

# Summer Holiday Food and Fun

**24th July to 17<sup>th</sup> August 2023**



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

**Ages: 4 - 16 years**

**Summer activities for your children. They will have fun and make new friends while learning new things.**

**Our four weeks consist of trips, Safari Park, dancing, climbing, multi-sports, jewellery making, healthy eating, and arts and crafts. Breakfast and lunch are provided.**

**Breakfast and lunch were provided.**

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

**Time : 11 am - 3 pm**

# 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 personal development, physical and mental well-being.



**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.

# Summer HAF Activities

## Enrichments

Trips  
Arts and Crafts  
Public Speaking  
Indoor Cinema  
Quiz  
Debate  
PANTS(Safeguarding)  
Basic Computing

## Physical Activities

Swimming  
Cycling  
Multisports

## Healthy Eating

## Trips

### We organised day trips to Sutcliffe Park Sports Centre (wall climbing & Soft play), Woburn Safari Park, and a walk through the park.

The various trips generated different kind of excitement for the children. For the trip to Sutcliffe Park Sports Centre, there were two different activities for the children. The older children opted more towards the rock climbing, while the younger ones went for the soft play. Each group equally enjoyed their activities. Some of the young people later said the rock climbing has helped them overcome their fear of heights.

The Safari, was the height of all the trips, both the children and the parents that joined us were very happy and excited. The coach drove through the park for the children to see the wild animals such as lions, jeriffs and the tigers. We had a tour guide onboard to tell us about the history and characters of the animals which made it educative as well as fun. We also visited the domesticated part of the park for the children to see the goats, sheep, ducks etc. They were able to get close to the animals, and some occasion touch them where it was safe. Over 90% of the children and their parents want us to visit the park again.

Walking through our local parks helped us to explore properly the area and discover some areas we do not know existed. The children had the opportunity to play in the open spaces and had a picnic. The day was very enjoyable for the children, their parents and staff alike.



# Arts and Crafts

All the children enjoyed the arts and craft activities. The younger ones were much interested in making play dough and moulding it into shapes. They also drew different images relating to the things we have studied. For example, climate change and bullying.

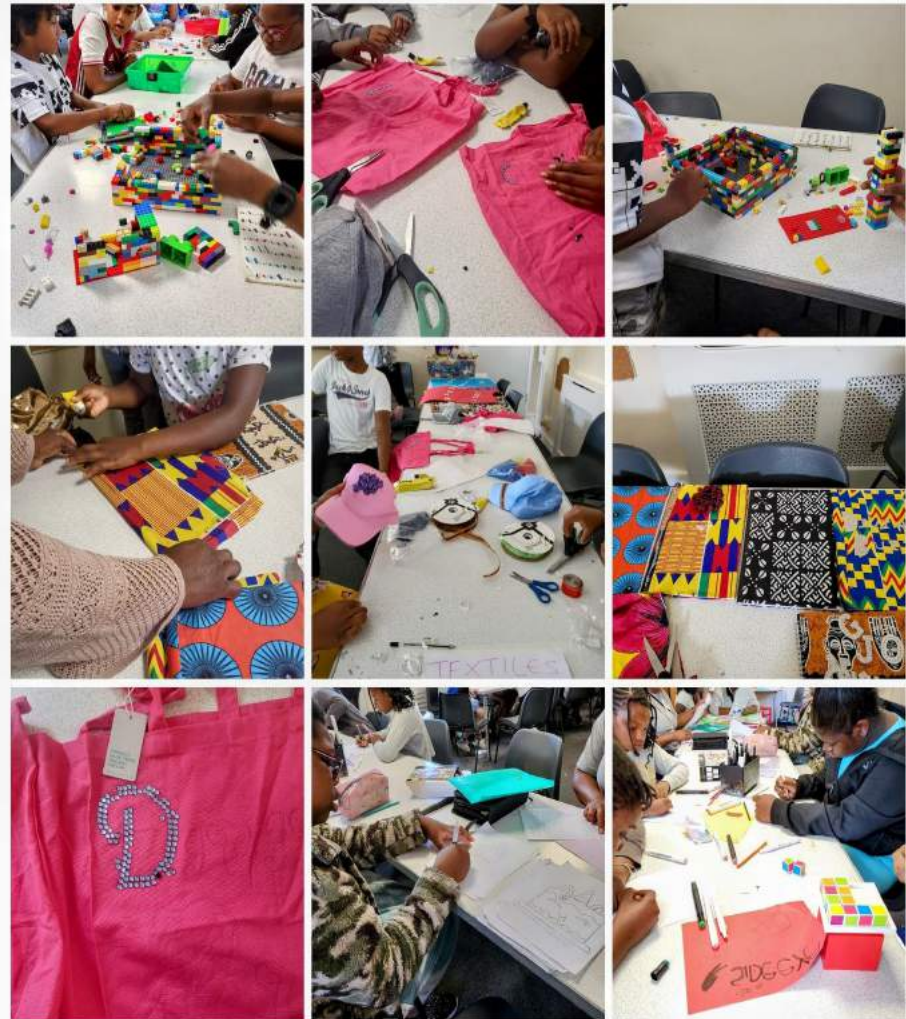
The older children made beads jewelry, designed book covers, climate posters, eat well guide etc. The interest in these activities were quite high, they were allowed to take their creation home and give them as gift to their family or keep it themselves as souvenir.

