



FREEDOM FOUNDATION

**HOLIDAY ACTIVITY FUND
WINTER 2022**

Katie Spreadborough

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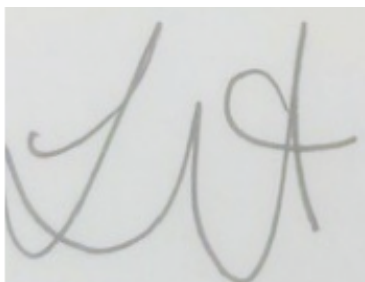
FOREWORD



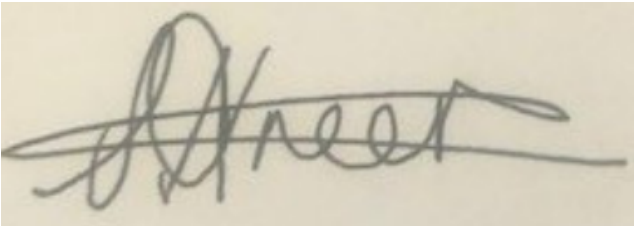
FREEDOM FOUNDATION WORKS TO EMPOWER CHILDREN AND YOUNG PEOPLE BY USING SINGING, SONGWRITING, AND DANCE TO HELP THEM EXPRESS THEIR EMOTIONS AND BOOST THEIR MENTAL HEALTH. WE BELIEVE THAT ALL YOUNG PEOPLE HAVE THE POTENTIAL TO THRIVE AND THROUGH THE CREATIVE ARTS THEY CAN EXPLORE THEIR IDENTITY, CELEBRATE 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**



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



168

MEALS
PROVIDED AND
ENJOYED



THANK YOU TO OUR FOOD PROVIDERS!

