

Holiday Food and Fun



19th December to 22nd December 2022





Ages: 4 – 16 years

Winter fun programme for children and young people. Come and have fun and make new friends while learning new things. Our four-day programmes include dancing, cinema, debate, multi-sports, hair braiding, jewellery, healthy eating, and arts and crafts. Breakfast and lunch are provided.

SEND children are welcome, to discuss your child's needs further, please contact me at 07951922324 or email me at ellen2004@ymail.com.

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

Time : 11 am - 3 pm

Please use the link below to register your child/children:

<https://forms.gle/JfWvzLy2nvyzaU1k7>

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 will be served

Cereals and porridge will be available for children in the morning

**There will be a hot lunch option
Sandwiches are also available**



Monday 19th December



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

Tuesday 20th December



Jacket potatoes with baked beans/cheese, salad, yogurt & fruit

Wednesday 21st December



Trip: Sandwich (Ham, Chicken or Jam) Fruit, yogurt, juice & crisps

Thursday 22nd December



Jollof Rice + Salad, yogurt, fruit & African pastries

HAF Winter Activities programme December 2022

Monday 19th December

Welcome everyone to the programme/Introduction

Healthy Eating - Discussion- Eat Well Guide

Enrichment - Beads making/ Building Blocks

Free choice Activity - Hair braiding/ Art & Craft

Discussion- Grooming, gangs and drugs

Multi-Sports/ Talent show

A Food hamper for family to take home Pick up 3.00 p.m

Tuesday 20th December

Healthy Eating - 5 a day (The Rainbow)

Enrichment - Art & Craft/Games

Free choice Activity - Hair braiding/Beads making

Discussion - The significance of acknowledging other people's celebrations other than your own

Multi-sports/ Talent show

Pick up- 3.00 p.m.

Wednesday 21st December

Trip to Odeon Cinema to view Matilda the musical

Meeting point -St Paul's church, SE28 8AS (Time - 11 a.m.)

Depart at - 11 40 a.m.

Return at - 2 .30 p.m.

Pick up- 3.00 p.m.



Thursday 22th July Christmas Celebration

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

Children and young people to present on climate and Eatwell guide

A food hamper for family to take home

Pick up 3.00 p.m.



Healthy eating sessions

Young People showing Eatwell Guide banner to audience of parents and children during presentation

Topic of discussion

- Consuming less of sugary drinks, fat and salty snacks
- Importance of eating more fruits and vegetables (five a day)
- Choosing whole grain or high fibre carbohydrate
- Drinking more water

The presentation was well received by both parents and young people



Multisports

Children and young people enjoying multisports

- Football
- Basketball
- Hula Hoops
- Badminton
- Ruby
- Skipping
- Volleyball

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



Arts and Crafts

The children and young people engaging in Arts & Craft session

Opportunity for the children to showcase individual skills as well as their ability to be part of a team

They created personal christmas cards for family & friends and worked together to create christmas decoration for our final day celebration.



Hair Braiding/Jewellery making

The Hair braiding and jewellery sessions were popular among both boys and girls from the summer programme and it has continue.

The feedback from the summer programme indicated that the children and young people enjoyed taking part and wanted it to continue during the winter.

The young people are improving their skills every session we undertake and it's wonderful to see their creations coming to life



Topical discussions

We held topical sessions such as:

- Climate change
- Eatwell guide
- Grooming, gangs and drugs
- Online Safety

There were questions and answers after each topic discussion





Games

The children and young people enjoying varieties of games.

They challenged themselves with puzzles, logo, rubik's cube, counting games, and scrumple

They show resilience and determination to complete each task

Talent show

The children and young people showed off their talents by

Singing

Dancing

Reciting poems

It was fun and great to watch the children's talent transpire



Trips

We organised a day trip to the Greenwich Odeon cinema to watch Matilda the musicals

Going to the cinema was one of the highlight of the Winter HAF programme for the children and young people without a doubt

On our way back, one of the children said, “Thank you for everything, and for making our Christmas holidays special”

It was wonderful to see the excitement and joy on the children's faces!



Christmas celebration







What have we learned

- We learned that such programmes are important in the community as it brings people from different segments of the community together who would not necessarily interact with each other
- Most children enjoy their time with peers in social settings and can easily make new friends and boost self-confidence.
- During such programmes, children can be encouraged to eat healthy more than they would at home. Example, eating fruit and veg
- At corporate environment, the children are most likely to participate in exercise sessions up to the level recommended for a day.
- With little encouragement, boys and girls will participate in vocational activities regardless of popular or traditional beliefs.
- The project highlighted the amount of need in the community as the project was oversubscribed and we have to turn away some children and young people.

