) = 2.078, p = .010$).

Mean Core Food Consumption According to Attendance



Mean Core Food Consumption for Lunch According to Attendance



Activity and Food Scale

- Children completed questionnaires that measured:
 - Frequency of physical activity
 - Food Frequency
- Self-reported scales:
 - Happiness
 - Wellbeing.
- Completed on a day attending club and a non-attending day.
- Responses were scored in the following way: Never = 0, Some Days = 1, Most Days =2, and Everyday =3.

Activity and Food Scale

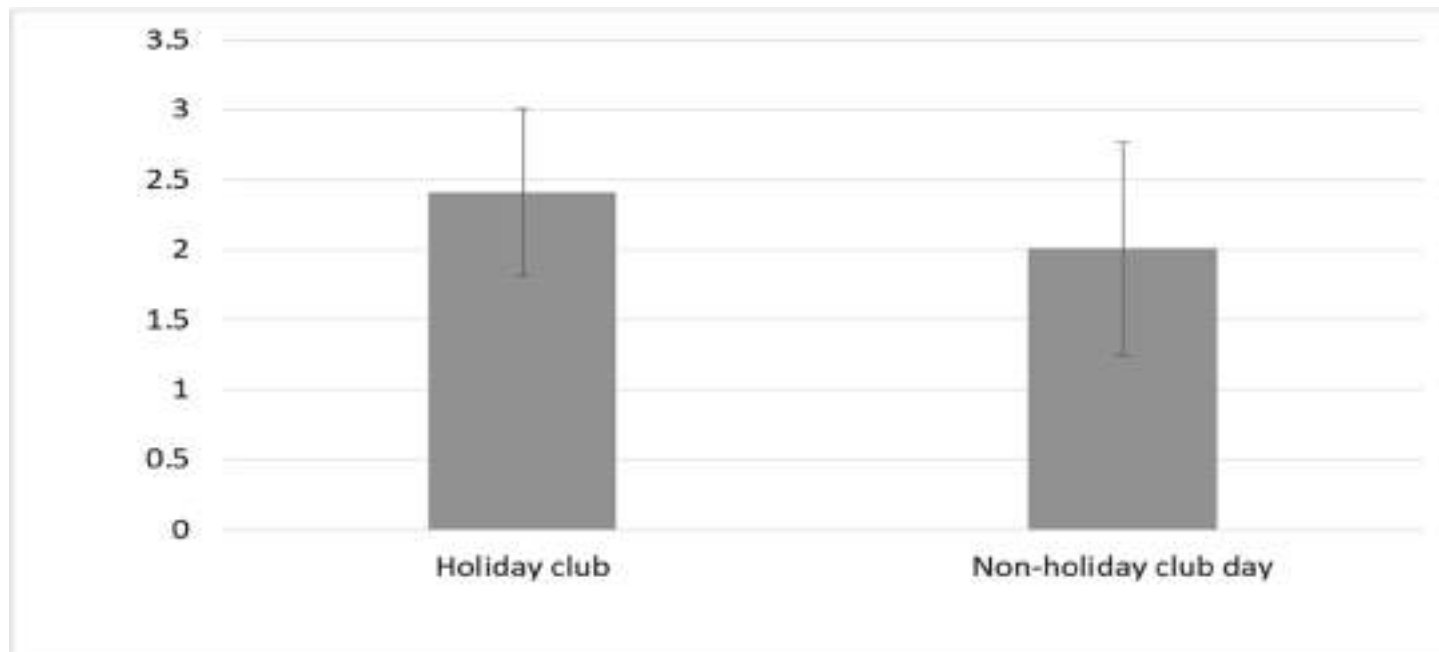
Significant main effect of attendance on the frequency of children's:

- Participation in art activities ($F(1,219) = 12.148, p = .01$)
- Frequency of fruit consumption ($F(1,216) = 23.735, p = .001$)
- Frequency of vegetable consumption ($F(1,220) = 7.011, p = .009$)
- Frequency of water consumption ($F(1,219) = 5.295, p = .022$)
- Frequency of fast food consumption ($F(1,212) = 33.055, p = .001$)
- Frequency of sweetened drinks ($F(1,209) = 29.217, p = .001$)
- Frequency of energy drink consumption ($F(1,213) = 13.595, p = .001$)
- Frequency of crisps consumption ($F(1,208) = 23.492, p = .001$)
- Enjoyment of physical activity ($F(1,212) = 5.751, p = .017$)
- Meeting new people ($F(1,213) = 15.899, p = .001$)
- Feeling happy ($F(1,211) = 28.180, p = .001$)
- Average number of times children play outside ($F(1,214) = 6.670, p = .010$)

