

Holiday Food and Fun

3rd April to 6th April 2023



Ages: 4 - 16 years

Easter Activities for children and young people. They had fun learning new things and made new friends.

Our four-day programmes included dancing, wall climbing, debate, multi-sports, hair braiding, jewellery, healthy eating, and arts and crafts.

Breakfast and lunch were provided.

**Venue : St Paul's Church, Thamesmead
SE28 8DD**

Time : 11 am - 3 pm

Royal Greenwich Together
**HOLIDAY
FOOD and FUN**

**Make this a school
holiday to remember!**

Free spaces are available at
activity clubs across the borough
for eligible school children.

Find out more at
[Royalgreenwich.gov.uk/
HolidayFoodAndFun](http://Royalgreenwich.gov.uk/HolidayFoodAndFun)

ROYAL borough of
GREENWICH

ABOUT US

VISION

Our vision is to reduce isolation and loneliness and work toward a cohesive, integrated community with few instances of solitude.

MISSION

OUR mission is to empower women, children, and their families through physical exercise, social and educational programmes that promote physical health, mental well-being and personal development.



We stand together with the Royal Borough of Greenwich

Our ethos



- Supporting the lonely and isolated to meet new people, form friendships and connect to our wider community.
- Selfless attitude, belief in everybody, and creating individual true success story.
- Standing firm, one step at a time, progress before perfection.
- Have fun while acquiring new skills and knowledge
- Working together with others to build a better and stronger community for all.

**Please have a look at the four day food
timetable below**

Breakfast and lunch were served

**Cereals and porridge were available for children
in the morning**

**There was a hot lunch option as well as
sandwiches**



HAF Easter Food programme 3rd - 6th April 2023

There will be Halal option available

Monday 3rd April



Spaghetti and Meatballs or Turkey sauce +
Salad, yogurt & fruit

Tuesday 4th April



Vegetable pizza chicken/cheese, yogurt & fruit

Wednesday 5th April



Trip: Hot dogs (option chicken) Fruit & yogurt

Thursday 6th April



Jollof Rice + vegetables with chicken, yogurt, fruit
& African pastries

HAF Easter Activities programme **April 2023**

Monday 3rd April

Welcome everyone to the programme/Introduction

Healthy Eating – Discussion- Eat Well Guide

Enrichment - Self-care/Cultural/British Values



Pick up- 3.00 p.m.

Tuesday 4th April

Healthy Eating – 5 a day (The Rainbow)

Enrichment – Self-care/Cultural activities/British Values

Free choice Activity - Hair braiding/ Art & Craft/Table Games/Beads making

Discussion - Gangs/Climate Change/Black History

Multi-sports/ Dance/Talent shows

Pick up- 3.00 p.m.



Wednesday 5th April

[Climbing wall & Soft play at Sutcliffe Park Sports Centre](#)
[Eltham Road, Corner Of Kidbrooke Park Road, Greenwich SE9](#)
[5LW](#)

Meeting point -St Paul's church, SE28 8AS (Time – 10 a.m.)

Depart at - 10:30

Return at - 2 .30 p.m.

Pick up- 3.00 p.m.



Thursday 6th April

Easter celebrations with a feast and enrichment activities, singing and dancing.

Easter Egg Hunt

Children and young people to present on climate change and Eatwell guide

Pick up 3.00 p.m.



Healthy eating sessions

Young People undertook healthy eating sessions using the Eatwell Guide and on the right are some of the fruit and vegetable platter that the children made and ate

Topics of discussion

- Five a day (eating minimum 5 portions of fruit and veg daily and its benefits)
- Understanding food groups using cards and matching them to the Eatwell Guide
- Drinking more water

Some children already knew and understood the reasoning behind 5-a-day. There was knowledge about the Eatwell guide. When handling the fruits and vegetables, most kids picked a range of fruit and veg.

There was a general awareness of the recommended amount of water to be drunk a day. There was a surprise when the children found out the daily maximum of certain foods and drinks, such as having only 150ml of smoothie a day.

Rewards were given to encourage participation



Multisports

The children and young people were surveyed to ascertain the physical activities they would like to participate in, and based on the results, we planned a variety of physical activities.

Children and young people enjoying multisports

- Football
- Running
- Hula Hoops
- Simon says
- Ruby
- Skipping
- Tag-you're it

The children enjoyed the games in the MUGA (Enclosed outdoor playing space) because they had lots of space, offering a variety of activities concurrently, that suited participants age and varying needs.

