



FREEDOM
FOUNDATION

HOLIDAY ACTIVITY FUND
SEPTEMBER 2022

Katie Spreadborough

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FOREWORD



FREEDOM FOUNDATION WORKS TO EMPOWER CHILDREN AND YOUNG PEOPLE BY USING SINGING, SONG WRITING, 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.

THE LAST YEAR HAS BEEN A CHALLENGING ONE FOR MANY FAMILIES SO THIS SUMMER WE COMMITTED TO HELPING THEM FIND NEW WAYS TO BUILD THEIR EMOTIONAL RESILIENCE, GET ACTIVE, AND MAKE HEALTHIER LIFESTYLE CHOICES THROUGH THE DELIVERY OF THE HOLIDAY ACTIVITY FUND.

WE ARE EXCITED TO HAVE DEVELOPED PARTNERSHIPS ACROSS THE STATUTORY AND VOLUNTARY SECTORS TO IMPROVE OUTCOMES FOR THE CITIZENS OF NOTTINGHAM.

A handwritten signature in dark ink, appearing to be 'LG' or 'Laura Grant', on a light-colored background.

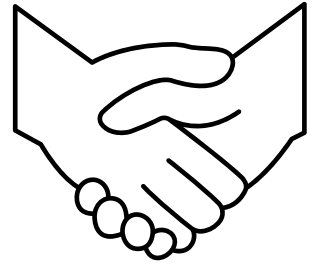
LAURA GRANT DIRECTOR

A handwritten signature in dark ink, appearing to be '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 AND YOUNG PEOPLE ACROSS NOTTINGHAM, NOTTINGHAMSHIRE AND DERBYSHIRE.



Nottingham

City Council



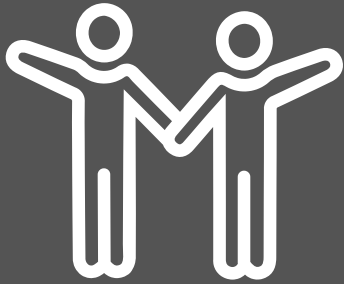
Nottingham Forest
Community Trust



The Bestwood Partnership



SNAPSHOT



21 FACILITATORS



18 CLUBS



157 CHILDREN SUPPORTED



6 DELIVERY PARTNERS

OUR IMPACT

HAF 2022 IN NUMBERS

157

CHILDREN AND YOUNG
PEOPLE SUPPORTED



18

VENUES UTILISED



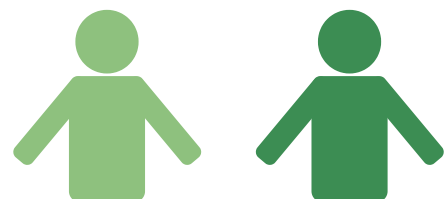
4

ALTERNATIVE PROVISIONS
VENUES UTILISED



2

SEND SESSIONS DELIVERED



OUR PARTNERSHIP WITH FOREST



Nottingham Forest
Community Trust

WE ARE PROUD OF OUR PARTNERSHIP WITH NOTTINGHAM FOREST COMMUNITY TRUST (NFCT) THAT HAS GROWN SINCE OUR INCEPTION IN 2018.

FREEDOM FOUNDATION ARE AN INTEGRAL PART OF THE NFCT HAF PROGRAMME IN THE CITY AND HAVE HELPED REACH OVER 4,000 CHILDREN DURING AUGUST 2022.

OUR FACILITATORS INTRODUCE CHILDREN AND YOUNG PEOPLE TO STREET-DANCE AND INSTIL THE IMPORTANCE OF PHYSICAL ACTIVITY IN THEIR DAY TO DAY LIVES.



MEALS PROVIDED TO THE CHILDREN AND OUR FOOD PARTNERS



**UK FOOD AID
COMMUNITY CIC**

**668 MEALS
SERVED
AND
ENJOYED**

**"I'D LOVE A JAM
SANDWICH"**

**"I WISH I COULD
EAT THIS EVERY
DAY!"**

"WE'D LOVE WRAPS"

"THIS FOOD IS AMAZING!"



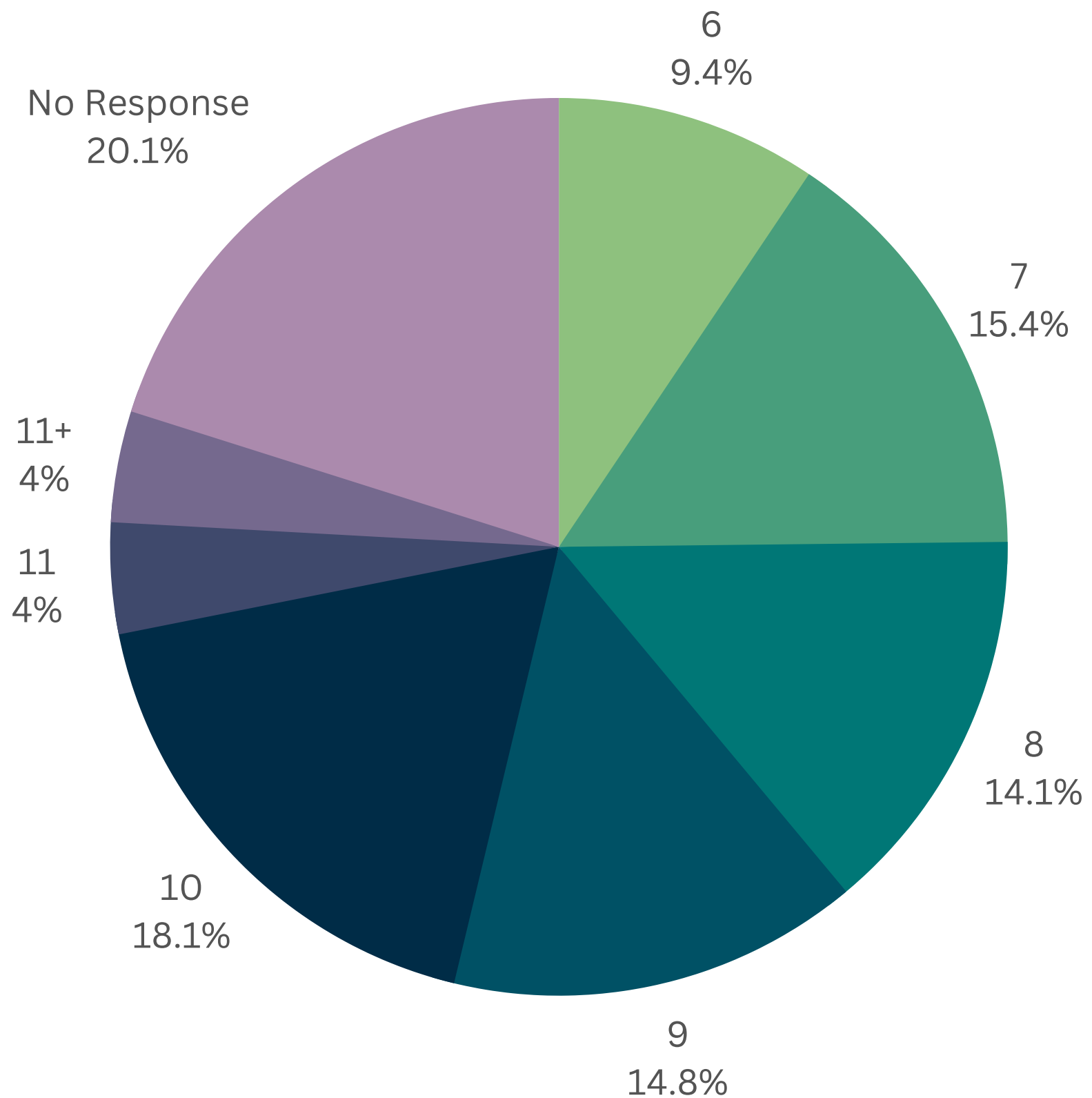
**Steven's
Deli-licious**

PRE-HAF



WHAT THE CHILDREN HAD TO SAY...

AGE OF CHILDREN



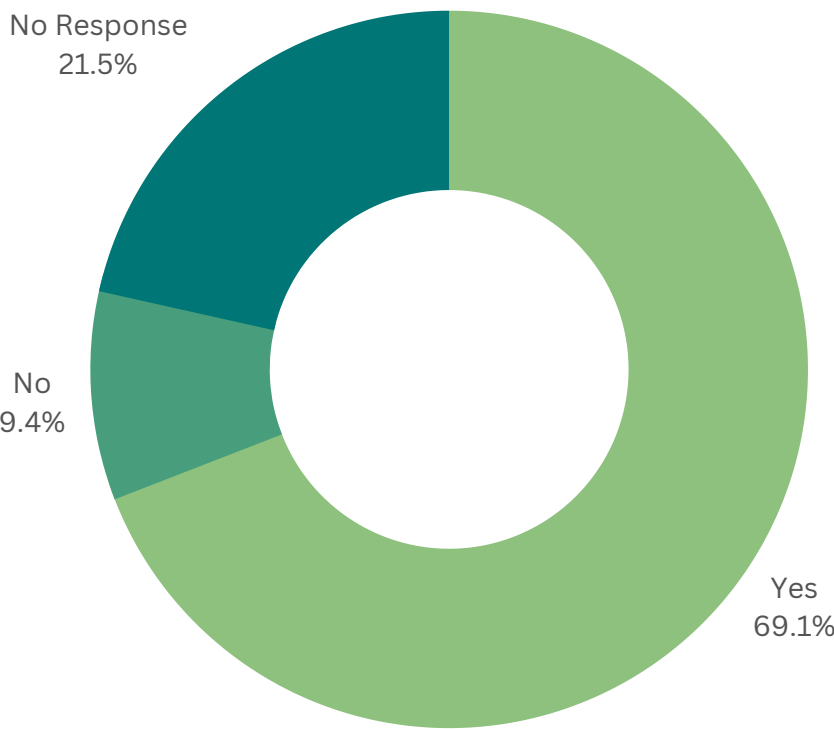
YOUNG PEOPLE (11+) PRESENT IN ALTERNATIVE PROVISIONS VENUES

10

HOW DID THE CHILDREN FEEL ABOUT JOINING THE RELEASE CLUB?

