



FREEDOM  
FOUNDATION

**Danielle Brown**  
**May 2022**

**HOLIDAY  
ACTIVITY  
FUND**

# **FREEDOM FOUNDATION**



**Freedom Foundation works to empower children and young people by using singing, songwriting and dance to help them express their emotions and boost their mental health. We believe that all young people have the potential to thrive and through the creative arts they can explore their identity, celebrate diversity and harness their individuality.**

A handwritten signature in black ink, appearing to read 'Laura Grant', on a light-colored background.

**Laura Grant Director**

A handwritten signature in black ink, appearing to read 'Stacey Green', on a light-colored background.

**Stacey Green Director**

# OUR PARTNERS



Freedom Foundation would like to extend our thanks to our delivery partners, who helped us to make the Holiday Activity Fund a success for children aged 4 - 12 years, across Nottingham and Nottinghamshire.



**Nottingham**  
**City Council**



**Nottingham Forest**  
Community Trust

**HAF**

**SNAPS HOT**

**10X FACILITATORS**

**5X CLUBS**

**69X CHILDREN**

**8X DELIVERY**

**PARTNERS**

# DEMOGRAPHICS

**59% Female  
41% Male**

**We worked  
with ages 4-12  
years**

**67% of children  
did not have SEND**

**33% of children had  
SEND and 6% of these  
were in mainstream**

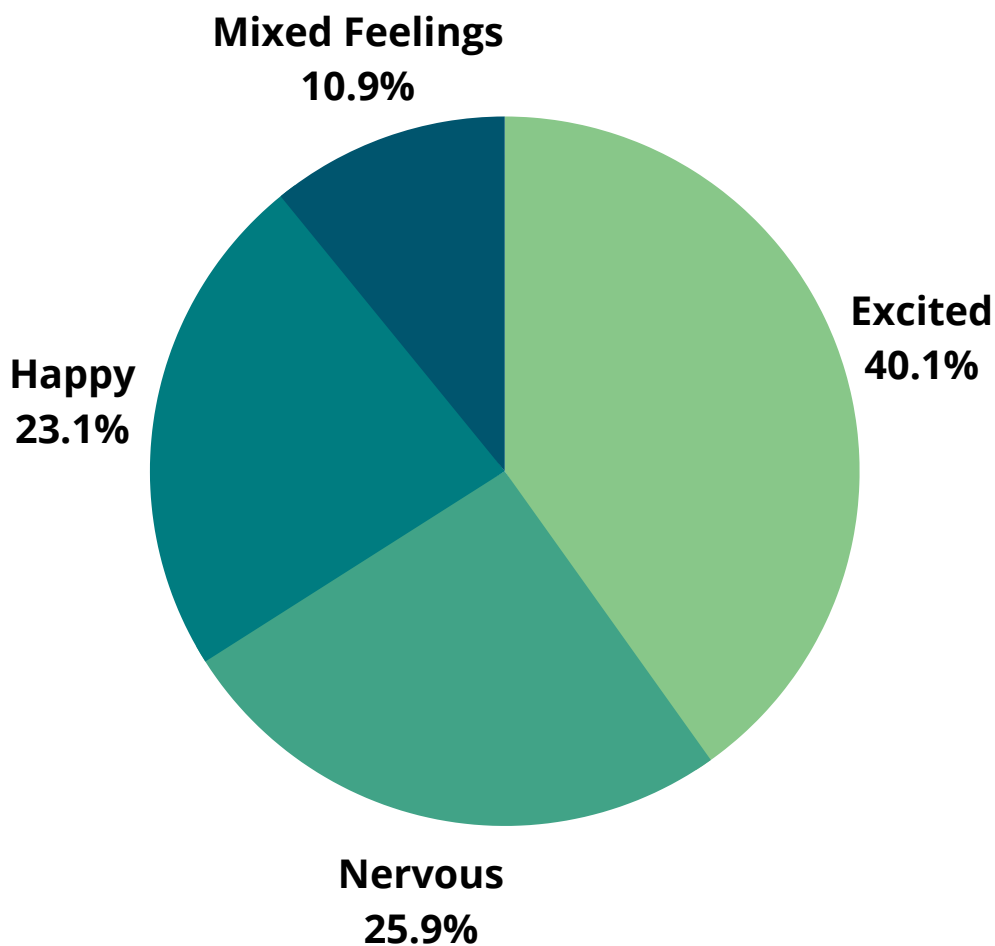
**90% full  
Attendance**

**82% free school  
meals  
18% not free  
school meals**



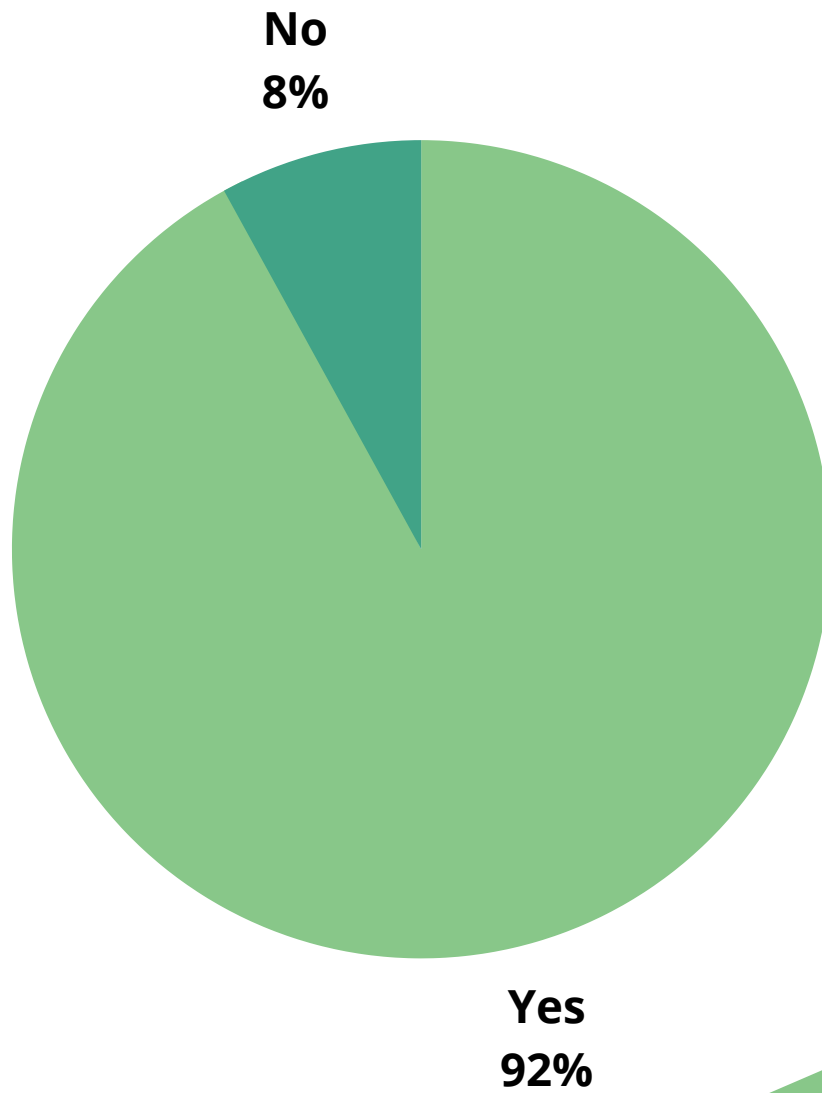
# **WHAT THE CHILDREN HAD TO SAY**

# How do you feel about joining the holiday club?



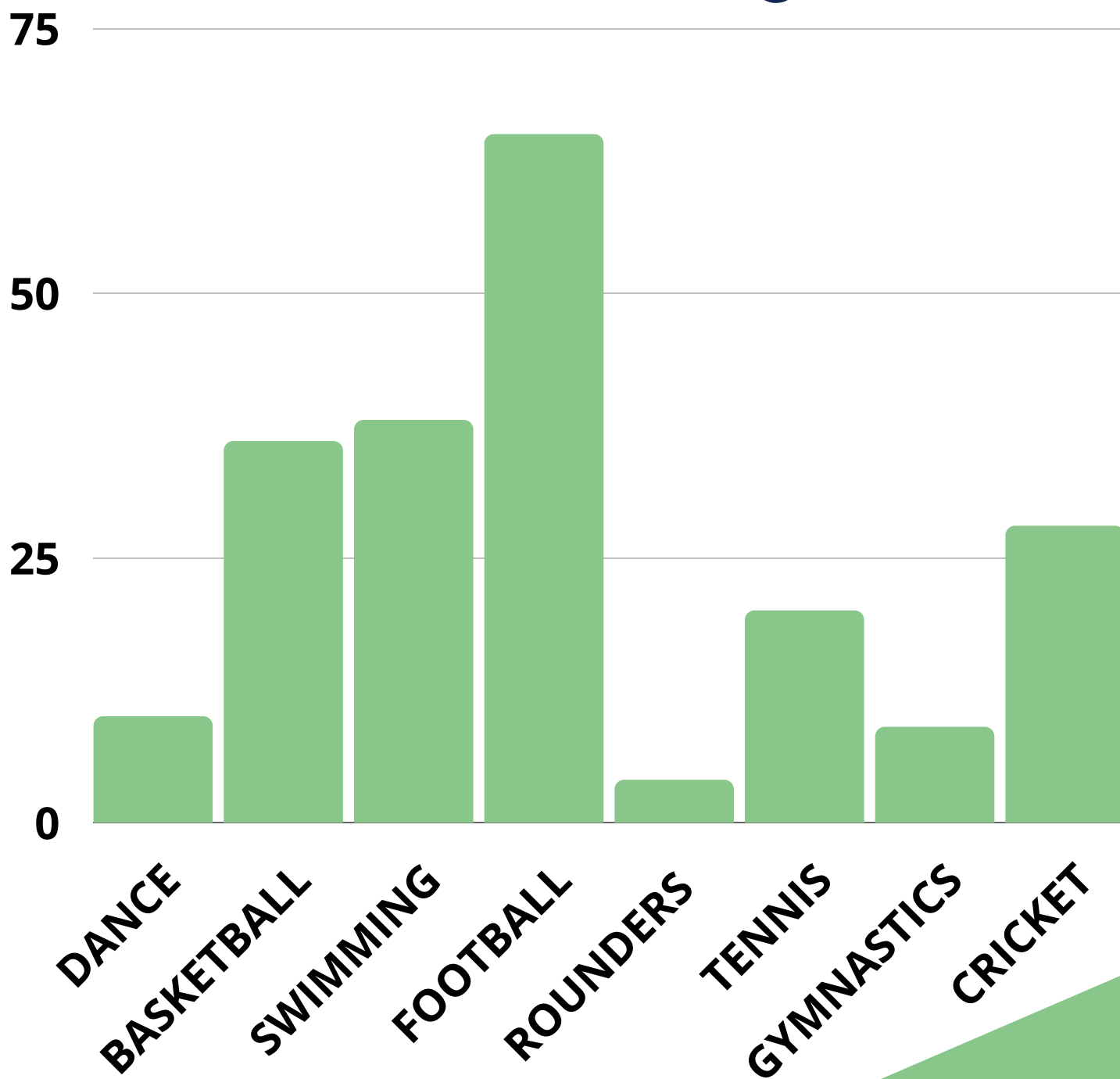
**This question was asked before HAF started**

# Do you enjoy sports?





# Sports played



# SONG & DANCE

**15%**

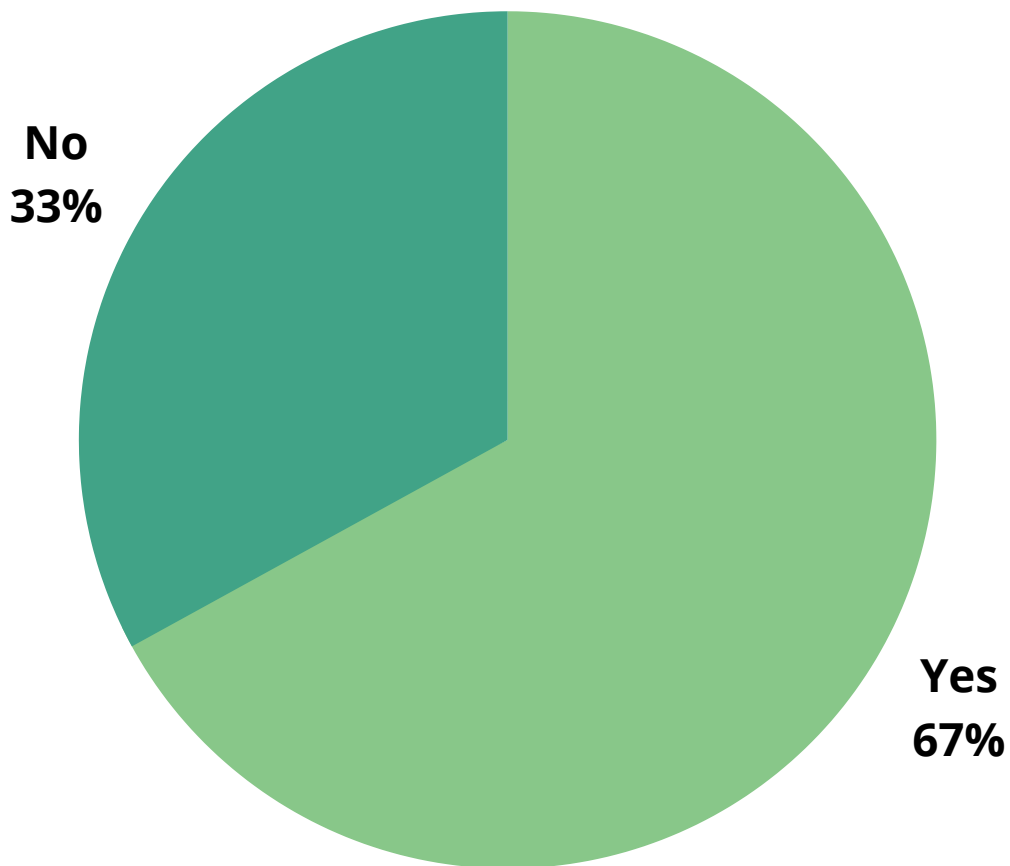
OF CHILDREN  
HAD NEVER DANCED  
BEFORE HAF