All the games was well participated. Most importantly they learnt about being part of a team



Enrichment activity

The children and young people engaging in making playdough

They learnt how to make playdough and create different shapes out of it.

The children interacted well with this activity. They used their individual skills to mould different types of foods and creatures

The children expressed interest that they would try this activity at home with their siblings and parents



Jewellery making

The feedback from our programmes indicated that the children and young people enjoy taking part and they would like it to continue

The young people are improving their skills every session that we undertake and it is wonderful to see their creations come to life. They show resilience and determination to complete each task.

Some of the young people who over the months have undertaken our arts and crafts activities such as beads making are creating their own pieces and selling it to their friends and families. They are slowly becoming young entrepreneurs and we look forward to more of them.



Topical discussions

We held topical sessions such as:

- Selfcare
- The meaning of Easter
- Grooming, gangs and drugs
- Online Safety/Bullying
- Climate change
- Change maker-Rosa Parks

There were questions and answers after each topic discussion.

The children engaged with the topics and were curious about certain things and asked questions after the discussions. Our trained staff were on hand to guide the children in providing answers to their questions.





Celebrations

The children and young people enjoyed their birthday celebrations in style



CYPs Topical Presentations

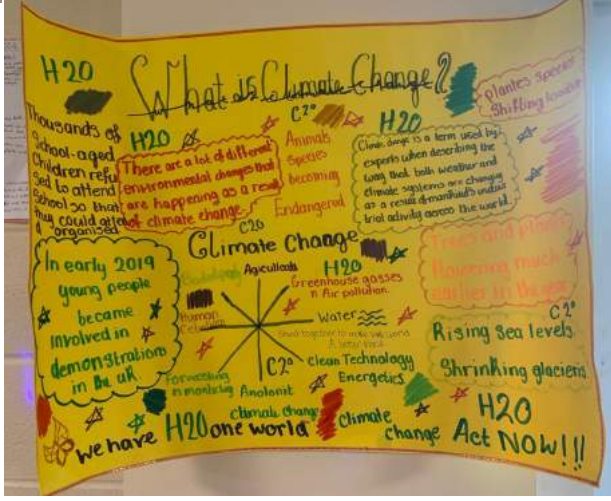
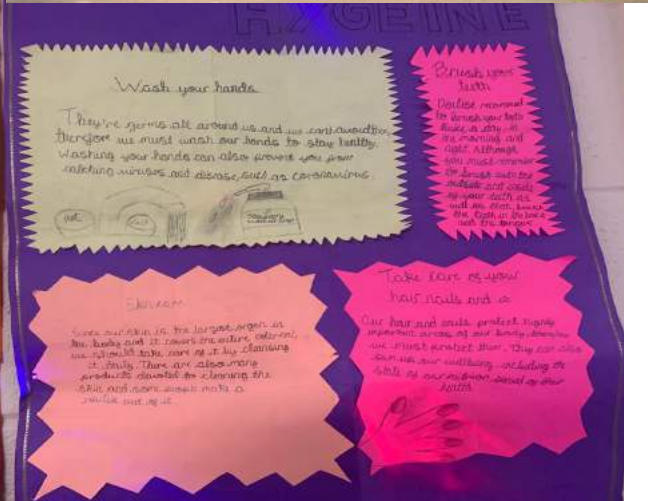
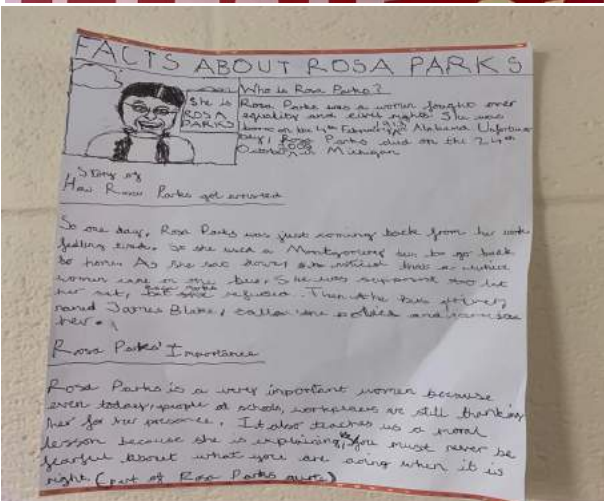
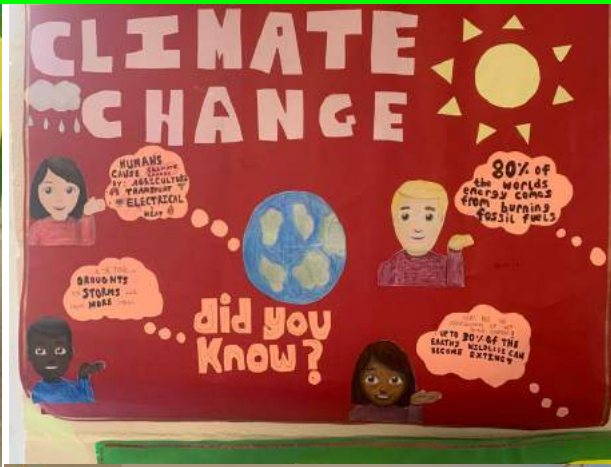
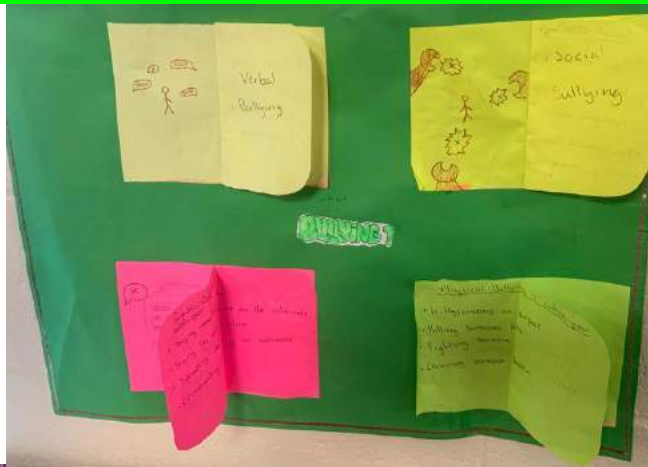
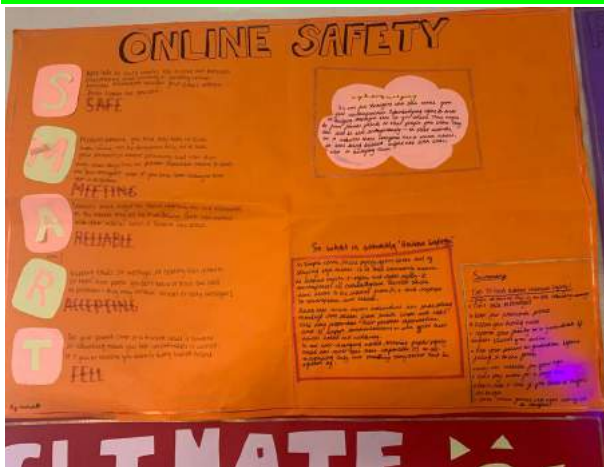
The children and young people presented on topic that affects their everyday lives

