



FREEDOM
FOUNDATION

RELEASE

HOLIDAY ACTIVITY FUND
OCTOBER 2023

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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 and physical wellbeing. We believe that all children and young people should explore their identity, celebrate diversity, and harness their individuality.

The last year has been a challenging one for many families, we are 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 local communities in 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.



THANK YOU!

THANK YOU to our food providers!

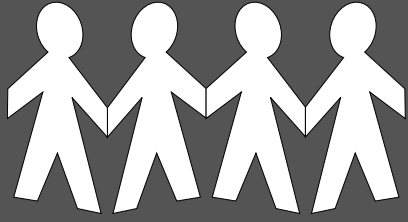


108

Meals provided
and enjoyed



SNAPSHOT + IMPACT



27 CHILDREN REACHED



3 RELEASE PROGRAMMES DELIVERED



6 FACILITATORS UTILISED

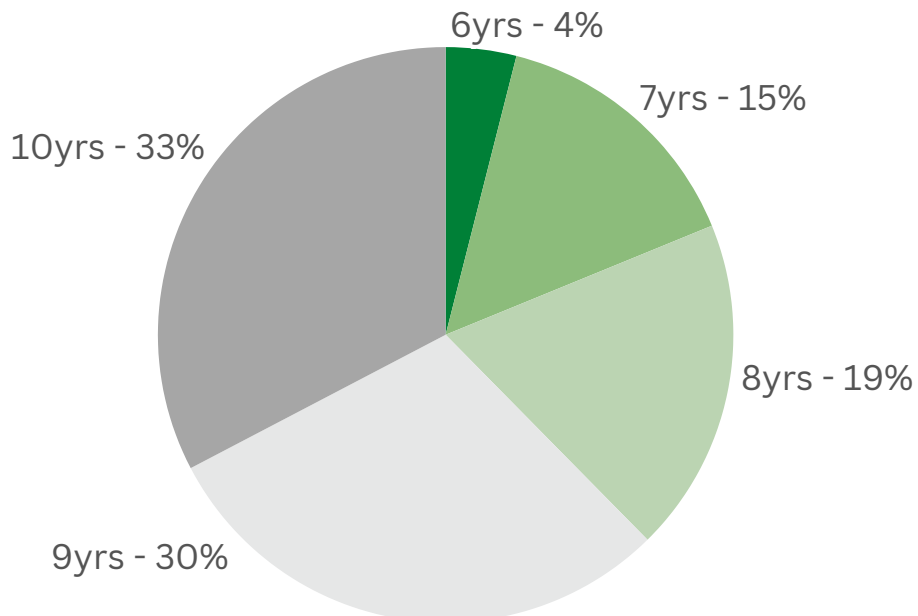
**1 ACCIDENT, 0 INCIDENTS,
0 SAFEGUARDING CONCERNS**

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

ETHNICITY BREAKDOWN

- 37%** - White ethnicity/cultural background (English/Welsh/Northern Irish/British)
- 18%** - Black, African, Caribbean, Black British
- 15%** - Black ethnicity/cultural background (Caribbean)
- 15%** - Mixed ethnicity/cultural background (White/Black Caribbean)
- 15%** - Mixed or multiple ethnic groups

AGES



PRE- AND POST-EVALUATION SUMMARY

27 CHILDREN ANSWERED THESE QUESTIONS

How did you feel about joining the programme?

100% enjoyed the Release Club!

"Good"

"I was scared but now I am OK because I am with my friends from last time"

"Excited, I hardly slept!"

"Confident"

"Space jam dance was good vibes"

"Food tasting"

"4M was my favourite activity"

"I have been to Release about 6 times before, I always want to come back!"

"Nervous"

"Singing"

"Meeting new people"

What did you enjoy most?

"Making friends"

"Excited"

"Today is going to be a great day!"

"Happy"

"Everything"

"Dancing"

"Scared"

"I remember the facilitators from a Freedom Factory, which made me feel more comfortable"

"The games"

"The Freedom Stomp"

"Every activity we did was fun"

Most of the children had danced and sung at previous Release programmes

100%

Had danced before

91%

Will carry on dancing

100%

Had sung before

91%

Will carry on singing

How did performing make you feel?

"Performing made me feel like a **superstar!**"

"**Butterflies** in my stomach!"