Beads

Play dough

Drawing and colouring

Product Designing/ Customiser book



## Topical discussions

We held topical sessions such as:

- PANTS(safeguarding)
- Public Speaking
- Grooming, gangs and drugs
- Online Safety/Bullying
- Climate change
- Change maker
- British Value

We discussed all the topics as listed above. It was surprising to see the level of engagement from the children. Some of the children had prior knowledge of the topics but not full understanding. The discussion helped to broadening their knowledge and they were able to ask questions relevant to the subjects. During the discussions, some of the shy children came out of their shells to speak in public for the first time which was very encouraging. Staff noticed that the open discussion was a good way to encourage the young people to build their confidence particularly public speaking.

The change maker's discussion was quite interesting . The children were given opportunity to tell who their heroes are and why. They came up with different personalities which some were expected and others not. It gave staff opportunity to encourage them to work hard at school and aim high. It was explained to them that with had work, one can achieve their dream and become like their heroes.





# Divine Buzz young people showcasing topical presentation posters





## Celebrations

We had end of project celebration which parents and carers were invited to join with the children. Food and drinks were provided for both the children and their parents. The children were awarded certificate for various achievements, the parents were very proud of their children and the children were very happy to receive the certificate and the gift that came with it.

Also, those whose birthday falls in July and August were celebrated which was well appreciated by both the children and their parents.

# Computer Skills

The young people learning basic computer skills



# Healthy eating sessions

Young People undertook healthy eating sessions using the Eatwell Guide. They made posters and wrote about the importance of reducing salt and sugar.

## Topics of discussion

- Importance of healthy eating
- Taste test
- Importance of eating less sugar
- Importance of eating less salt
- Watering garden
- Harvesting produce
- Drinking more water

The children were surprised to learn that most of the food we eat daily already contains salt and sugar. They were encouraged to eat more fruit and veg and drink more water instead of sugary drinks and salty snacks.



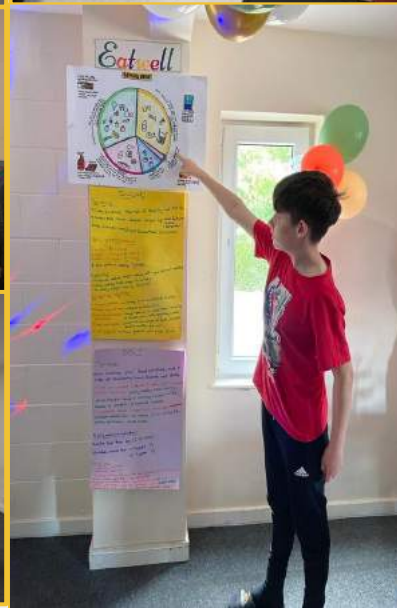
# CYPs Presentations



The children and young people making their presentation as their proud parents and carers look on



# 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, carers, staff and volunteers. The programme helped the families to connect/reconnect and form friendships.