- Selfcare
- The meaning of Easter
- Grooming, gangs and drugs
- Online Safety/Bullying
- Climate change
- Equality/Change maker-Rosa Parks

It was fun and great to watch the children and young people's confidence grow and shine



Divine Buzz young people showcasing topical presentation posters



Trips

We organised a day trip of **wall climbing & Soft play at Sutcliffe Park Sports Centre**

90% of the young people had not been wall climbing before

Going to the wall climbing and soft play was without a doubt one of the highlights of the Easter HAF programme for the children and young people. They had a chance to leave their normal environment and experience new things

It was wonderful to see the excitement and joy on the children's faces as they enjoyed the activity! We concluded the day out with a picnic lunch in the park. An enjoyable day overall.

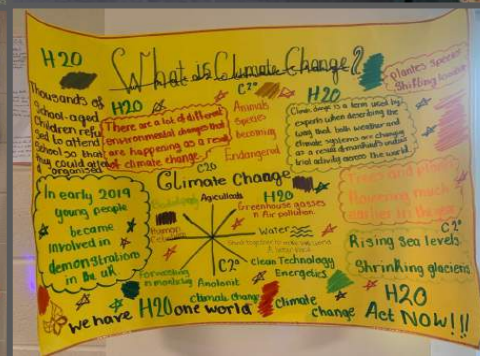
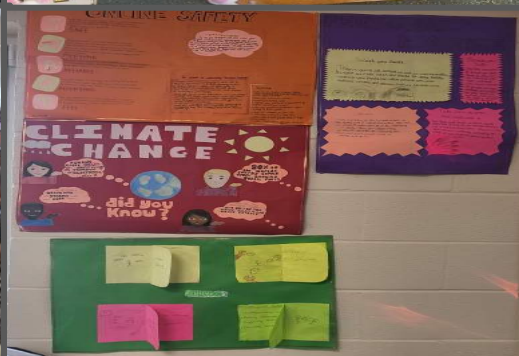
On our way back, one of the children said, "It was so much fun trying different wall climbing frames, can we come back again?!"