SNAPSHOT + IMPACT



42 STUDENTS SUPPORTED



4 DELIVERY PARTNERS



21 FACILITATORS

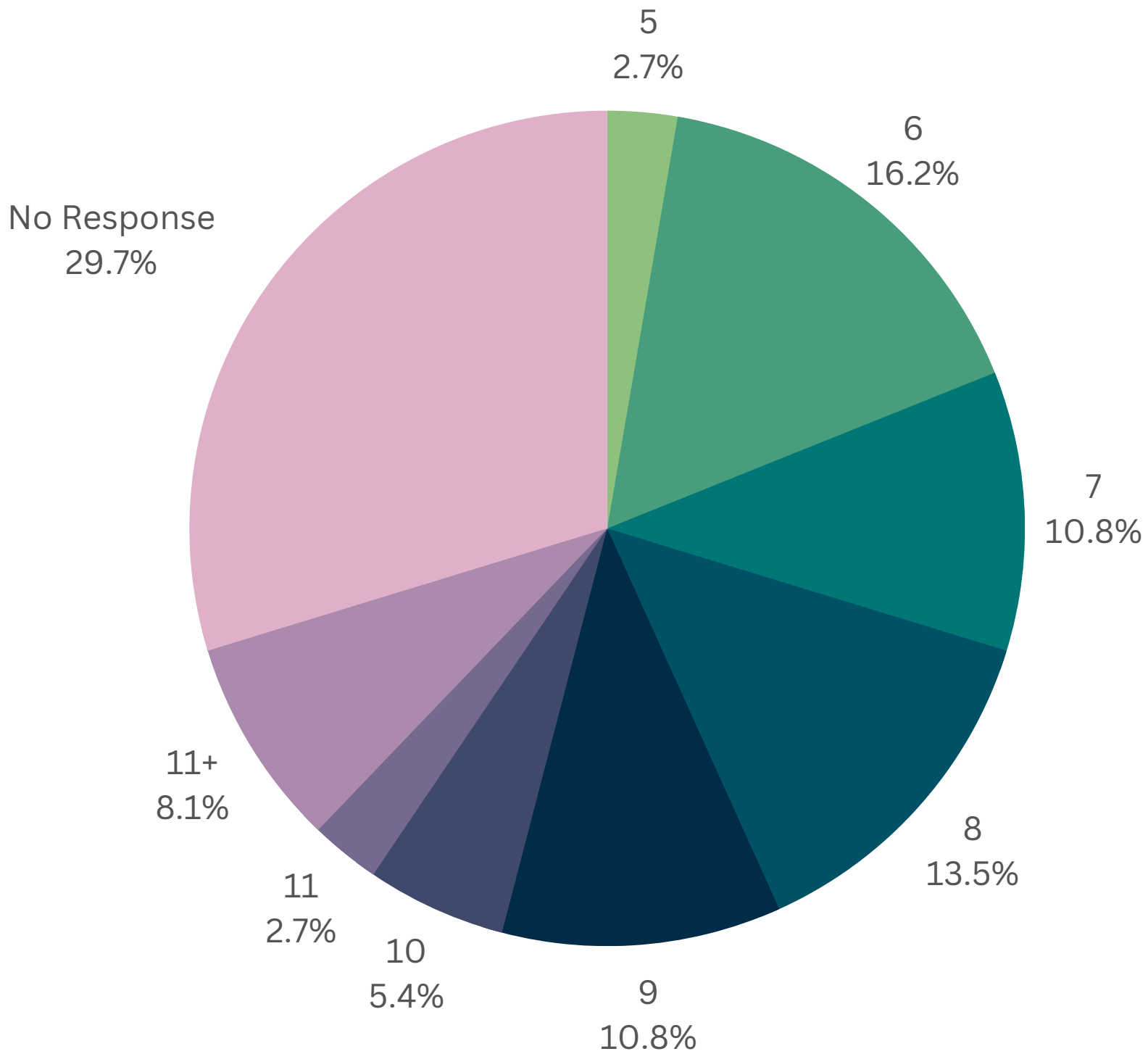


7 CLUBS



**2 ALTERNATIVE PROVISION
VENUES**

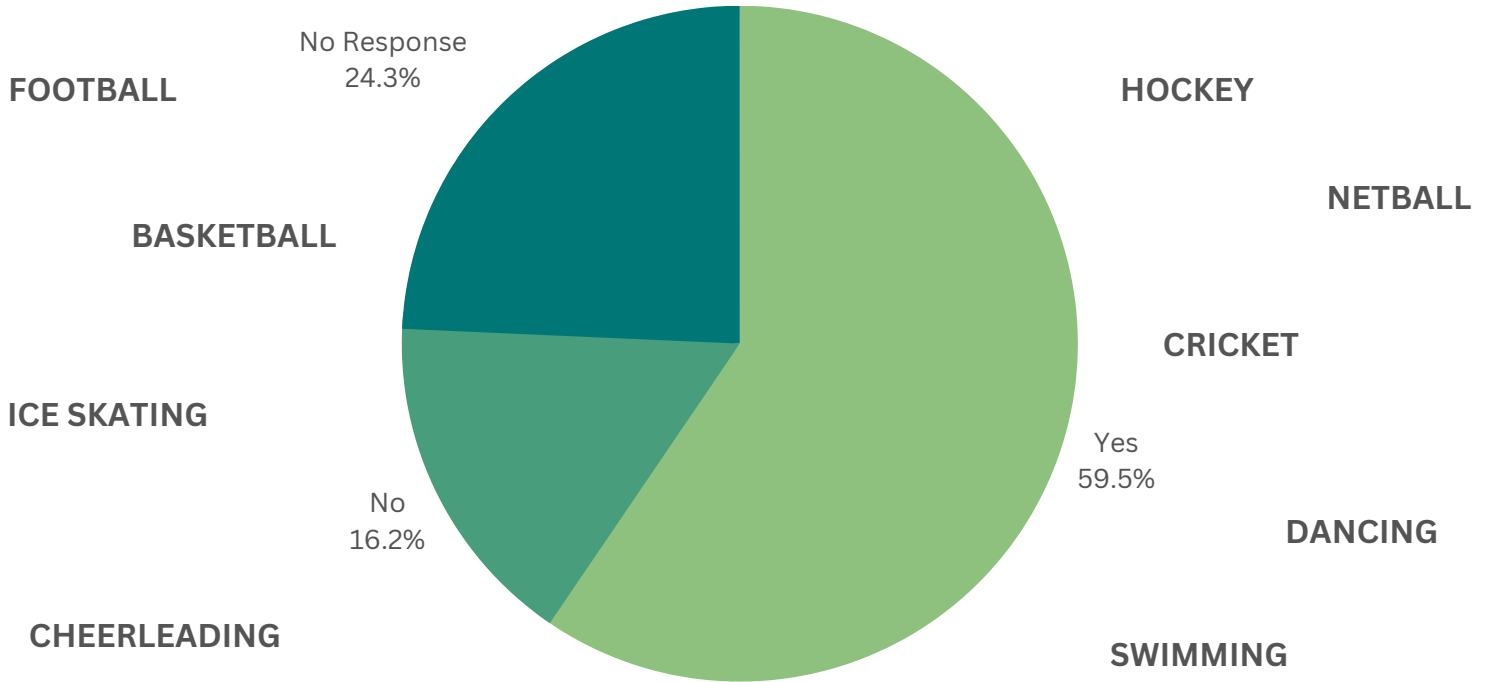
STUDENT AGES



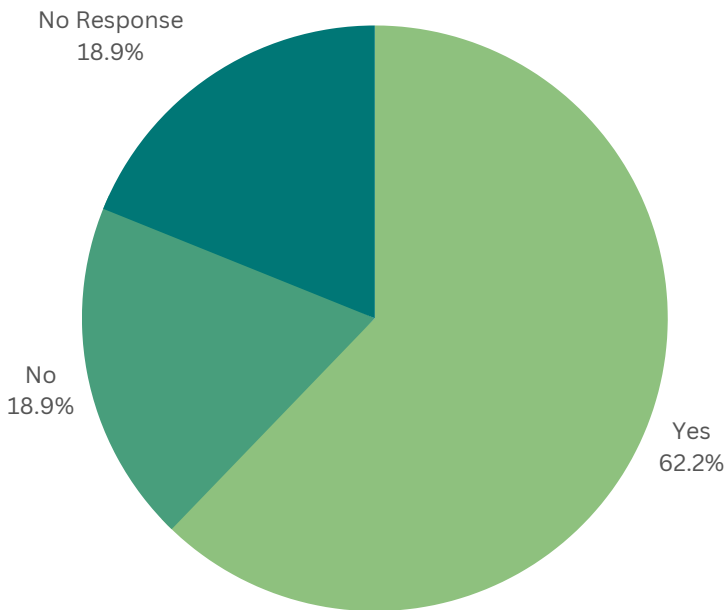
