



FREEDOM FOUNDATION

HOLIDAY ACTIVITY FUND
OCTOBER 2022

Katie Spreadborough

CONTENTS

FOREWORD	2
OUR PARTNERS	3
MEALS + FOOD PROVIDERS	5
SNAPSHOT + IMPACT	6
STUDENT FEEDBACK: PRE-HAF EVALUATION SUMMARY	8
STUDENT FEEDBACK: POST-HAF EVALUATION SUMMARY	11
CASE STUDY: STUDENT	13
CASE STUDY: ADULT	15
ADULT FEEDBACK	17
FACILITATOR FEEDBACK	22
THANK YOU!	25

FOREWORD



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.

THE LAST YEAR HAS BEEN A CHALLENGING ONE FOR MANY FAMILIES SO THIS YEAR 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.

LAURA GRANT - DIRECTOR

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 



 **Nottinghamshire**
County Council

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 AND FOOD PARTNERSHIPS



UK FOOD AID
COMMUNITY CIC

THANK YOU TO OUR FOOD PROVIDERS!

SNAPSHOT + IMPACT



109 STUDENTS SUPPORTED



4 DELIVERY PARTNERS



23 FACILITATORS

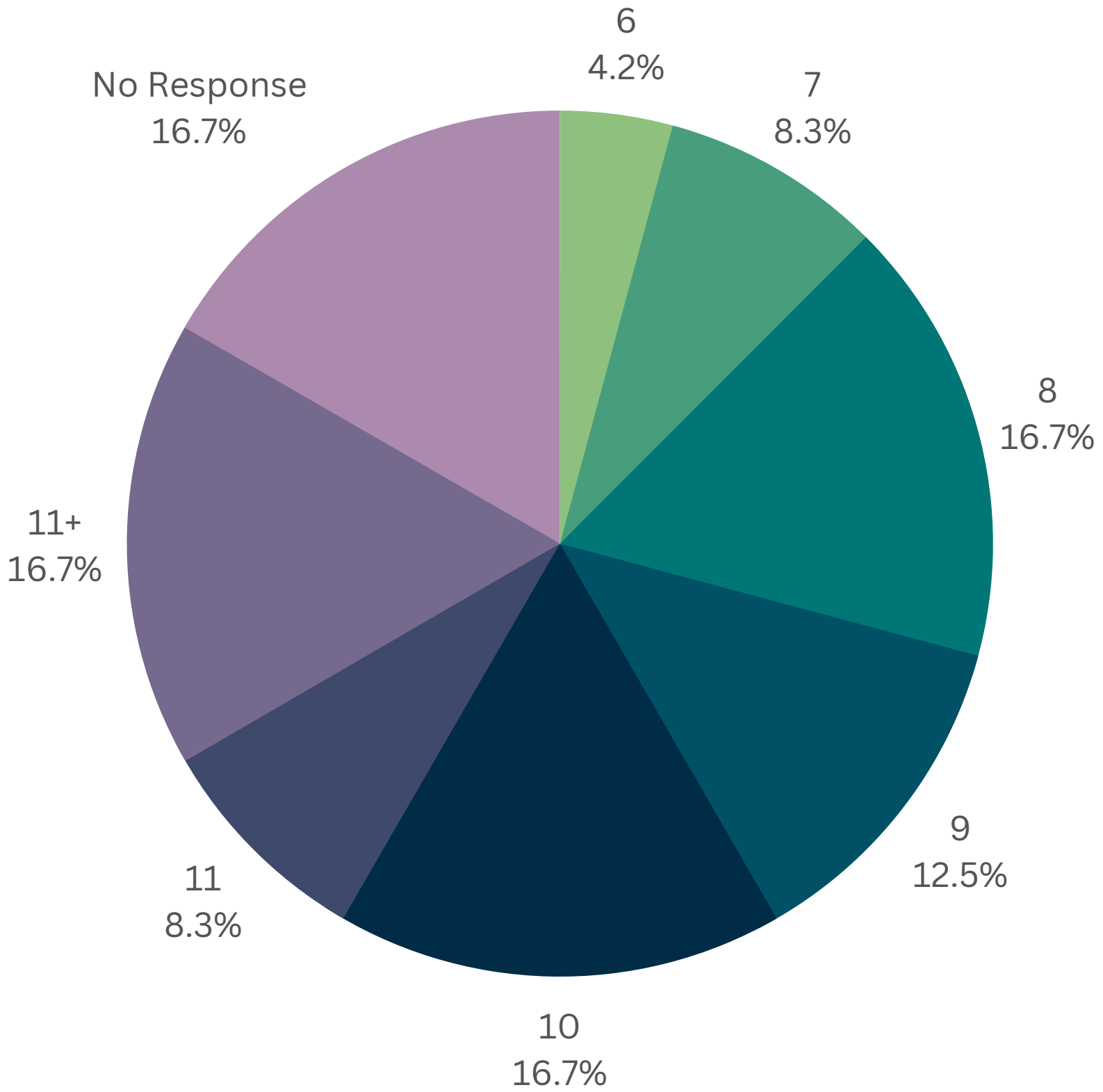


8 CLUBS



**2 ALTERNATIVE PROVISION
VENUES**

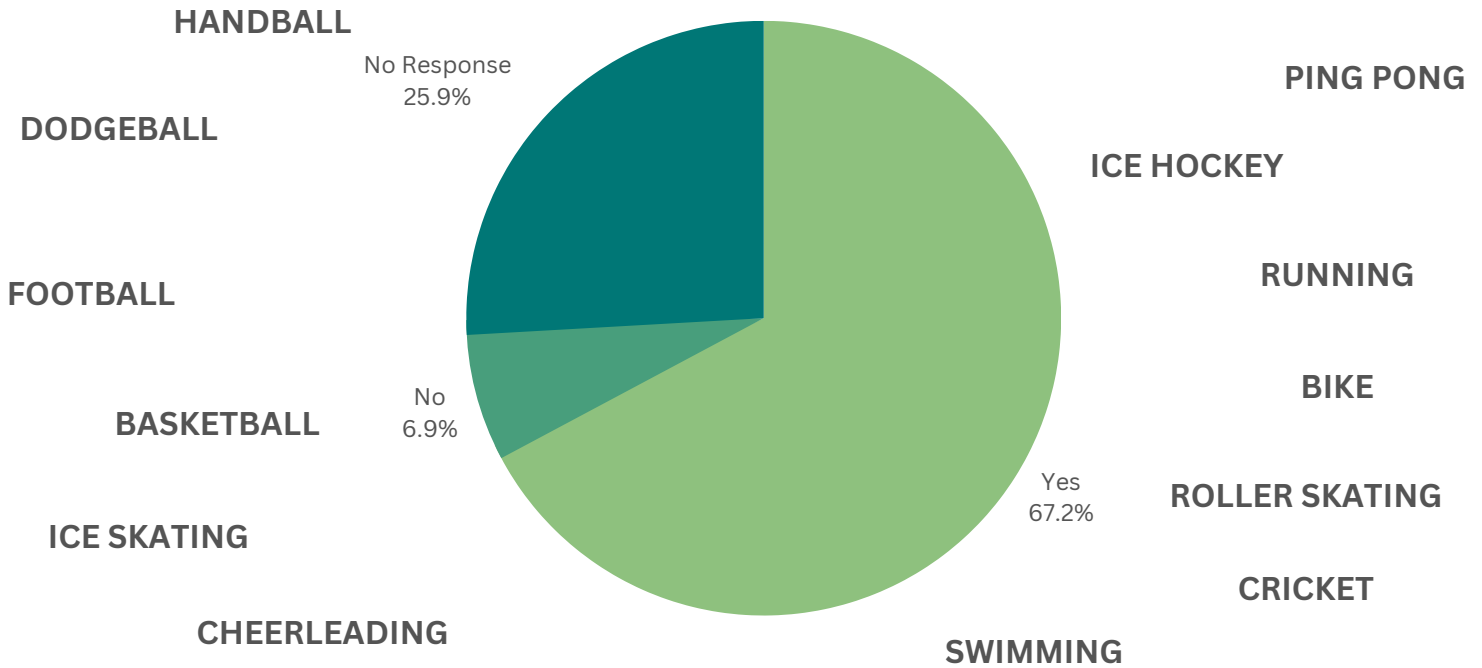
STUDENT AGES



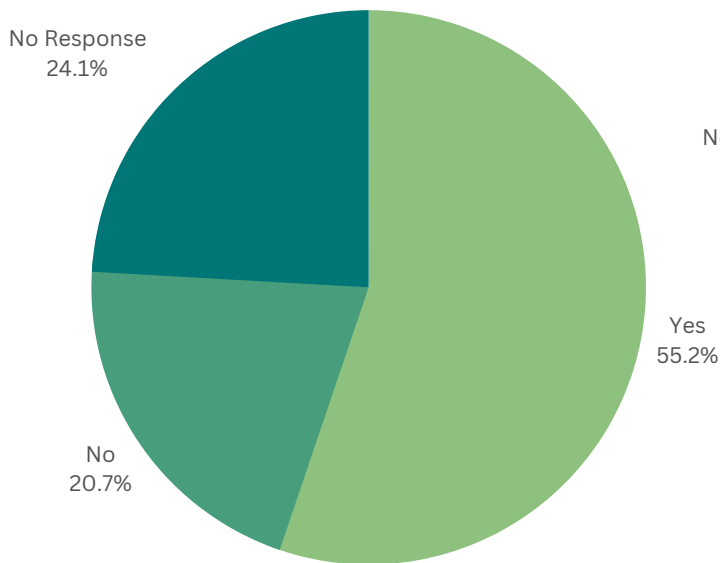
PRE-HAF EVALUATION SUMMARY

77 STUDENTS WERE PRESENT AT THIS SESSION

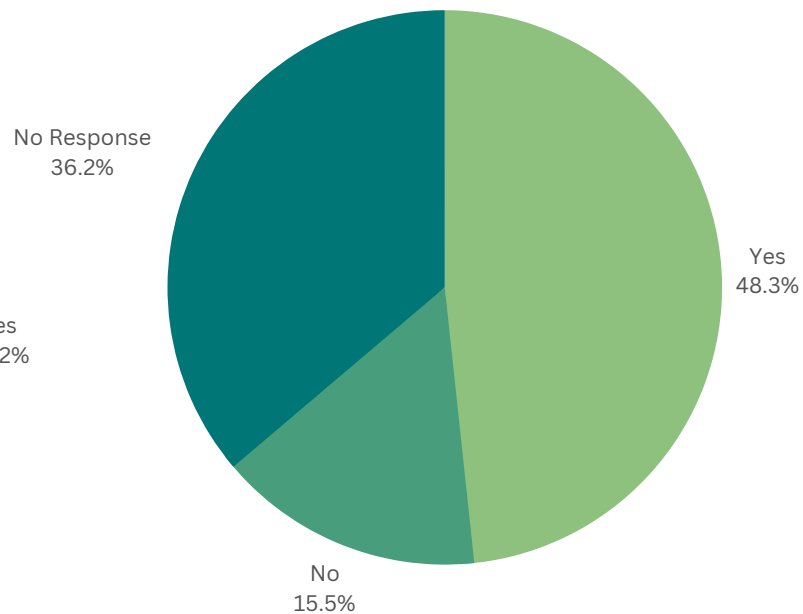
HAVE THE STUDENTS PLAYED SPORTS BEFORE? WHAT SPORTS HAVE THEY PLAYED?



DO THEY ENJOY SINGING?



HAVE THEY EVER WRITTEN A SONG OR POEM?