We learned that such programmes as the HAF helps and relieve parents and carers particularly having few hours of rest for themselves and provides a safe place for the children and young people.

Additionally, we learned that the cost-of-living crisis had affected families and that some of them appreciated the assistance, particularly the breakfast and lunch provisions.

The young people flourished and gained confidence, particularly when they were tasked with guiding the younger children; consequently, they became excellent role models.

We learned the importance of teamwork and collaborative work to be successful in community project.

Additionally, we discover the value and importance of understanding and involving the community

# What went well

The children enjoyed variety of food, fruits and vegetables, the feedback from the children and young people was that the food was delicious and filling. Most of them asked for second plate

The children engaged well and participated in all the different activities, participation level was higher than the Winter HAF. Also, they enjoyed the trips especially the Safari

All the activities were well organised and went well, without any safeguarding concerns.

New activities were introduced such as computing, music lesson and cycling which were very popular additions.

The children, community and staff were given food bags through the Felix project which was most appreciated by the everybody.

We had more people from the community volunteering than previous projects.

Our staff and volunteers gained new skills from the various trainings they undertook and used it effectively.

# What would you do differently next time

We would consider more parent involvement: This can strengthen the parent-child bond and create a stronger support network within the community.

We would recruit professional teachers to teach some of the topics we discussed if the budget permit us to do so.

Encourage more parents to volunteer

Have two sessions one in the morning and one in the afternoon so we can cater for more CYPs as the project was oversubscribed leaving some parents and their children disappointed.

The music lesson taster attracted a lot of interest, so we would introduce it fully in our next HAF Programme activities

# The difference the project made to the community

**Skill Development:** The children acquire new skills by participating in various projects that might benefit the community. For example, it can instill values of giving back, while projects related to technology or the arts can contribute to a more skilled and diverse workforce in the future.

**Community Engagement:** The project foster a sense of belonging and engagement among the children and young people. They learn that contributing to their community and can establish connections with people of different ages and backgrounds.

**Positive Impact:** The act of giving to the community, example food-bags, can result in tangible improvements that positively affect the community's quality of life.

**Educational Support:** The project enhanced the children and young people's learning, potentially leading to improved school performance and overall educational outcomes.

**Crime Prevention:** Engaging children and young people in productive activities such as the HAF help reduce the risk of them engaging in negative behaviors or getting involved in risky situations during unsupervised

# What the CYPs are saying

I played with my friends  
We went to trips and out. These were  
the best.  
I went swimming for the first time.  
We also did soft play.  
I ate a lot of delicious food  
and fruit.

Aba 17+

I made new friends and had  
lots of fun. What I enjoyed is the  
cycling and one day of singing  
sadly.

The best part about this day  
was the ice-cream because it  
was delicious and I liked playing  
with my friends and also  
I had a lot this day was amazing  
♥ - Lesley

It was very fun and we played nice music  
and games

♥ - Lesley  
The best part today was  
when we ate Jollof

I had a lot of fun at today's event.  
The activities were really fun and I enjoyed  
getting active around the community.  
My favourite part was definitely the jollof rice  
and I had lots of fun today! Daniela

Thank you so much for every  
thing, I loved the homemade  
ice cream

Alicia  
I made I had a good time  
and I wish I could  
could that we could do  
that.

♥ - Lesley  
The best part today was  
when we ate Jollof.

Mel 17+

I made new friends and fun

Aaron  
I got to enjoy football with  
my friends

Ioannes  
I enjoyed it being here and  
I made 2 new friends

Phoebe 17+

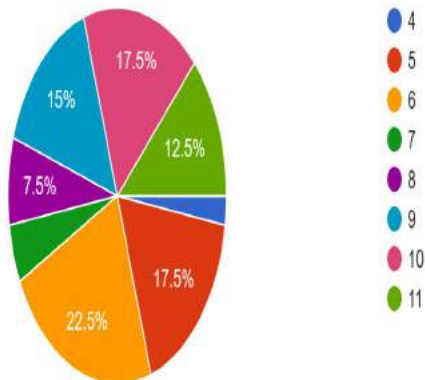
I made lots of progress in my  
spelling.

