

CM Foundation's Summer HAF Hampshire Programmes 2022

CM Foundation designed and delivered projects in partnership with The Handy Trust, aimed primarily at young people, in the summer of 2022. The aim of this project was to provide young people the chance to experience events and enriching activities which would support their development of resilience, character and wellbeing, as well as supplying an aspect of educational value. Using a minibus, we were able to take the young people to a range of local places and offer them a WOW moment in their lives.

The pandemic and the cost-of-living crisis is having a huge impact on families and young people, especially on their personal, social & emotional development.

Through the HAF project, we were able to give young people the opportunity to try new things, meet new people, gain new life skills, and enjoy a healthy meal in a social environment.

The projects included street cooking, first aid training, craft activities, games and mental health/ well being programme.

Comments from the young people:

First aid – “I loved feeling like I would know what to do if anything happened.” “My brother has epilepsy and I feel like I’d know more about what to do as his fits have caused him to stop breathing before.”
“I liked the instructor as she made it easy and comfortable for us to do the session.”

Arts and crafts – “I enjoyed discussion my feelings and turning that into art.” “There was different options of activities to do that related to art and I enjoyed them all.”

Street cooking – “I will be cooking this at home!”
“This tastes better than a takeaway!”
“This was so easy and tastes so good.”

Well-being – “I liked the activities, they were fun but I felt like it also gave me a better understanding of the way I feel and see things.”
“I felt so relaxed with the two ladies who did it.”
“I had fun and also felt I learned something about how other people feel in certain situations.”



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