Photo Gallery







What have we learned

- We learned that such programmes are important in bringing the community together be it the children and young people or even parents and carers. The programme helped the families to connect/reconnect and form friendships.
- We learned that there is great need for project such as the HAF programme in the community particularly during this high cost of living time.
- We also, learned that the cost of living crisis had affected families and some really appreciate the support especially with breakfast and lunch provisions.
- The young people thrived and gained confidence especially when they were tasked to guide the younger children, they became good role models. The younger children had fun and engaged.

What went well

- We were impressed with how many children and young people expressed interest and showed up everyday for the activities.
- The children enjoyed variety of food and fruits, the parents were happy with their children's uptake of new food.
- The children engaged well and participated in different activities. They enjoyed the sessions especially the wall climbing trip.
- All the activities went well, without any safeguarding concerns.
- We received good feedback from children, young people, parents and carers.
- Our staff and volunteers gained extra skills from running the project by taken extra trainings.

What would you do differently next time

Some of the things that we would do differently are:

- Encourage the young people to lead more of the activities
- Add other practical activities such as cycling
- Encourage more parents to volunteer

The difference the project made to the community

It allowed the children and young people to bond as a community while also engaging in different activities. For some of the children that do not have siblings at home, they got the opportunity to play and engage with other children.

The programme had positive impact on the children and young people they all said they learn something new during the programme.

The children were happy to receive a HAF Programme hampers which will remind them of a holiday well spent.

The children enjoyed the Healthy Eating sessions and the staff member who led the sessions said “Most of the children were knowledgeable about the subject due to sessions they have had previously”.

The children and young people had opportunity to learn to swim and some parents have expressed the interest in enrolling them for future lessons.

Through the project we signposted parents to Greenwich Give it a Go free gym.

What the children are saying

During my time at Divine Buzz, I enjoyed the trip, the food and swimming. I also enjoyed the topics we talked about and the activities we did outside. It made my holiday much less boring and gave me something to look forward to.
Thank you Divine Buzz (NBB)

My favourite part about the leisure centre was the slide, it was also scary too, but fun at the same time. I had a great holiday so far.
- N.B.B

I enjoyed the activities at Divine Buzz. Some of the activities were football, hoo hoops, making playdoh and how much goods you should eat from each category. Also we went on a trip to rock climbing and which enjoyed very much because it was something new to me. A

Big Thanks to Divine Buzz (Jo)

I enjoyed my time at Divine Buzz because of the activities and trips. It gave me something to do during the holidays and I also like the food. Though the football was my favourite.
(DA)

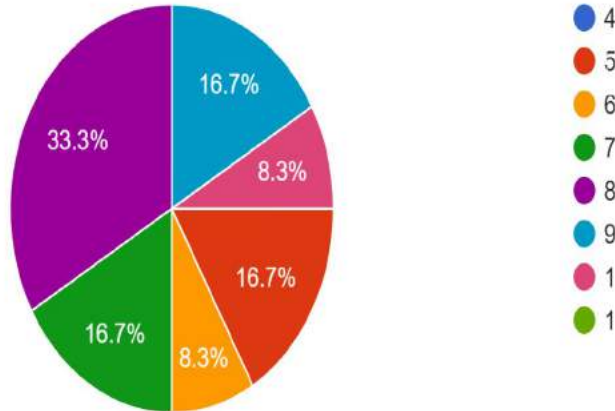
What I liked about the holiday programme is the trip to rock climbing. It was amazing. I also really liked the football and good.
(TA)

HAF Programme April 2023 Children & Young People Feedback

Children Feedback

How old are you?