"Proud"

"**GOOD**"

"Sometimes I feel nervous but now I am more **confident**"

"I always feel nervous at the start, but afterwards I ask myself, **why** was I scared?"

"I was **nervous** but felt good afterwards"

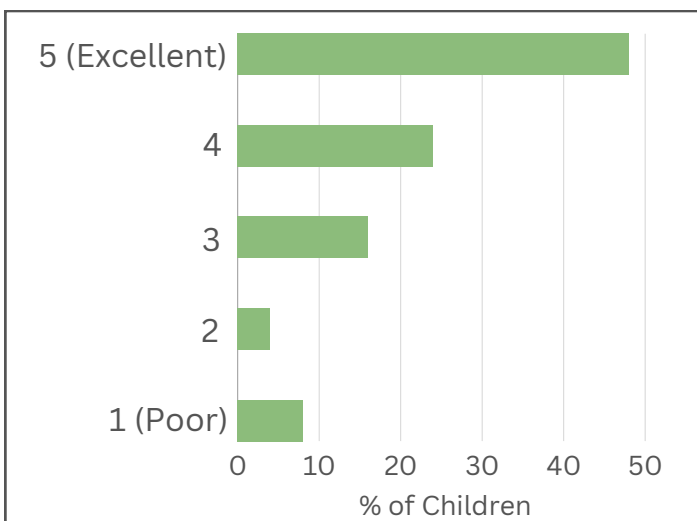
"**Amazing!**"

"I feel **proud and confident** when I perform"

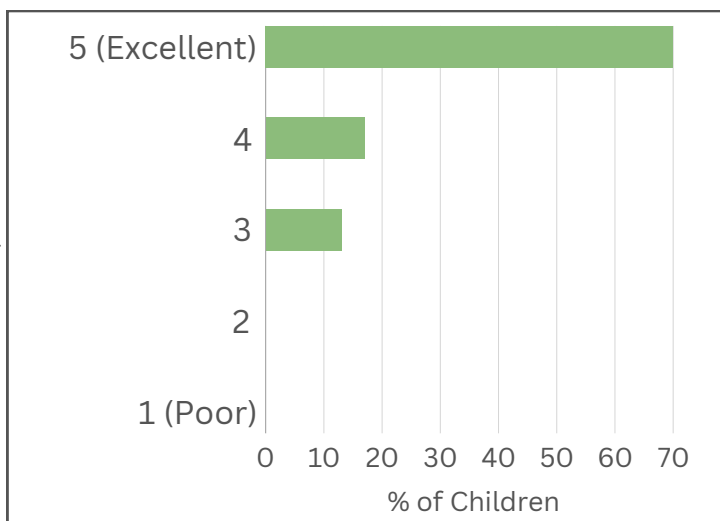
PRE- AND POST-EVALUATION SUMMARY

Confidence

Rate your confidence pre-programme



Rate your confidence post-programme



How did the programme help to increase your confidence?

"A little bit of my stage fright has gone"

One child said, "It has helped me feel like I can be myself" - all 9 other children at the session agreed with this statement!

"Talking about our feelings and nerves and how to get through them"

"I am now excited to perform"

"Performing as a team"

"Release has helped me with my projection"

"I did not know anyone before, now I do"

"I feel more confident to sing and dance"

Further comments post-programme

"I want Release to last for a longer time"

"I had fun!"

"I am not ready to leave!"

"I want to come again next time"

"I liked it because I got to meet new people"

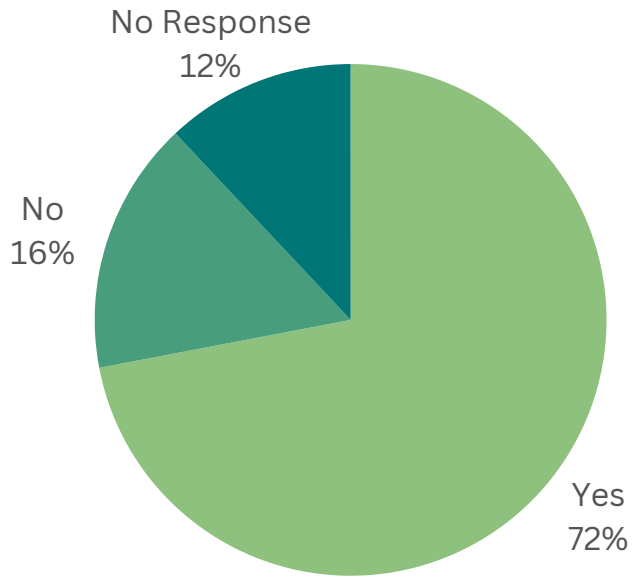
"I am now going to start dance classes with my aunty!"