PRE-HAF EVALUATION SUMMARY

37 STUDENTS WERE PRESENT AT THIS SESSION

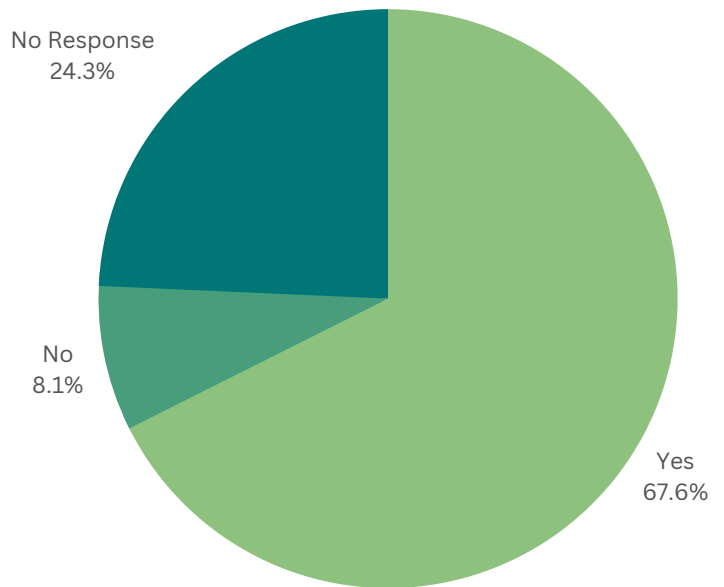
DO THE STUDENTS ENJOY SPORTS? WHAT SPORTS HAVE THEY PLAYED?



DO THEY ENJOY SINGING?



HAVE THEY EVER WRITTEN A SONG OR POEM?