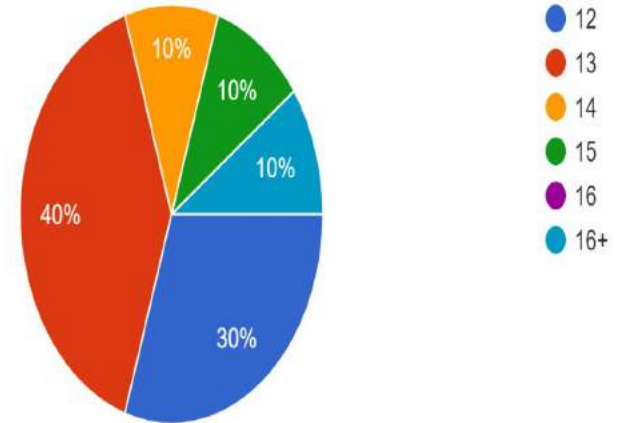
12 responses



Young People Feedback

How old are you?

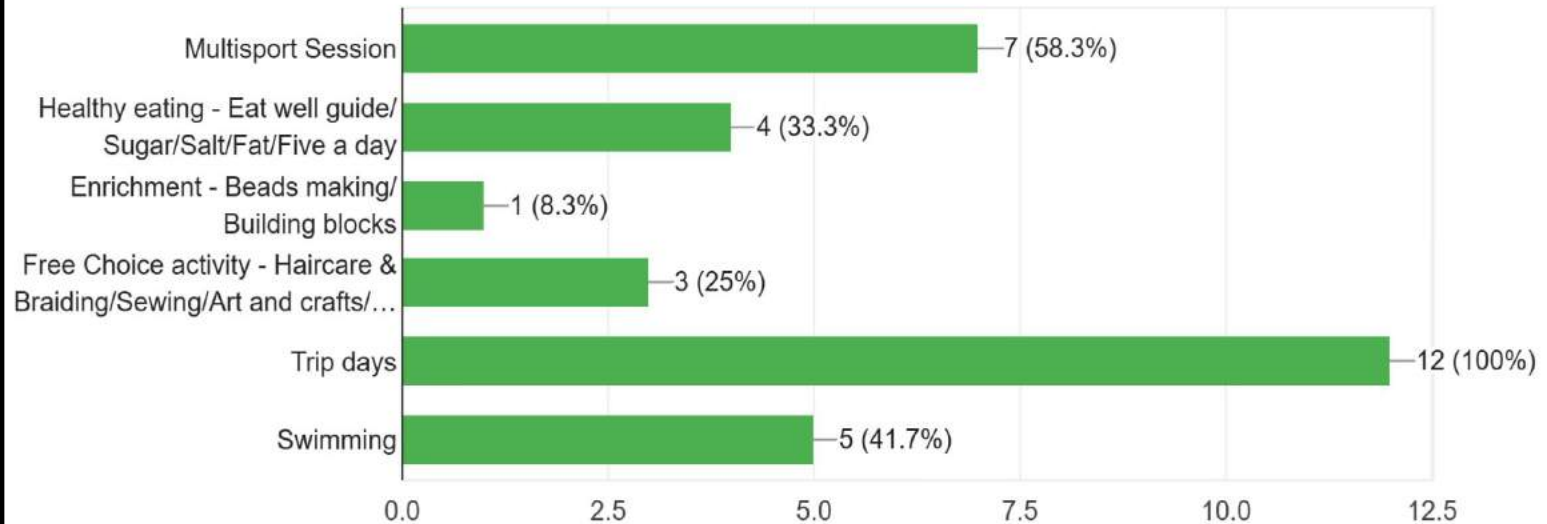
10 responses



HAF Programme April 2023 - Children Feedback

Which activities did you enjoy at the Easter camp

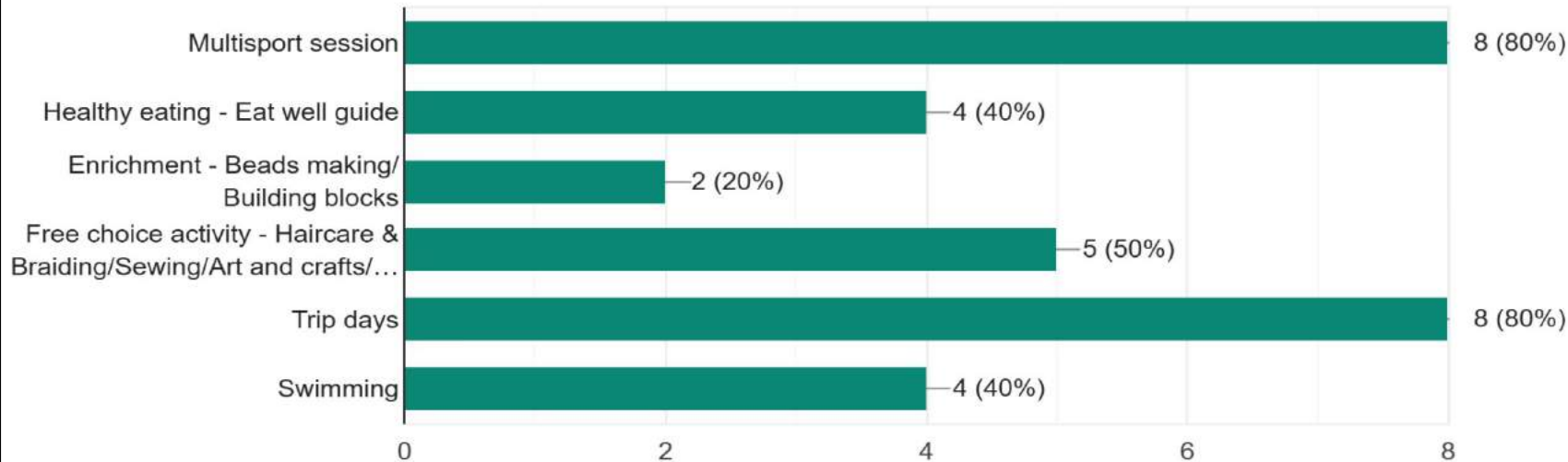
12 responses



HAF Programme April 2023 - Young People Feedback

Which activities did you enjoy at the Easter camp?

10 responses

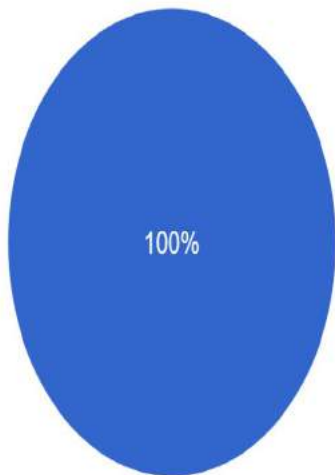


