



FREEDOM
FOUNDATION

RELEASE

HOLIDAY ACTIVITY FUND
EASTER 2023

Katie Spreadborough

CONTENTS

FOREWORD	2
OUR PARTNERS	3
SNAPSHOT + IMPACT	4
PRE- AND POST-EVALUATION SUMMARY	5
SOCIAL MEDIA IMPACT	7
AFFIRMATIONS	8
CASE STUDY - CHILD	9
ADULT FEEDBACK	10
CASE STUDY - ADULT	12
FACILITATOR FEEDBACK	14
THANK YOU!	15

FOREWORD



Laura Grant - Director

Stacey Green - Director

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, Nottinghamshire, and Derbyshire.

OUR PARTNERS

Freedom Foundation would like to extend our thanks to our delivery partners who helped us make the Holiday Activity Fund a success for children and young people across Nottingham, Nottinghamshire, and Derbyshire.



Derby City Council

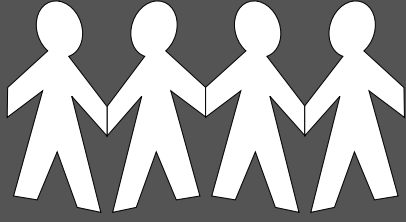


Thank you to our food providers!



Fresh Things

SNAPSHOT + IMPACT



85 CHILDREN REACHED



8 RELEASE PROGRAMMES DELIVERED



17 FACILITATORS



1 YOUTH PROGRAMME

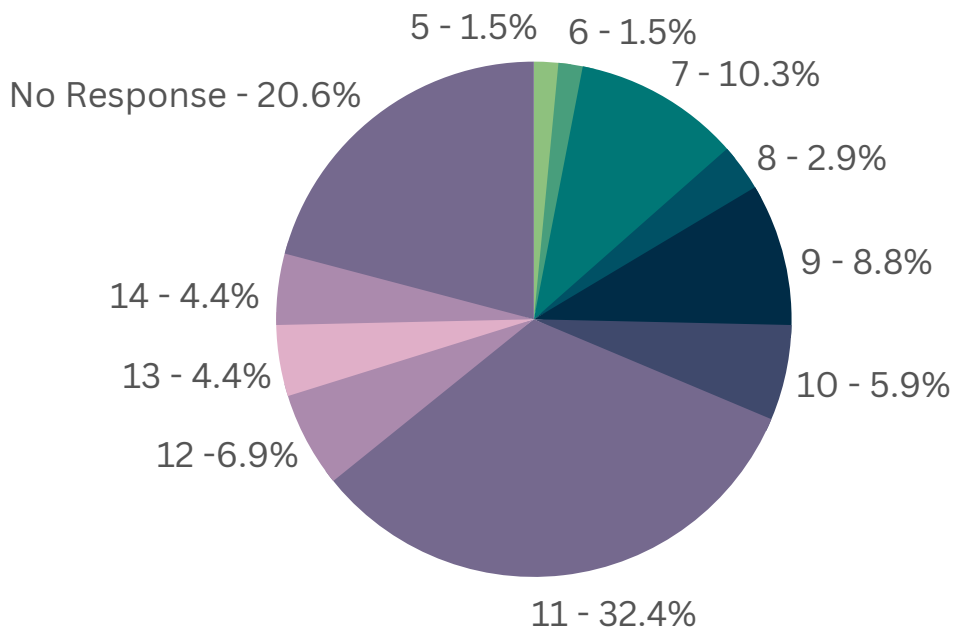


2 SEND PROGRAMMES

**4 ACCIDENTS, 5 INCIDENTS,
2 SAFEGUARDING CONCERNS**

**ALL DEALT WITH BY OUR
FACILITATORS AND WIDER TEAM**

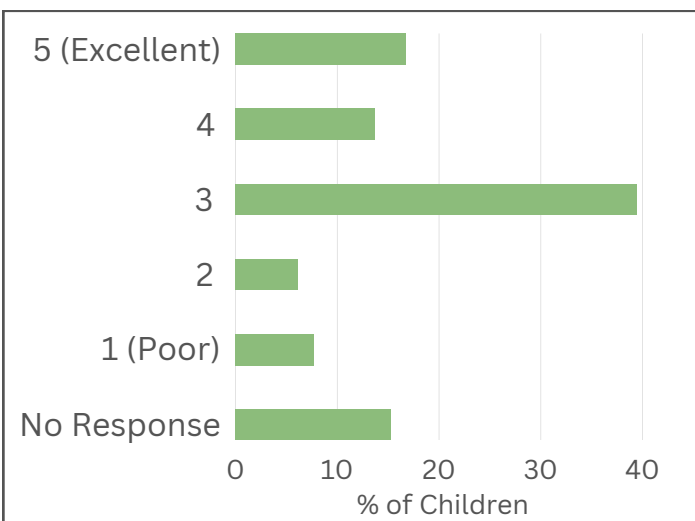
AGES



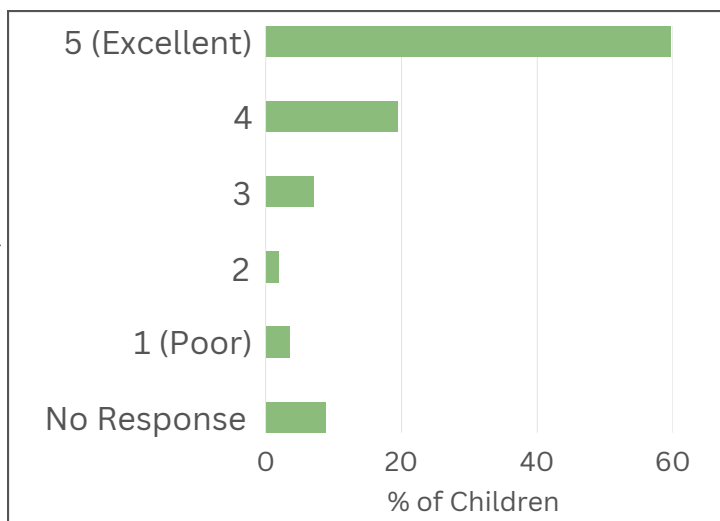
PRE- AND POST-EVALUATION SUMMARY