# Summer HAF Programme 2023 Children & Young People Feedback

## Children Feedback

How old are you?

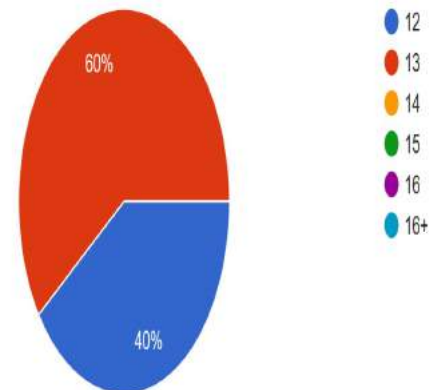
40 responses



## Young People Feedback

How old are you?

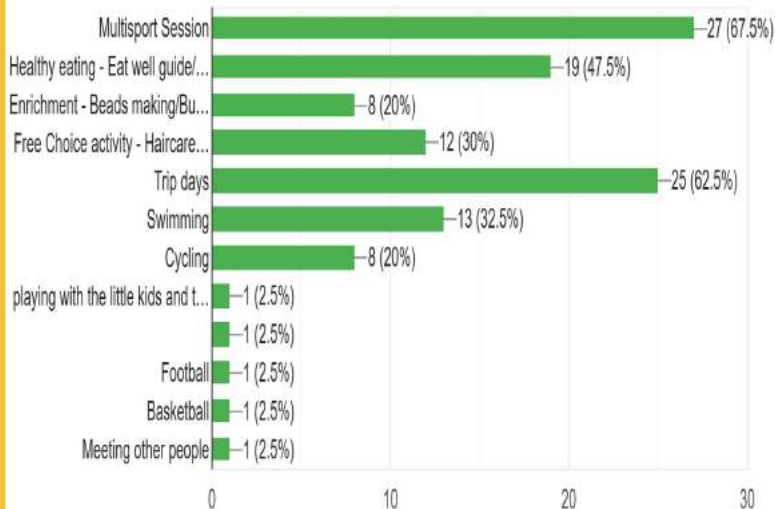
5 responses



# Summer HAF Programme 2023 - Children Feedback

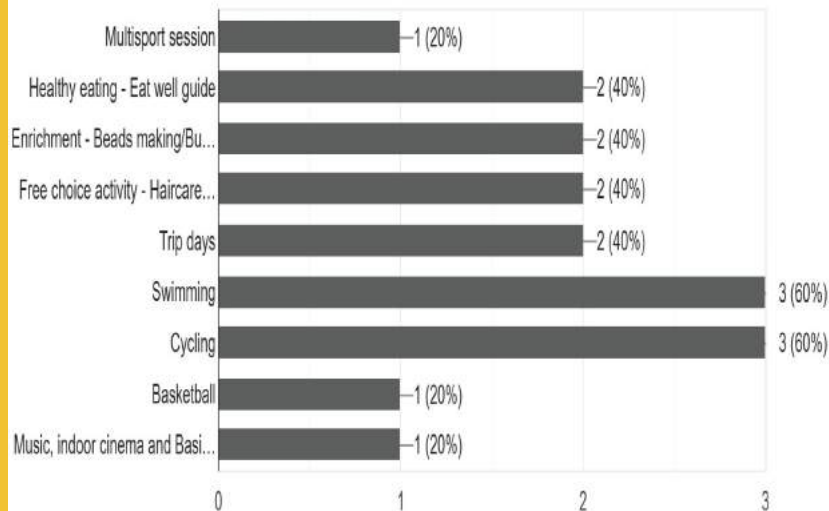
Which activities did you enjoy at the summer camp

40 responses



Which activities did you enjoy at the summer camp?