HAF Programme April 2023 - Children & Young People Feedback

Children Feedback

Did you try any new activities?

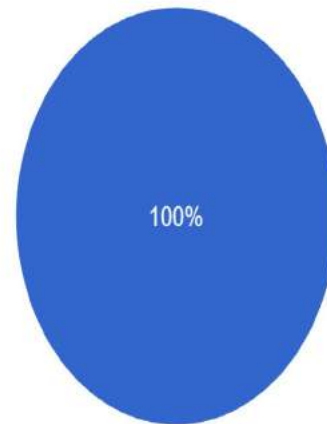
12 responses



Young People Feedback

Did you try a new activity?

10 responses

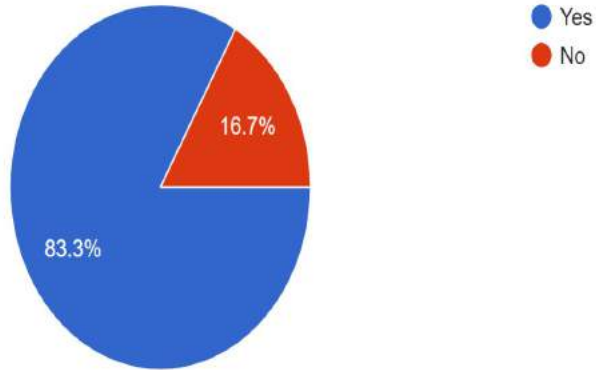


HAF Programme April 2023 - Children & Young People Feedback

Children Feedback

Did you try any new foods?

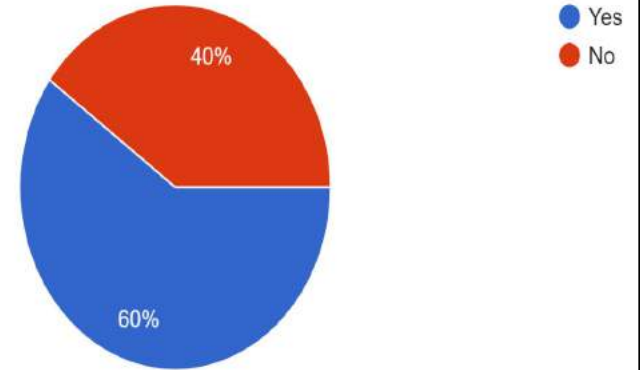
12 responses



Young People Feedback

Did you try a new food?