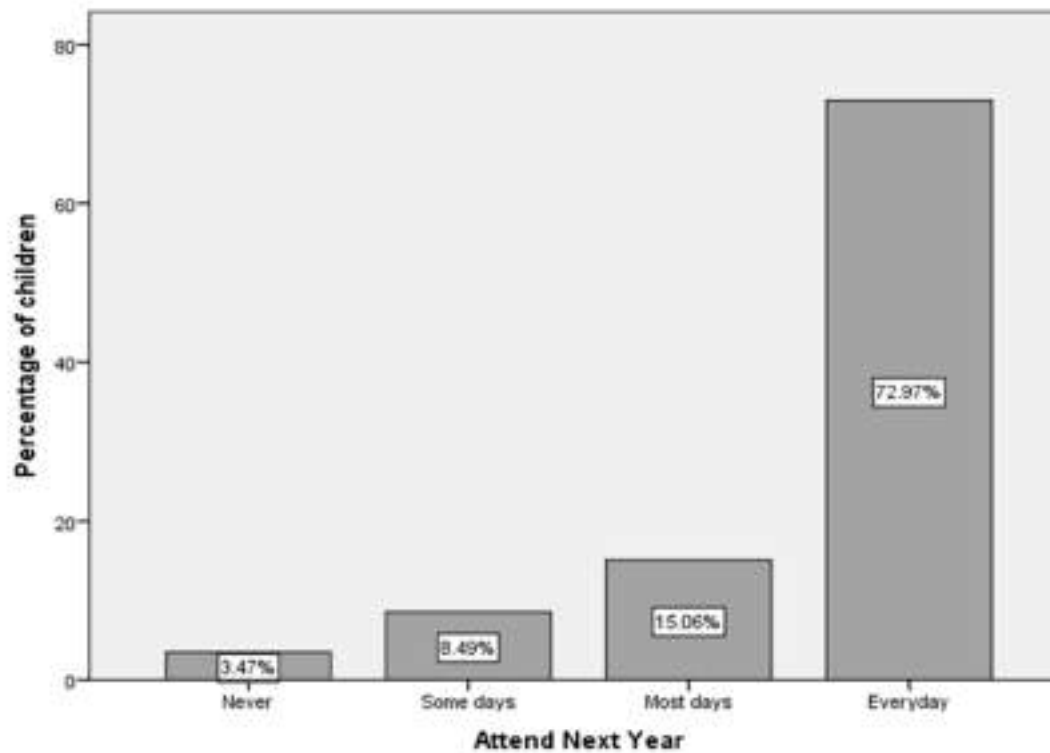
We made crests to show what we've enjoyed...



Frequency of PA according to Attendance



Percentage of Children Wanting to Attend Club Next Year (n= 266)



Children's Quizzes

- Children answered questions on cooking confidence, enjoyment of cooking, understanding plant growth and food providence, and general nutritional knowledge.
- There were no significant results.
- Upon careful examination of the data, children's performance was at ceiling at the start of the holiday.