5 responses

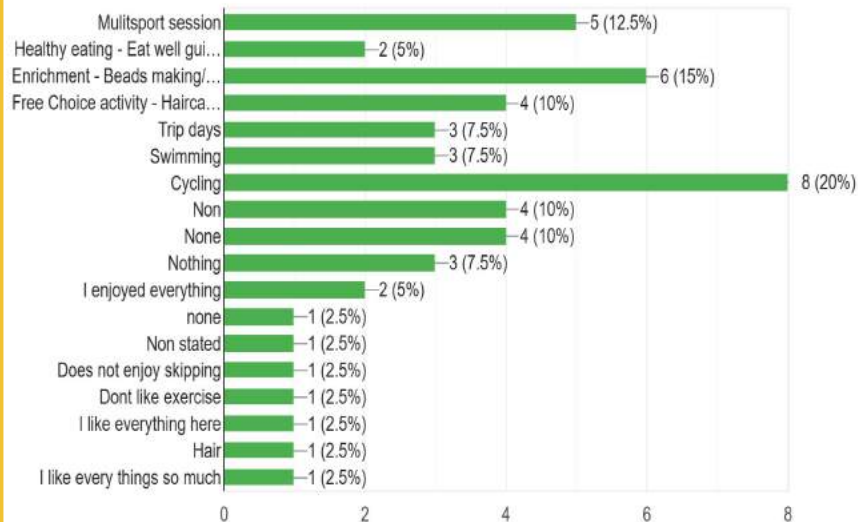


# Summer HAF Programme 2023 - Children & Young People Feedback

## Children Feedback

Which activities did you not enjoy at the summer camp?

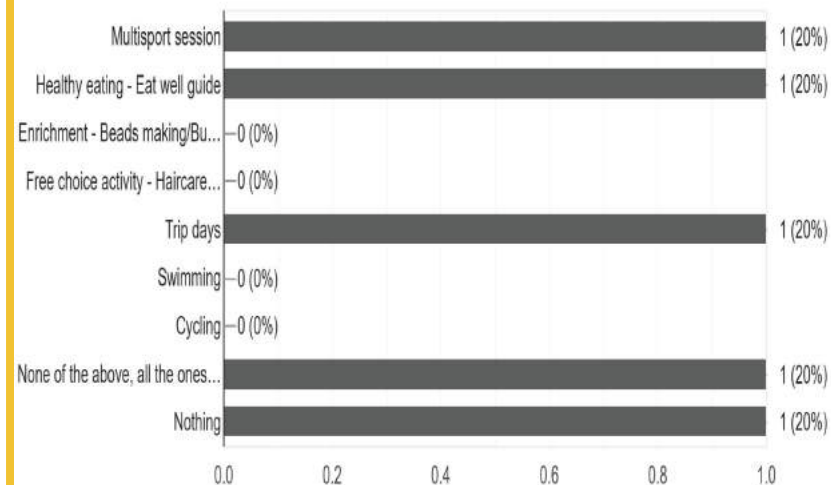
40 responses



## Young People Feedback

Which activities did you NOT enjoy in the camp?

5 responses



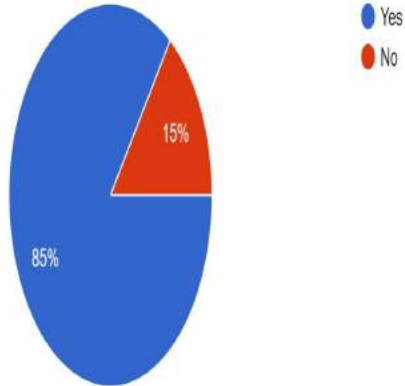


# Summer HAF Programme 2023 - Children & Young People Feedback

## Children Feedback

Did you try any new activities?

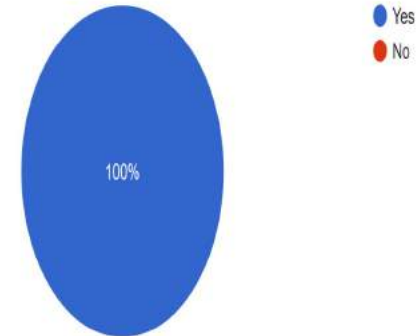
40 responses



## Young People Feedback

Did you try a new activity?

