

Summer Family Fun Days at Itchen College

Through the summer of 2022, CM Foundation delivered four HAF family fun day events working in partnership with Itchen college for adults and children aged 0 to 12 years. 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 Helen and Tracey and the team from Itchen College Kitchens, this meal was prepared to encourage families to eat healthy and to try something new.



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Some of the feedback we received from the families

We have had the best time today. Thank you so much, the food was delicious. - **Tanya**

Freddy (8) – "Its been fabulous, I loved making friends, playing football and frisbee."

Me and my two children absolutely loved coming here, lovely people who run it and lots to keep the kids busy- **Dani**

Me and the children have had the best day today with lots of fun activities, great company and food and the staff were fantastic - **Jamie**

Great choice of activities available all the time. Great fun! - **Zoe**

Great activities, keeping the kids happy and entertained. Lovely staff and great atmosphere. - **Charly**

Fantastic. Have recommended this on social media! Staff are fab. Food is good. Really impressed, thank you. Keep up the good work - **Lucy**

Me and my two children absolutely loved coming here, lovely people who run it and lots to keep the kids busy- **Dani**

Lexi, Parker & Remy – "It was really fun! I liked the bits I made! Didn't want to go home!"

Everyone was so friendly, lovely time spent doing activities, I would not have on offer at home, My children got lots of attention. - **Charlotte**

The day was amazing, lovely activities, lovely staff and I love the fact the food was free, it's amazing - **Kristina**

Great selection of activities to keep children of all ages entertained. Food was really nice and great portions - **Lisa**

Our daughter, has had a very fun time. She enjoyed the outdoor activities and popcorn making. - **Ali**

Kids loved it, they played with everything. We are going home to make pizza for dinner with the dough! - **Sam**

Very good day. Kids love it ☺ and food was nice. THANK YOU- **Aimee**

Fantastic! Well organised, lots to do! NO SCREENS, which was excellent. Mac 'N' Cheese was tasty- **Julie**

Fantastic day, lots of activities for all ages, looking forward to the next one - **Carly**

Bunch of thumbs up! Best day of the holidays, they had an enjoyable time. Thank you - **Anita**

Great mix of play stations. It was nice and calm- **Vicki**

FANTASTIC!! Lovely people, lunch was lovely, Thank you!! - **Nichola**

Well thought out and planned. Staff were friendly and helpful. Loads of activities and children loved it. Food was great too ☺ - **Kat**

Good time, lots of different activities inside and outside. Lots of helpers around. Would definitely come back again and recommend- **Zoe**

My son had a great time and enjoyed all the activities that were available. He can't wait to make his pizza later. The food was delicious - **Joanne**

Wonderful, so much fun, learned new skills, lovely staff, Good food and smoothies - **Dana**

Amazing! The staff, the activities, the food! Also so good adapting to additional needs - **Jamie**

Mila had a great time. She made lots of bracelets and craft. Great day and ice cream for pudding ♡- **Katie**

Kids had a great time. Lots of energy burnt off. Kids loved the food. Will be returning - **Laura**

Thank you for today, we liked the remote control cars, craft and lunch was lovely. - **Jayne**

Albie – "It was amazing!"

Ali – "I loved the cars, mummy loved seeing us play with the outside toys and the helpers, who were lovely. Thank you so much"

Elliot – "I had lots of fun. Cars were best. Food good"

Jazz (12) – "I liked the scooby bracelets and the wooden people. The day was very well thought out and fun!"

So much fun!! This is a wonderful time. Have a good arrangement. We have a great day ♡ ♡ ♡ - **Suki**

Daniel – "I love it here! There is lots of fun things to do! And I love everyone of them!"