10 responses

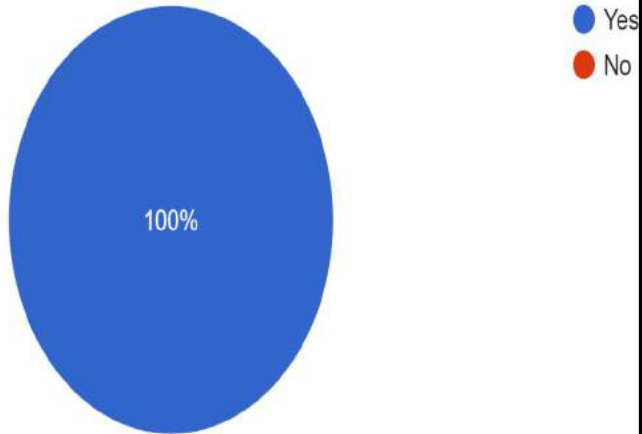


HAF Programme April 2023 - Children & Young People Feedback

Children Feedback

Did you make any new friends?

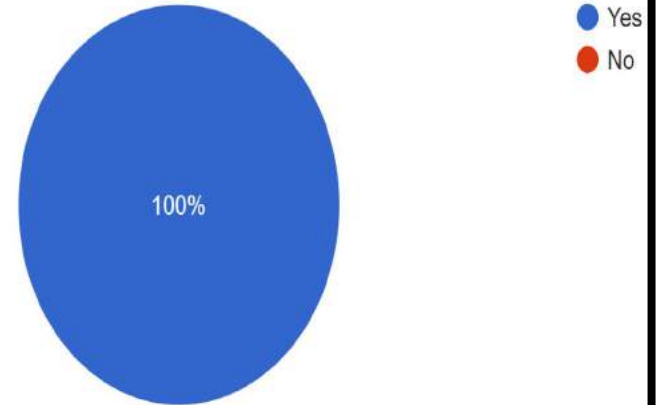
12 responses



Young People Feedback

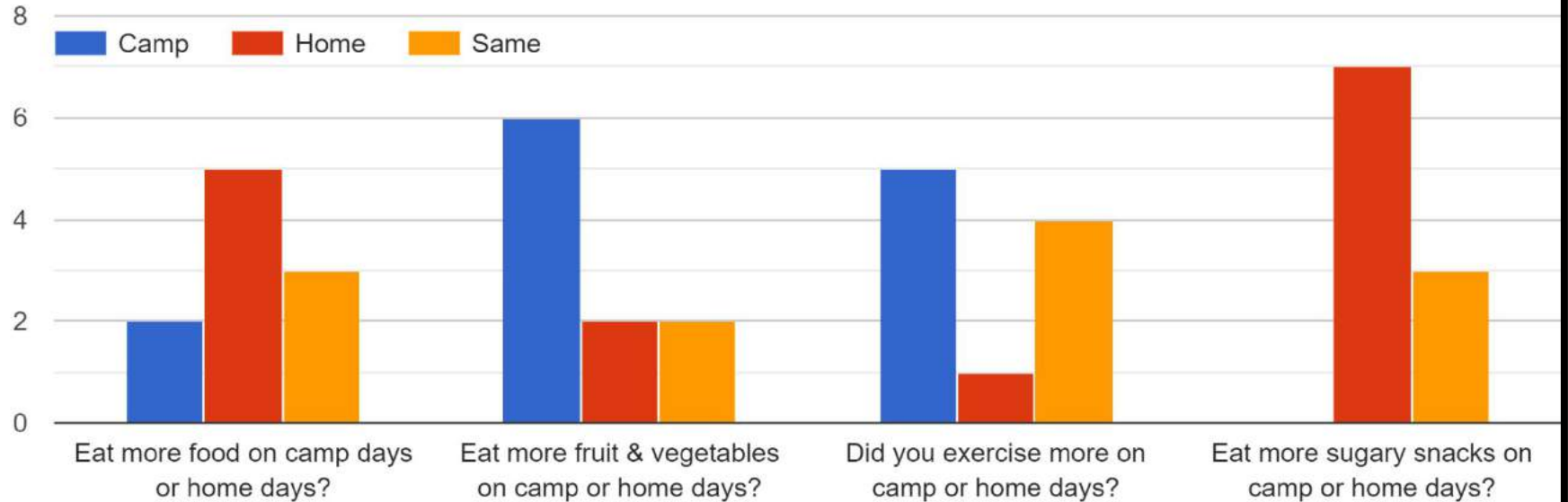
Did you make any new friends?