5 responses

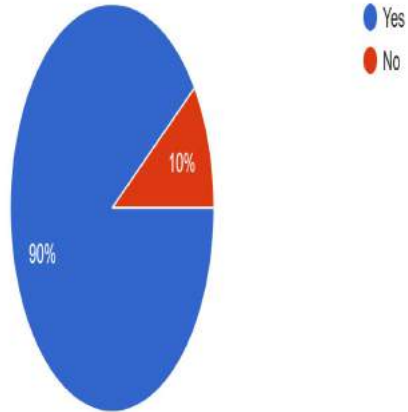


# Summer HAF Programme 2023 - Children & Young People Feedback

## Children Feedback

Did you try any new foods?

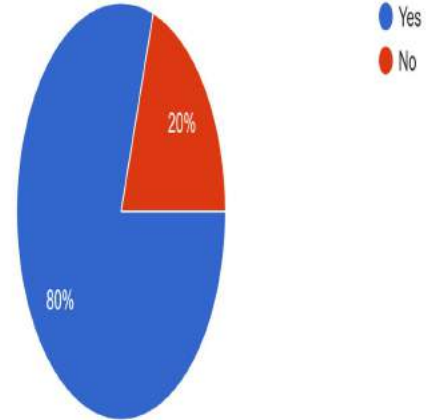
40 responses



## Young People Feedback

Did you try a new food?

5 responses

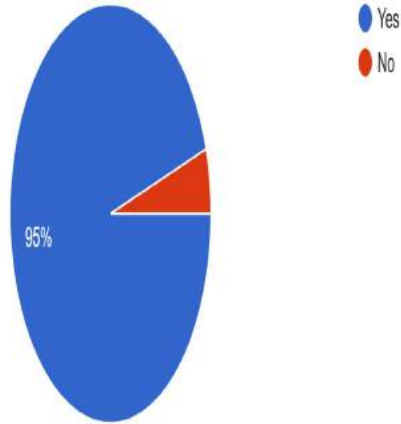


# Summer HAF Programme 2023 - Children & Young People Feedback

## Children Feedback

Did you make any new friends?

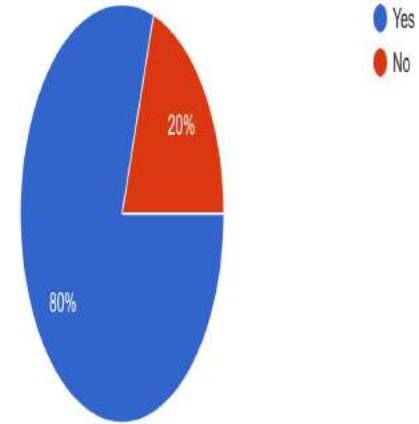
40 responses



## Young People Feedback

Did you make any new friends?

5 responses

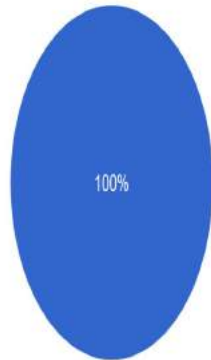


# Summer HAF Programme 2023 - Children & Young People Feedback

## Children Feedback

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

40 responses



● Yes  
● No

## Young People Feedback

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

5 responses



● Yes  
● No

# Summer HAF Programme 2023 - Children & Young People Feedback

## Children Feedback

Any other comments about your time at Divine Buzz? 40 responses

No

It was amazing

The best club I will ever go to in my life it's. It is incredible how we can go on so many trips and do so many activities. Surely the best club I will go to in my life.

The food was amazing, I would like to have swimming again .

That I made new friends here and learn how to swim the whole length, and eating healthy food here and went for a trip.

I enjoyed playing with my friends

Doing new things, going to the safari and making new things

I like it hooo i actually love it

The food and the drink.

Divine Buzz is really good for learning new things

No

It's good at what they do and I have enjoyed being here in this place this summer. I enjoyed being here and learning about healthy eating.