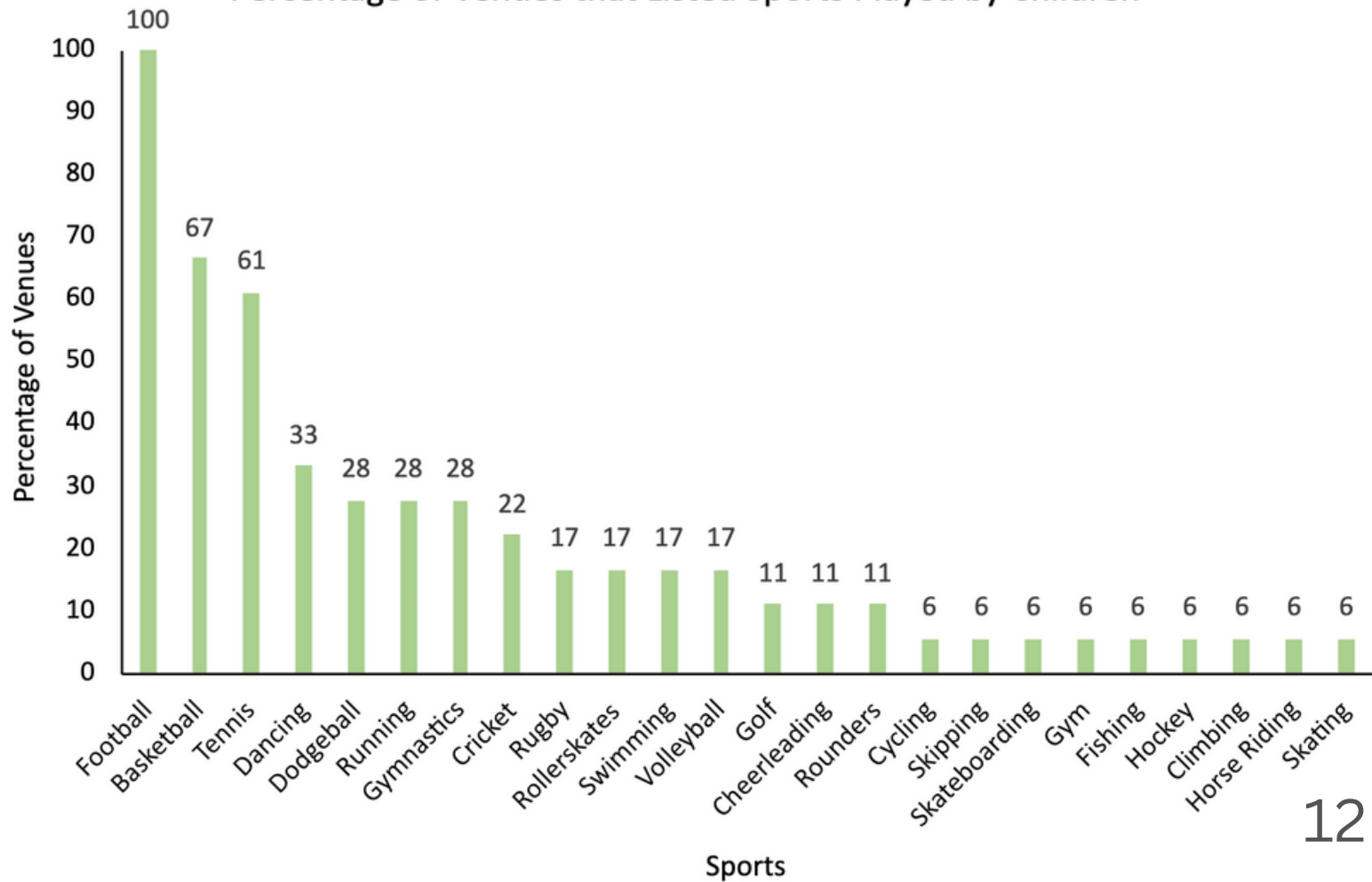


DO THE CHILDREN PLAY SPORTS?




SPORTS PLAYED

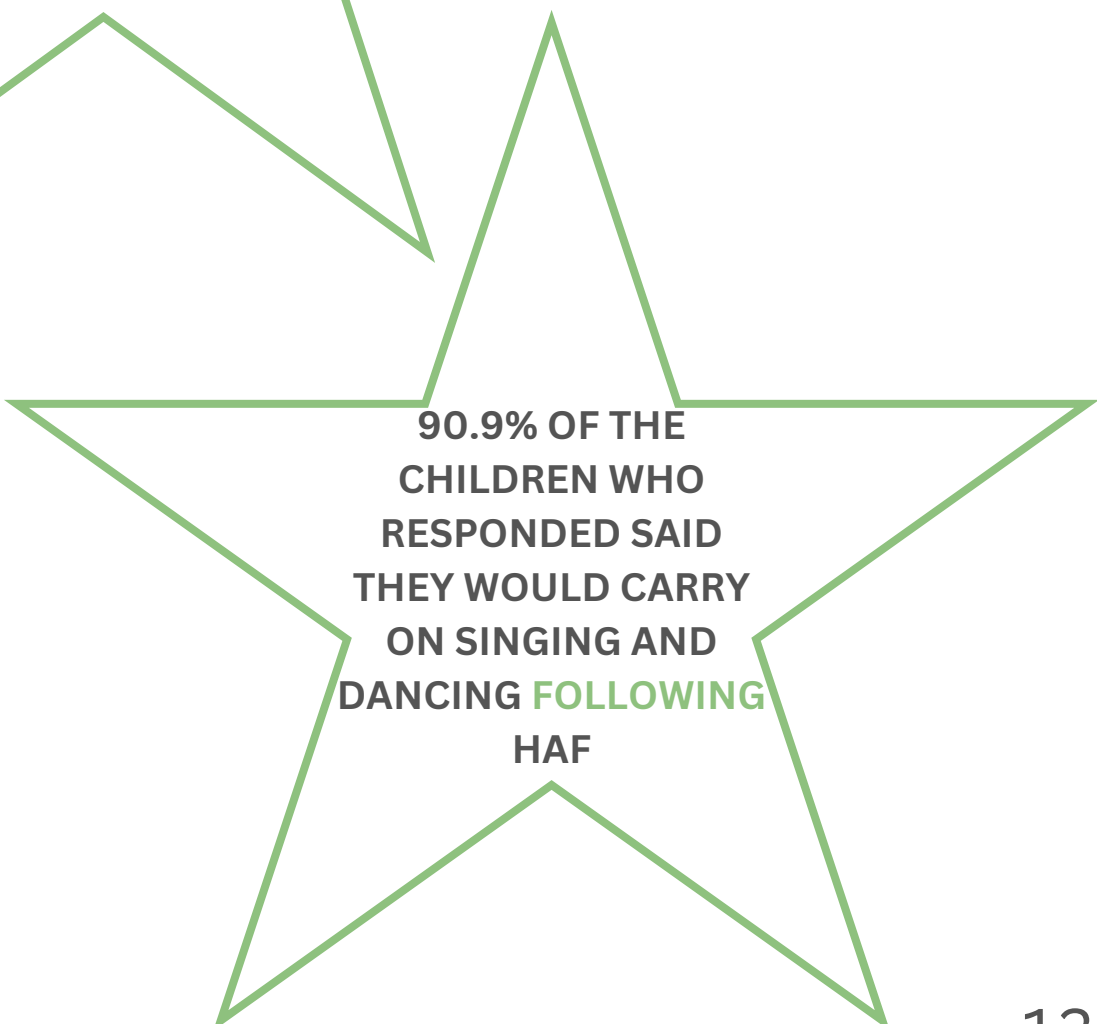
Percentage of Venues that Listed Sports Played by Children