**72%**

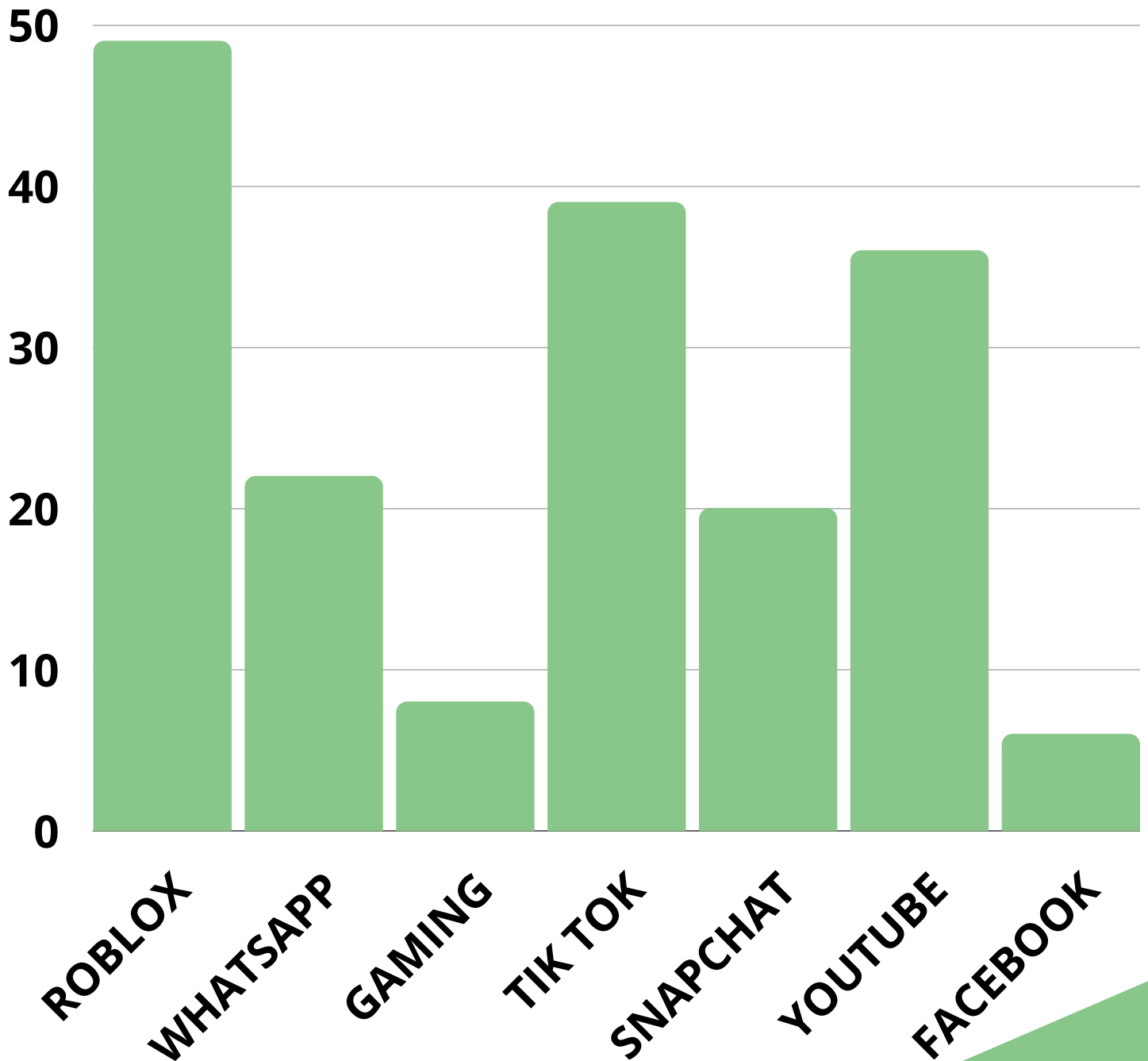
OF CHILDREN SAID THEY  
WOULD CONTINUE  
SINGING & DANCING  
AFTER HAF



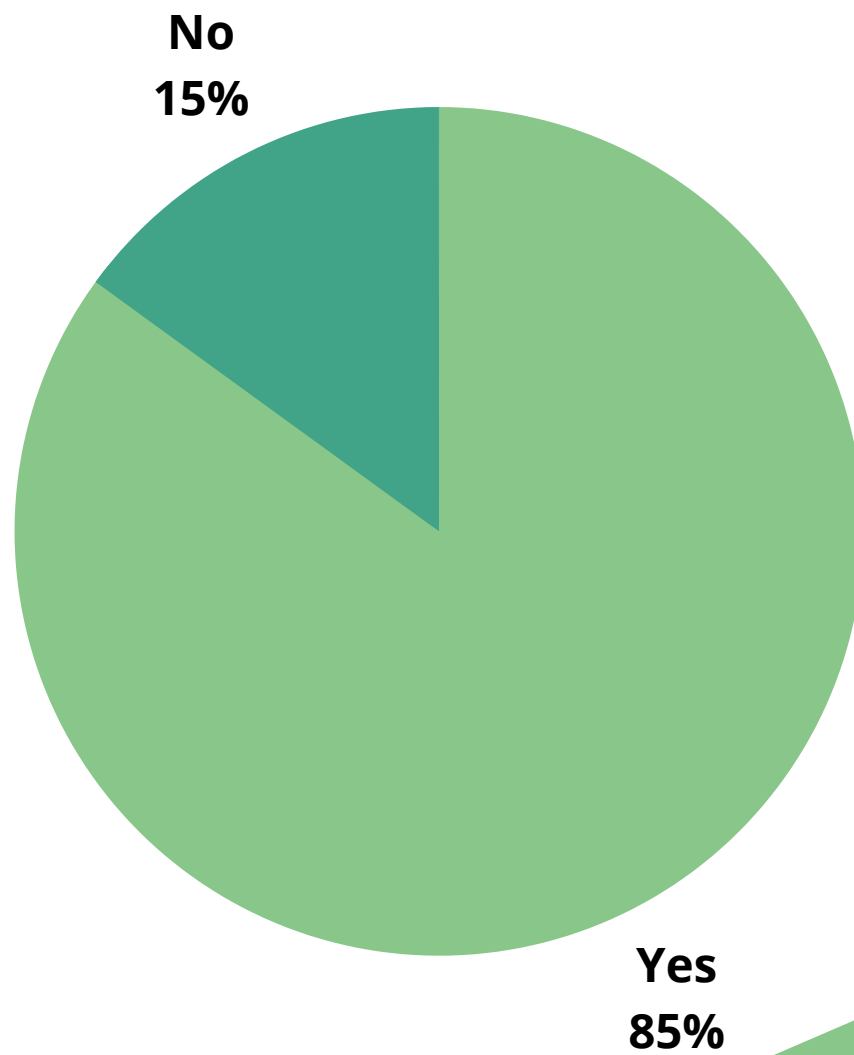
# Do you use social media?



# Social Media



# Have you ever felt unsafe online?



# **What has Release taught you about online safety?**

- **STAY PRIVATE ON ALL PROFILE SETTINGS**
- **DON'T TALK TO STRANGERS ONLINE**
- **BLOCK PEOPLE WHO MAY CONTACT YOU THAT YOU DONT KNOW**
- **TALK TO AN ADULT WHEN YOU ARE FEELING UNSAFE OR UNSURE ABOUT SOMETHING**

# What has Release taught you about yourself?

"I CAN BE  
ANYTHING"

"I'M  
CONFIDENT"

"IT'S OK TO BE ME"

"I LIKE MYSELF"

"TO BE BRAVE"

# What the children learned

- ITS OK TO BE DIFFERENT
- TO BE CONFIDENT & BELIEVE IN YOURSELF
- THE POWER OF POSITIVE AFFIRMATIONS
- HOW YOU CAN USE MUSIC AS A TOOL TO ALLEVIATE ANXIETY
- HOW TO USE BREATHING TECHNIQUES
- HOW YOU CAN BE SAFE ONLINE