"Loved it!"

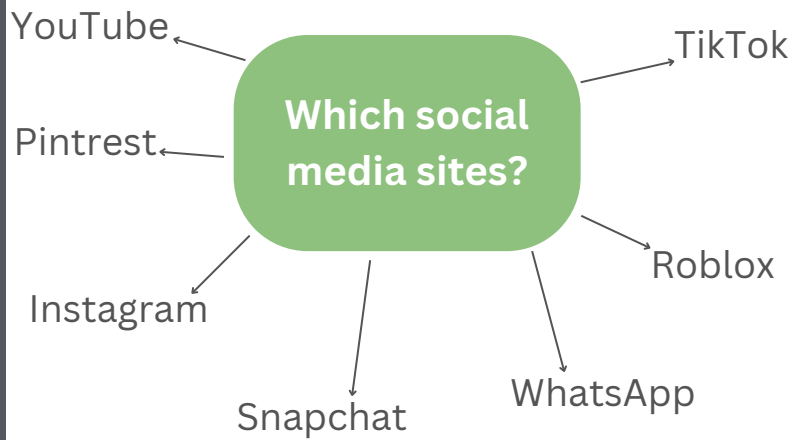
"More singing and dancing!"

SOCIAL MEDIA IMPACT

Did you have a social media profile?



In one of the groups, all of the children had a mobile phone. Some disclosed that they had had a phone from the age of 4.



“Respect, inclusivity”

“Encouragement”

“Funny pictures”

“Animals being rescued”

76%

Had seen **POSITIVE** posts online

“Posts of family”

“Cancer awareness”

“I see videos of my brother singing, he is good and inspires me because I want to be a singer when I am older”

“Israel’s war and recent events in Palestine”

“When people pass away”

“Floods”

“Negative comments on public YouTube”

“Cyberbullying”

68%

Had seen **NEGATIVE** posts online

“People being mean on Roblox”

“The news during the Coronavirus”

What did you learn from the programme about online safety?

87% said they learned how to be safe online

“Don’t talk to strangers”

“Always tell your grown ups what you are doing”

“Always be kind”

“Do not share personal information - school uniform, address, postcode”

“Be safe online”

“If someone made a bad comment, I would kill them with kindness and tell an adult.”

“Report them”

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 a shining star that no one can dull”

“I think about others before myself”



“Today is going to be a great day”

“Think of yourself as money, you are never worthless”

“I am a beauty not a beast”

CASE STUDY - CHILD

ONE CHILD FROM EACH VENUE WAS ASKED ADDITIONAL QUESTIONS
RESPONSES ARE BASED FROM 3 CHILDREN WITH AN AVERAGE AGE OF 9 YEARS

100%

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?

“Making new friends”

“People! I only knew one person beforehand. Everyone is kind here, I have brought my phone to get phone numbers to stay in touch with the others. Stomp was my favourite part!”

“Doing the dancing and the singing.”

“I loved trying new foods that I had not tried before”

“I liked meeting new people”

“If I didn't come, I would have been stuck on my iPad”

What did you think the programme helped with?

“I am shy and not confident if I do not know people, but I can be my crazy self when I know them”

“The facilitators have helped me with my singing”

“I have anxiety from Covid and do not like being away from my mum. The hand breathing (a breathing technique) has helped me.”

“It has helped with my confidence to do things in front of everyone”

“My confidence”