79.3%

OF STUDENTS HAD
DANCED **BEFORE** JOINING
THE HAF PROGRAMME

IMPACT



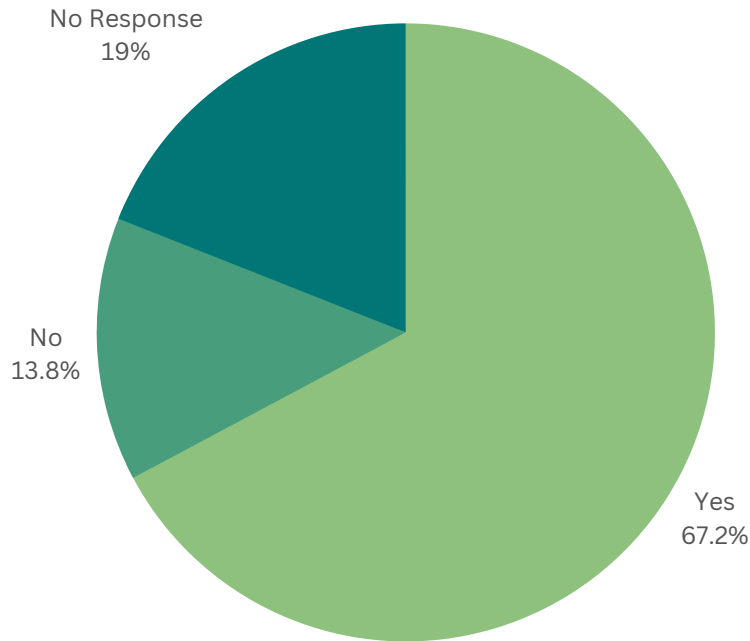
87.5%

OF THE STUDENTS WHO
RESPONDED SAID THEY
WOULD CARRY ON
DANCING / SINGING
FOLLOWING HAF

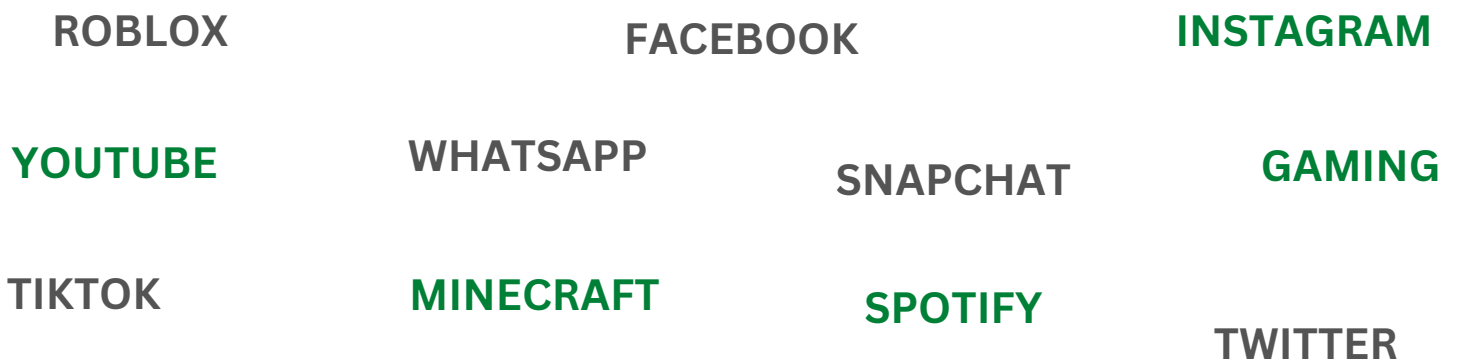
PRE-HAF EVALUATION SUMMARY

77 STUDENTS WERE PRESENT AT THIS SESSION

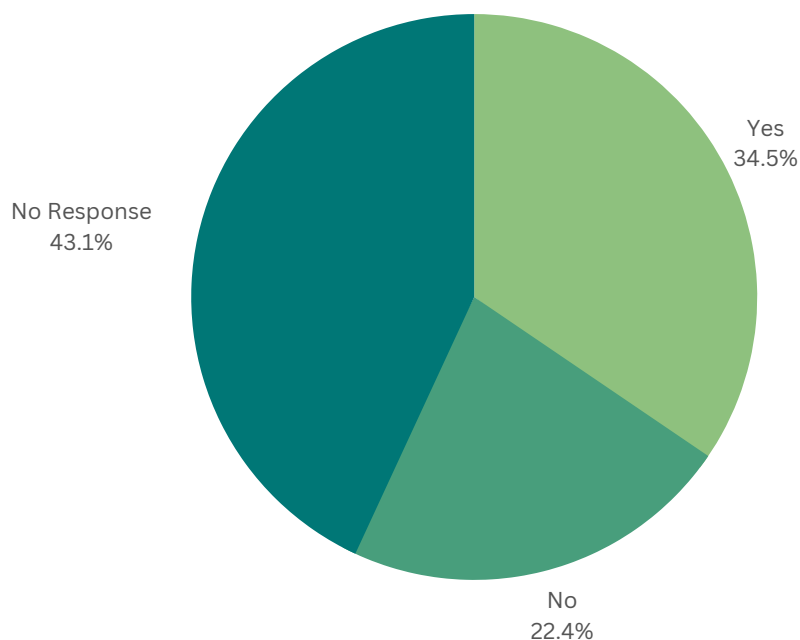
DO THE STUDENTS HAVE A SOCIAL MEDIA PROFILE?



WHICH SOCIAL MEDIA SITES DO THEY USE?



HAVE THE STUDENTS EVER FELT UNSAFE ONLINE?



PRE-HAF EVALUATION SUMMARY

77 STUDENTS WERE PRESENT AT THIS SESSION

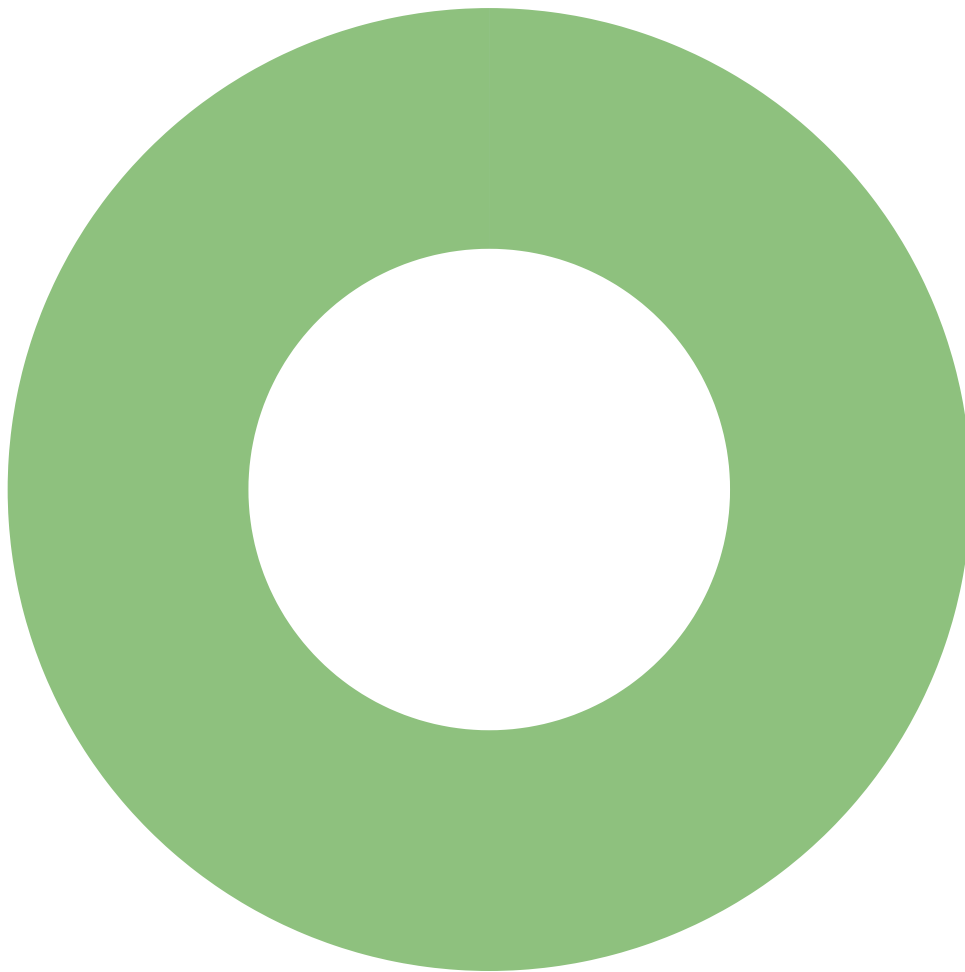
HOW DO THE STUDENTS FEEL ABOUT JOINING THE HAF PROGRAMME?



POST-HAF EVALUATION SUMMARY

67 STUDENTS WERE PRESENT AT THIS SESSION

DID THE STUDENTS ENJOY THE PROGRAMME?



Yes
100%

WHAT HAVE THE STUDENTS ENJOYED MOST ABOUT THE PROGRAMME?