70.3%

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

IMPACT



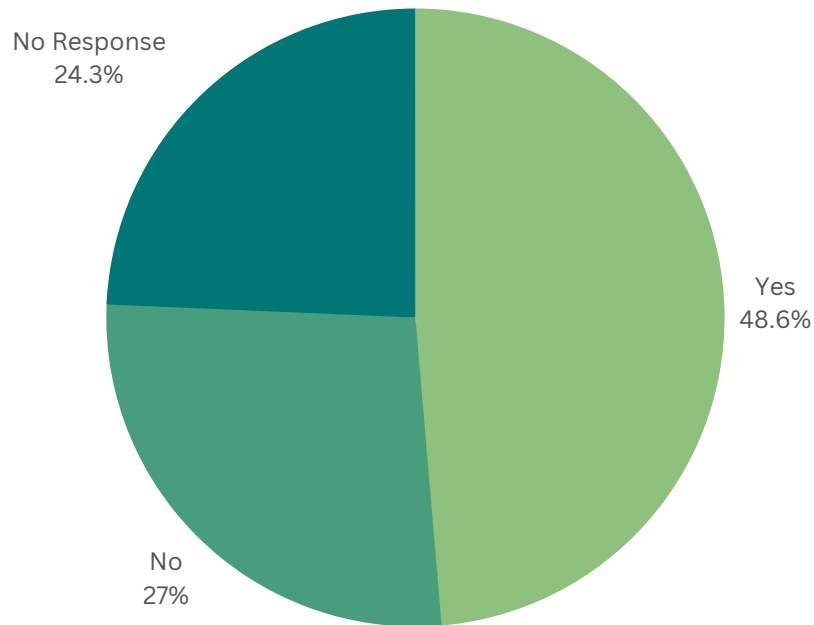
74.4%

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

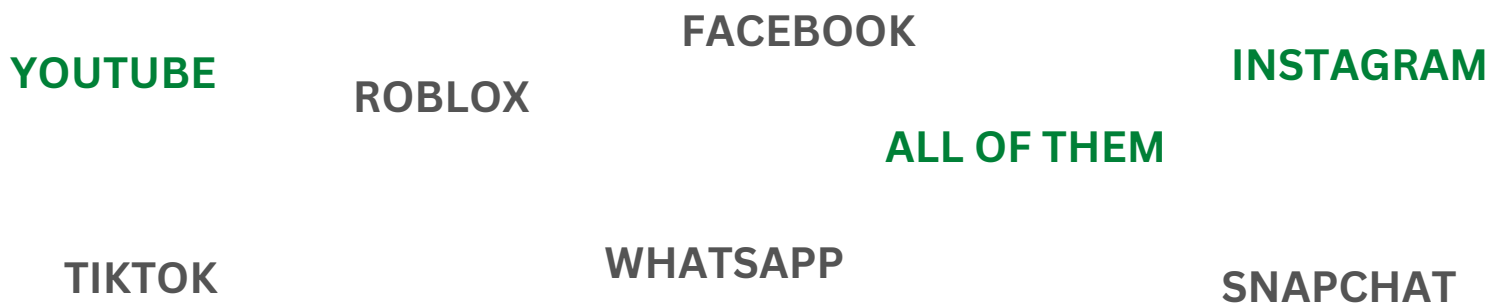
PRE-HAF EVALUATION SUMMARY

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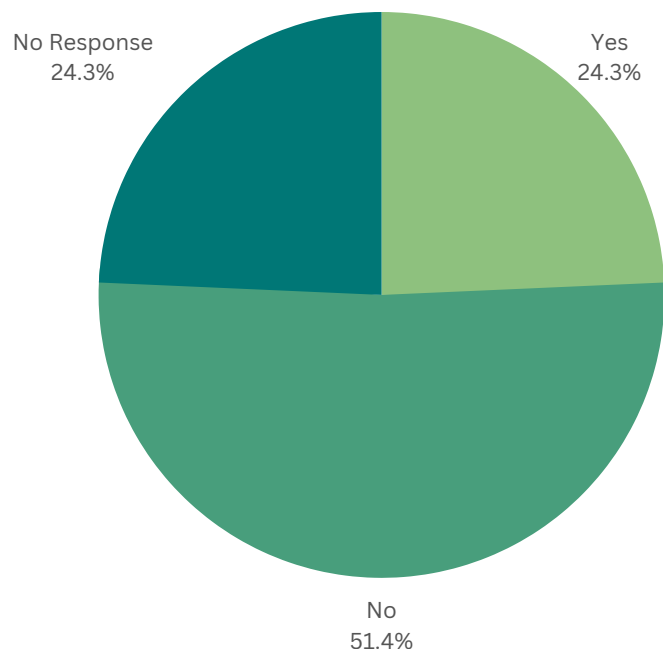
DO THE STUDENTS HAVE A SOCIAL MEDIA PROFILE?



WHICH SOCIAL MEDIA SITES DO THEY USE?