10 responses



HAF Programme April 2023 - Children & Young People Feedback

Over the school holidays did you...

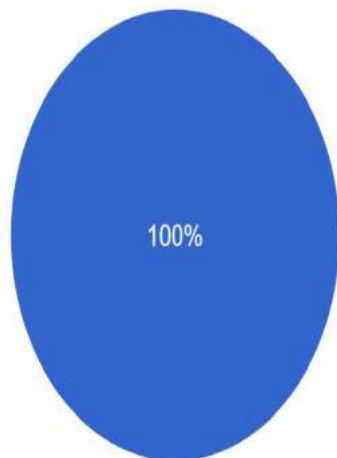


HAF Programme April 2023 - Children & Young People Feedback

Children Feedback

If there was a summer camp this year, would you come?

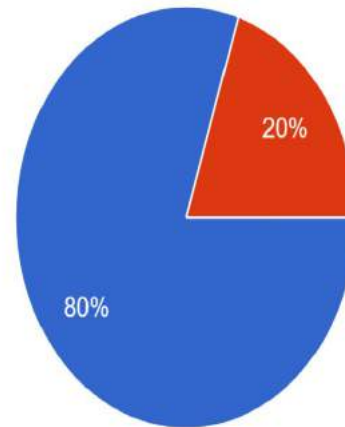
12 responses



● Yes
● No

If there was a summer camp this year, would you come?

10 responses



● Yes
● No

HAF Programme April 2023 - Children & Young People Feedback

Any other comments about your time at Divine Buzz?

10 responses

No

no

Made friends

n/a

Great time

It was fun and the employees are nice.

great fun

it was good and the trips were very fun and really coll

n/a

Any other comments about your time at Divine Buzz?

12 responses

na

I really liked the trips and would love to go on more

I will like to go to the cinema.

Divine buzz is really nice

Happy Had fun

I love the food

I like the club so much

yes, enjoyed the trip on Wednesday

n/a

What the parents are saying

The holiday activities have help Ebubechukwu to more outgoing, make new friend, improve his interact with other kids which he find difficult initially. Learn new skill (swimming) - He now enjoy going into the water with confidence. He is also expressing himself more. For me the mum, its a happy experience seeing him coming out of his shell, doing thing I thought he could not do. I am happy for the opportunity given to Ebubechukwu and myself to some beautiful moment together. Thank you Divine Buzz Ebubechukwu & Eglie Alora

Thank you!!
This Easter Half term holiday, Divine Buzz had fun and engaging activities for the children. My 8 year old girl was able to join in dancing, arts & crafts and music sport at the centre with free lunch. Then, we had a fun wall climbing day out to Ectham which she has not stopped talking about. This week, she is taking swimming lessons which are helping her to improve on her skills. Best of all she gets to engage with other children and have fun.

Happy Easter all!
This holiday we have taken part in the swimming sessions which have been great. April has really had fun and enjoyed meeting other children. I pray that these sessions will improve her swimming and be more confident in water.
Overall many thanks Divine Buzz for making this possible and I hope that this will result in discounted swimming lessons for the children. Am so grateful for the opportunity

Esther G

The holiday food and fun was awesome. The activities has really help my daughter. She learnt about healthy eating and how to be safe online, she also made new friends which has help her in her social life. A big thanks to Divine Buzz who has help both the women and children tremendously. As a parent have benefitted so much from Divine Buzz as have learnt so much.

Thank you so very much Divine Buzz for all you do, we appreciate it so much.

Concluding remarks

Divine Buzz continues to support and empower children, young people and women through physical, social and educational programmes. The programmes that we run have helped many families to come out of isolation and engage with other families.

→ Milestones

Divine Buzz has had good opportunities to undertake several community programmes and we are proud to work with RB of Greenwich again on the Easter HAF programme collaboration. The programme has had positive impacts on the community.

→ Highlight

The highlight of the programme was seeing some of the children who started very shy, come out of their shell and exude confidence. It was very fulfilling to see how well the SEND children integrated and interacted with the other children.

→ Support

Divine Buzz would like to thank RB of Greenwich for sponsoring the HAF Easter programme. Additionally, we would also like to thank the management team, our staff, volunteers, and most of all our participants for their continued engagement.

→ What's next?

We are encouraged by the impact we have had in the community and we look forward for more opportunities to provide more projects.

Together, we are stronger!

We Are the Future, Game Changers!





LET'S DO THIS!

One step at a time, progress before perfection

Read more at <https://divinebuzz.co.uk/>