IT MAKES MY DAY **DISCUSSION**
BEING ABLE TO BE MYSELF **PLAYING WITH MY FRIENDS**
FOOD **SINGING**
GAMES **MAKING NEW FRIENDS**
DANCING **EVERYTHING**
THIS IS THE MOST FUN I HAVE HAD OUTSIDE OF HOME

POST-HAF EVALUATION SUMMARY

67 STUDENTS WERE PRESENT AT THIS SESSION

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

DELETE, REPORT, OR TELL A TRUSTED ADULT

NOT TALKING TO STRANGERS

THERE ARE TROLLS

ALWAYS BE KIND TO PEOPLE

PEOPLE CAN SCAM YOU

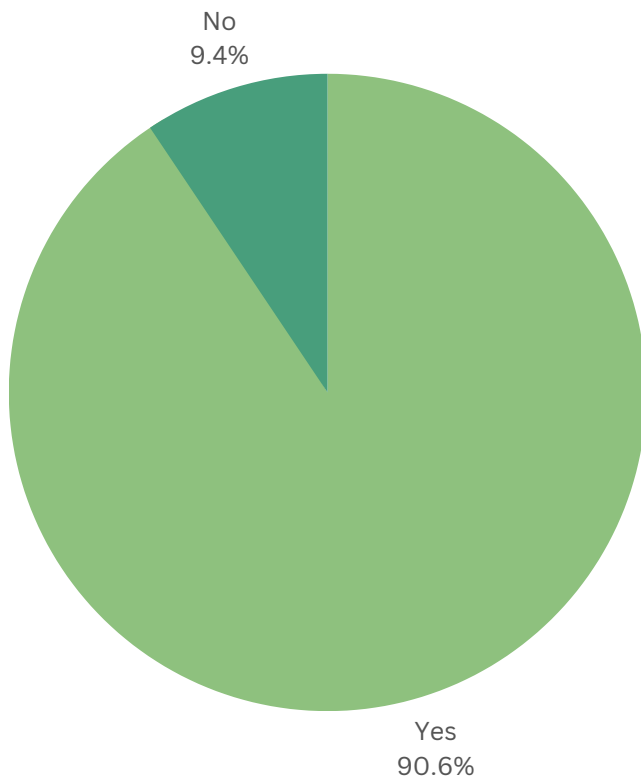
DON'T SHARE PERSONAL INFORMATION - PASSWORD

PRIVATE ACCOUNT

REPORTING WRONGDOING

IF SOMEONE IS BEING MEAN OR ANNOYING, BLOCK THEM!

HAS THE PROGRAMME HELPED THE STUDENTS TO WRITE DOWN THEIR EMOTIONS AND FEELINGS?



THE STUDENTS WROTE DOWN THEIR OWN AFFIRMATIONS...

I AM STRONG

MY JOURNEY TO THE TOP WILL NOT TAKE LONG

I AM AMAZING

I AM KIND

123 AT THE FACTORY I'LL BE WHO I CAN BE

THE STUDENTS LEARNED A LOT ABOUT THEMSELVES...

PERFORMING ARTS IS FUN

I CAN PERFORM TO PEOPLE

I AM A GOOD FRIEND

I AM A GOOD SINGER AND DANCER

NOT TO BE SHY ABOUT SINGING

I AM KIND

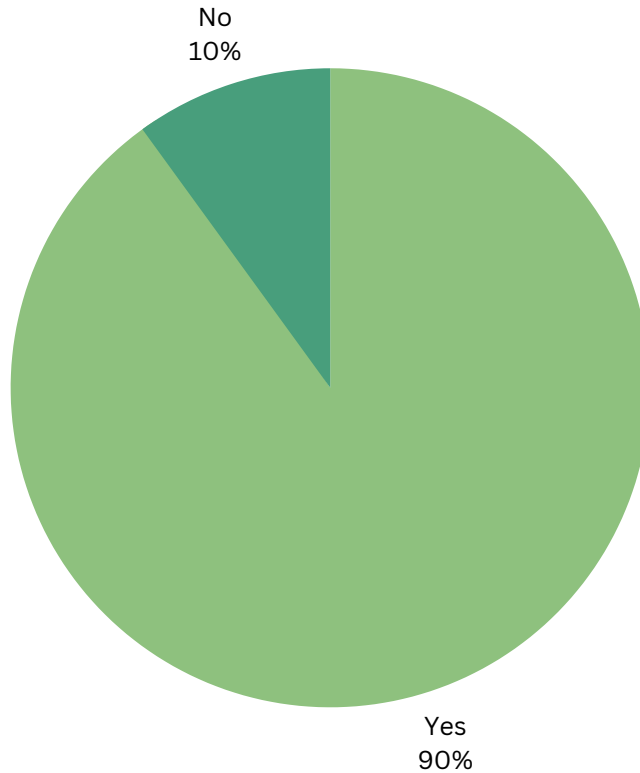
I HAVE LEARNT I CAN HAVE FUN AND BE CONFIDENT

CASE STUDY - STUDENT

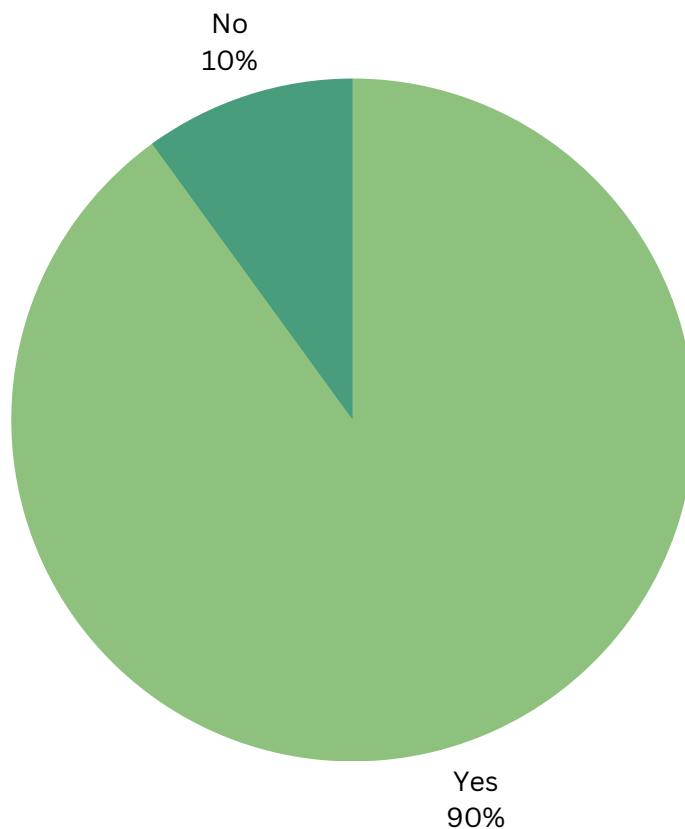
UP TO TWO STUDENTS FROM EACH VENUE WERE ASKED ADDITIONAL QUESTIONS...
HERE IS WHAT THEY HAD TO SAY

RESPONSES BASED FROM 10 STUDENTS WITH AN AVERAGE AGE OF 8 YEARS

HAS THE PROGRAMME HELPED INCREASE THE STUDENTS' CONFIDENCE?