Confidence

Rate your confidence pre-programme



Rate your confidence post-programme



How did the programme help to increase your confidence?

"Seeing the facilitators act silly and do demonstrations first made me feel more confident to try too and to not be scared about also potentially looking silly"

"The icebreaker games helped me to feel more comfortable with sharing back"

"Knowing that I am safe"

"It made me feel welcomed and part of a group. Meeting new people in a calm environment helped my confidence"

"I did not like dancing or singing before, now I like it and want to carry on"

"Rehearsing the show beforehand helped with my confidence"

Further comments post-programme

"The programme made me more energetic, since at home I am usually on my phone"

"Best meal I have ever had"

"Thank you for being so amazing and kind"

"I want to come again"

"Been an amazing time here, thank you guys for building my confidence."

"The best week ever! I want to do this all day every day, I do not want to leave."

"It is safe and a really fun place to be. Everyone cares for each other."

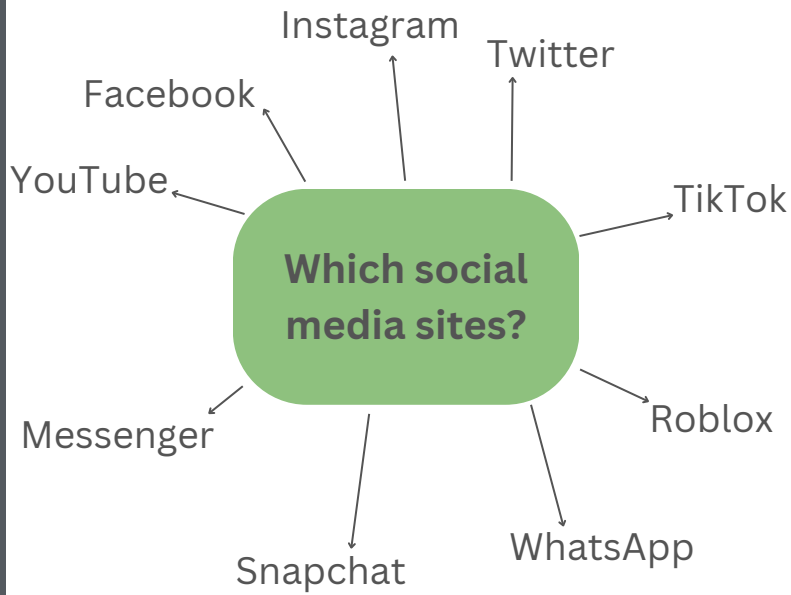
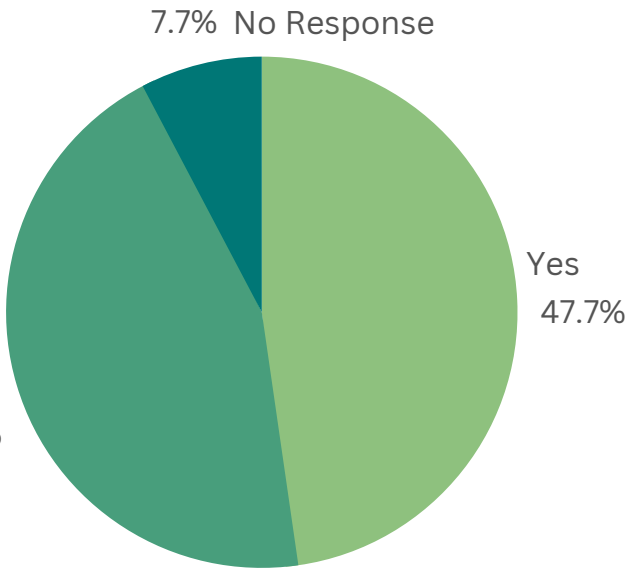
"I wish this was here more often"