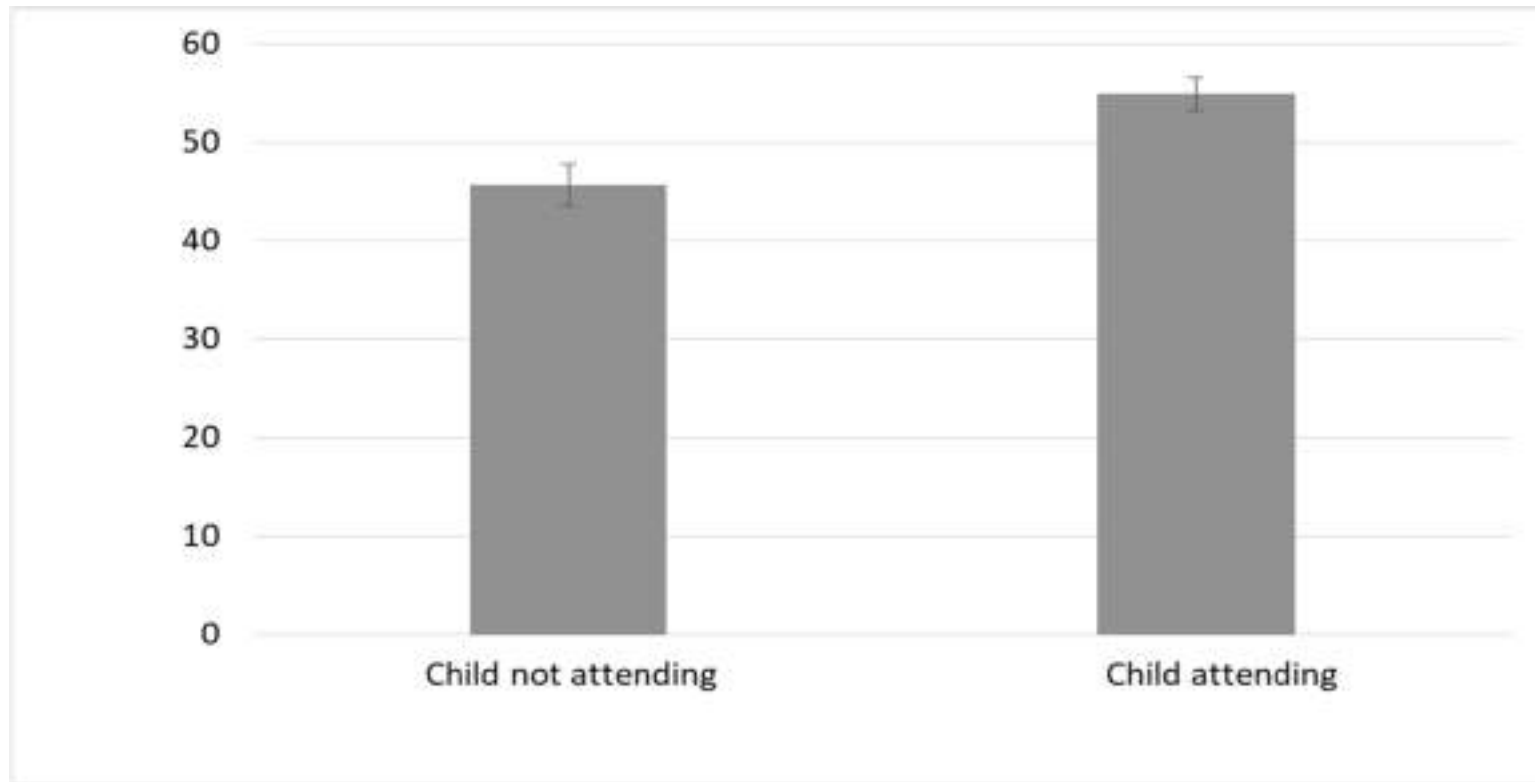


Parent Questionnaires

Parents were asked to complete three questionnaires:

- Warwick Edinburgh Mental Wellbeing Scale
- Strengths and Difficulties Questionnaire (not presented)
- Programme Evaluation

Warwick Edinburgh: Total Parental Wellbeing according to child attendance



Total wellbeing ($F(1,99) = 10.312, p = .002$)