HAS THE PROGRAMME HELPED THE STUDENTS TO WRITE DOWN THEIR FEELINGS AND EMOTIONS?

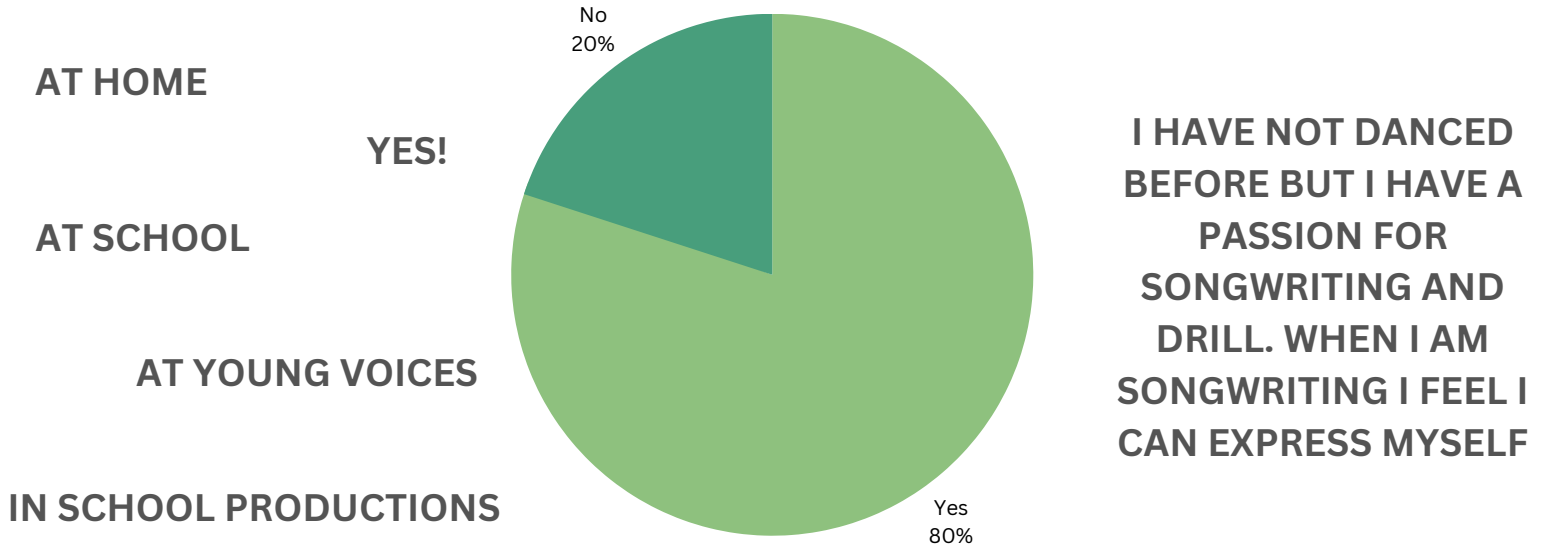


CASE STUDY - STUDENT

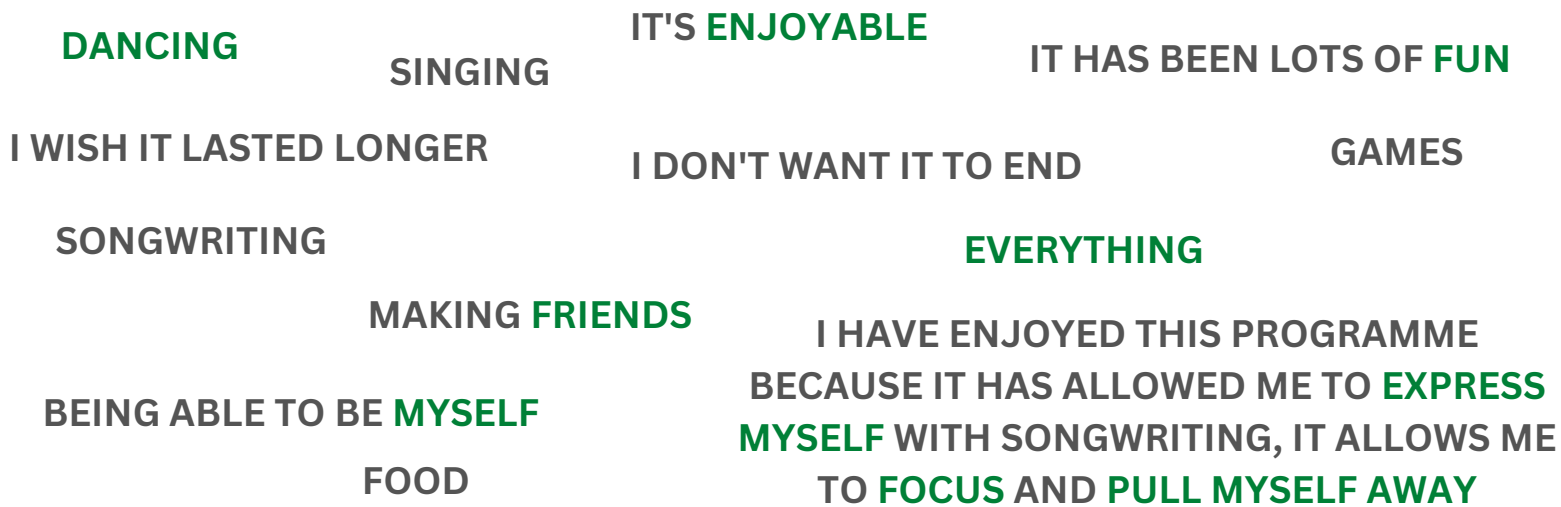
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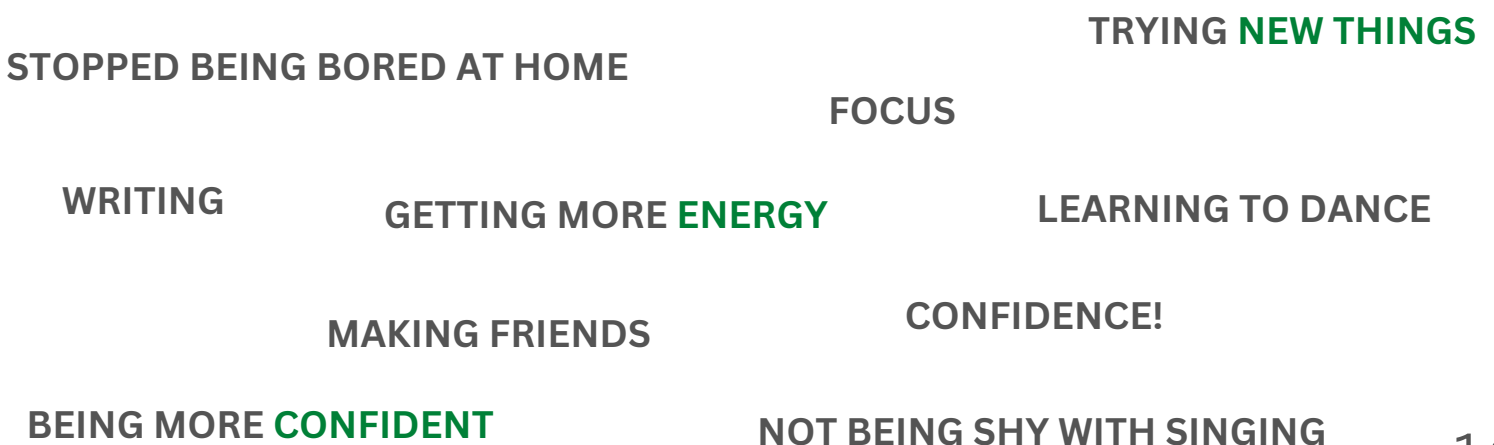
HAVE THE STUDENTS EVER SANG OR DANCED BEFORE?