"A million out of ten!"

"I enjoyed everything"

SOCIAL MEDIA IMPACT

Did you have a social media profile?



Had seen **POSITIVE** posts online

39.4%

Examples of positive posts:

- "People donating money to charity"
- "Animal rescues"
- "Funny pranks"
- "Nice message on Snapchat"
- "Funny videos"
- "Nice comment on YouTube"
- "Friend traded me a valentine pet on Roblox, it was very valuable to them"

Had seen **NEGATIVE** posts online

60.3%

Examples of negative posts:

- "Inappropriate pictures"
- "Arguing online"
- "Calling people names"
- "Swearing in videos"
- "Bullying"
- "Rude comment about a person's picture"
- "People being bad to animals"

What did you learn from the programme about online safety?

75.9% said they learned how to be safe online

Learnings from the programme:

- "Don't talk to strangers"
- "Only play online games with known accounts"
- "Only go on certified websites"
- "Only accept requests from known friends"
- "Tell someone if you receive unwanted messages"
- "Do not keep passwords the same"
- "Don't download anything you don't know"
- "Don't share personal information"
- "Go to an adult if you are in trouble"

AFFIRMATIONS

Each session the children were asked if they knew what positive affirmations were and how using them instilled self-worth, belief, and confidence. The children were asked to stand tall and repeat a series of empowering affirmations, enabling the children to feel good about themselves and that they could achieve anything if they just believed in themselves.

Our favourite affirmations from throughout the programme

"I am more confident than I thought I could be"

"I am more confident in my ability"

"I don't have to change to be me"

"I deserve to be loved"

"I am going to the top, I won't be last because this is my task"



"Just believe"

"I love me"

"You can do anything you put your mind to"

"I shine like a shining star"

"I will reach my kindness goals and I will always be kind"

"I love myself, I will never change"

"I am where I belong"

"I have learned to appreciate other's opinions"

CASE STUDY - CHILD

UP TO TWO STUDENTS FROM EACH VENUE WERE ASKED ADDITIONAL QUESTIONS
RESPONSES ARE BASED FROM 8 STUDENTS WITH AN AVERAGE AGE OF 10 YEARS

7 out of 8

Children reported the programme increased their confidence

100%

Reported the programme helped them with writing about their feelings and emotions

What did you enjoy most about the programme?

"Mixing with new people"

"Getting to make up a song about anything I choose"

"Dancing"

"I enjoyed everything, I really liked the songwriting"

"The dancing part, learning a routine, the warm-up, and learning some hip hop moves"

"I liked the singing, dancing, and having fun!"

"How it made me laugh"

"The show and performing to my mum"

"The facilitators"

What did you think the programme helped with?