- UNDERSTAND THE IMPACT SOCIAL MEDIA CAN HAVE ON YOUR MENTAL HEALTH
- HOW TO CONSTRUCT A SONG
- THE IMPORTANCE OF EXERCISE AND HEALTHY EATING





# SKILLS

**100%**

ENJOYED THE RELEASE CLUBS

**91%**

REPORTED THAT RELEASE HELPED THEM TO WRITE DOWN THEIR FEELINGS AND EMOTIONS

**94%**

REPORTED THAT THE RELEASE CLUBS INCREASED THEIR CONFIDENCE



# **WHAT THE PARENTS HAD TO SAY**

# EXPERIENCE



"It really boosted his confidence"

"They are more engaged with  
home life and school"

"Both enjoyed the diversity of the  
activities"

# PARENT VIEW

**100%**

OF PARENTS THOUGHT  
THEIR CHILDREN HAD  
DEVELOPED NEW SKILLS



**100%**

THOUGHT THE  
COMMUNICATION  
AND BOOKING  
PROCESSS WAS  
GOOD OR VERY  
GOOD

**90%**

THOUGHT THE  
VENUES WERE GOOD  
OR VERY GOOD



**90%**

THOUGHT THE FOOD  
PROVIDED WAS GOOD  
OR VERY GOOD

# HOW CAN WE IMPROVE?



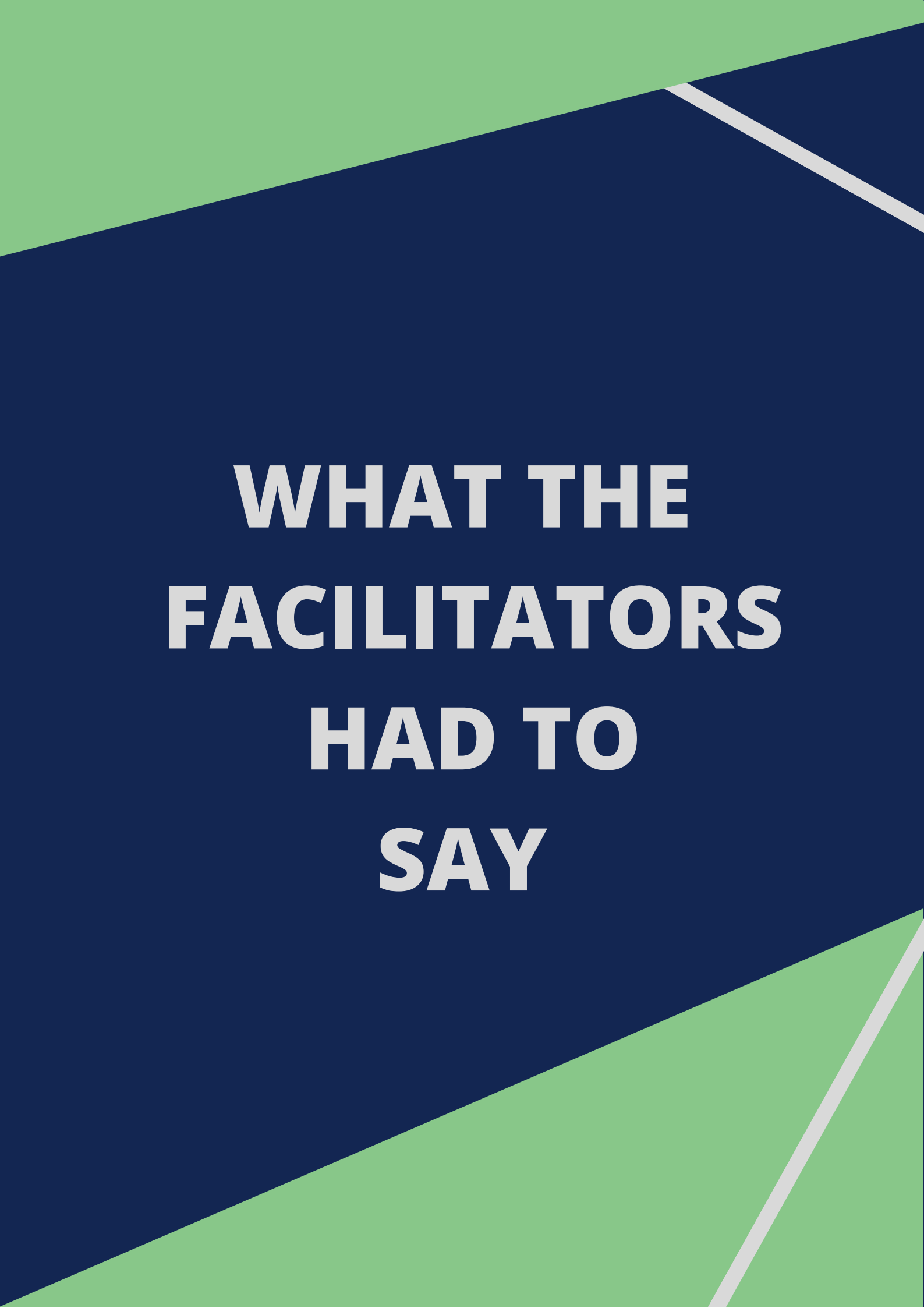
**Better variety  
of food - it was  
repetitive!**