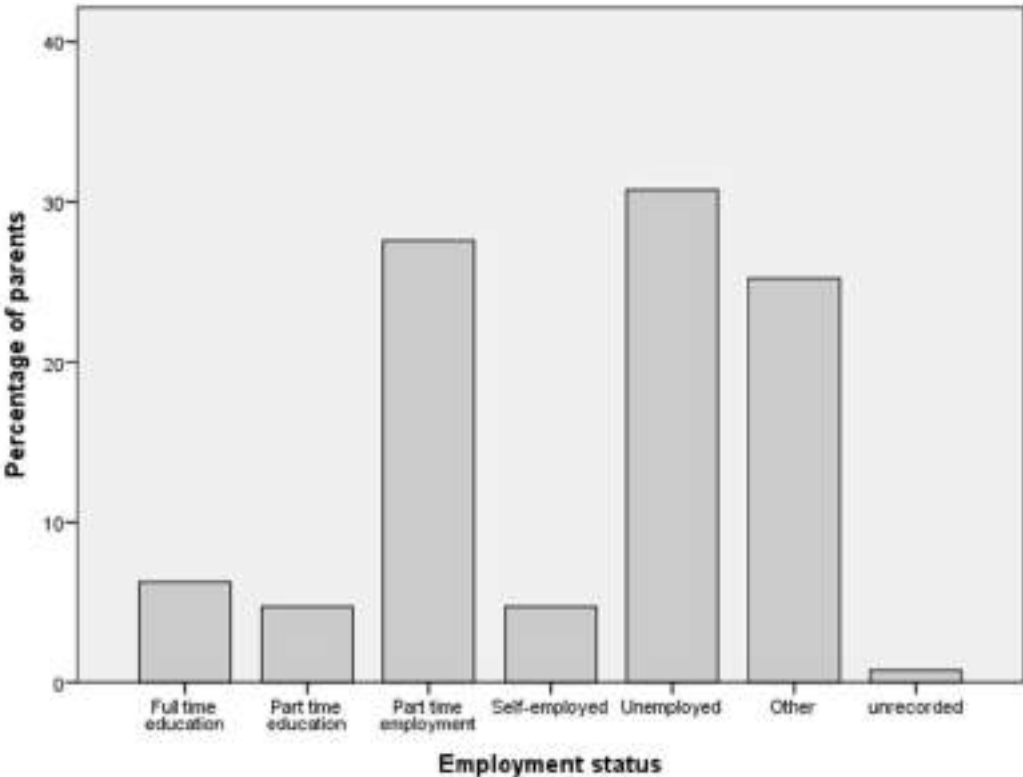
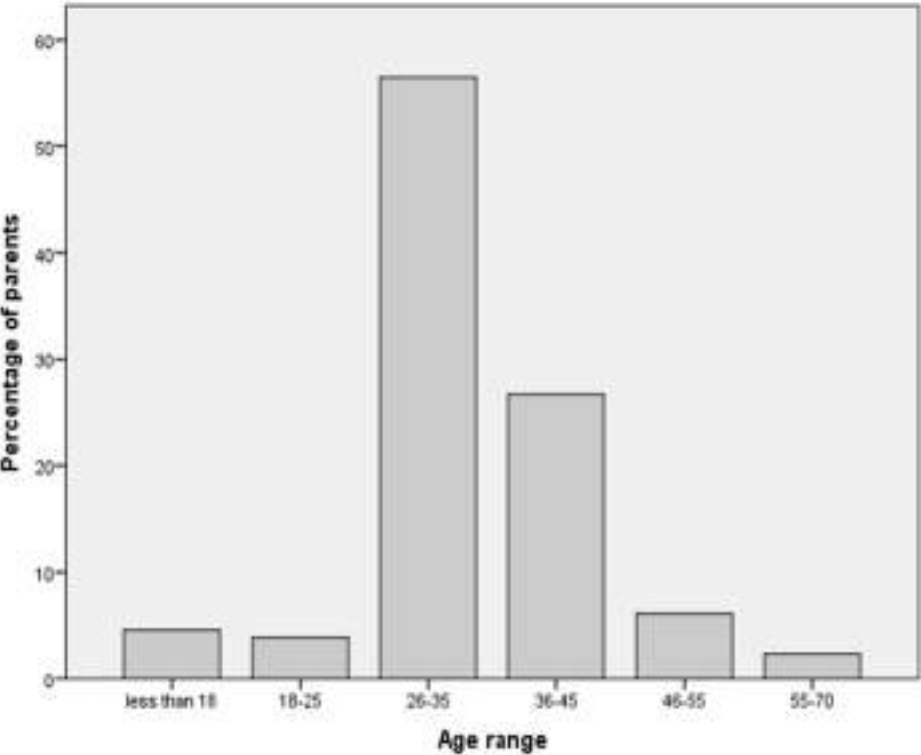
Warwick Edinburgh Mental Wellbeing Scale

- Felt more optimistic ($F(1,89) = 14.176, p = .001$)
- Felt more useful ($F(1,91) = 9.926, p = .002$)
- Felt more relaxed ($F(1,90) = 22.710, p = .001$)
- More interested in other people ($F(1,90) = 14.746, p = .001$)
- Increased energy during the holidays ($F(1,91) = 15.485, p = .001$)
- Better at dealing with problems ($F(1,91) = 12.905, p = .001$)
- Able to think more clearly ($F(1,91) = 22.627, p = .001$)
- Felt better ($F(1,91) = 20.854, p = .001$)

Warwick Edinburgh Mental Wellbeing Scale Continued...