"It has helped me socialise more and it has helped me be more friendly"

"Feeling confident and less scared to try new things"

"Learning how to dance and write songs"

"It has helped me develop in believing that I can become anything"

"Socialising with new older people as well as people my age"

"My emotions"

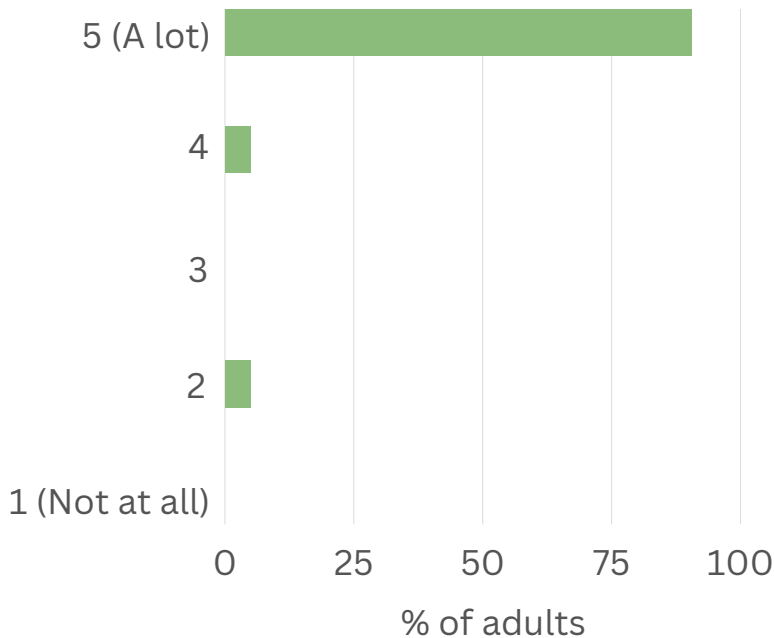
"Becoming more confident and meeting new people"

"Helped me to gain confidence in myself and my ability to dance"

ADULT FEEDBACK

FEEDBACK PROVIDED BY 23 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

How much did your child enjoy the Release Programme?



95.2%

Reported the programme helped their child to develop new skills and abilities

94.7%

Had noticed a difference in their child after the programme

What benefits did you believe your child has experienced whilst participating on the programme?



If selected other, please explain...

"The programme gave him ways to talk about his emotions, something he struggles with"

"My child's confidence has grown and it has helped with their anxiety"

"More open and considerate"

"Lots more energy"

"About being safe online"

ADULT FEEDBACK

FEEDBACK PROVIDED BY 23 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

Only **33.3%** of adults knew about Freedom Foundation prior to booking onto the release programme

Where did the adults hear about the Release Programme?

The children's school Google Been to the programme before
Derby City Council leaflet Facebook
School newsletter Friend's recommendation

95.2%

Found the booking process to be 'Very Good' or 'Good'

100%

Found the food provided to be 'Very Good' or 'Good'

100%

Rated the facilitators to be 'Very Good' or 'Good'

100%

Rated the overall experience to be 'Very Good' or 'Good'

100%

Would recommend the programme to others

Additional feedback/feedforward comments

"The facilitators were VERY friendly. Our daughter loved her time at the club and would love to come again!"

"My daughter has loved taking part and has looked forward to coming every day"

"I look forward to booking again"

"FANTASTIC group - really great people :)"

"The staff were very good at looking after my child who had additional needs"

"Really good coordinators - the boys loved every minute!"

CASE STUDY - ADULT

UP TO TWO ADULTS FROM EACH VENUE WERE ASKED ADDITIONAL QUESTIONS
RESPONSES BASED FROM 6 ADULTS

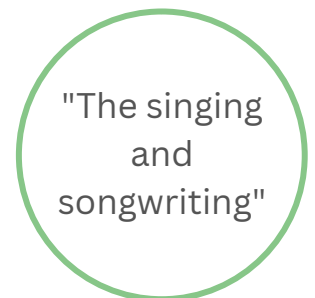
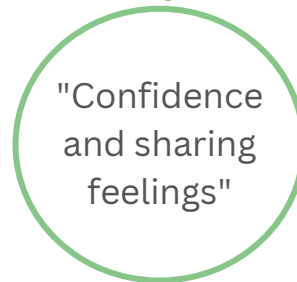
80%

Reported that their child's confidence increased following the programme

100%

Would like to see more of this support for their family in the future

What do you think your child enjoy most?



What changes have you seen in your child post-programme?

"They felt nervous attending the first session but after that they did not mention nerves/show hesitation again."

"She would never have sung in front of anyone before"

"They are talking a lot about healthy eating"

"They are calmer at home and their confidence has increased"

"She comes home with a big smile!"

"They are usually only comfortable with us (parents), even going to school they have physical anxiety, but this week they woke up keen to come."

What did your child learn from the session?