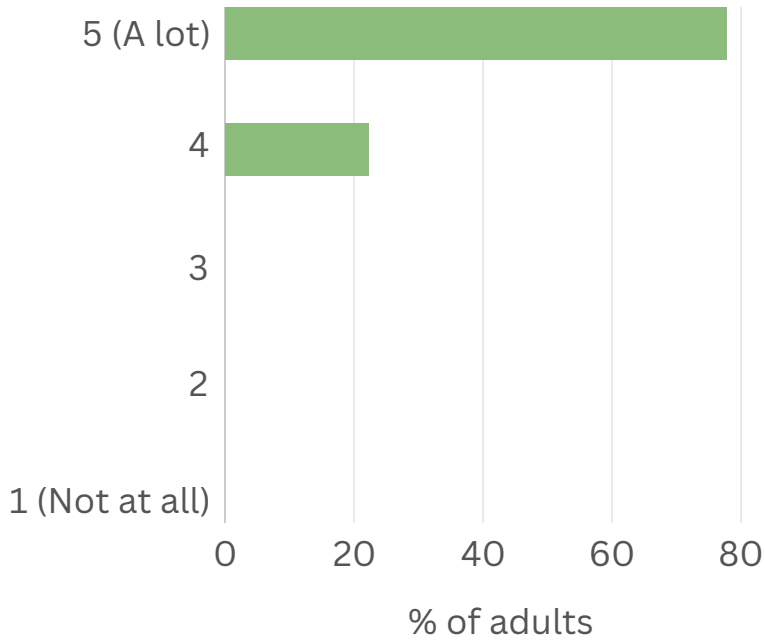
“I felt at home here”

“I was slightly anxious at the start because I was not with my mum, but I am not anxious anymore.”

ADULT FEEDBACK

FEEDBACK PROVIDED BY 18 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

How much did your child enjoy the Release programme?