- Felt closer to other people ($F(1,91) = 23.375, p = .001$)
- Felt more confident ($F(1,91) = 11.796, p = .001$)
- Betting at making up their mind ($F(1,91) = 11.926, p = .001$)
- Felt more loved ($F(1,91) = 6.609, p = .012$)
- Increased Interest in new things ($F(1,91) = 17.118, p = .001$)
- Felt more cheerful ($F(1,91) = 15.146, p = .001$)

Parents: Programme Evaluation



Parents: Programme Evaluation

- Serves healthy foods (78% agree a lot)
- Has given my child more of a structured routine than they usually have during the summer holidays (74% agree a lot)
- Has made my child feel less bored than they usually are during the summer holidays (84% agree a lot)
- Has allowed my child to spend time with school friends that they wouldn't usually see during the summer holidays (52% agree a lot)

Statement	% Overall Response Disagree a lot	% Overall Response Disagree a little	% Overall Response Don't agree or disagree	% Overall Response Agree a little	% Overall Response Agree a lot
Serves healthy foods	1	1	6	15	78
Has given my child more of a structured routine than they usually have during the summer holidays	2	0	6	19	74
Will make it easier for my child to get back into a structured school routine after the summer holidays	1	0	8	25	67
Is enjoyable for my child	1	1	2	9	88
Has made my child feel less bored than they usually are during the summer holidays	1	0	5	10	84
Has allowed my child to make new friends	1	1	5	14	80
Has taken pressure off our family	1	0	7	23	70
Serves a wide variety of foods	1	1	8	30	61



Has allowed me to make new friends	7	2	23	20	48
Has allowed my child to learn a new skill	2	2	7	27	62
Serves food that my child enjoys	1	6	9	26	58
Is viewed positively by people in the local area	2	2	7	19	71
Has given my child more activities to do than they usually have during the summer holidays	1	0	5	15	79
Has led to an improvement in my child's behaviour at home	2	3	34	25	36
Serves food that my child doesn't have at home	16	10	22	21	31
Has allowed me to spend time with people I wouldn't usually spend time with	9	5	30	15	41
Has allowed my child to spend time with school friends that they wouldn't usually see during the summer holidays	6	5	14	23	52
Has given me more hours to socialise with friends	8	8	30	16	38



Data Collection

Qualitative Interviews

- Children's focus groups (n=220)
- Parent's face-to-face interviews and focus groups (n=77)
- Staff interviews and focus groups (n=64)

- Examined perceptions about:
 - Health, Nutrition and Wellbeing for children
 - Stress, Social Isolation
 - Financial strain during the holidays for parents
 - Wider Benefits
 - Opportunities that clubs provide for staff development.

- Each interview and focus group was recorded and recordings were transcribed for analysis. Analysis was carried out by scanning these transcripts and identifying general statements and themes that emerged from the data (Glaser & Strauss, 1967)

- Inter-rater reliability strong

Key Themes

- Themes that emerged from the interviews were focused on choice, confidence and resources and were organised around issues of:
 - Wellbeing
 - Social Relationships
 - Food Experiences

Children: Wellbeing & Social Relationships

- Children enjoyed holiday club because it gave them opportunities to engage in lots of different creative and physical activities that improved their wellbeing.
- Creative Play
- Physical Activity
- Learning New Things
- Safe Place to Play

Children's Voices about Wellbeing

'This is the best place in the world and you feel like heaven, and make new friends', (Club 1)

'The activities are so different to what I usually do. I usually just stay in the house, but here you get an opportunity to do anything with anybody', (Club 15)

*'[Holiday Club] makes me feel **a lot more safe** because there are people around us. There are lots of adults', (Club 1)*