WHAT DID THE STUDENTS ENJOY MOST ABOUT THE PROGRAMME?



WHAT DO THE STUDENTS FEEL THE PROGRAMME HAS HELPED THEM WITH?



CASE STUDY - ADULT

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

RESPONSES BASED FROM 10 ADULTS

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

WRITING LYRICS

MAKING FRIENDS

BEING TOTALLY FOCUSED ON THIS TASK

THE WRITING OF THE MUSIC

WRITING AFFIRMATIONS AND POEMS

DANCING

REALLY ENJOYED

GETTING TO SING

SINGING

BEING WITH OTHER CHILDREN

MEETING NEW FRIENDS

OBSERVATIONS MADE BY THE ADULTS FOLLOWING THE PROGRAMME

ALTHOUGH THEY ARE QUITE CONFIDENT, THEY WEREN'T CONFIDENT SHARING THEIR LYRICS OR LETTING OTHERS READ IT. WHEN THE TASK IS DONE, THEN PEOPLE CAN SEE THEIR WORK.

MY CHILD IS USUALLY SHY, SO IT IS NICE TO SEE THEM PUSH THEMSELVES TO PERFORM

INCREASED ENTHUSIASM FOR MUSIC AND DANCE

90%

REPORTED THAT THEY HAD SEEN CHANGES IN THE CHILD FOLLOWING THE PROGRAMME

MORE CONFIDENCE

THEY KEEP ON COMING AND WANTING TO BE INVOLVED

I HAVE SEEN DIFFERENCES, THEY STRUGGLE WITH ANXIETY AND PERFORMING. TO SEE THEM STAND ON STAGE AND SING WAS GREAT.

I THINK THE PROGRAMME HAS INCREASED THEIR CONFIDENCE OF SHARING THEIR MUSIC WITH OTHERS WHICH THEY AREN'T FAMILIAR WITH DOING

CASE STUDY - ADULT

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

RESPONSES BASED FROM 10 ADULTS

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

YOU CAN **SURPRISE** YOURSELF IN WHAT YOU CAN **ACHIEVE**

THEY HAVE LEARNED TO MAKE BEATS

THEY ARE MORE **CONFIDENT**

BUILDING POSITIVE RELATIONSHIPS

IT WAS THEIR FIRST TIME WRITING MUSIC

TO TAKE PART IN A GROUP ACTIVITY AND **PERFORM IN FRONT OF AN AUDIENCE**

TO DANCE

HOW TO WRITE AND SING

THEY HAVE MORE OF AN **UNDERSTANDING** ABOUT HOW TO CREATE A BEAT AND LEARNED HOW TO **STATE HOW THEY ARE FEELING** BEFORE AND AFTER THEY HAVE DONE SOMETHING

TO SPEAK UP IN GROUPS

WOULD THE ADULTS LIKE TO SEE MORE OF THIS SUPPORT FOR THEIR FAMILY IN THE FUTURE?

YES PLEASE!

THANK YOU!

MY CHILD CANNOT WAIT FOR THE NEXT ONE!

MY CHILD HAS REALLY ENJOYED THIS AND CANNOT WAIT FOR THE NEXT ONE

KEEP IT UP & THANK YOU!

YES!
100%

ADULT FEEDBACK

FEEDBACK PROVIDED BY 8 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

100%

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

THANK YOU, MY CHILD HAD AN AMAZING
TIME!

100%

THANK YOU!

RATED THEIR EXPERIENCE
OF THE PROGRAMME TO
BE 'VERY GOOD' OR 'GOOD'

KEEP UP THE
GREAT WORK!

MY CHILD HAD A FANTASTIC TIME.
THEY LIVE TO DANCE AND MEET NEW
PEOPLE. THEY WERE VERY EXCITED
ABOUT GOING TO EVERY SESSION
AND WERE SAD IT WAS ONLY 4 DAYS.

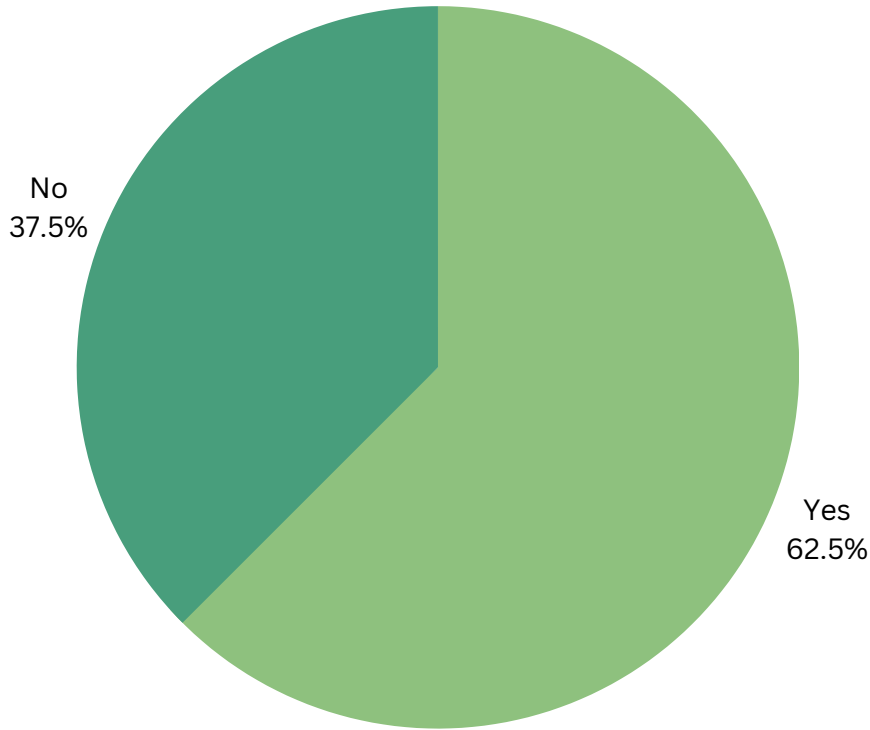
100%

WOULD RECOMMEND THE
PROGRAMME TO FRIENDS
AND FAMILY

ADULT FEEDBACK

FEEDBACK PROVIDED BY 8 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

HAD THEIR CHILD TAKEN PART IN SINGING / DANCING ACTIVITIES PRIOR TO JOINING THE PROGRAMME?