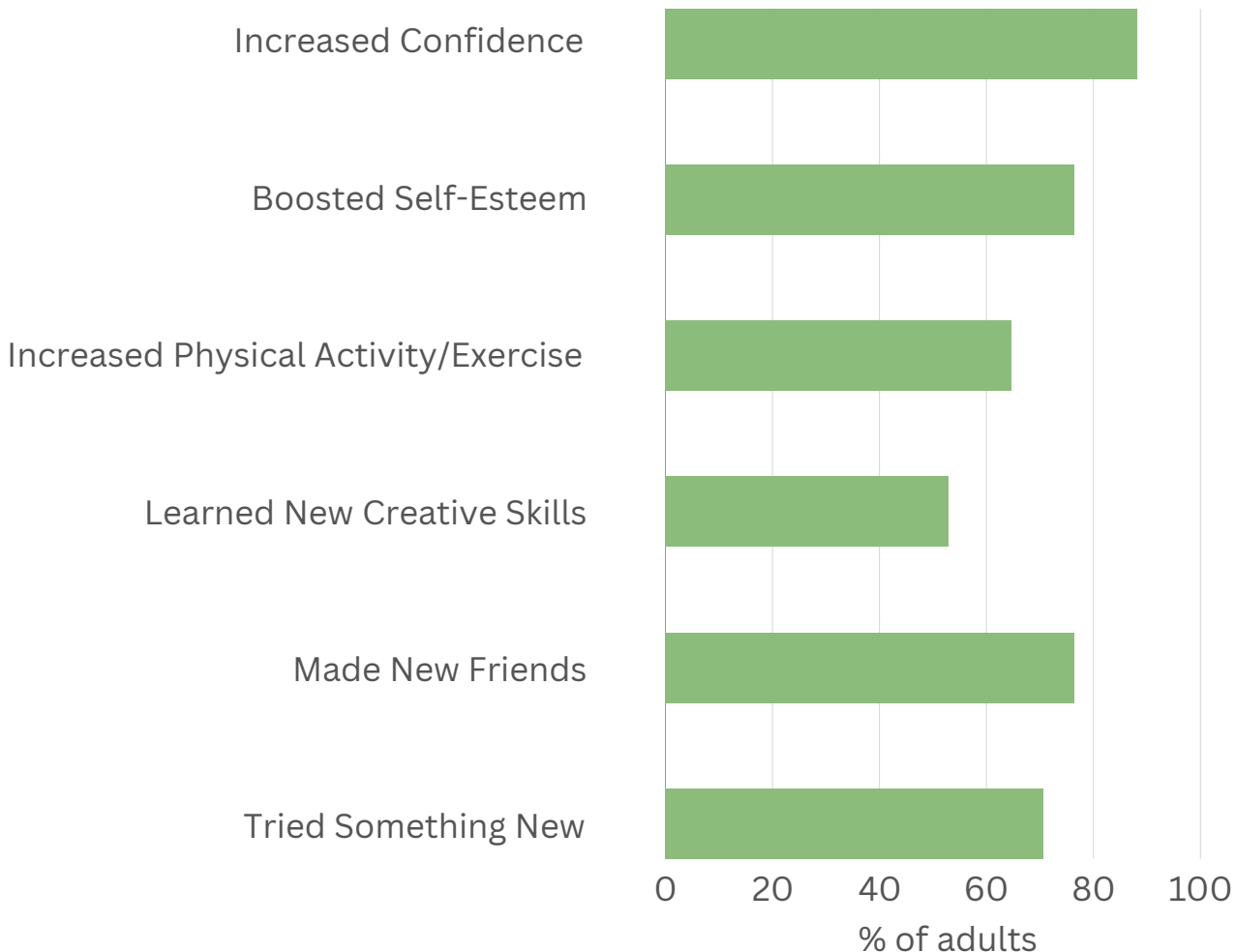
100%

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

81.3%

Had noticed a difference in their child after the programme

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



ADULT FEEDBACK

FEEDBACK PROVIDED BY 18 PARENTS/GUARDIANS WHO COMPLETED A QUESTIONNAIRE

76.5% of the adults knew about Freedom Foundation prior to booking onto the Release programme

Where did the adults hear about the Release Programme?

This is my child's second Release	Been to the programme before
School	Letter in post
Online	Word of mouth
	My child has been for the last 2 years

100%

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

76.5%

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

100%

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

94.5%

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

100%

Would recommend the programme to others

Additional feedback/feedforward comments

"Well run programme, thank you!"

"Fantastic club, especially because it is free of charge!"

"It got my child out of the house"

"My child had been taking ballet classes since the age of 18 months but had lost interest in dancing. Yesterday she asked to go back to dance class."

"My child is more happy, she is happier when at Release."

"They are excited to be creating something to perform for me"

"My child said they loved being out and dancing"

"My two children have been getting on"

"My child was eager to attend every day, he had fun and enjoyed everything."

"My child is happier and more confident"

CASE STUDY - ADULT

ONE ADULT FROM EACH VENUE WAS ASKED ADDITIONAL QUESTIONS
RESPONSES BASED FROM 3 ADULTS

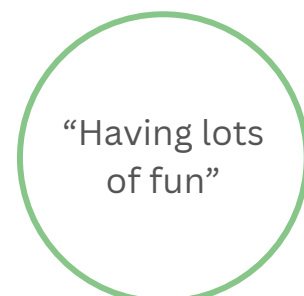
100%

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?

"My child loves Release more than school!"

Before the end of programme performance, a parent/guardian commented, "I have not noticed any changes as my child is generally very shy." However, after the performance the mum came back over to the facilitator and said, "I take it back! I have never seen my child perform like that!"

"My child has enjoyed every session and all they have done together."

What did your child learn from the session?

"Teamwork"

"To be confident in yourself"

"Making friends"

"To have fun!"

"Learned how to dance and enjoy it"

"To enjoy herself! It was nice for her to go to a club that she does not complain about!"

FACILITATOR FEEDBACK

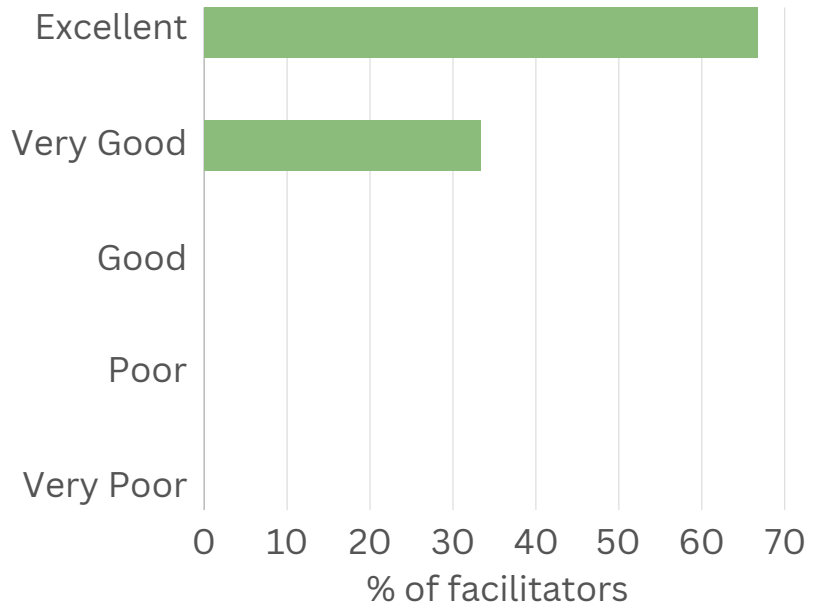
100%

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

“Two of the girls were willing to perform solos on day 1! They were sharing so much expression while performing, it was fantastic to see.”