Children's Voices about Food

Children's Likes

- 'All the food is amazing, it is just lovely', (Club 6)
- 'Every single food here is lovely because I eat every single thing', (Club 6)
- 'Really nice, apart from the frozen yoghurt', (Club 6)
- 'I think the hot food is really nice', (Club 2)

Children's Dislikes

- 'All the desserts so far for me are horrible. I didn't like that much dinners because basically I didn't like them', (Club 6)
- 'The desserts are a bit horrible because I don't like the fruit', (Club 6)
- 'No offence chef but the barbecue chicken pizza is going to taste horrible', (Club 6)

What children did on a day they did not attend club

Activities day attending	Activities day not attending
<ul style="list-style-type: none">▪ Cooking activities▪ Food available▪ Gardening activities▪ Learning from activities▪ Physical activities – sports and exercise▪ Play games▪ Trips▪ Archery▪ Rounders▪ Football	<ul style="list-style-type: none">▪ Go outside▪ Go to Grandmas▪ House chores▪ Knitting▪ Play on phone▪ Play on technology –computer, iPad etc.▪ Play outside▪ Play with friends in house▪ Sleeping▪ Walks▪ Watch TV

Summary Perceptions & Experiences of Children

Wellbeing of Children

- Engage in physical activity and sports
- Play with arts and crafts
- Club is a safe place to play
- Learned new things at club
- Took trips to fun places like museums, parks and play centres
- Friendship
- Made lots of new friends at club
- Got to play with a lot of friends that would not normally see over summer
- Played with older kids & taught younger kids
- Behave better
- Food
- Gain confidence making food
- Made food
- Eating healthy foods
- Trying new foods and liking them
- Learning about nutrition and shopped for food
- Brought recipes home for the family



What children would like to improve about clubs

- More days at holiday club (including weekends)
- Late morning starts
- More niche activities tailored to child participant interests
- Pleasant staff, including specialist coaches
- Preference for hot meals
- More selection and choice of hot foods
- More variety of cold foods
- Parents to attend to holiday clubs with children
- More outdoor play activities
- More outdoor games and equipment
- More indoor space and rooms for activities for age appropriate activities
- Indoor rest spaces
- Learn school topics in a fun way
- More resources for art and craft activities
- No bullying and bad behaviour
- More trips



Parent's Views: Key Themes

Accessibility

- Adequately advertised to families
- Sometimes over sub-subscribed
- Significant competition for spaces / some families turned away

Motivation

- Encourage routine and structure
- Provide children with a safe environment to play
- Reduce the burden of care on older relatives
- Reduce children's boredom & keep them out of trouble
- Easier transition back into school

Benefits to children

- Happier and looked forward to attending holiday club
- More confidence and, self-esteem and energy
- Improved behaviour at home
- Develop friendship and skills

Parent's Views: Key Themes

Food

- Children were fed and happy
- Consumed healthier foods (especially fruit and vegetables)
- Tried novel foods they had not tried before
- Wanted to help prepare food
- Provided culturally appropriate foods to children

Parents' Wellbeing

- Increased household harmony
- Reduced stress by allowing time for other caregiving responsibilities
- Reduced pressure on summer budget to allow for more food and fun activities
- Expanded friendship networks and made new friends
- More quality family

Making friendships / Happier	Increased Confidence	Learning / Stimulation
<p><i>'Made loads of new friends', (Club 9)</i></p> <p><i>'My kids have made loads of new friends', (Club 10)</i></p> <p><i>'Definitely, they are much happier in the holidays, excited and not bored, wish we knew years ago', (Club 11)</i></p>	<p><i>'My child has come out of her shell loads she used to be really shy and now she goes on like she's been there for years', (Club 9)</i></p> <p><i>'Their confidence has improved, made friends, happy children= happy mam and dad', (Club 9)</i></p> <p><i>'The staff in the club were amazing with my son taking into consideration his special needs. (Club 16)</i></p>	<p><i>'My child learnt new things everyday', (Club 3)</i></p> <p><i>'Structured learning with lots of different children. 7 weeks is a long time off so a good place to attend during. Trips are lovely and staff are great. Learned new skills too', (Club 11)</i></p> <p><i>'The stimulation that it gives my children that I might not be able to provide all of the time at home. (Club 15)</i></p>