SONG & DANCE

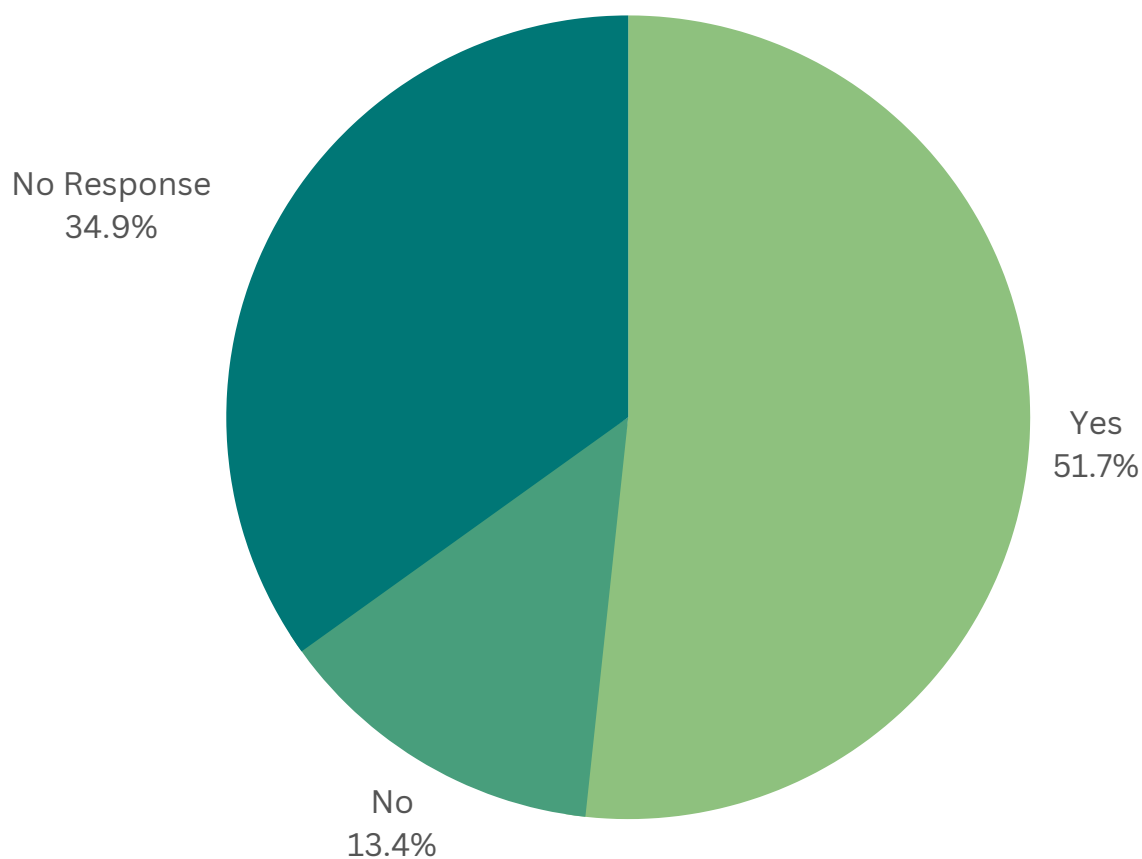


**61.7% OF
CHILDREN HAD
DANCED
BEFORE HAF**



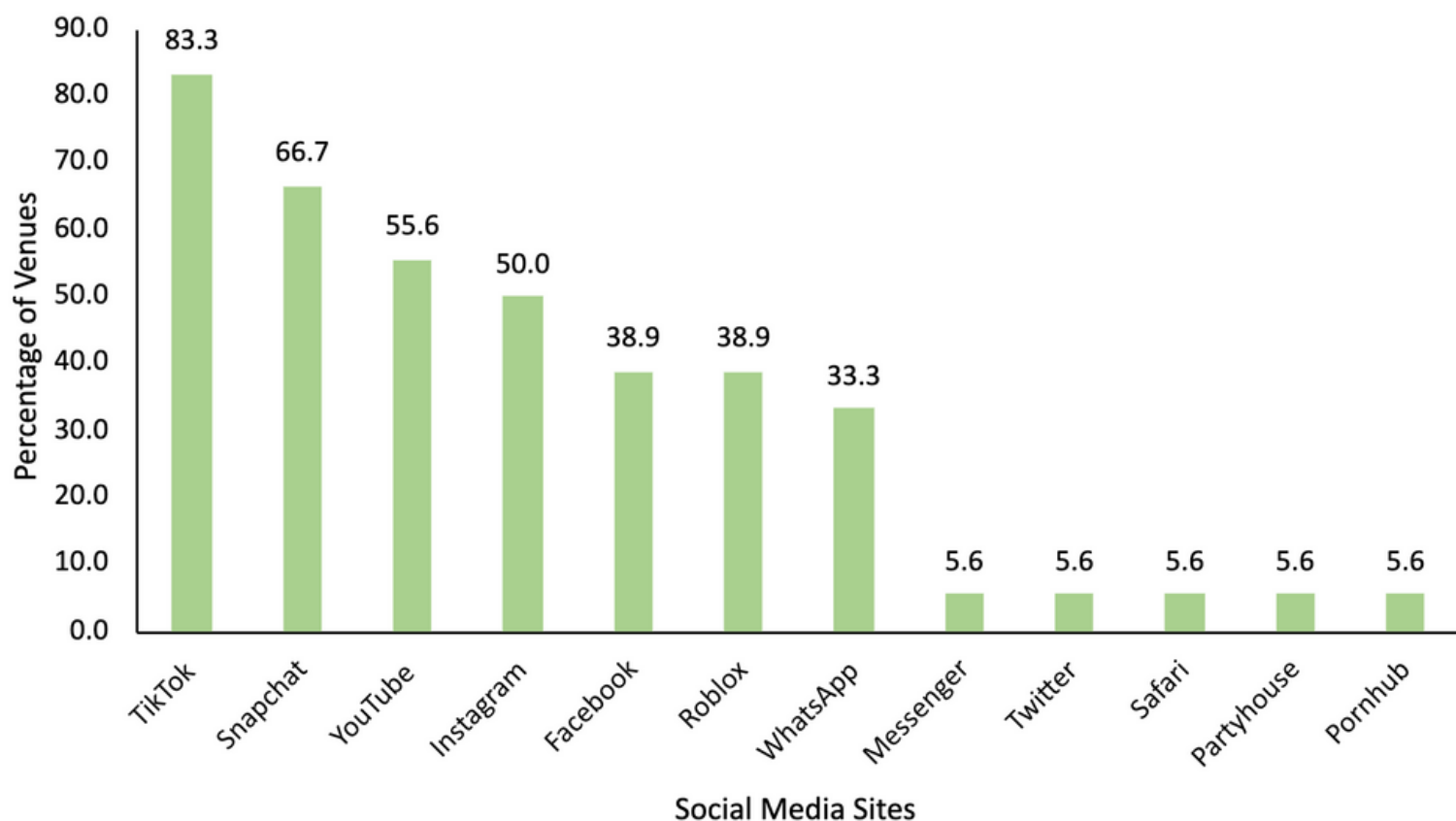
**90.9% OF THE
CHILDREN WHO
RESPONDED SAID
THEY WOULD CARRY
ON SINGING AND
DANCING FOLLOWING
HAF**

DO THE CHILDREN HAVE A SOCIAL MEDIA PROFILE?



