



FREEDOM
FOUNDATION

RELEASE

HOLIDAY ACTIVITY FUND
EASTER 2024

FOREWORD AND PARTNERS



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 current cost of living crisis has caused an increase in challenges faced by 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.

Freedom Foundation would like to extend our thanks to our partners who helped us make the Holiday Activity Fund a success for children and young people at The Bestwood Estate Community Centre.

THANK YOU!



**Department
for Education**



Nottingham

City Council



SNAPSHOT + IMPACT



10 CHILDREN REACHED



1 RELEASE PROGRAMME DELIVERED



2 FACILITATORS UTILISED

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

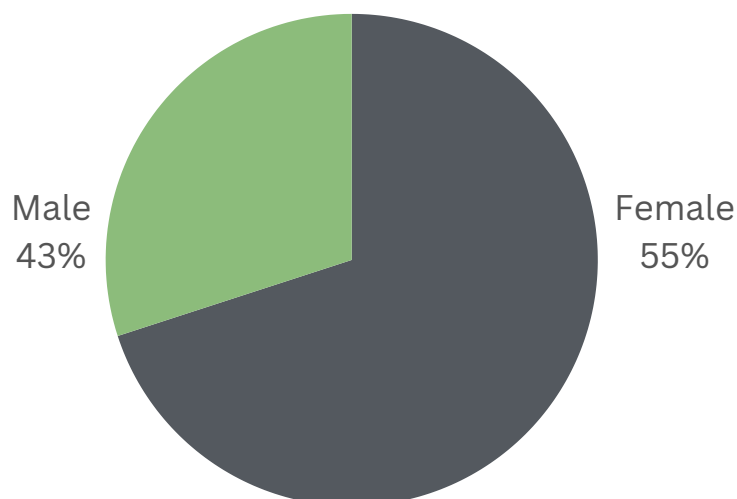
ETHNICITY BREAKDOWN

- 40%** - White ethnicity/cultural background
- 30%** - Black, African, Caribbean, Black British
- 20%** - Mixed or multiple ethnic groups
- 10%** - Black ethnicity/cultural background - Caribbean

AGE BREAKDOWN

- 50%** - Aged 9
- 30%** - Aged 10
- 20%** - Aged 11

GENDER BREAKDOWN



PRE- AND POST-EVALUATION SUMMARY

10 CHILDREN ANSWERED THESE QUESTIONS

How did you feel about joining the programme?

“Good”

“Happy”

“Very excited”

“Great”

“Really positive”



8 out of 9 enjoyed the Release Club!

“Singing”

“Seeing new people”

“Everything”

“Dancing”

What did you enjoy most?

“Affirmations”

“Being in the presence of Release”

Increase!

60%

Had danced before

100%

Will carry on dancing

Increase!

70%

Had sung before

100%

Will carry on singing

How did performing make you feel?

“Good”

“Proud”

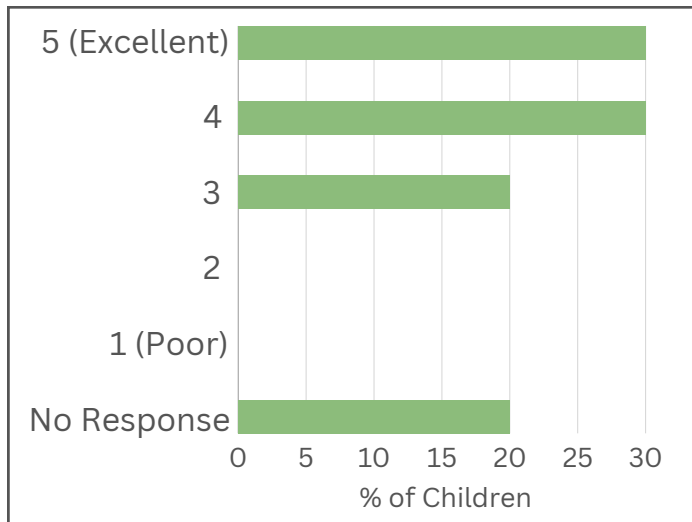
“Accomplished”

“At home”