"Confidence and also how to understand others"

"The tasks have helped improve their anxiety"

"Partaking in group activity and mixing with others"

"How to be safe online and how to share their feelings"

"How to make their own song"

"Learned how to express herself and to overcome her fear of doing new things"

OUR FAVOURITE ADULT QUOTES

"They are more open and considerate"

"He is less 'in his head' and more comfortable being in the world"

"She had a fantastic time, it has boosted her self-esteem"

"I liked the understanding the facilitators demonstrated towards SEN children; it made my child feel confident to interact with the facilitators (he doesn't usually talk to new people)"

"She talked more about healthy eating; she wants it at home now she has had it at the programme"

"At school she can have issues expressing herself, this programme helped her to release and express herself"

"She tried to do new things, they are more confident, and are more outspoken"

"Could see a difference between how the Freedom Foundation facilitators interacted with my son compared to other holiday clubs. Every other holiday club he has asked to leave or would 'kick off' - this is the first time he completed a full week anywhere!"

"I am very happy as my daughter loved coming every day and really enjoyed herself"

"Lots more energy"

FACILITATOR FEEDBACK

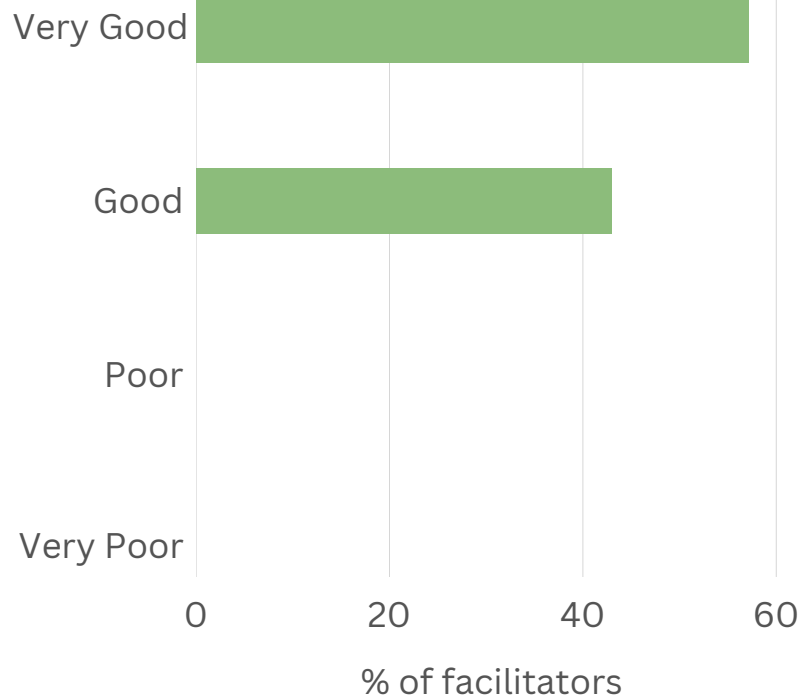
100%

Would like to deliver the Release Programme again

100%

Felt prepared enough by the team to deliver the programme

Rate your experience of delivering Release



Facilitator's favourite standout moments

"One particular child had always been nervous and quiet but at the showcase he performed his own written song, with actions and affirmations"

"One child performed songs in sign language and showed the other children food items in sign language during the healthy eating discussion"

"One parent said she was happy that she came across school holiday activities for her SEN children, she also said that she trusted the facilitators with her children"

"One child took what we discussed in songwriting, wrote her own song AND performed it in front of the whole group despite being really nervous"

"When asked about trying to 'fit in' online, one child confidently quoted the Freedom Stomp saying, "It is OK to be me!""

"One child learned how to keep their judgement to themselves and to praise instead of bringing others down"

"One child tried tuna for the first time with the encouragement of the other children - she loved it and then told us that it can be healthy for her as she learned this on the healthy body task"

"One child was the first to volunteer to create some new choreography, she then confidently stood in the middle of the circle to teach everyone else"



THANK YOU!

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



FREEDOM FOUNDATION

Antenna Beck Street
Nottingham NG1 1EQ

0115 993 2370

info@freedomfoundationuk.org



[@freedomfoundation_uk](https://www.instagram.com/freedomfoundation_uk)



[@FreedomFDN_UK](https://www.twitter.com/FreedomFDN_UK)



[@freedomfoundationuk](https://www.facebook.com/freedomfoundationuk)