“Two of the children worked so well together in the songwriting task. Together they created a song about friendship. Amazing!”

“Child A got involved with singing and dancing even though she was very shy. Well done!”

“One child went round and helped other children who were struggling to make their chatterboxes.”

“One child felt confident enough to lead the warm up to the other group.”

“We loved spicing up the Freedom Stomp, all of the children were so confident and so excited! Most of them had been to Release before so this added a new layer for them.”

“On day 1, Child B did not want to participate, however, by day 2 they got stuck in and had a great time which was very rewarding to see.”

“Practicing the affirmations with the backing track was emotional! Hearing the affirmations and words they came up with shocked me, it shows that they had really thought about what we have discussed.”

“One child performed a solo in the final performance - something he was nervous to do on day 1.”

FACILITATOR FEEDBACK

“Both of us (the facilitators) want to work together to deliver Release again. I have really enjoyed leading this time, all of the training has helped, communication is super easy, and I have honestly enjoyed the last 4 days. It has been really rewarding.”

“There were a mixture of emotions on the rainbow charts - mostly happy and calm.”

“We completed an affirmation poster activity, the children enjoyed using the stickers and writing compliments about their fellow team members. We discussed how it makes you feel more positive. One child expressed that she felt more ‘secure and good about herself’.”

“The children had a lot of things they wanted to contribute about social media”

“All of the children said they had made a new friend. They are from 7 different primary schools so would most likely not have met if it was not for Release!”

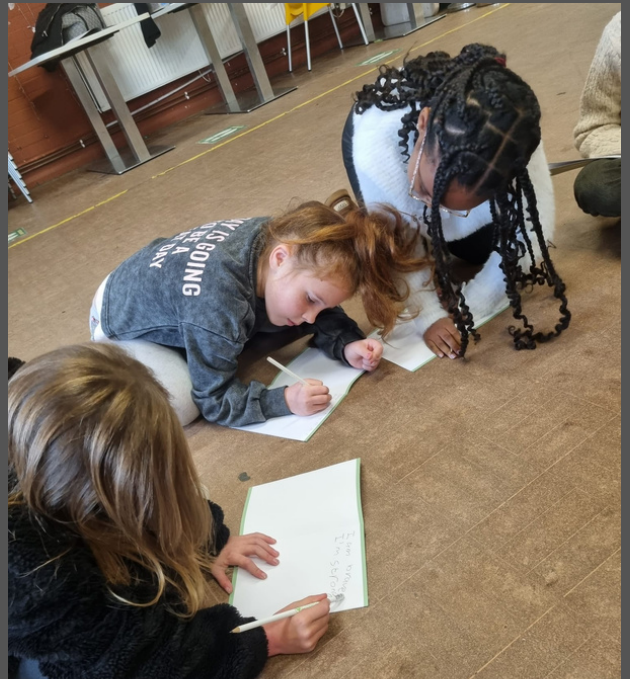
“I would love to deliver again! I think this programme is brilliant and has given the children skills they would not necessarily get at school. Watching the children step outside of their comfort zones and create such a fantastic show has been wonderful to see. I hope I get the chance to experience that again.”

“We used the 4M Coping Strategy activity as an opportunity to discuss diversity and representation.”

“The performance went very well and I had some great feedback from parents/guardians. One parent spoke to me at the end and said that her child had attended the Release programme twice before, however, today was the first time her child had stood up and joined in the performance. The parent was very pleased to see the increase in their child’s confidence.”

“One child was really shy even though she was the eldest, her mum spoke for her at the beginning. However, not long after joining Release she came alive! Her confidence grew so much over the week. The child commented on how she had made lots of new friends and how she felt she could be her true self here.”

“We made kindness posters where the children drew around their hands, they then wrote positive affirmations and quotes around the drawing to help them to feel good about themselves. Whilst two of the children were the quieter ones in the group, they wrote the most thoughtful affirmations down. They expressed themselves a lot through their artwork, which is such an important way for children, who are naturally more introverted, to express themselves.”



THANK YOU!

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





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