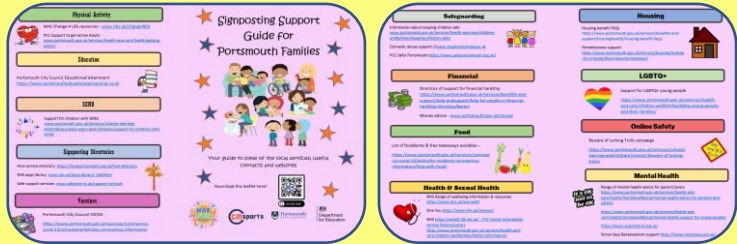


Summer Family Fun Days In Portsmouth

Through the summer of 2022, CM Foundation delivered four HAF family fun day events for adults and children aged 0 to 12 years at Charles Dickens Centre and Paulsgrove Community Centre. Our programme was designed to support families to experience fun events with enriching activities which support the development of resilience, character and wellbeing along with an educational value for the whole family. At our family fun days, we have incorporated a range of activities, health eating and fun experiences to support children and gives them the opportunity to spend quality time with the adults in their family in a fun, social environment with a hot meal included. This allowed the whole family a chance to relax and engage together in a safe and supportive environment. As part of the HAF project, the families were able to access signposting information about local organisations support the whole family through conversations with the CM Foundation team, leaflets and a booklet especially designed for the programme.



The pandemic and the cost-of-living crisis has had a huge impact on families. Families are experiencing financial difficulties; mental health issues and children's development has been affected as a result of the lockdowns. For the children it has resulted in anger, loneliness and frustration and we are seeing large numbers of young people needing support. For the adults, giving them the opportunity to meet other parents and have a fun time out without a cost has made a massive difference.



Families and children had the opportunity to take part in art activities including, bracelet making, sewing book marks, badges, peg people and model characters, multi sports skills, football skills, remote control cars, smoothie making, pizza dough making, fruit kebabs and popcorn making and favouring.



All the families were provided with a two course meal created by John's Kitchens Southsea, these meals were prepared to encourage families to eat healthy and to try something new.



Summer Family Fun Days In Portsmouth

Some of the feedback we received from the families

Had a lovely day with my boy, thank you. He really liked the bike - **Kerry**

Great variety of fun activities for all ages which we all enjoyed especially pizza dough making. The food was tasty too. - **Louise**

We had a great family play time and doing things together- **Lynne**

Really good, enough for kids to do and good healthy food. - **Mel**

Very nice day, lovely place, very kind working team. Thank you ☺ - **Bernadette**

We enjoyed the day. Well organised! My kids loved the activities - **Ieva**

Everything is just brilliant and beyond!! ☺ My child had blast and food was amazing. Thank you for the update emails too! - **Kiran**

Me and my daughter are very happy, very busy, fun day, nice games and different activities - **Malgorzata**

Very good day. Kids enjoyed themselves. Food was lovely. - **Kayliegh**

Brilliant day, thank you! Well organised and thought out, thanks to the girls who played with my girls so I had 5 minutes to myself. Great food - **Lynn**

Great day for us all. Thank you for a fun filled day and yummy food! ☺ - **Lynsey**

Thank you for an enjoyable time. We had lots of fun together as a family - **Val**

Very enjoyable. Good range of activities 2 sons enjoyed it very much - **Jo**

Lovely staff, very friendly, helpful with activities. We had a great day. Thank you xx ♡ - **Maria**

My son enjoy lots today. He liked it. Thank you for everything - **Nadeeka**

Me and kids has a great day. My son learnt to ride a bike and we all made stuff. Thank you for everything. - **Natalie**

Really enjoyed the family fun day. Great mixture of things to do and lovely food! - **Nikita**

The kids had a great time. They all enjoyed all of the activities especially the crafts and lunch! - **Susannah**

It is wonderful. My sons are very happy. - **Jun**

Very organised & lot of activities. The staff were very friendly - **Amal**

Good fun, learning new skills. Therapeutic activities, which offered great calmness. The variety was well organised. Thank you - **Val**

It was a lovely enjoyable day, kids have had lots to do and have had lots of fun. The staff have been really friendly and very helpful. Would definitely come again - **Kirsty**

Brilliant day! Love the bikes & remote control cars. Friendly helpful staff. Delicious food (a treat not to cook!) - **Stacy**

We had a great time, very friendly staff and very helpful.- **Maria**

It was a great day, amazing food as normal - **Lel**

Today has been amazing, Verity was encouraged to try new activities that she normally struggles with, bike riding and fine motor co-ordination – driving cars around and smoothies bike: excellent! Thank you - **Charlotte**

Working in partnership with local organisations:
CM Sports were exceptional with their communication, organisation and how they conducted the day. The day was inclusive and engaging to all – **Jordan Chalk**

Working in partnership with local organisations:
A brilliant well organised event. Good to be able to meet potential users at our services in a relaxed fun setting – **Advice Portsmouth**

Fantastic day. Kids enjoyed the cars & crafts. Both kids mastered bike riding without stabilisers. THANK YOU !!! - **Dena**

Working in partnership with local organisations:
I thought the event was fantastic with lots of fun things to do and it lets us interact with more members of the public – **Alexandra from Stop Domestic Abuse**