THEY ARE MORE CONFIDENT AND OUTGOING

THEY ARE MORE CONFIDENT IN THEIR ABILITIES TO DANCE

THEY WERE UNSURE ABOUT GOING BUT ENJOYED IT THAT MUCH THAT THEY HAVE ASKED TO FIND MORE GROUPS LIKE IT AND IT'S LOVELY TO SEE THEM EXCITED ABOUT IT

100%

REPORTED THAT THEY HAVE NOTICED A DIFFERENCE IN THEIR CHILD SINCE THEY TOOK PART IN THE PROGRAMME

THEY ARE SO MUCH HAPPIER THOSE DAYS THAN REGULAR

THEY ARE SINGING MORE

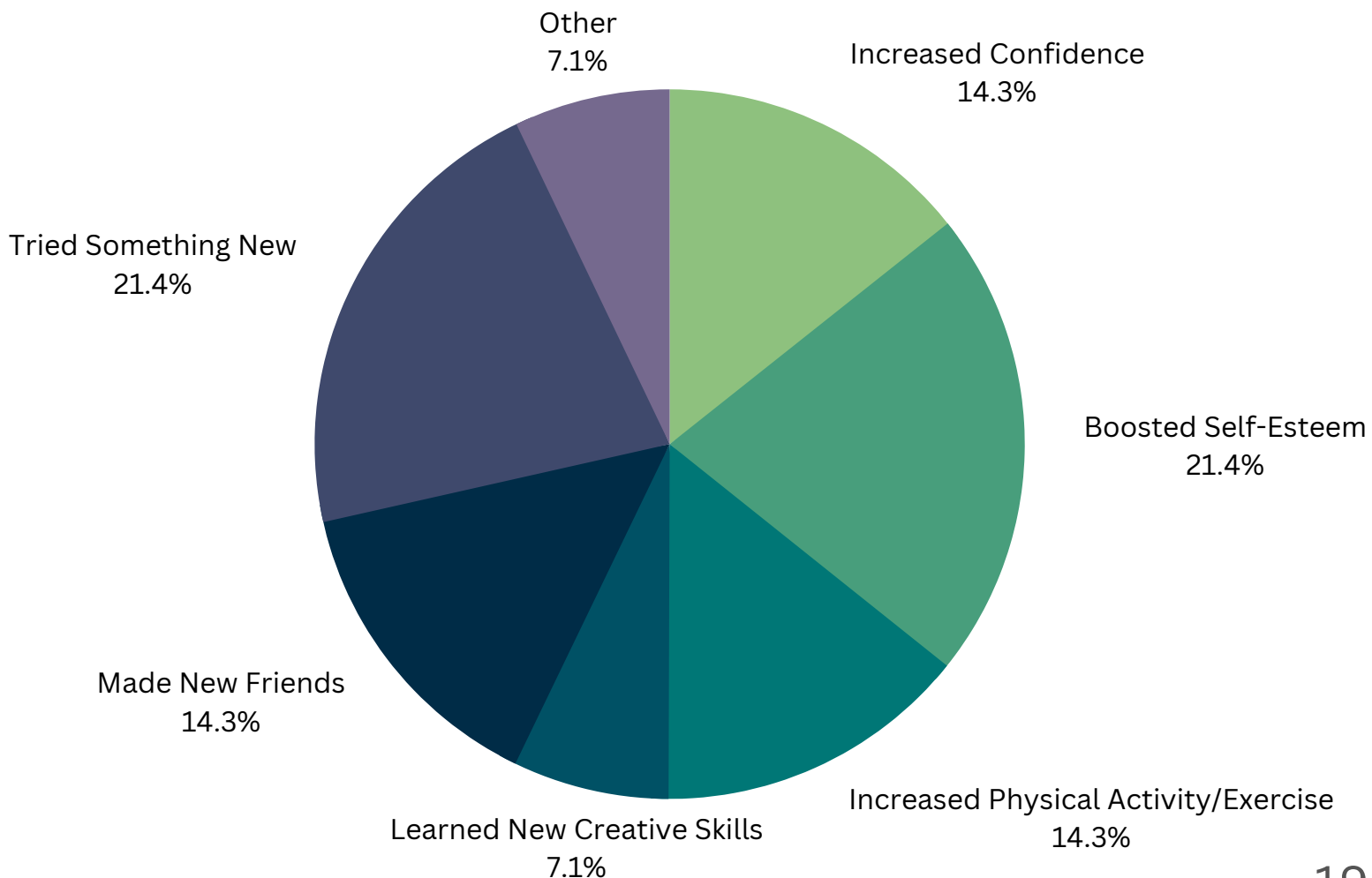
ADULT FEEDBACK

FEEDBACK PROVIDED BY 8 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

100%

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

HOW DID THE PROGRAMME HELP THE STUDENTS DEVELOP THEIR SKILLS / ABILITIES?

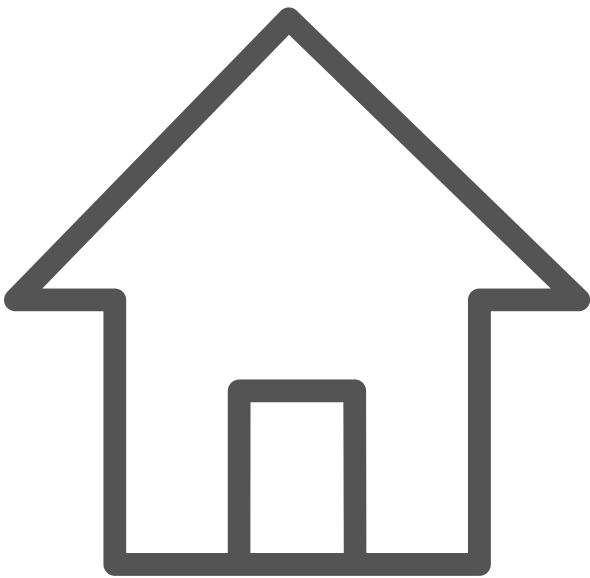
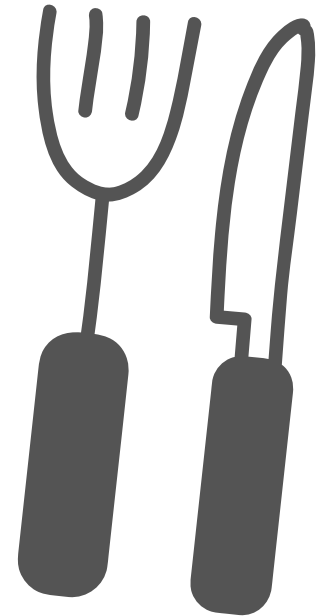