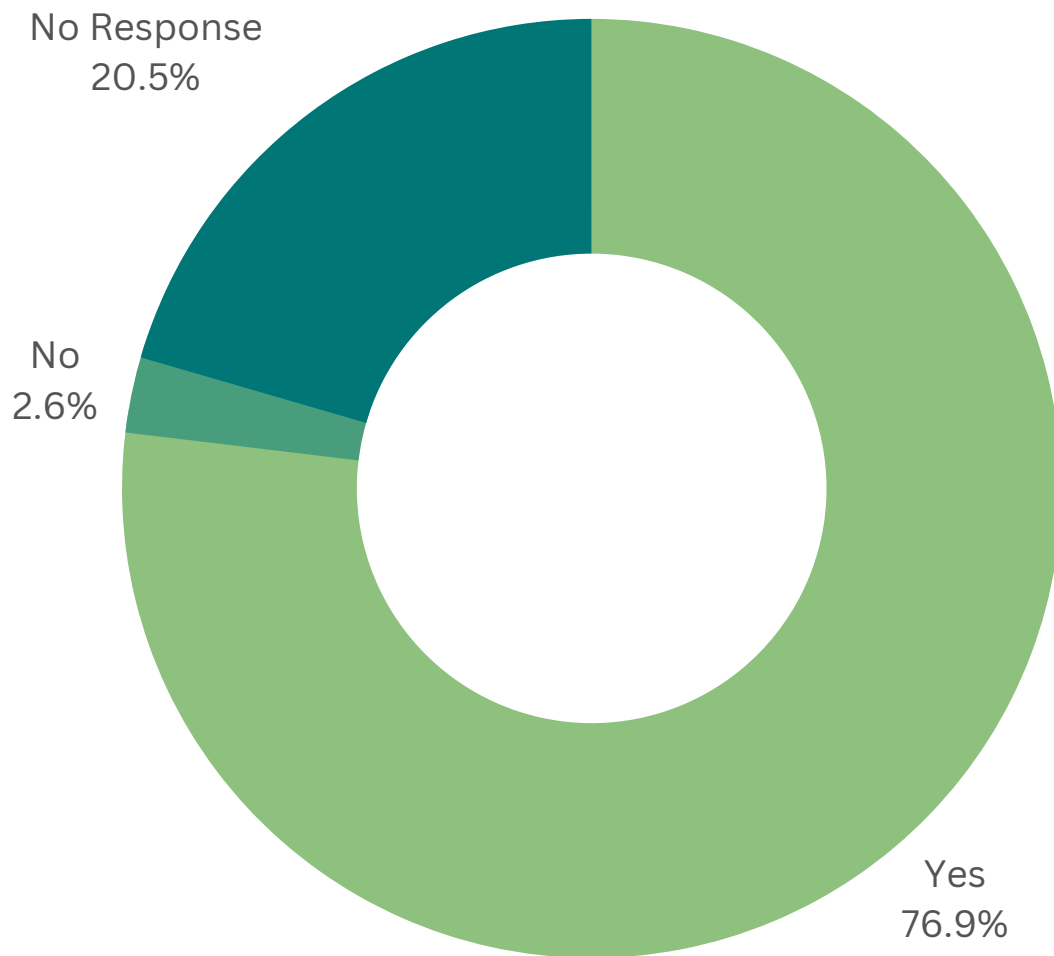
HAVE THE STUDENTS EVER FELT UNSAFE ONLINE?



POST-HAF EVALUATION SUMMARY

39 STUDENTS WERE PRESENT AT THIS SESSION

DID THE STUDENTS ENJOY THE PROGRAMME?



WHAT HAVE THE STUDENTS ENJOYED MOST ABOUT THE PROGRAMME?

- STOMP AND DANCING
- MAKING UP DANCES
- DRAWING
- WRITING NEW LYRICS
- WRITING A PEOM
- I LIKED HOW THE STAFF SUPPORT US
- SEEING SOME OF MY OLD FRIENDS FROM MY FIRST TIME HERE
- SINGING
- SESSION TIME AT THE STUDIO
- THE GAMES
- ICEBREAKER GAMES
- GOOD DISCUSSIONS
- DANCING
- MAKING FRIENDS
- SAT HAVING A GOOD TIME WHILST LEARNING AND ENJOYING IT

POST-HAF EVALUATION SUMMARY

39 STUDENTS WERE PRESENT AT THIS SESSION

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

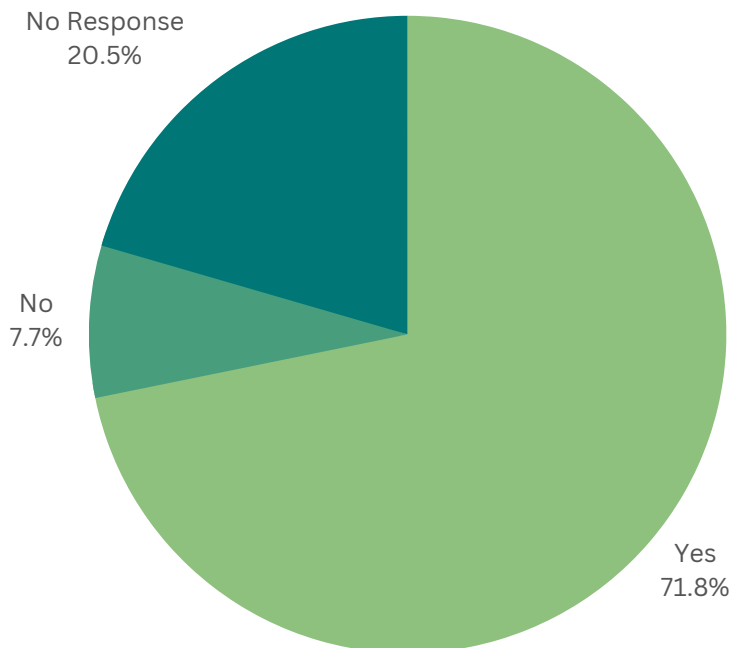
ALWAYS REPORT INAPPROPRIATE ONLINE BEHAVIOUR

KEEP YOUR SOCIAL MEDIA **PRIVATE**

DON'T TALK TO STRANGERS

"THEY ARE VERY SAVY ONLINE. WE HAD A GROUP DISCUSSION ON WHERE IMAGES GO" - LEAD FACILITATOR

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



THE STUDENTS WROTE DOWN THEIR OWN AFFIRMATIONS...