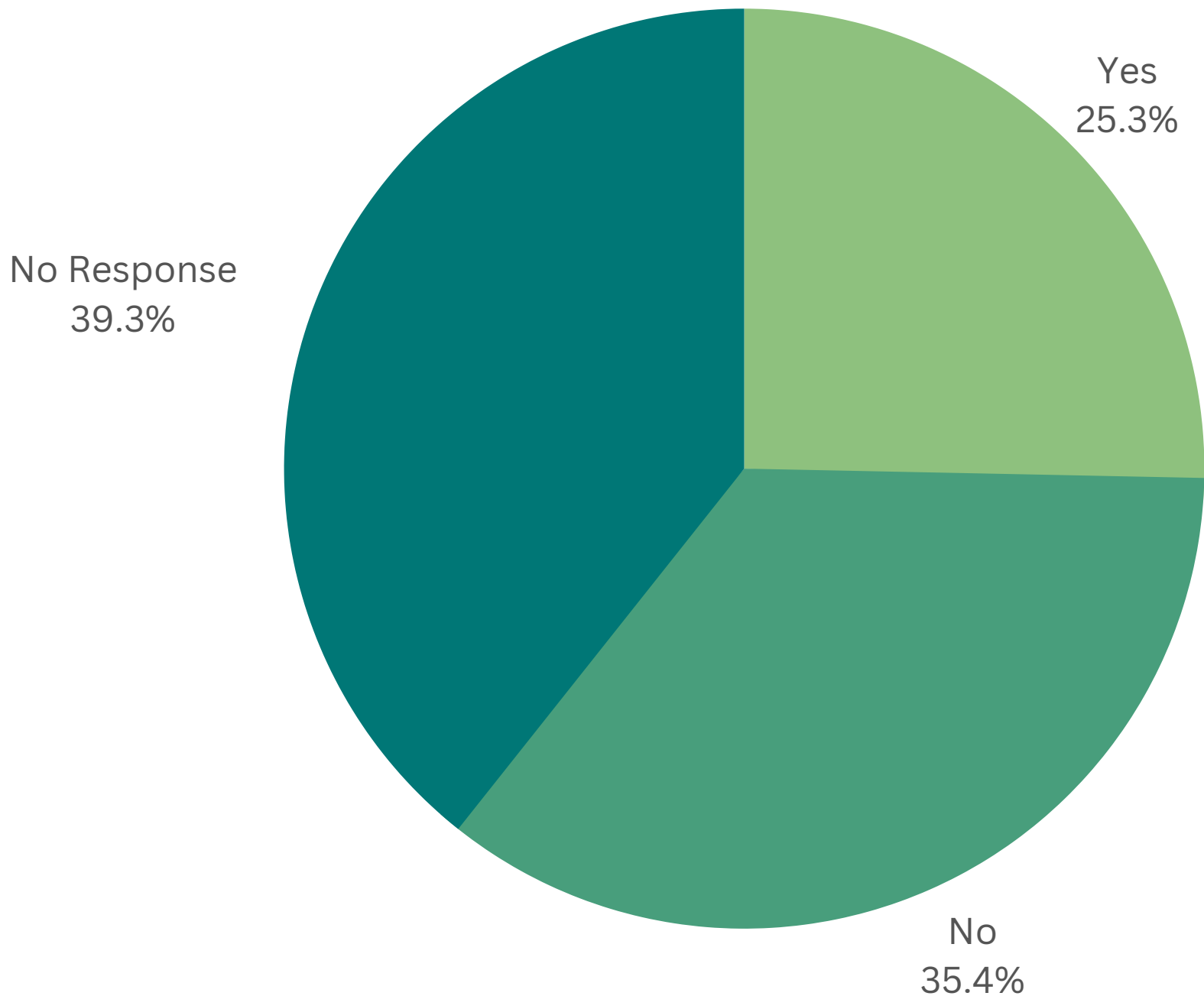
SOCIAL MEDIA PLATFORMS USED

Percentage of Venues that Listed Social Media Sites



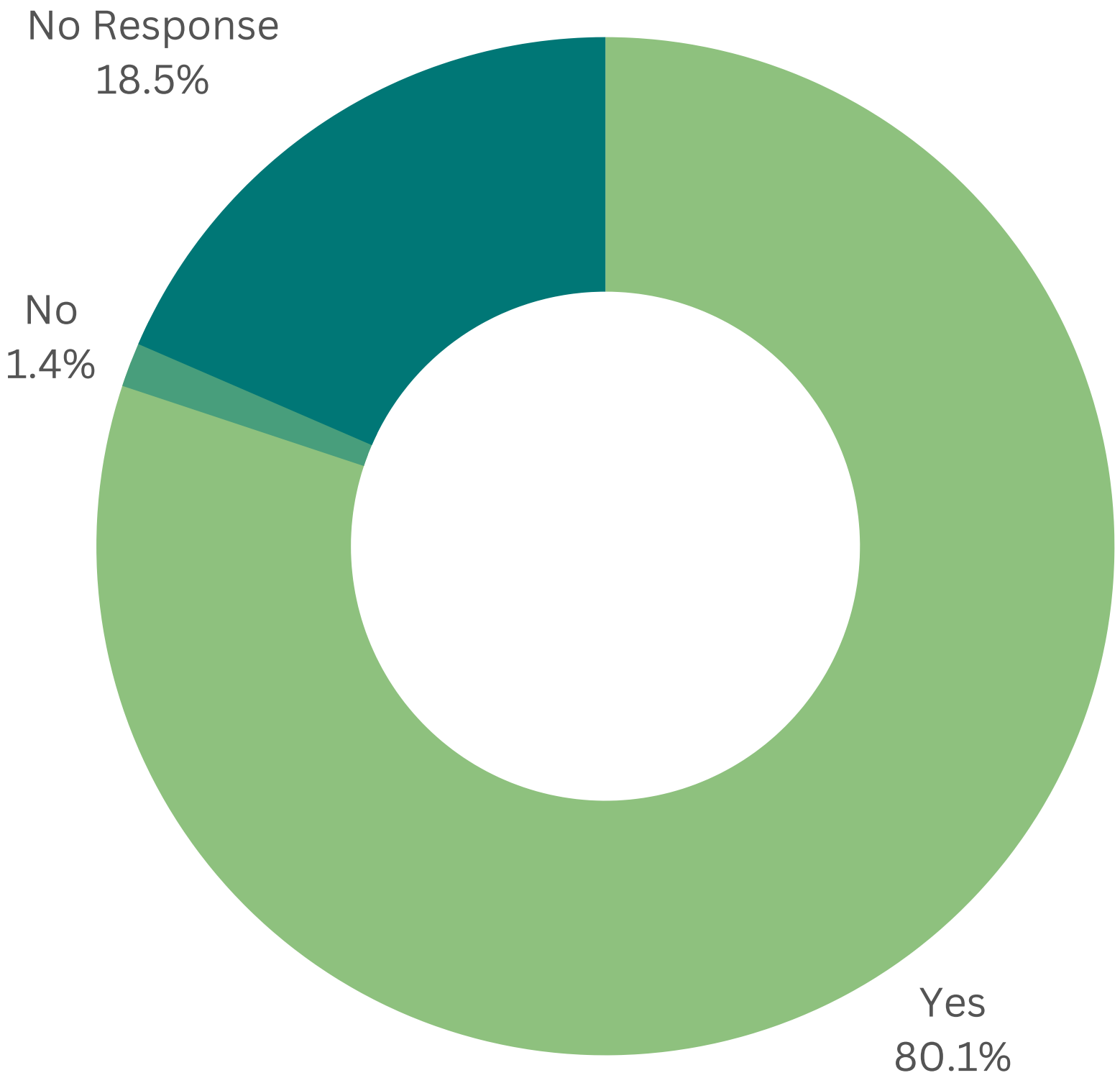
*TO BE NOTED * THE USE OF PORNHUB WAS NOTED BY AN ALTERNATIVE PROVISIONS
VENUE WHERE THE YOUNG PEOPLE WERE AGED 11+

HAVE THE CHILDREN EVER FELT UNSAFE ONLINE?



POST-HAF

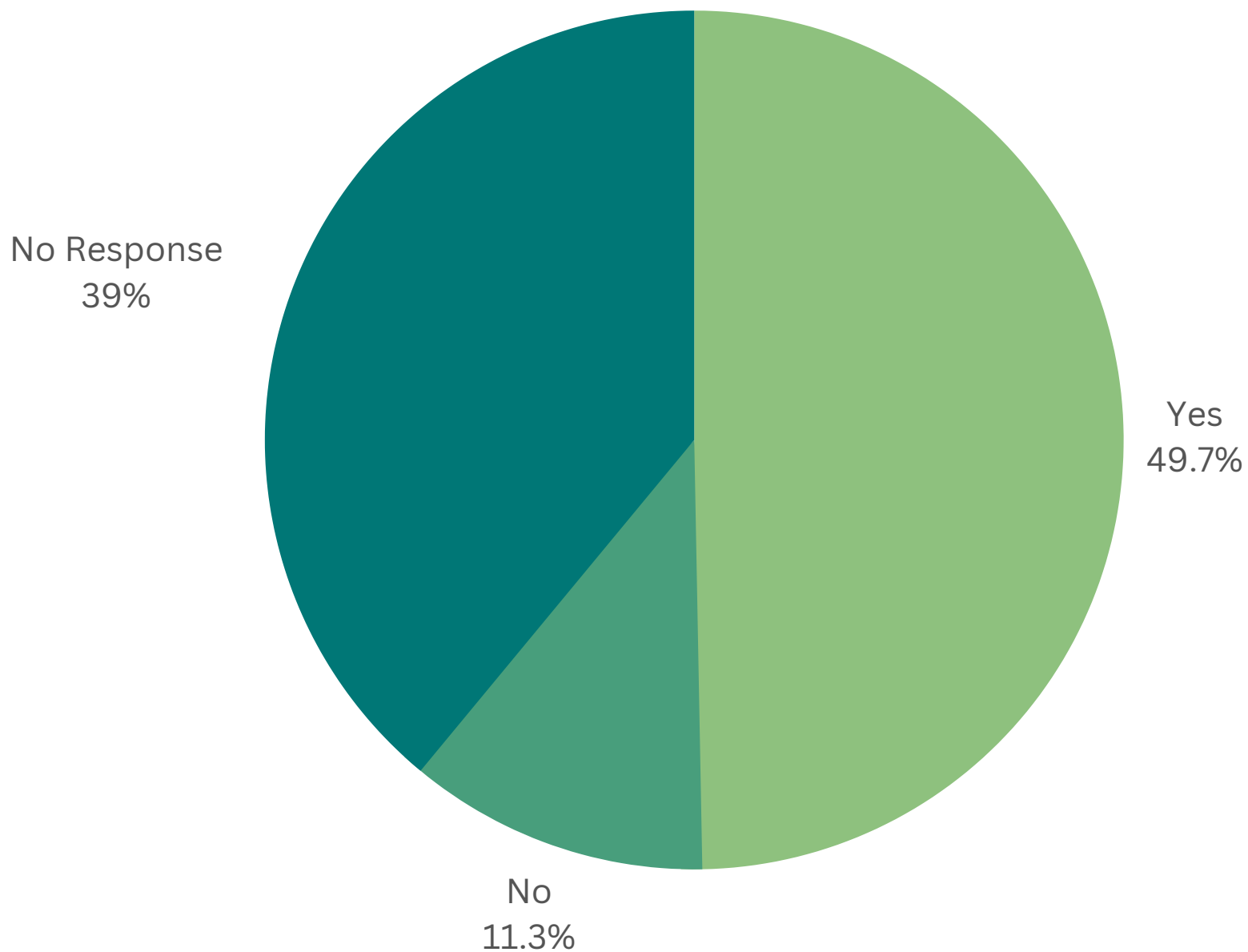
DID THE CHILDREN ENJOY THE RELEASE HOLIDAY PROGRAMME?



WHAT DID THE CHILDREN ENJOY MOST ABOUT THE RELEASE PROGRAMME?



DID THE RELEASE PROGRAMME HELP THEM TO WRITE DOWN THEIR FEELINGS AND EMOTIONS?



THE CHILDREN GAINED AN UNDERSTANDING ABOUT BEING SAFE ONLINE...

"DON'T TEXT PEOPLE YOU DON'T KNOW"

"DON'T TELL PERSONAL INFORMATION OR LOCATION"

"DON'T SAY YES TO ANYTHING YOU DON'T WANT TO"

"DON'T WATCH ANYTHING INAPPROPRIATE"

"DON'T MESSAGE PEOPLE YOU DON'T KNOW"

"IF UNSAFE SPEAK TO POLICE/CHILDLINE/TRUSTED ADULT"

"DON'T TRUST ANYONE WITH YOUR PUBLIC AND PERSONAL INFORMATION"

"BE KIND ONLINE"

"BLOCK PEOPLE AND REPORT THEM"

"DON'T TALK TO STRANGERS"

"ALWAYS TELL A TRUSTED ADULT IF SOMETHING STRANGE HAPPENS ONLINE"

"DO NOT ADD PEOPLE YOU DO NOT KNOW"

"DON'T GIVE OUT PASSWORDS"

"DON'T CLICK LINKS WITHOUT CHECKING"

"DON'T POST PICTURES OF SCHOOL UNIFORM"

"HAVE ALL ACCOUNTS ON PRIVATE"

THE CHILDREN LEARNED A LOT ABOUT THEMSELVES...