What went well

- We reached our full capacity each day and the children and young people enjoyed the activities we provided.
- All the dishes on the menu was very popular with the children, such that most of them requested to have a second plate. The children got to take food hampers home to their families due to our partnership work with the Felix project
- The taste test was popular as the children had opportunity to try different fruits and vegetables
- Most of participants from the summer programme attended and recommend the programme to their family and friends which brought in new faces
- The feedback that we have received from parents and children is that the christmas party was very enjoyable, particularly, the father christmas character and the decorations made it more exciting celebration
- The Eatwell Guide presentation by the children raised both parents and the children expectation of each other to follow the guide and eat healthier

What would you do differently next time

Some of the things that we would do differently are:

- Increase preparation time for the sessions to reduce strain on staff and volunteers
- To increase the capacity of the children and young people we can take to avoid disappointment
- Recruit more volunteers from the community to assist with the programmes
- Encourage more parents to get involved

The difference the project made to the community

It provided an opportunity for the children to bond as a community and share a holiday experience. Some children, particularly those without siblings, had the opportunity to play with other children instead of being isolated or lonely.

It assisted the children in the community in making new friends, participating in new activities, and avoiding loneliness and isolation.

It promoted community integration, during the christmas party, parents and children from different sections of the community came together and interacted with each other.

Parents were able to take a break from their children and spend time alone.

The children enjoyed the Healthy Eating sessions and learned how to prepare a healthy diet using the Eatwell Guide, which will influence how their families eat. Avoiding excess fat, sugar, and salt in meals, for example.

The children learned new skills such as sewing, hair braiding, and bead jewellery making.

What the children are saying

I liked, when you gave the present because I like the thing I got.

B.T.

I enjoyed the cinema.
W.A.L.H.C.

I enjoyed the cinema. I also enjoyed football and rugby.

S.J.O

I loved about when all of us had our food.
Time

I loved that we got present and I saw Santa

Joshua

I like the holiday program because it was lots of fun. I enjoy going to the cinema and the Christmas party. I hope we do it again again next year.

Thank you Divine Buss for everything I really enjoyed it and I hope its even better in the new year 2023
From: Abraham

What the parents are saying

It a pleasure to be part of the Divine Buzz ^{winter} programme it was fun and education as usually a lot to eat. I also appreciate the winter family support i.e share of raw food. Thank you Ellen x Richard, May Ichovah continue to bless the effort you put in help the children and families. Love Aless

Thank you Divine Buzz Auntie Ellen & Co for a wonderful time, for all the hard work and dedication. The staff are kind and amazing. Everyone is kind and there a good activities for the children.

Everyone is involved, and everyone is treated equal, the trips are fun, educative and an opportunity to learn.

The caterers do an amazing job with the food.

I enjoyed every bit of it my kids had so much fun, they love the food and the playing of the football and the cinema.

Thank you Divine Buzz Management, and to you my colleagues. I really enjoyed working with you. The children are extra-ordinary to be with. The parents communicate well. This programme was one in a million. Everything both play and activities, the food bank and the Christmas lunch was superb. Thank you Ellen and Richard. Mary.

The holiday programme was and is an amazing opportunity for the parents and children. My son thoroughly enjoyed the experience. It's helpful and very much needed. Without programme like these most of us would not get the opportunity to build support networks and our children would be stuck in the house. It also means parents do not have to worry about food.

My first time to attend the HAF Programme and was very impressed with the massive turn up. The Adults were united and cooperated that made the event a success. Food was surplus for all the children on the daily basis (4 days). Everyone felt happy and was looking forward to the next event. A big thank you to the organiser.

HAF Programme

The four days programme with parents and the children was so great. The cinema was educative and fantastic. My kids enjoyed it as I have not had the opportunity to take them to cinema. I was partially pleased and fulfilled. The other aspect I loved was the rugby and football sessions where we had two eat individuals who came and trained all kids in various aspect and their skills. Another important aspect was the gift/present offered to my kids freely. It was the best gift ever. The food drink and salad was amazing and well prepared.

Thank you so much for having the kids at heart and making them so happy all the time we need to the most. I am so grateful for the organiser for their time and patience.

Concluding remarks

Divine Buzz is a community charity that supports and empowers women and children through physical, social and educational programmes to come out of loneliness & isolation. Our mission is to alleviate loneliness & isolation from our community. We believe no one should live a life of solitude.

→ Milestones

Divine Buzz has been undertaking several community programmes and we are proud to work with RB of Greenwich on our winter HAF programme collaboration. We have immensely enjoyed the programme especially seeing the direct impact it has on the community.

→ Highlight

The highlight of this programme is, the overwhelming positive feedback that we have received from the parents/carers, expressing their appreciation and how they have enjoyed the christmas holidays.

→ Support

Divine Buzz would like to thank RB of Greenwich for sponsoring the HAF winter programme. We would also like to thank the management team, our volunteers, and most of all our participants.

→ What's next?

We are encouraged by the impact we have been able to make in the community and we hope to continue.

Together, we are stronger!



LET'S DO THIS!

One step at a time, progress before perfection

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