I CAN REACH THE TOP OF THE MOUNTAIN
WHEN I AM DOWN, I DON'T STAY DOWN.
WHEN I AM UP, **I STAY UP!**

GOOD AT WRITING

STRONG

KIND

RESPECTFUL

I AM...

A MIRACLE

BRAVE

AMAZING

UNIQUE

ME

WONDERFUL

THAT YOU SAY SOMETHING GOOD ABOUT YOURSELF TO YOURSELF AND OTHER PEOPLE

THE STUDENTS LEARNED A LOT ABOUT THEMSELVES...

I CAN LEARN NEW THINGS

THAT I CAN BE CONFIDENT AT EVERYTHING I DO

THAT I **LOVE TO DANCE**

THAT I AM VERY GOOD AT DANCING

I CAN BE **KIND**

I AM REALLY FLEXIBLE

I LIKE SINGING

I HAVE LEARNT HOW TO **WRITE CLEAN LYRICS**

I AM GOOD AT SINGING THE SONGS

I CAN **CHALLENGE MYSELF** AND NOT GET PARANOID ABOUT PEOPLE WATCHING ME

I CAN **EXPRESS MY FEELINGS**

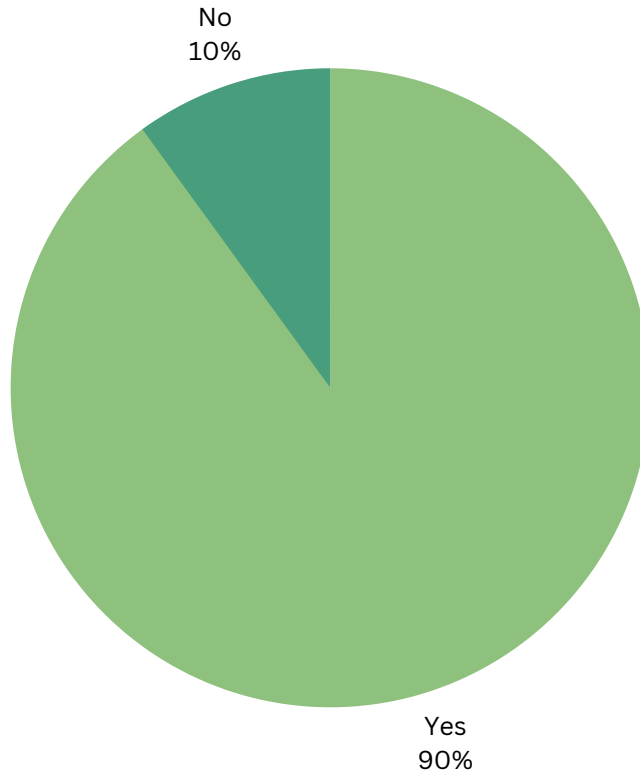
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CASE STUDY - STUDENT

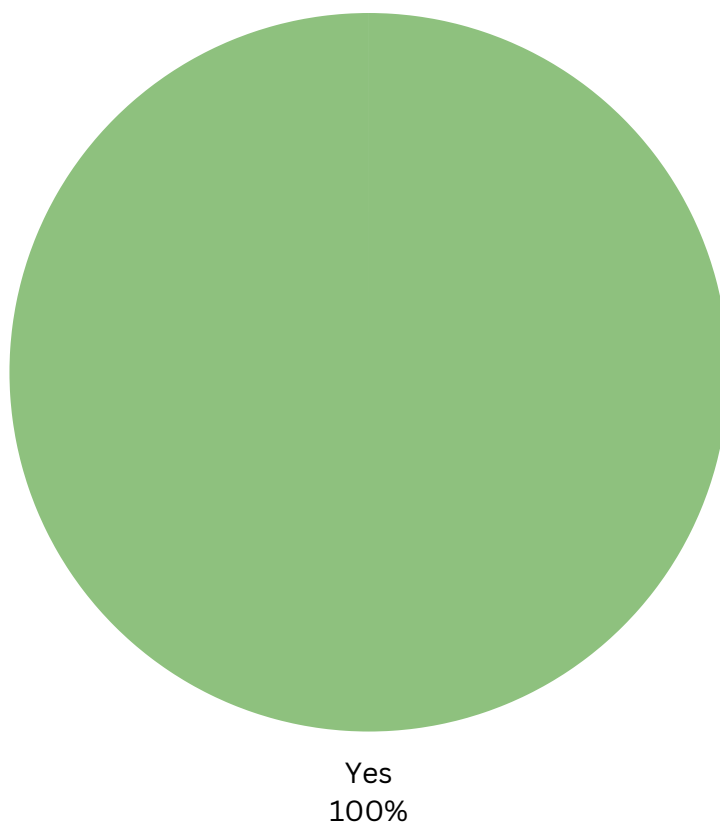
UP TO TWO STUDENTS FROM EACH VENUE WERE ASKED ADDITIONAL QUESTIONS...
HERE IS WHAT THEY HAD TO SAY