I CAN DO STREET DANCE

TEAMWORK

I AM REALLY CONFIDENT

IMPACT OF MUSIC

I AM GRATEFUL

I CAN BE WHAT I WANT TO BE WHEN I GROW UP

I AM MYSELF AND THERE ARE ALWAYS PEOPLE WHO SUPPORT ME

I KNOW HOW TO DANCE

I AM LOVING

THAT I CAN ACHIEVE ANYTHING

EVERYONE IS GOOD AT SINGING AND DANCING

I AM PROUD OF MYSELF

I AM AMAZING

I CAN DANCE AND SING

I AM LOUD

THAT I CAN HAVE CONFIDENCE IN ANYTHING I DO

I AM UNIQUE

I LEARNED I CAN SING

TO BE CONFIDENT

I CAN MAKE MY OWN AFFIRMATIONS

I CAN WRITE POEMS AND STORIES

I AM A GOOD LEARNER I LEARNED ABOUT MY EMOTIONS

I LEARNED THAT I AM GOOD AT WRITING I AM BRAVE

THAT I CAN BE MYSELF

THAT I AM CREATIVE

I CAN DO ANYTHING I PUT MY MIND TO

THE CHILDREN LEARNED ABOUT AFFIRMATIONS AND GAVE THEIR OWN EXAMPLES...

I HAVE A GREAT IMAGINATION

...GOOD AT COOKING

MY JOURNEY TO THE TOP WILL
NOT TAKE LONG

BRAVE

UNIQUE

POWERFUL

WORTH IT

I BELIEVE IN ME

...SMART

I AM...

STRONG

EXQUISITE

LOVELY

...A GOOD FRIEND

...GOOD AT LISTENING
TO PEOPLE'S HEARTS

CONFIDENT

BEAUTIFUL

KIND

AMAZING

"A LOT OF AMBITION WILL GET YOU FAR, YOU ARE STONG, YOU ARE
KIND, SO GO ALONG"

CHILD CASE STUDIES

UP TO TWO CHILDREN FROM EACH VENUE WERE ASKED
ADDITIONAL QUESTIONS... HERE IS WHAT THEY HAD TO SAY

STATISTICS

FROM 30 CHILDREN WITH AN AVERAGE AGE OF 10



100%

REPORTED THAT THE
RELEASE PROGRAMME
HELPED INCREASE THEIR
CONFIDENCE

89.3%

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

WHAT DO THE CHILDREN THINK THE RELEASE PROGRAMME HAS HELPED THEM WITH?

HELPED TO PUSH MYSELF

SOCIAL ANXIETY

FEELING MORE POWERFUL AND CONFIDENT

CONFIDENCE

NEW SKILLS

HELPED ME TO SING LOUDER

IT HAS INCREASED MY CONFIDENCE WITH DANCING IN FRONT OF AN AUDIENCE

MAKING NEW FRIENDS

MY ANXIETY

TO SING IN FRONT OF EVERYONE ELSE

LISTENING

SINGING AND DANCING BETTER

THE AFFIRMATIONS HAVE HELPED ME TO REALISE I CAN DO GREAT THINGS

EXPRESSING EMOTIONS

COURAGE

MADE ME HAPPY

DANCING SKILLS

GETTING HELP TALKING ABOUT MY DARK SECRETS AND HELPING ME
WITH MY THOUGHTS

FURTHER COMMENTS

**RELEASE IS BETTER
THAN SCHOOL**

**RELEASE HAS HELPED
ME TO REALISE IT IS
NOT GOOD TO ISOLATE
YOURSELF!**

**RELEASE HAS HELPED
WITH MY MENTAL
HEALTH AND
UNDERSTANDING NOT
TO SPEND TOO MUCH
TIME ON YOUR PHONE**

**IT'S REALLY FUN AND
I'D LIKE TO COME
AGAIN**

CAN WE HAVE MORE?

I LOVE RELEASE!



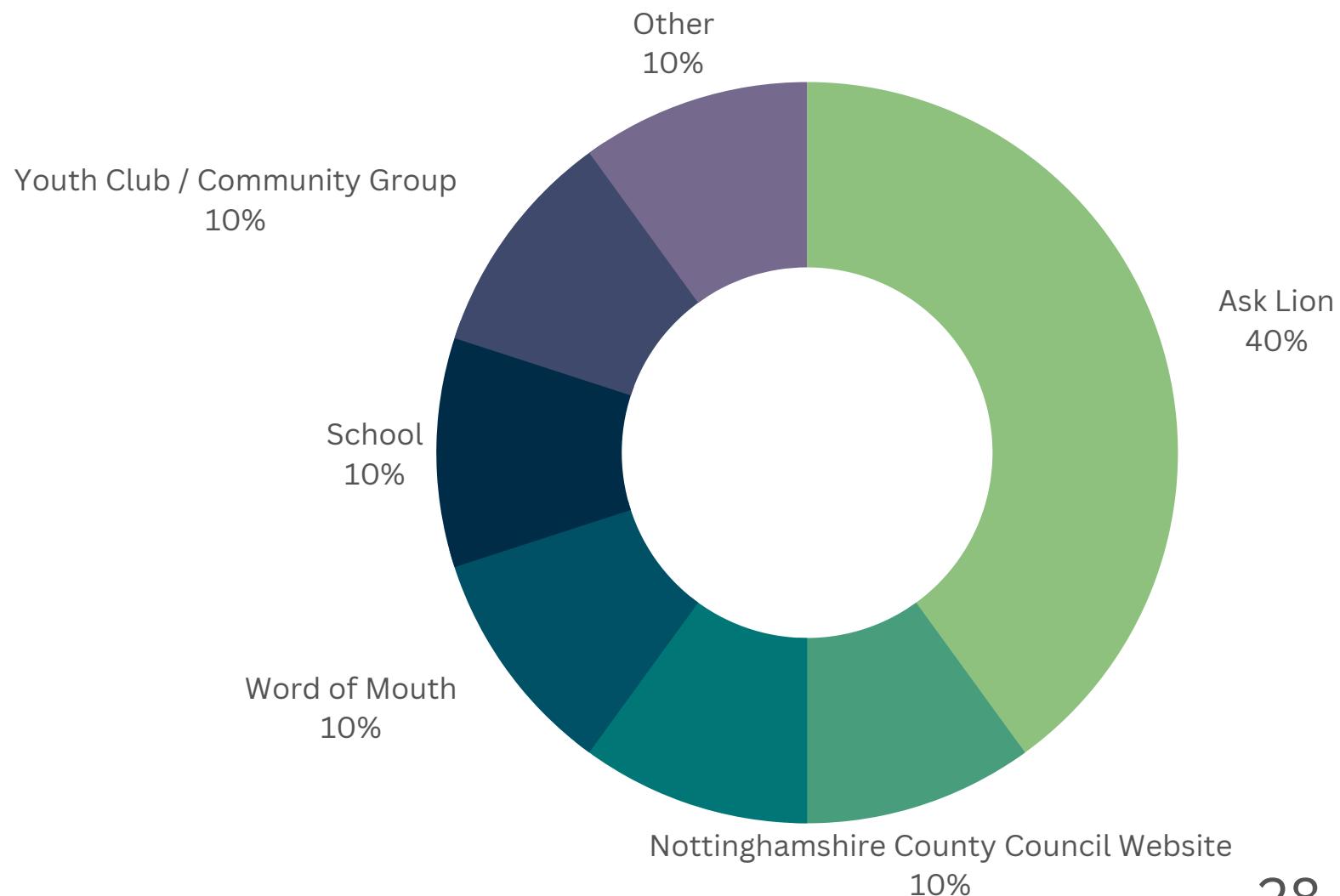
**WHAT THE PARENTS/GUARDIANS HAD
TO SAY...**

ABOUT THE PROGRAMME

80%

DID NOT KNOW ABOUT FREEDOM FOUNDATION AS AN ORGANISATION PRIOR TO BOOKING ONTO THE RELEASE PROGRAMME

WHERE DID THE ADULTS HEAR ABOUT THE RELEASE PROGRAMME?



ADULT OBSERVATIONS

50%

REPORTED THAT THEIR CHILD PARTICIPATED IN SINGING AND DANCING ACTIVITIES PRIOR TO JOINING RELEASE

100%

RATED A 4 OR 5 (OUT OF 5) WHEN ASKED "HOW MUCH DID YOUR CHILD ENJOY THE RELEASE PROGRAMME?"