**One of the best  
clubs she has  
been too :-)**

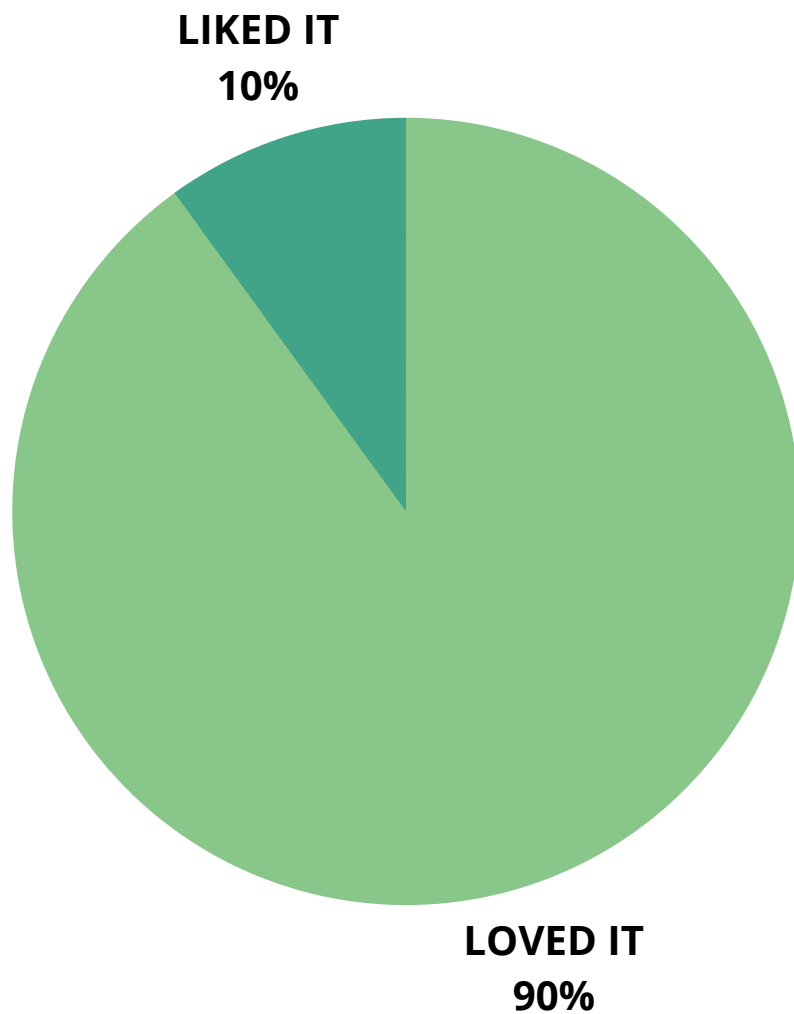


**Hopefully  
having more  
clubs!**



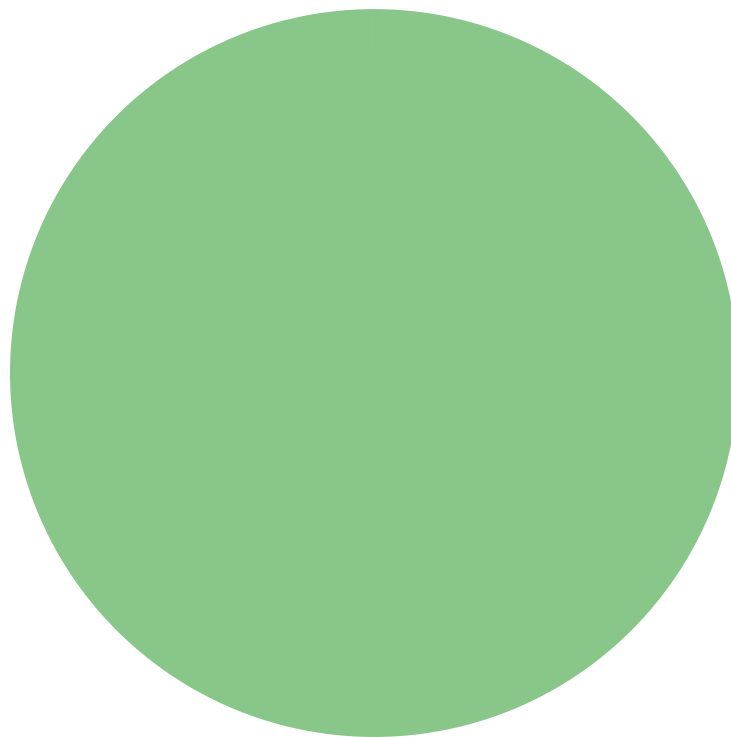
# **WHAT THE FACILITATORS HAD TO SAY**

# HOW MUCH DID YOU ENJOY HAF?



# RESOURCES

How well did the resources  
support your role?



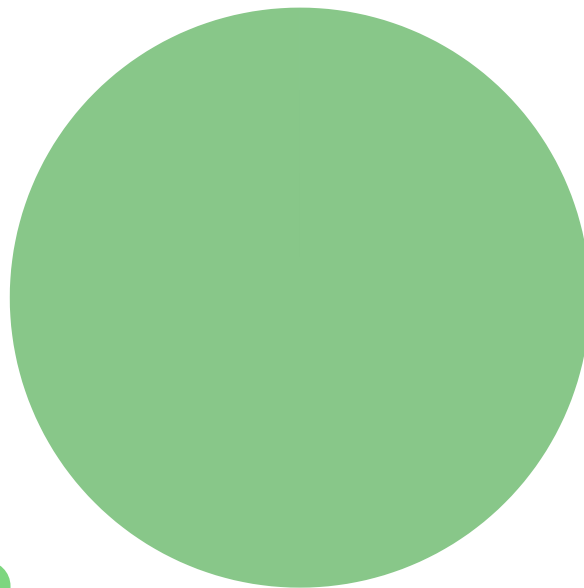
**FELT FULLY SUPPORTED**  
**100%**



# TRAINING

How well did the training prepare you for your role?