It was enjoyable

It was a good programme

The program was very fun, I had a great time learning and playing and would definitely come back again.

nothing else

I had a nice time with great teachers and friends

I enjoyed learning new things

Nothing

I like this program very well

I really enjoyed cycling and looking forward to swimming next time

I have enjoyed playing with other children and making new friends and learning about the eat well guide

Learnt about pants

I really enjoy summer program I love it

I enjoyed playing with my new friends at multisports

I like everything

I enjoyed to go for swimming with my friends and to do activities like football and basketball

I had a great time in this summer program activities

I wish I could've come more but I was sick

It was beautiful ❤️❤️

I enjoy my time at Divine Buzz, thank you

The program was out standing I like it alot

I had fun

I'm happy to see my friends

It was very fun and I loved meeting other children 🍌

That we went to the safari and I really liked it

It was really fun andi met a lot of new people

# Summer HAF Programme 2023 - Children & Young People Feedback

Young people

Any other comments about your time at Divine Buzz?

5 responses

No

I have enjoyed the summer programme having lots of fun with my friends

I don't recall doing the beads unless I wasn't in or it was with the younger group, and I did enjoy spending my summer here, minus the children's behaviour

Five star 

# What the parents are saying

Divine Buzz Team,  
for this wonderful opportunity given to our kids to mix and learn a lot of new things from you. My grandchildren really appreciate you and I'm saying a very big thank you to you guys for occupying them this holiday period. My grandchildren learnt to eat "Vegetable Soup" here which if we offered the meat home they don't eat now they demand for it. ~~This~~ period gave the parents a relaxing ~~and~~ holiday time think this will continue. Thanks  
Barbara

25/02/23  
Fantastic day out for me and the kids. Thank you Divine Buzz for this amazing opportunity to take the kids out for fun and engaging activities during this holiday. We are very grateful and hope to continue to enjoy days out for the family  
Barbara

16/08/23 Divine Buzz  
Thank you for all your input and hard work. Ensuring the kids have a good time whenever they come. Great work ~~was~~ working with the kids. They really appreciate and enjoy being here. Thanks a lot for organising this for the kids during the break.  
Audrey

17/08/23  
What can I say, than thank you to Divine Buzz for all you do for the children, women and the community as a whole. I'm glad to be associated with Divine Buzz.  
Thanks for all the learning you have given to the children over the holiday, my daughter really had fun and has learnt a lot.  
We look forward to another holiday.  
Sally Bliss

17/08/2023  
Thank you so much for these wonderful opportunities you have given to the children this holiday. My kids have enjoyed themselves very well and appreciate the wonderful work you did with them. You have made these few weeks very relaxing for us parents, and we are very grateful for that. We hope you continue to do the good work you are doing.  
Pat & Gilly

17/23  
Thanks so much for your input in the children's life this holiday season. I have the privilege of going out with the kids to the park today, it's great job to look after these children. The food is fantastic, the children are safe and happy. Well done Divine Buzz.

# 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 Summer HAF programme collaboration. The programme has had positive impacts on the community.

## → Highlight

Some of 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. When the children made their presentation in front of their parents and carers. The excitement and pride on the parents faces made a day to be remember

## → Support

Divine Buzz would like to thank RB of Greenwich for sponsoring the Summer HAF 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 aim to continue collaborating with the Royal Borough of Greenwich to offer HAF programmes in the foreseeable future

**Together, we are stronger!**



# We Are the Future, Game Changers!

## Sir Lewis Hamilton

(LHM)




**Lewis Carl Davidson Hamilton** was born on 7th January 1985 in St. John's, Bermuda. He is the son of Carmen and Anthony Hamilton.



Hamilton started racing in 1995 at the age of 10. He won the 2001 Formula 1 World Championship.



Hamilton's number 44 is a tribute to his father, who was a professional boxer and a member of the Bermuda Boxing Club.



Hamilton has won 34 Grand Prix races, 3 Constructors' Championships, and 4 Drivers' Championships.

1985	1991	1993	1995	1998	2004	2006	2007	2008	2012	2019	2020	2021
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Hamilton's first race was in 1995 at the age of 10. He won the 2001 Formula 1 World Championship.



Hamilton's family is very supportive of his career. His father, Anthony, is a professional boxer and a member of the Bermuda Boxing Club.



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**LET'S DO THIS!**

**One step at a time, progress before perfection**

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