ADULT FEEDBACK

FEEDBACK PROVIDED BY 8 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

75%

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

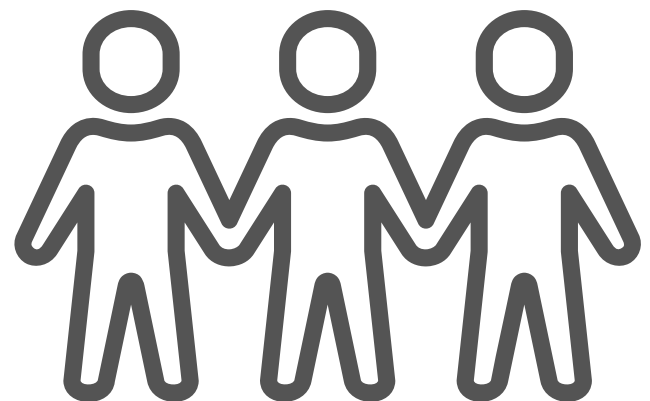


100%

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

100%

REPORTED THAT THE FACILITATORS WERE KNOWLEDGEABLE AND SUPPORTIVE



ADULT FEEDBACK

FEEDBACK PROVIDED BY 8 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

ONLY 1 OUT OF THE 8 ADULTS KNEW ABOUT FREEDOM FOUNDATION BEFORE BOOKING ONTO THE PROGRAMME

WHERE DID THE ADULTS HEAR ABOUT THE PROGRAMME?

Other
12.5%

Nottinghamshire County Council Website
25%

Word of Mouth
12.5%

School
50%

100%

RATED THE BOOKING AND COMMUNICATION PROCESS TO BE 'VERY GOOD' OR 'GOOD'

FACILITATOR FEEDBACK

FEEDBACK PROVIDED BY 4 FACILITATORS WHO COMPLETED A QUESTIONNAIRE

HOW MUCH DID YOU ENJOY YOUR EXPERIENCE OF THE HOLIDAY ACTIVITY FUND?

100%

RESPONDED THAT THEY 'LOVED IT, IT WAS WONDERFUL AND I
CAN'T WAIT TO DO IT AGAIN!' OR THAT 'IT WAS GOOD AND I
ENJOYED IT'

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

I ABSOLUTELY LOVED IT, JOSH
(ANOTHER FACILITATOR) IS SO
CREATIVE AND BRINGS SO
MANY INNOVATIVE IDEAS THAT
TAUGHT THE KIDS ABOUT HOW
IMPORTANT SELF-ESTEEM IS,
OPENING UP INTERESTING
CONVERSATIONS WITH THE
KIDS ABOUT THEIR EMOTIONS,
AND THE JOY OF DANCE AND
SONG WRITING

IT WAS FUN AND
ORGANISED AND I
FOUND THE PROCESS
ENJOYABLE

IT WAS TOUGH AT FIRST BUT
THE TEAM WAS GREAT AND
VERY HELPFUL. DELIVERING
THE PROGRAMME HAS ITS UPS
AND DOWNS BUT IT WAS
ALWAYS A GOOD CHALLENGE

REALLY ENJOYABLE

FACILITATOR FEEDBACK

FEEDBACK PROVIDED BY 4 FACILITATORS WHO COMPLETED A QUESTIONNAIRE

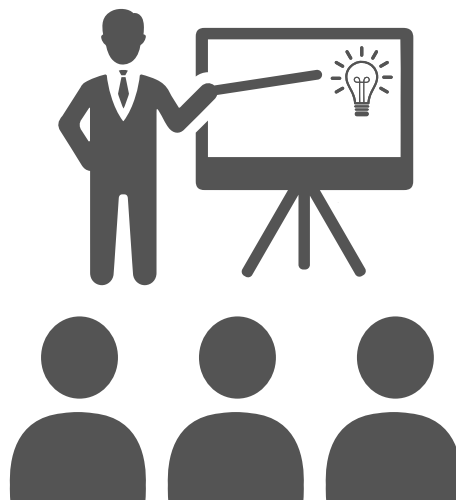
RESOURCES AND TRAINING

100%

REPORTED THAT THE
RESOURCES PROVIDED
FULLY SUPPORTED THEIR
ROLE

100%

REPORTED THAT THE
FREEDOM FOUNDATION
TRAINING PROVIDED
FULLY SUPPORTED THEIR
ROLE



100%

REPORTED THAT THE
SAFEGUARDING TRAINING
PROVIDED FULLY
SUPPORTED THEIR ROLE

100%

REPORTED THAT THE
FIRST-AID TRAINING
PROVIDED FULLY
SUPPORTED THEIR ROLE

FACILITATOR FEEDBACK

FEEDBACK PROVIDED BY 4 FACILITATORS WHO COMPLETED A QUESTIONNAIRE

ACCESSIBLE AND USER-FRIENDLY?

100%

REPORTED THAT THE SAFEGUARDING TRAINING WAS VERY EASY TO UNDERSTAND/ACCESS AND VERY USER-FRIENDLY

VERY USER FRIENDLY

I THINK THE SAFEGUARDING TRAINING WAS PERFECTLY ACCESSIBLE

I DON'T THINK IT COULD HAVE BEEN MORE USER-FRIENDLY

100%

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

FEEDBACK FROM A FACILITATOR:

1) THIS PROJECT IS IMPORTANT TO THESE LEARNERS AS IT GIVES THEM FOCUS AND DIRECTION IN SOMETHING THEY LOVE DOING; 2) LEARNERS DON'T LIKE DISCLOSING INFORMATION ABOUT THEMSELVES BUT WILL DISCLOSE CERTAIN INFORMATION WITHIN THEIR SONG - SOMETIMES WITHOUT REALISING; 3) OUT OF THE PROGRAMME THEY HAVE GOT A POSITIVE USE OF THEIR TIME, THEY HAVE EITHER PARTLY LEARNED HOW TO MAKE A BEAT OR IMPROVE ON CURRENT KNOWLEDGE. ALSO TO PERFORM IN A STUDIO WITH IDOLS OR RECOGNISED ENGINEERS; 4) THE STUDENTS/LEARNERS WOULD BE EITHER IN BED ON THEIR XBOX/PS5 OR GETTING READY TO GO ON THE ROADS WHERE THEY COULD GET UP TO WHATEVER; 5) WITHOUT PROVISION, THEY WOULD HAVE TO LEARN AND STUDY A DIVERSE RANGE OF INFORMATION BY THEMSELVES WITHOUT ANY GUIDANCE FROM TEACHERS/STAFF.



THANK YOU!

**TO ALL OF OUR STAFF
AND
DELIVERY PARTNERS**



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