**FF Training**

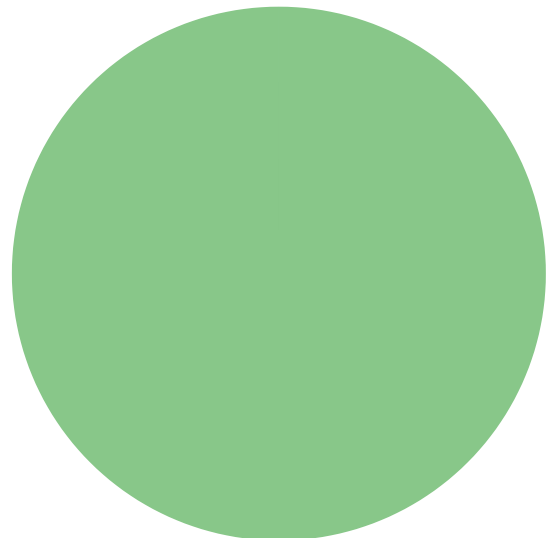


I FELT FULLY PREPARED  
100%

Great course  
with lots of  
support!

A workshop day  
showing how a  
session should be  
run!

**Autism Awareness**



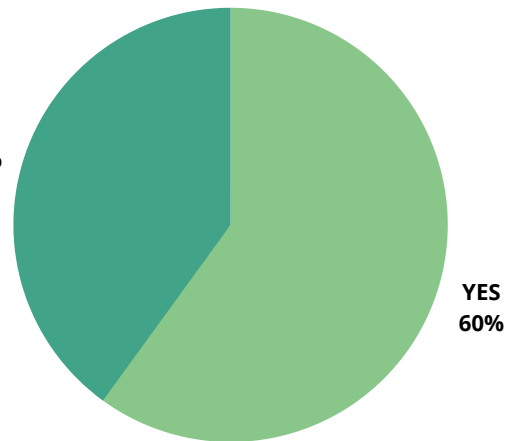
I FELT FULLKY PREPARED  
100%

# BEHAVIOUR

How prepared did you feel to manage behaviour?

Was behaviour a concern?

NO  
40%

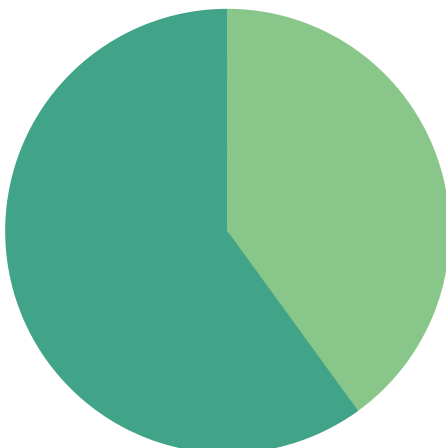


YES  
60%

The Freedom rules were clear however I felt that at Forest they were unclear at times!

TO SOME EXTENT  
40%

YES  
60%

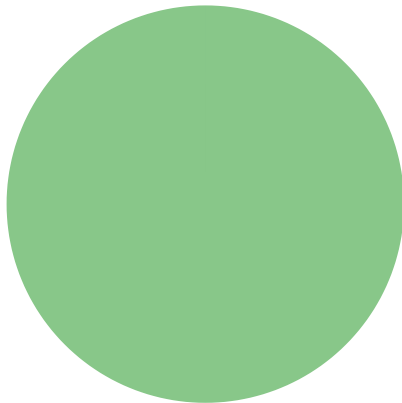


Did you feel prepared to effectively manage behaviour?

# POLICY & PROCEDURE

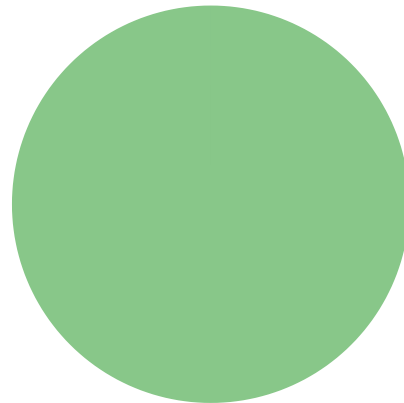
## Incidents, Accidents and Safeguarding

How helpful were FF policies and procedures?



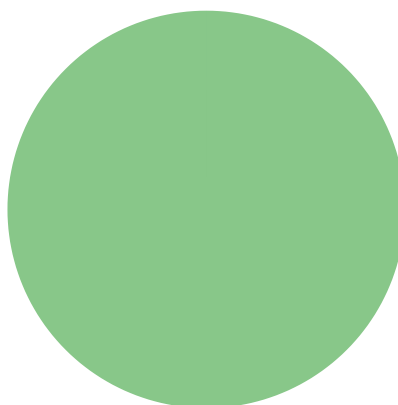
YES CLEAR AND EASY TO FOLLOW  
100%

Did you feel prepared for incidents accidents and safeguarding?



YES CLEAR AND EASY TO FOLLOW  
100%

Were incidents accidents and safeguarding dealt with appropriately?



YES CLEAR AND EASY TO FOLLOW  
100%

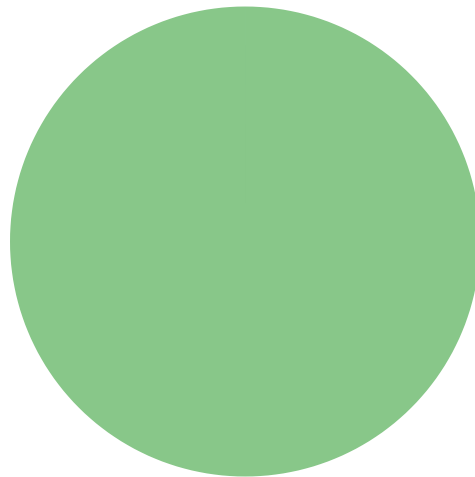
**Yes - Easy  
and clear to  
follow!**

# STAFF SUPPORT

How supported did you feel by  
your colleagues?