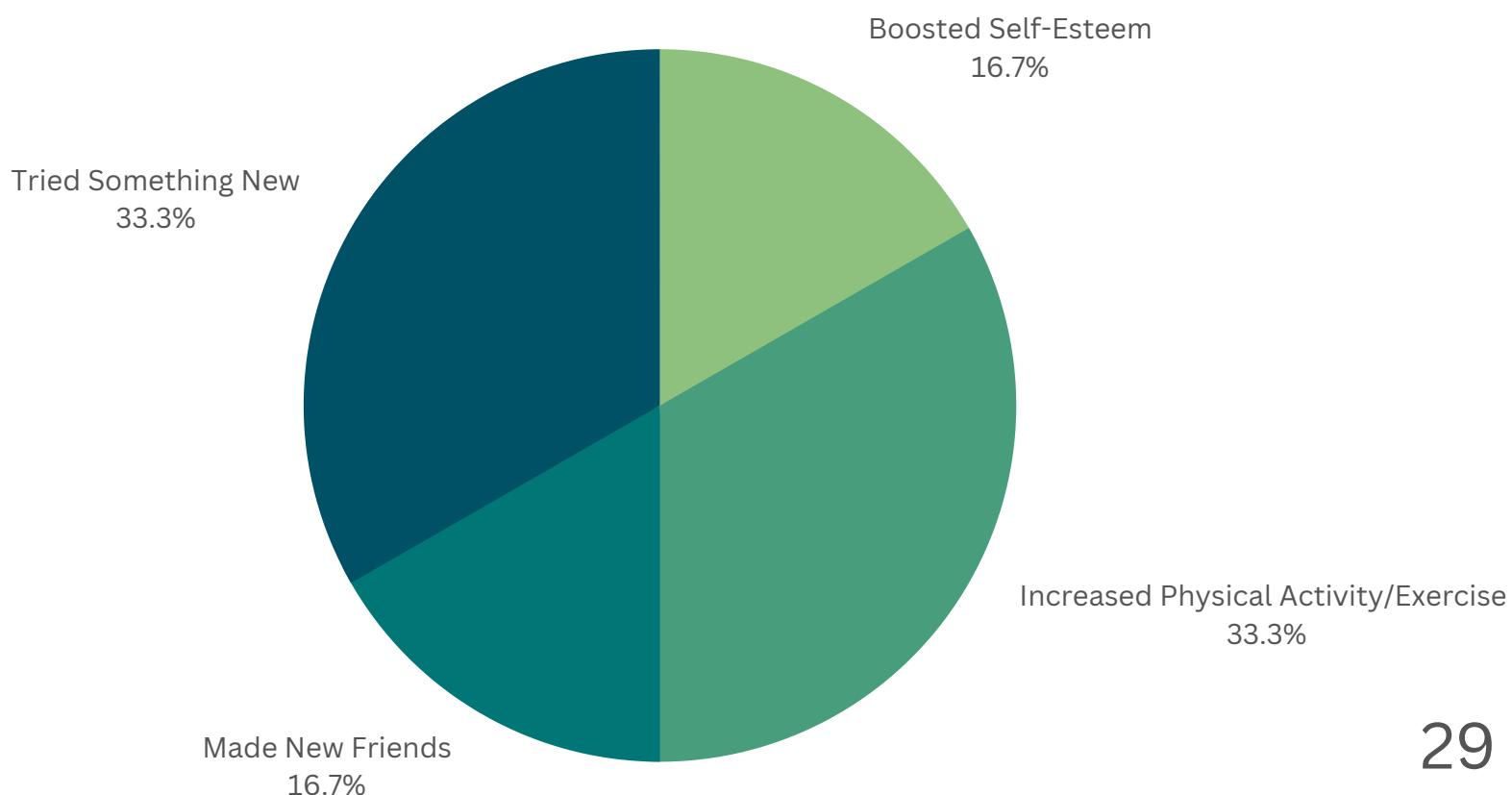
90%

REPORTED THAT THE RELEASE PROGRAMME HAS HELPED THEIR CHILD TO DEVELOP NEW SKILLS AND ABILITIES

80%

HAVE NOTICED A DIFFERENCE IN THEIR CHILD DURING AND AFTER THE RELEASE PROGRAMME

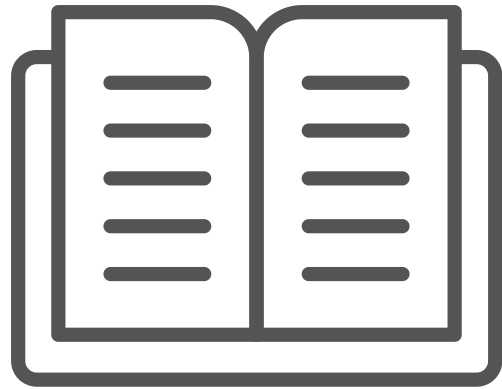
THE ADULTS REPORTED HOW THE PROGRAMME HAS HELPED THEIR CHILDREN



PRACTICALITIES

100%

REPORTED THE
BOOKING PROCESS TO
BE 'VERY GOOD'



70%

RATED THE FOOD
PROVIDED TO BE 'GOOD'
OR 'VERY GOOD'



100%

RATED THE VENUE TO
BE 'GOOD' OR 'VERY
GOOD'



EXPERIENCE

"THE FACILITATORS WERE LOVELY
AND VERY FRIENDLY. MY CHILD GOT
ON VERY WELL WITH THEM."

100%

RATED THE
FACILITATORS TO BE
KNOWLEDGEABLE
AND SUPPORTIVE

"THE FACILITATORS WERE
REALLY GOOD"

"THE TWO FACILITATORS
WERE EXCELLENT"

100%

RATED THEIR RELEASE
EXPERIENCE TO BE 'VERY
GOOD'

"MY DAUGHTER CANNOT
WAIT FOR OCTOBER HALF-
TERM TO COME AGAIN"

**"MY CHILD IS MORE
CONFIDENT"**

**"THANK YOU FOR
THIS YEAR"**

100%

**WOULD RECOMMEND THE
RELEASE PROGRAMME TO
FRIENDS AND FAMILY**

**"MY DAUGHTER
LOVED IT"**

**"KEEP UP THE
AMAZING WORK!"**

ADULT CASE STUDIES

UP TO TWO PARENTS/GUARDIANS FROM EACH VENUE WERE ASKED
ADDITIONAL QUESTIONS... HERE IS WHAT THEY HAD TO SAY

OBSERVATIONS MADE BY THE ADULTS FOLLOWING THE RELEASE PROGRAMME

A LOT MORE CONFIDENT THEY HAVE SHOWN THEY CAN TALK IN FRONT OF PEOPLE THEY HAVE NOT SPOKEN TO BEFORE

MY CHILD DOES NOT STOP SINGING

MY CHILD STILL HAS TO WORK ON NOT SMILING

TALKING MORE AT HOME

CHILD HAS OPENED UP MORE ABOUT THEIR LIFE AND HOW THEY SEE THINGS

100%

HAVE SEEN CHANGES AND INCREASED CONFIDENCE WITH THEIR CHILD FOLLOWING THE RELEASE PROGRAMME

INCREASED CONFIDENCE IN SHARING THEIR STORY/JOURNEY WITH 'SAFE' ADULTS

MATURED QUITE A BIT

CONFIDENCE WHEN PERFORMING IN FRONT OF OTHERS HAS INCREASED

CHILD HAS BECOME MORE WILLING TO JOIN IN WITH OTHERS

MY CHILD SEEMS HAPPY

CHILD HAS RELAXED

HE USED TO WANDER QUITE OFTEN, HOWEVER, HE ATTENDED TO TABLE WORK, DANCING, SINGING, AND DRAWING AT LEAST FOR A SHORT PERIOD OF TIME

CONFIDENCE HAS GROWN

WRITING
THOUGHTS,
IDEAS, AND THEIR
JOURNEY DOWN
ONTO PAPER

PARTICIPATING IN
THE WHOLE
GROUP ACTIVITIES
AND BEING
ENGAGED DURING
SESSIONS IN
GENERAL

SELF-
EXPRESSION
THROUGH
SPOKEN WORD

SEEING FRIENDS
THEY KNOW

DANCING

HAVING FUN!

INTERACTING WITH
PEOPLE THEIR OWN AGE

ENJOYED CIRCLE
TIME. THEY HAVE
LIMITED ATTENTION
SPAN, HOWEVER,
THEY TRIED TO TAKE
PART IN CIRCLE TIME
BY EXPRESSING THEIR
NAME (SEND CHILD)

THE PERFORMANCE

WHAT DO THE
ADULTS THINK
THEIR CHILD HAS
ENJOYED MOST
ABOUT THE
PROGRAMME?

THE FREEDOM TO
EXPRESS HIS
THOUGHTS AND
FEELINGS IN A WAY
THAT SUITS THEM

SINGING

BUILDING
CONFIDENCE

MAKING THEIR OWN
DANCE MOVES

EXPRESSING THEMSELVES
THROUGH RAP

CREATING BEATS AND
BASKETBALL SHOOTOUTS

MAKING NEW FRIENDS

PERFORMING AND DANCING

RELAXED ENVIRONMENT

FORMING
RELATIONSHIPS
WITH PUPILS
AND STAFF

EXPRESSING
THEMSELVES
THROUGH
DANCE

LEARNING
NEW DANCES
AND WRITING
TECHNIQUES

WHAT DO THE ADULTS THINK THEIR CHILD HAS LEARNED FROM THE PROGRAMME?

HOW TO BE
MORE
THEMSELVES

DOING THINGS
OUTSIDE OF THEIR
COMFORT ZONE

HOW TO
WORK AS
A TEAM

HOW TO TAKE
THEIR TIME
WHEN SINGING

HOW TO PUT
WORDS IN THEIR
HEAD ONTO
PAPER TO
CREATE A MUSIC
TRACK

IT IS OK
TO BE
ME

ALL THE
ASPECTS OF
PERFORMING.
BROADENING
KNOWLEDGE

THAT THEY HAVE
CHOICES AND
CHANCES, HOW
TO SPOT THEM
AND ACHIEVE
GOALS

HOW TO
BE
POSITIVE

HOW TO WORK IN
A TEAM, CARE
FOR EACH
OTHER, AND
RESPECT
OTHER'S VIEWS

IT'S GOOD TO
HAVE
CONFIDENCE,
TRY YOUR BEST,
HAVE FUN!