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

HAS THE PROGRAMME HELPED INCREASE THE STUDENTS' CONFIDENCE?



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



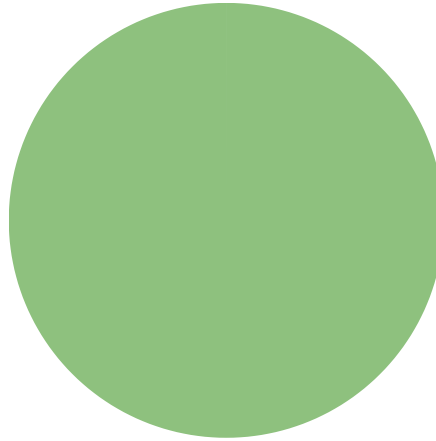
CASE STUDY - STUDENT

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 10 YEARS

HAVE THE STUDENTS EVER SANG OR DANCED BEFORE?

YES!



Yes
100%

I HAVE DANCED AND SANG BUT I HAVE A REAL PASSION FOR SONGWRITING AND RAPPING - **I WOULD TAKE THIS OVER COLLEGE ANY DAY**

I HAVE SANG AND DANCED BEFORE

YES ALTHOUGH I HAVE NEVER DANCED IN A CLUB BEFORE

WHAT DID THE STUDENTS ENJOY MOST ABOUT THE PROGRAMME?

I HAVE ENJOYED **DANCING** AND **SINGING** AND ALWAYS **PUTTING A SMILE ON MY FACE**. IT MAKES ME FEEL **HAPPY** BECAUSE I LIKE SINGING AND DANCING.

I'VE ENJOYED THIS PROGRAMME SO MUCH, I HAVE BEEN **WRITING DAY AND NIGHT**. SO PLEASED THAT I HAVE BEEN SHOWN HOW TO WRITE CORRECT AND CLEAN LYRICS

I HAVE ENJOYED LEARNING NEW DANCES AND DOING THE **FREEDOM STOMP**

MAKING FRIENDS. EVERYTHING. DANCING. WRITING POEMS. SINGING.

I LIKE HOW THE TEACHERS ARE REALLY **CALM** AND NICE AND HOW THEY HAVE **SUPPORTED US**. I HAVE ENJOYED MAKING UP THE SHOW AND LIKE I HAVE GOT MY BESTFRIEND AS MY PARTNER.

THE CONFIDENCE EVERYONE HAD. IT IS FUN. I LOVE IT. ALL OF IT.

GETTING TO BE WITH MY FRIENDS. STOMP AND **AFFIRMATIONS** ARE GOOD.

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

BUILDING CONFIDENCE IN SINGING
CONFIDENCE

I AM STILL FINDING WRITING LYRICS A BIT HARD BUT I HAVE NEVER DONE IT BEFORE AND NOW I HAVE MANAGED TO BECAUSE OF THIS PROGRAMME

I CAN DO A LOT MORE DANCE MOVES AND REMEMBER THEM

BOOSTING MY SELF-ESTEEM

MY SINGING

BEING BETTER AT DANCING

THIS HAS HELPED ME HAVE A FOCUS ON A TASK. I LIKED TO WRITE RAW BUT I FOUND A WAY TO WRITE CLEAN.