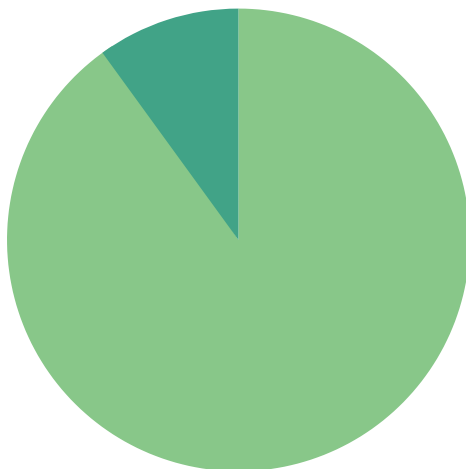
## Admin

Did you feel supported  
by the Freedom  
Foundation admin team  
throughout the process?



YES  
100%

TO SOME EXTENT  
10%



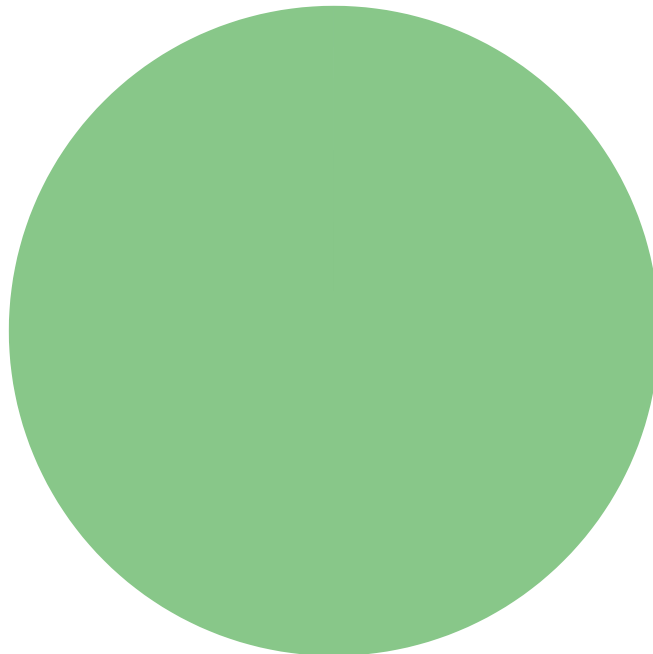
YES  
90%

## Facilitators

Did you feel supported  
by your Freedom  
Foundation facilitator  
colleague?

# COMMUNICATION

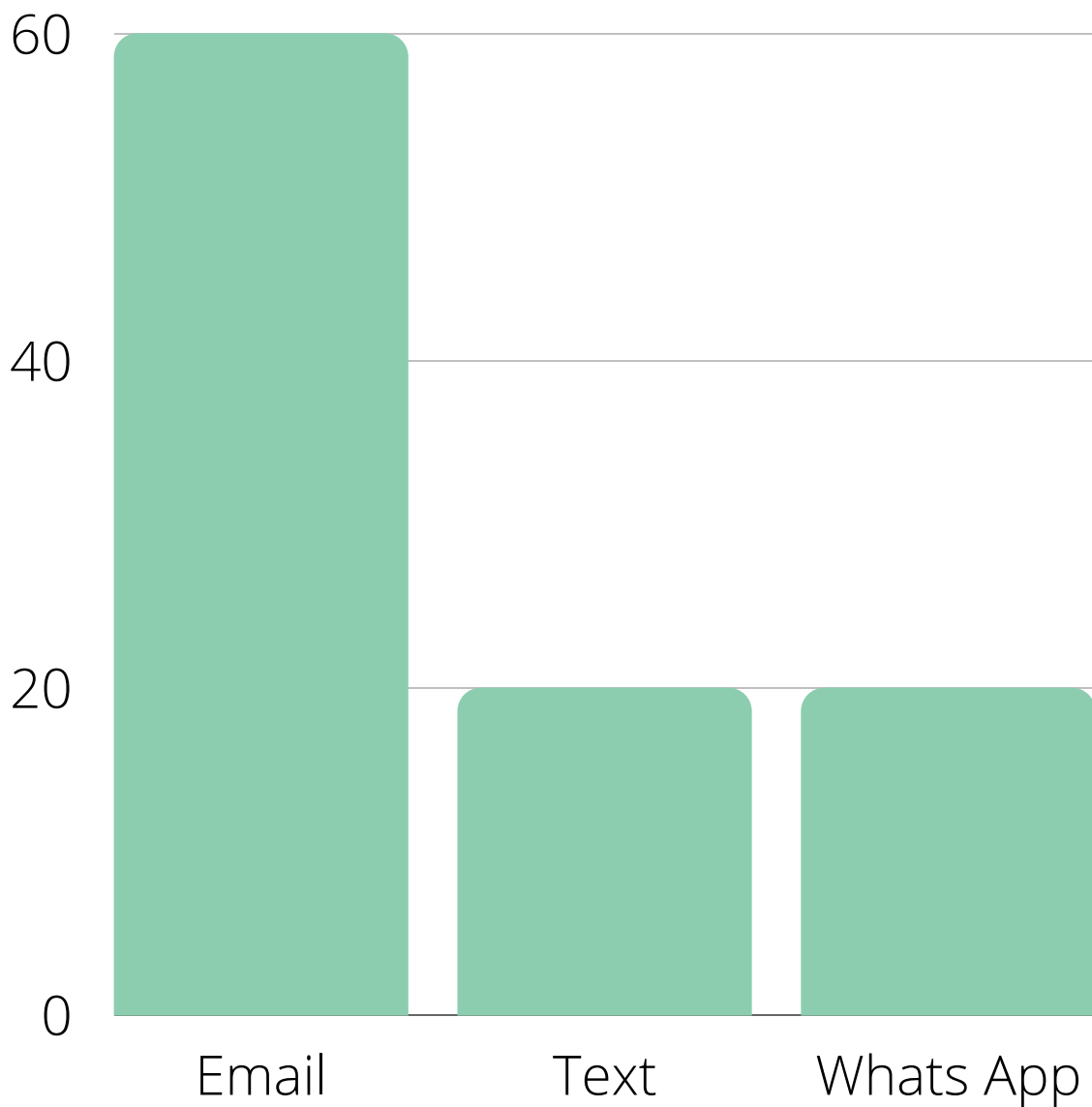
**Was the level of communication  
from the Freedom Foundation  
team appropriate?**