HOW MUSIC
CAN EVOKE
DIFFERENT
EMOTIONS

TO BE
MORE
OPEN

TO BE
HAPPY

PERSONAL SKILLS. MAKING
CONNECTIONS WITH NEW
PEOPLE

SOCIAL
SKILLS

SELF-EXPRESSION.
THINKING ABOUT
DIFFERENT
EMOTIONS.
TRIGGERS FOR
CERTAIN
BEHAVIOURS

HOW TO TAP
INTO THEIR
FEELINGS AND
FEEL MORE
CONFIDENT

HOW TO TAKE
TURNS AND
SHARE

HOW TO GET
ON WELL
WITH OTHERS

IT HAS BEEN A GREAT 2 WEEKS!

IT IS GREAT FOR
THE KIDS

ABSOLUTELY, A FANTASTIC PROGRAMME LED
BY VERY EXCELLENT FACILITATORS

YES PLEASE

IT HAS BEEN NICE TO SEE
AS THEY NEED SUPPORT IN
CERTAIN FACTORS

WE NEED MORE YOUTH
GROUPS

YES DEFINITELY!

100%

I THINK THESE
CLUBS ARE VERY
IMPORTANT FOR
OUR CHILDREN

WOULD LIKE TO SEE
MORE OF THIS
SUPPORT FOR THEM
AND THEIR FAMILY IN
THE FUTURE

WANT TO GO
TO ANOTHER

BRILLIANT
IDEA

WE WILL JOIN
THE ACTIVITY
NEXT YEAR

YES!

IT WILL BE REALLY HELPFUL TO
BUILD UP THEIR PERSONALITY
AND TO TAKE PART IN DAY-TO-DAY
LIFE ACTIVITIES IN THEIR LIVES

YES, THERE'S NOT A LOT TO
DO IN THIS COMMUNITY

FURTHER COMMENTS MADE BY PARENTS/GUARDIANS

"WE NEED MORE YOUTH GROUPS RUNNING. THE COMMUNITY GIVES A SAFE PLACE FOR CHILDREN TO GROW, MAKE FRIENDS, AND HAVE FUN. IT STOPS THEM GETTING SUNK INTO CRIME LIFE."

"I WOULD LIKE TO BOOK THIS FOR NEXT YEAR"

"THANK YOU FOR PROVIDING SUCH A WONDERFUL AND EXCITING CLUB!"

"IT HAS BEEN REALLY NICE TO SEE THEM FEEL SAFE, SUPPORTED, AND ENJOYING THEMSELVES."

"CHILD HAS ENJOYED EVERY DAY COMING AND I THINK THEY HAVE BENEFITTED A LOT FROM THIS"

"THANK YOU FOR SUCH AN AMAZING JOB IN A SHORT TIME"

"THESE ACTIVITIES GIVE MUCH VARIETY TO THEIR LIVES. THEY WILL BE ABLE TO GROW UP WITH MUCH CONFIDENCE."

"THEY HAVE ENJOYED EVERY MINUTE OF THE SESSION"

"MY THREE CHILDREN HAVE FOUND THIS AMAZING, THEY HAVE LOVED IT."

"THE FACILITATORS WERE NICE AND ENCOURAGING THANK YOU."

PARENT/GUARDIAN TESTIMONIALS

MY DAUGHTER HAS ENJOYED ALL OF IT, ESPECIALLY MEETING NEW FRIENDS. SHE HAS LEARNED NEW **BOUNDARIES** OF COMFORT - AMAZING PROGRAMME.

MY SON ENJOYED BEING ENCOURAGED AND INCLUDED, FOLLOWING THE SESSION HE HAS BEEN **HAPPIER** AND MORE CONFIDENT.

ABSOLUTELY WONDERFUL CLUB! THANK YOU SO MUCH FOR KEEPING MY GIRL ENTERTAINED, HAPPY AND MOST OF ALL **POSITIVE** ALL THROUGHOUT THE WEEK!

THANK YOU VERY MUCH! MY DAUGHTER, ALTHOUGH NOT OVERLY HAPPY WITH THE DANCING, ABSOLUTELY LOVED TAKING PART IN THE **SINGING**.

I JUST WANTED TO LET YOU KNOW MY BOYS ARE ABSOLUTELY **OBSESSED** WITH YOUR CLASSES, THEY COME HOME EVERY SINGLE NIGHT WANTING MORE!! THEY ARE 7 AND 9 AND COULDN'T BE MORE DIFFERENT, SO TO CAPTURE BOTH OF THEIR IMAGINATIONS IS SIMPLY BEYOND ME!! SO THANK YOU SOOOOOOOO MUCH!!

MY CHILD HAS BECOME **POLITER** AND **KINDER** TO FRIENDS AND PARENTS.

INITIALLY WAS RELUCTANT TO GO, HOWEVER, AFTER DAY 1 WAS VERY **HAPPY** AND WANTED TO GO EVEN AFTER THE 4-DAY PROGRAMME.

MY CHILD HAS BEEN VERY **HAPPY** AND DOES NOT WANT THE PROGRAMME TO END. HE HAS ENJOYED EVERY MINUTE.

MY CHILD HAS **NOT STOPPED TALKING** ABOUT RELEASE AT HOME.

I CANNOT TELL YOU WHAT AN AMAZING TIME MY CHILDREN HAVE HAD THIS WEEK! THANK YOU SO MUCH TO THE FACILITATORS. THEY HAVE BEEN SLOWLY **ENCOURAGING** THE CHILDREN OUT OF THEIR COMFORT ZONE AND NURTURED BY THEM. VERY **GRATEFUL** TO THE FOUNDATION.



**WHAT THE FACILITATORS HAD TO
SAY...**

HOW MUCH DID THE FACILITATORS ENJOY THEIR EXPERIENCE OF THE HOLIDAY ACTIVITY FUND?



66.7%

SAID "I LOVED IT, IT
WAS WONDERFUL,
AND I CAN'T WAIT TO
DO IT AGAIN"

33.3%

SAID "IT WAS GOOD
AND I ENJOYED IT"

HOW DID THE FACILITATORS FIND LEARNING AND DELIVERING THE PROGRAMME CONTENT?

LOVED DELIVERING IT AND FOUND IT INTERESTING TO LEARN AND I ALWAYS LIKE TO HEAR FEEDBACK ON HOW I CAN IMPROVE

DELIVERING THE PROGRAMME WAS GENERALLY GOOD BUT A LITTLE STRESSFUL AT TIMES

I FOUND THIS STRAIGHT FORWARD. I LIKE THE CREATIVITY THAT IS ALLOWED WITHIN THE DELIVERY OF THE RELEASE PROGRAMME (FOR THE FACILITATOR AND CHILDREN ATTENDING)

SIMPLE. STRAIGHT FORWARD. I HAVE DELIVERED SEVERAL TIMES.