IT HAS HELPED ME TO KNOW IF I WANT TO **LAUGH** ON STAGE I CAN TAKE A DEEP BREATH

CASE STUDY - ADULT

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

RESPONSES BASED FROM 9 ADULTS

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

THE ICEBREAKER GAMES

SEEING THEIR FRIENDS

ALL OF IT

DANCING

SINGING

WRITING POEMS

DANCING - THEY HAVE BEEN SHOWING US THE PERFORMANCE AT HOME

THEY HAVE ENJOYED LEARNING TO SONG-WRITE AND GET MORE COMFORTABLE EXPRESSING THEMSELVES AND THEIR FEELINGS

FOCUSING ON COMPOSING TRACKS AND WORKING ON LYRICS

WRITING STORIES

IT IS SOMETHING DIFFERENT FOR THEM TO DO

GETTING 1-2-1 TIME

OBSERVATIONS MADE BY THE ADULTS FOLLOWING THE PROGRAMME

ONE CHILD HAS ALWAYS BEEN CONFIDENT, HOWEVER, **SEEING THEM SIT AND FOCUS ON THEIR TRACK IS BRILLIANT.** THE OTHER CHILD IS **IN THEIR ELEMENT** DOING WHAT THEY DO

POSITIVE CHANGES

THEY ARE A CONFIDENT PERSON BUT TALKS THEMSELVES OUT OF THINGS. THEY WILL START TO **BELIEVE** THEY CAN DO IT.

PARTICIPATING MORE IN ARTS BASED ACTIVITIES

100%

REPORTED THAT FOLLOWING THE PROGRAMME THEIR CHILD'S CONFIDENCE HAD INCREASED

THEY ARE MORE **TALKATIVE**

YES, THEY BOTH PRACTICE THEIR DANCES A LOT AT HOME

THEY SEEM HAPPY EVERY TIME THEY COME BACK. THEY DO NOT STOP TALKING ABOUT IT.

THEY HAVE BECOME MORE AND MORE **COMFORTABLE** SPEAKING OUT IN THE SESSIONS AND **OPENING UP ABOUT THEIR PERSONAL EXPERIENCES**

CASE STUDY - ADULT

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

RESPONSES BASED FROM 9 ADULTS

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

BEING IN A **CONFIDENT SPACE** TO PRACTICE THEIR TRACK

ENJOYING SINGING

TO BE MORE **OPEN** TO TRYING NEW THINGS

THEY CAN DANCE AND BE **MORE PART OF A GROUP**

CONFIDENCE

THEY WERE **CHEERFUL** AND **HAPPY** DOING THE SESSION

INDEPENDENCE

ABOUT **HOW THEY FEEL**

STRUCTURING A TRACK AND LYRICS

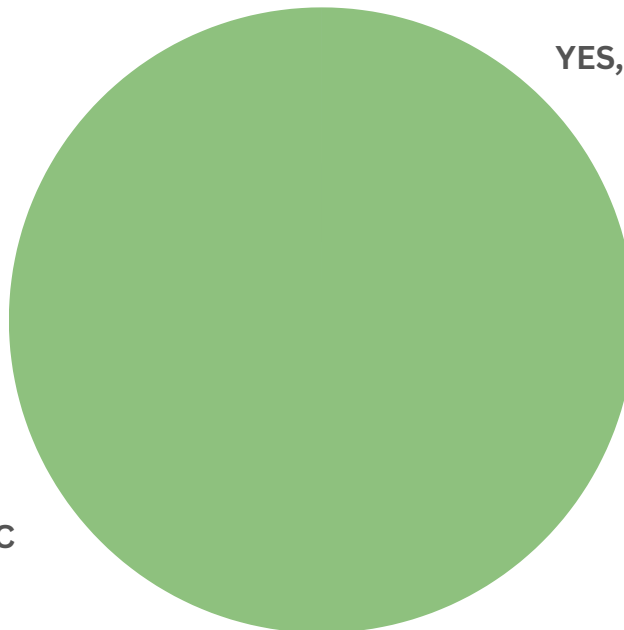
HOW TO SONG-WRITE/WRITE LYRICS AND **EXPRESS PERSONAL HARDSHIPS**
IN SONG FORM

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

I WOULD DEFINITELY ASK
TO RUN THE COURSE
AGAIN AS IT HAS BEEN
FANTASTIC - **STUDENTS
HAVE LOVED IT AND GOT A
LOT OUT OF IT**

**IT IS A SAFE
ENVIRONMENT**

YES, THEY HAVE BEEN
CLEARLY INSPIRED BY MUSIC
AND FEELS THAT IT HAS A
POSITIVE IMPACT ON THEIR
MOOD AND BEHAVIOUR AS
WELL AS IT BEING A HEALTHY
OUTLET



YES!
100%

YES, DEFINITELY

**MORE SESSIONS
PLEASE**

YES, THERE IS NOTHING
AROUND HERE FOR THEM,
THERE ARE NO
ACTIVITIES. THERE ARE
NO AFTER SCHOOL
CLUBS, THEY WOULD
JUST BE AT HOME - **IT
GETS THEM OUT OF THE
HOUSE**

**IT OPENS UP ALL
AVENUES**



THANK YOU!

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



FREEDOM FOUNDATION

Antenna Beck Street
Nottingham NG1 1EQ

0115 993 2370

info@freedomfoundationuk.org



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