Safe environment to play	Reduced financial pressure	Routine and structure across holidays
<p><i>'That the children have been safe, had so much fun, been out and about in the community', (Club 9)</i></p> <p><i>'That my son is safe and sound that he's being well looked after', (Club 11)</i></p> <p><i>'Re-assurance that Ruby is safely being looked after and having fun so we can work', (Club 12)</i></p>	<p><i>'Worried less about having the expense to keep kids occupied in the holidays. This has made the holidays a more pleasant experience', (Club 9)</i></p> <p><i>'Helped as a single parent', (Club 9)</i></p> <p><i>'Being able to go to work knowing my daughters were safe and having fun also saved me money each week . (Club 6)</i></p>	<p><i>'They're in a good routine for going back to school', (Club 10)</i></p> <p><i>'Great for kids learning, confidence, meeting friends and structured environment like school', (Club 11)</i></p> <p><i>'Less stress as working parents, kids love it and are happier for going (no technology- Ipads, DS's, phones)', (Club 11)</i></p>

Parents: Suggestions for Improvements

Lack of information/Duration	Age restrictions	Venue
'Not getting regular updates about how behaviour was and what they did throughout sessions', (Club 15)	'Age limits', (Club 10)	The smell of the hut was very unpleasant and not very clean inside (Club 13)
'Longer opening hours' 'More clubs'		
'Time changing', (Club 2)		

Major Perceptions and Experiences of Staff

Working Environment

- Staff and volunteers took on many different responsibilities
- Staff and volunteers were working flexibly on full and part-time contracts
- High demand for clubs, some clubs had to turn children away

Primary Roles

- A safe learning environment was encouraged by all staff
- Feeding children was high priority
- Beyond safety, roles of staff varied from filling out confidential paperwork to washing dishes

Wellbeing for Families & Children

- Children were active as there were a wide range of indoor and outdoor activities
- Clubs promoted family activities and strong families
- The confidence of children increased over the summer
- Children were exposed to educational opportunities throughout the summer
- Parents had time to take care of other important family and household issues
- Club helped children prepare for the school year
- Staff believed the food served at holiday club was healthy
- Low income families benefited the services provided by holiday clubs

Major Perceptions and Experiences of Staff

Wellbeing for Staff

- Staff reported that they learned new skills on the job
- Many staff were highly satisfied with their jobs because they said they were making a difference to the children
- Many staff had leadership opportunities

Food Provision

- Food was stored at holiday clubs
- Staff purchased food on a budget, but were mindful of cheaper foods having less nutritional value
- Foods were prepared and cooked by children
- Children often tried new foods
- Children started eating healthier as the summer progressed
- Children learned how to shop for food

Suggestions for Improvement

- Information on children (especially those with needs) prior to start of club
- Training to help with various issues such as safety and food provision and mental health
- Facilities to feed children at club
- Ensure that there is capacity for all children at the club and with transportation
- Provide adequate space to play inside and out
- Less running around between clubs for staff with general duties
- Increase sharing between clubs for staff with specialised training (i.e., specific activities for children)

Staff Views Regarding Future Improvement

- Better marketing of holiday clubs
- Ensure clubs embedded within local communities
- More training on:
 - Managing children with challenging behaviour
 - Parents with mental illnesses
 - Confidentiality issues
 - Signposting