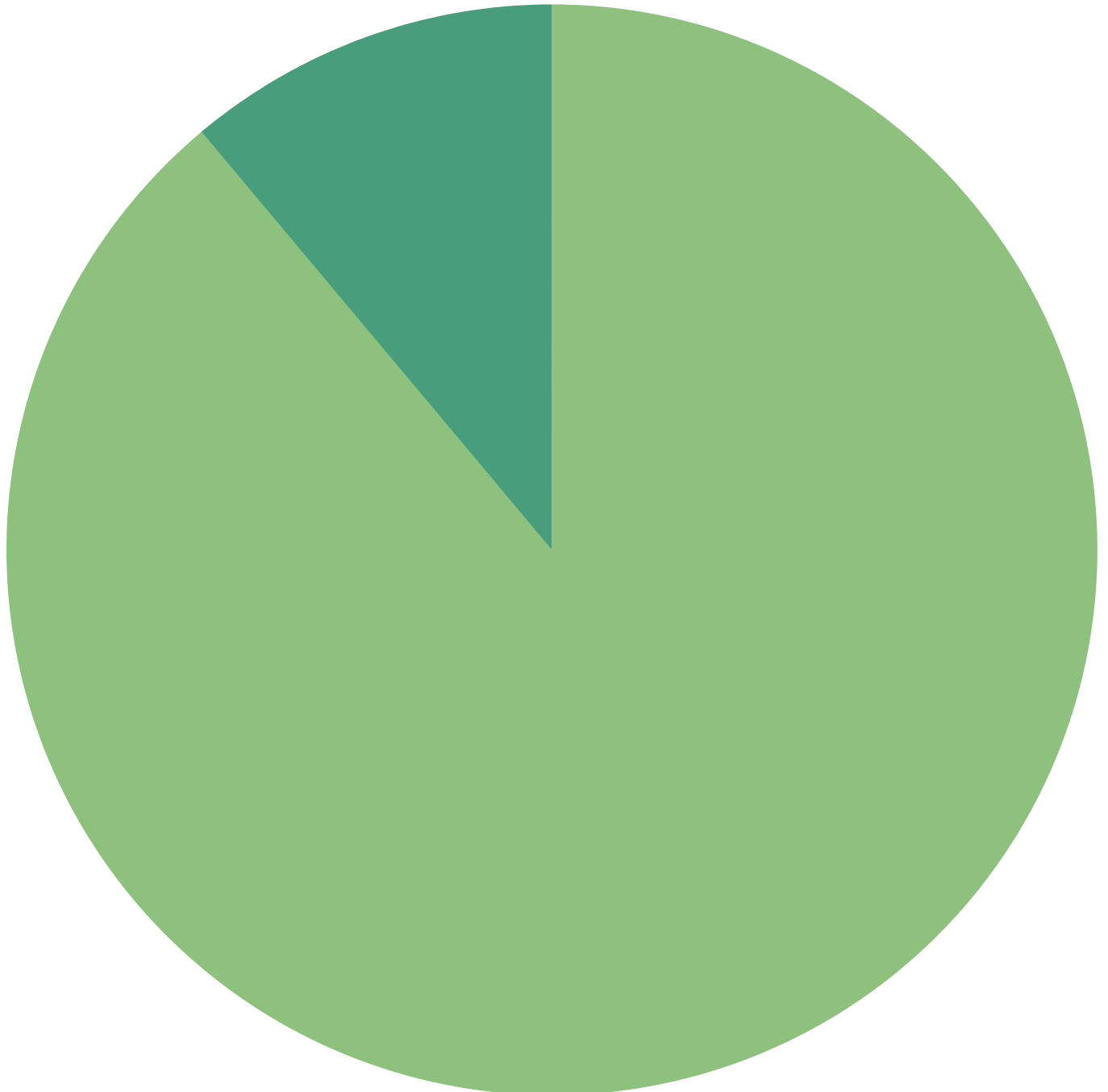
THE PROGRAMME CONTENT RESONATED WITH ME SO WAS EASY TO LEARN

I THOUGHT THE ACTUAL CONTENT OF THE PROGRAMME WAS REALLY GOOD AND REALLY PROGRESSIVE. I FOUND IT OPENED UP REALLY IMPORTANT CONVERSATIONS WITH THE YOUNG PEOPLE. I REALLY ENJOYED DELIVERING THIS CONTENT!

IT WAS SO REWARDING AND IT HAD GREAT CONTENT.

DID THE RESOURCES PROVIDED SUPPORT YOUR ROLE?

Yes To Some Extent
11.1%



Yes Fully
88.9%

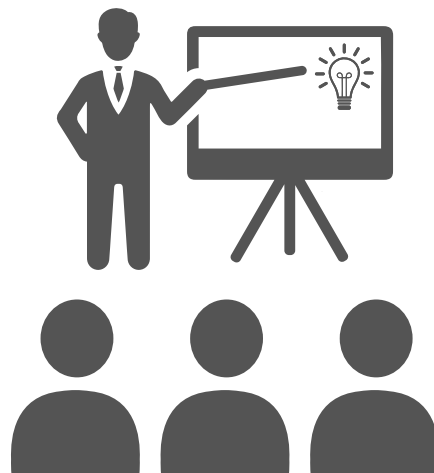
TRAINING

88.9%

REPORTED THE FREEDOM
FOUNDATION TRAINING
PROVIDED HELPED THEM TO
FEEL FULLY PREPARED FOR
THEIR ROLE

88.9%

REPORTED THE SAFEGUARDING
TRAINING PROVIDED HELPED
THEM TO FEEL FULLY PREPARED
TO DEAL WITH SAFEGUARDING
ISSUES



88.9%

REPORTED THAT THE FIRST-AID
TRAINING PROVIDED HELPED
THEM TO FEEL FULLY PREPARED
TO DELIVER FIRST-AID IF
REQUIRED

87.5%

REPORTED THAT THE SEND
TRAINING PROVIDED HELPED
THEM TO FEEL FULLY PREPARED
TO SUPPORT CHILDREN WITH
ADDITIONAL NEEDS

ACCESSIBILITY AND USER-FRIENDLY?

100%

REPORTED THE SAFEGUARDING TRAINING TO BE VERY EASY TO UNDERSTAND/ACCESS AND VERY USER FRIENDLY

- YOU'RE NEVER FULLY READY FOR A SAFEGUARDING SITUATION, IT CATCHES YOU OFF-GUARD BUT I FELT SUPPORTED.
- THE TRAINING COULDN'T HAVE BEEN MORE ACCESSIBLE/USER-FRIENDLY. IT WAS REALLY EASY.
- I THINK IT WAS FINE AS IT WAS
- VERY ACCESSIBLE
- MAYBE INCLUDE EXAMPLE SCENARIOS (WITH THE CORRECT CENSORSHIP)
- MAYBE INCLUDE MORE QUIZZES RATHER THAN JUST INFORMATION

- AGAIN YOU ARE NEVER FULLY READY FOR IT BUT THE FIRST-AID TRAINING WAS VERY GOOD
- IT WAS VERY LONG
- VERY ACCESSIBLE
- THE TRAINING DOES NOT NEED TO BE MORE ACCESSIBLE, IT WAS EASY TO FOLLOW AND FUN TO DO

88.9%

REPORTED THE FIRST-AID TRAINING TO BE VERY EASY TO UNDERSTAND/ACCESS AND VERY USER FRIENDLY

77.8%


REPORTED THE SEND TRAINING TO BE VERY EASY TO UNDERSTAND/ACCESS AND VERY USER FRIENDLY

- I GOT ON THE WRONG VIDEO CALL LINK SO MISSED THE FIRST BIT BUT PICKED IT UP FINE!

FURTHER COMMENTS



**FANTASTIC TEAM,
SO SUPPORTIVE
AND PASSIONATE
ABOUT WHAT THEY
DO, IT'S BEEN
AMAZING!**



**"A GREAT
PROGRAMME AND
CONSISTENT
SUPPORT FROM
THE TEAM FROM
START TO FINISH**

FEED-FORWARD COMMENTS: ADULTS AND FACILITATORS

**"BETTER ADVERTISING" -
PARENT/GUARDIAN**

**"DELIVERING THE CONTENT WAS LESS EASY AT THE
HAF CLUB DUE TO THE SHORT SESSIONS WITH THE
CHILDREN" - FACILITATOR - SUGGESTS THAT
LONGER SESSIONS WOULD BE MORE BENEFICIAL
FOR DELIVERING THE CONTENT THOROUGHLY**

**"PERHAPS FURTHER MARKETING
TO RAISE AWARENESS" -
PARENT/GUARDIAN**

TEACHER TESTIMONIALS

THE GROUP WERE AMAZING TO WORK WITH, THEY SHOWED GREAT ENERGY AND ENTHUSIASM THROUGHOUT. I ESPECIALLY ENJOYED THE SONG WRITING, ALLOWING THEM TO EXPRESS THEMSELVES IN A POSITIVE WAY WAS VERY REWARDING

I JUST WANT TO THANK YOU AGAIN FOR THE SESSIONS THAT YOU RAN AT THE START OF AUGUST FOR NOTTINGHAM EDUCATION WHICH WERE VERY WARMLY RECEIVED BY BOTH STAFF AND STUDENTS - THE STUDENTS DIDN'T WANT THE WEEK TO END! (HEAD OF PROVISION. SENCo)

EMAIL SENT BY A PARENT AFTER ATTENDING A RELEASE SESSION

Dear Ladies & Gents

I would be extremely grateful if you could circulate this ode of gratitude to your fellow employees. Right now this club, it's just a fun kiddies club for laughs and loves! It is genuinely urgently needed respite care for both myself and my husband!

I struggle daily with Bipolar Disorder, Type 1 Diabetes, and Historical Chronic Pancreatitis and my brain continually toys with the idea that suicide is the answer to all of my family's problems! I know that my 7 & 9 year olds have seen more pain, hurt, and distress than more people will ever see in their entire lives! I take over 30 medications daily and my children have found me unresponsive several times resulting in hospitalisation!

This isn't just 'A Club' this is respite care for my entire family! This isn't just 'A club', it's a reminder to my children that they are, JUST THAT!!! JUST CHILDREN! For 4 hours daily they are FREE!! FREE from the constrain on their 'POORLY MUMMY' free from that school yard bully, who saw me injecting insulin and then circulated the rumour I was a heroin addict and got me banned from picking my own children up from school, just incase those rumours were true!!!

So for 4 days this week my children have soared free, laughed loudly, and run wildly!!

So for 4 hours today, my children have breathed soooo deep and soooo sweetly, that for those 4 hours today YOU!! YOU !!! HAVE ALL given our sweet little boys the chance to live a NORMAL LIFE!! Today might have been that first beautiful spark of light, of positivity, of freedom, of joy that may have saved them from a life of pain! A life free of victimhood! A life devoid of emotional anchors that may well have stunted them from aiming to cut that beautiful pure light short! Today you really did save a life! If I'm honest... It was my life that you saved because today, like most days in recent history, I felt like this should be my last! BUT, today my children ran into my arms, screaming, laughing, infecting my entire spirit with sooo much warmth, love and joy, that it wiped today's slate clean! You pressed reset on that button that has ALWAYS been too far from my reach! You truly delivered my boys, my beautiful children, the chance to be free to play, to laugh, and to live their very best life!! This is no gimmick, no T-shirt or bumper sticker!

I will NEVER be able to repay you because I found your group, I filled the form out and secured a spot for them! I, ME, MISERABLE, self loathing self, managed to turn my usual, low, horrible self to seek help... To find a different future path to my boys and boy did you accept the challenge you absolutely BEASTED IT!!! You transformed my family and I will NEVER EVER be able to thank you for what you have done to my family! Thank you, THANK YOU SOOOOOO MUCH. I know, life doesn't just flip 360, BUT THE STEPS HAVE BEEN MADE! The thoughts have been imbedded, the new routes have been planted and those smiles, will NEVER be forgotten!!!

Thank you!

From the bottom of my newly warmed heart!!

XXXXXXXXX THANK YOU XXXXXXX



THANK YOU!

TO ALL OF OUR STAFF
AND
DELIVERY PARTNERS



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