**YES  
100%**

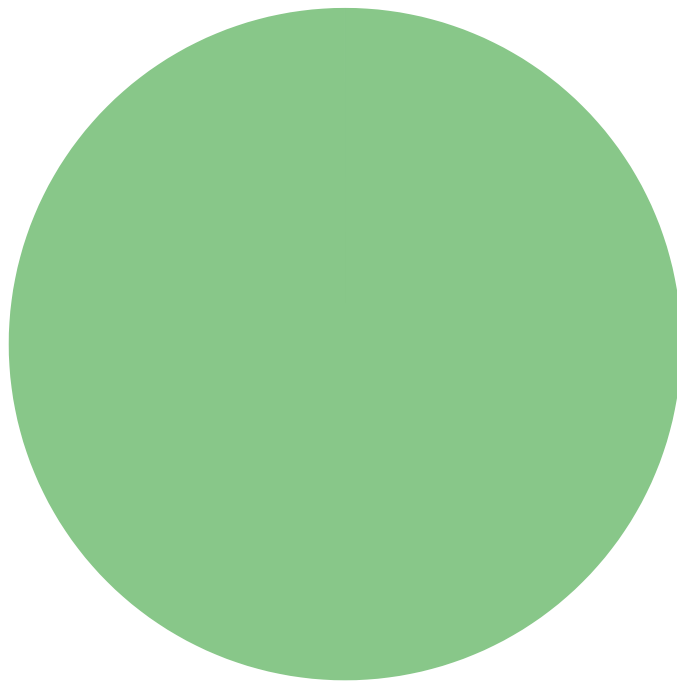
# COMMUNICATION

**What is your preferred method of communication?**



# PARTNER SUPPORT

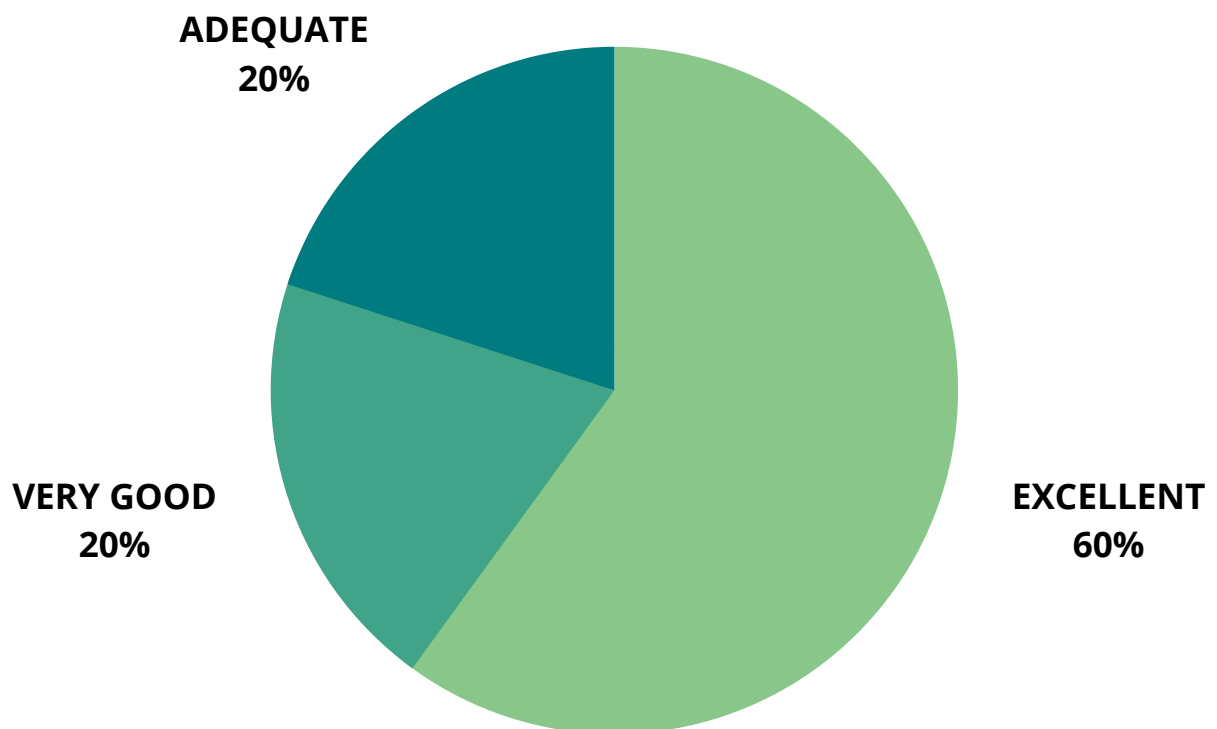
Did our delivery partners support  
you fully?



YES  
100%

# VENUES

How suitable was your venue?

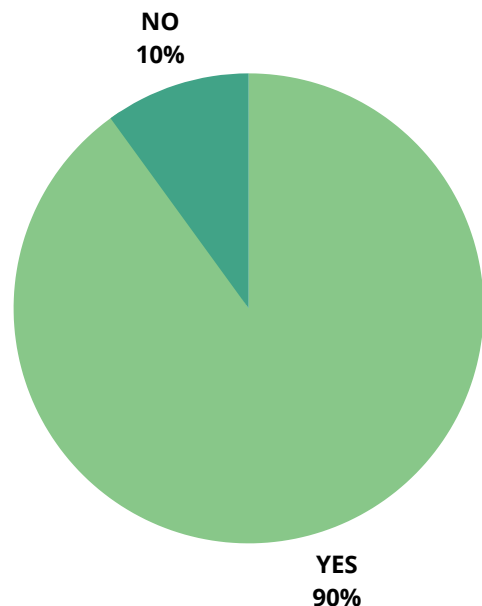




# FOOD

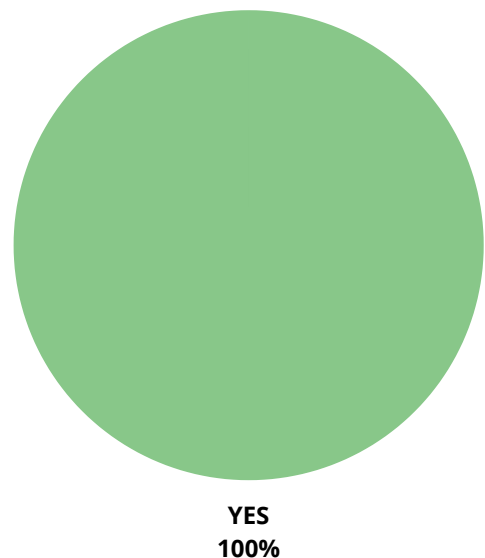
**What do you think about the food provided for HAF?**

**Was the food quality and quantity appropriate?**



**Considerations include:**  
Specific delivery times  
More variety of food  
Less waste

**Did you feel able to manage the food delivery easily?**



# EXPERIENCE



**“Well organised”**

**“Felt very prepared”**

**“I loved it can't wait to do it again”**



*Thank You*

TO ALL OF OUR STAFF  
AND  
DELIVERY PARTNERS



**FREEDOM  
FOUNDATION**

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