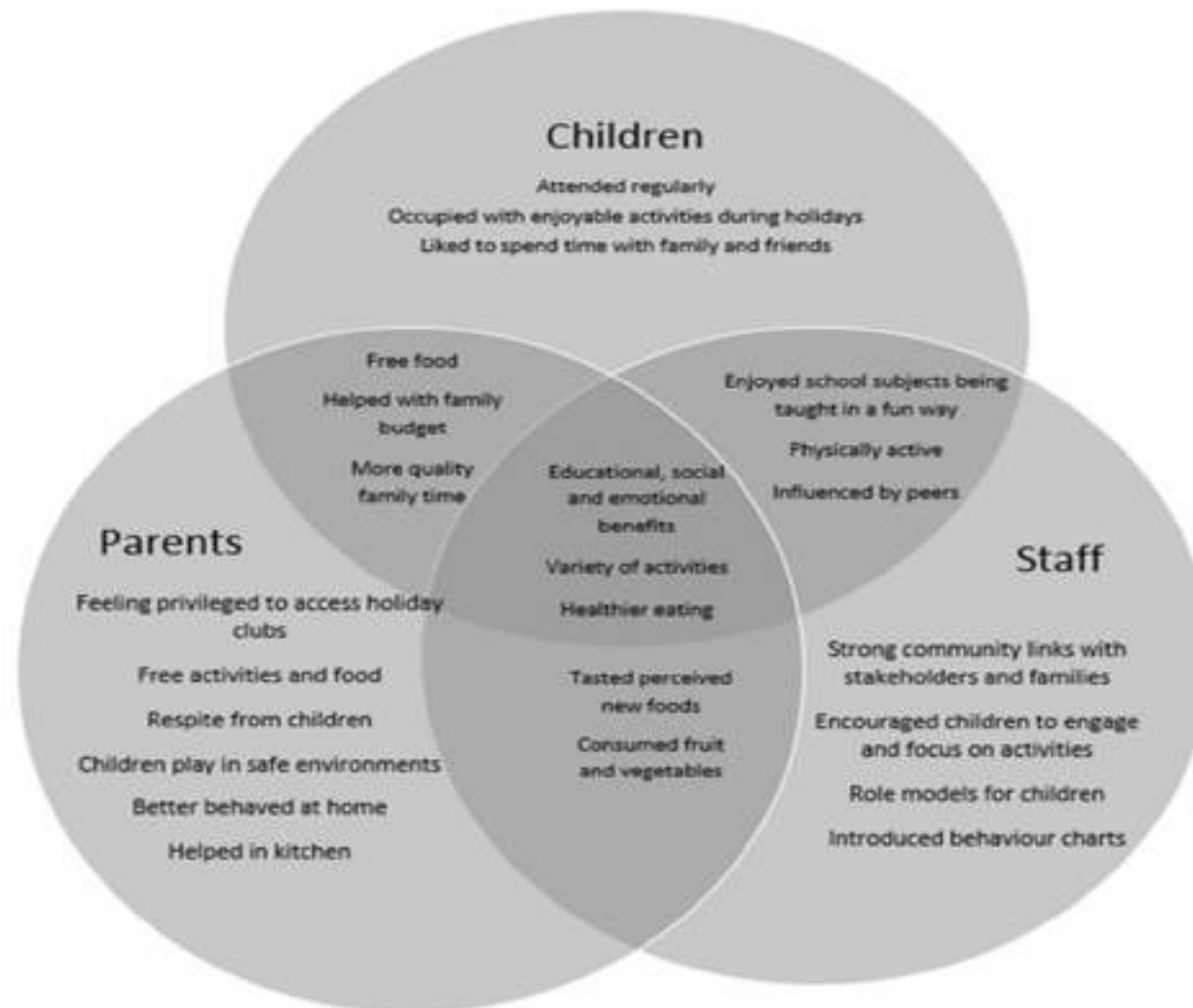
School versus Community Setting

- Three schools were matched to three community clubs
 - Club size
 - Level of deprivation
 - Opening hours
 - Gender

School versus Community Setting

- Vegetable Consumption for lunch:
 - Children consumed more vegetables in a school venue (.50) compared to a community venue (.12), ($t(43)=2.68$, $p = .011$)
- Engagement in Cooking Activities
 - Children engaged more frequently in cooking activities in a community venue (1.83) compared to a school venue (.65), ($t(43)=3.57$, $p = .001$)

Summary



Recommendations

- Clubs must operate under a clearly defined logic model and involve experts from planning, delivery and evaluation
- Staff should be trained in food hygiene, basic nutrition, behaviour management, and debt management.
- Programmes should offer a range of activities to children, both indoor and outdoor supported by trained staff and volunteers, with parental involvement being encouraged where possible.
- There should be sufficient space for family provision in areas of need so that clubs do not turn away children and/or are not oversubscribed.
- Staff engaging in specialised activities could be shared between clubs when possible, but staff that work primarily as caregivers for children should not routinely be commuting between clubs.

Thank you for Listening

- Many thanks to our funders:
 - Big Lottery
 - North East Child Poverty Trust

- Children North East
- All participating clubs
- Staff, volunteers, parents and children
- Researchers: Dr Mike Long, Dr Julie Young, Dr Pamela L Graham, Dr Peter McMeikan, Jackie Shinwell, & Emily Mann