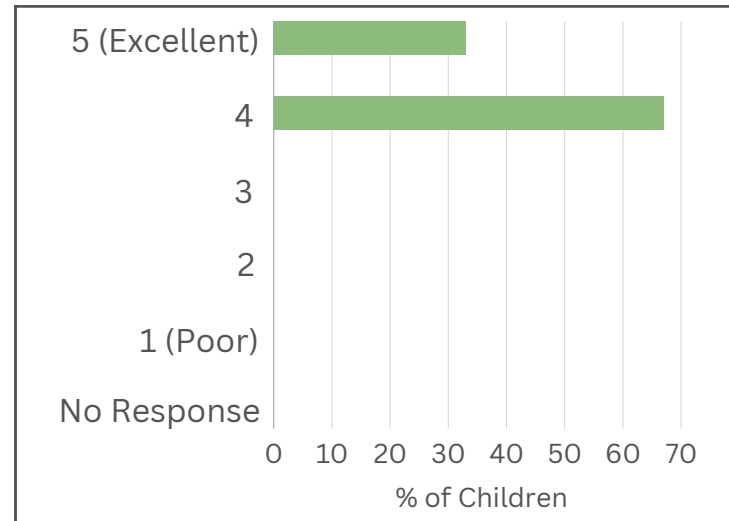
“Happy”

“Where I am supposed to be”

PRE- AND POST-EVALUATION SUMMARY



Rate your confidence post-programme



Improved confidence!



Rate your confidence pre-programme

How did the programme help to increase your confidence?

“Because nobody has been judgemental”

“The show helped me to face my fears”

“The facilitators helped to encourage us to feel good about ourselves which helped with my confidence”

Further comments post-programme

“I am definitely recommending Release to my friends”

“If I wasn't at Release this week I would have been sad”

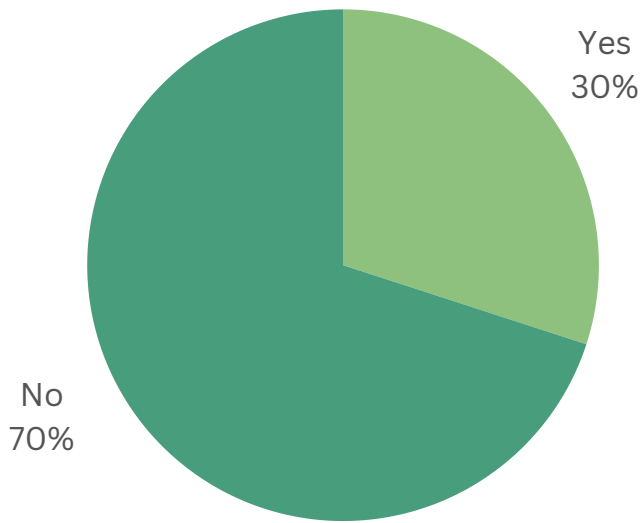
“I was so happy to get this privilege”

“I have never done anything like this before but I am happy that I did!”

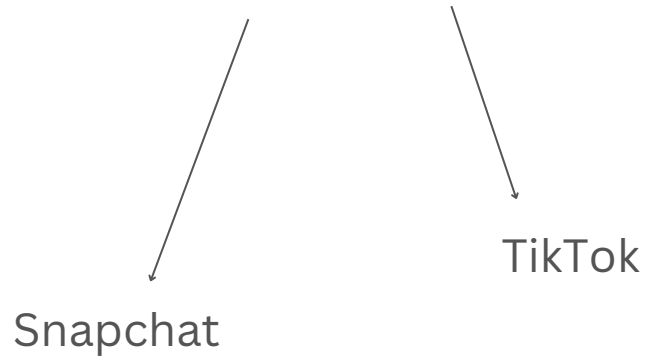
“I was glad to see familiar faces”

SOCIAL MEDIA IMPACT

Did you have a social media profile?



Which social media sites?



“World peace movements”

“Self-image love”

100%

Had seen **POSITIVE** posts online

“Love”

“Gender reveal parties”

“Saving the World”

“Children getting hurt”

60%

Had seen **NEGATIVE** posts online

“Bullying”

“Animal abuse and physical abuse”

What did you learn from the programme about online safety?

100% said they learned how to be safe online

“Any bad comments should be removed”

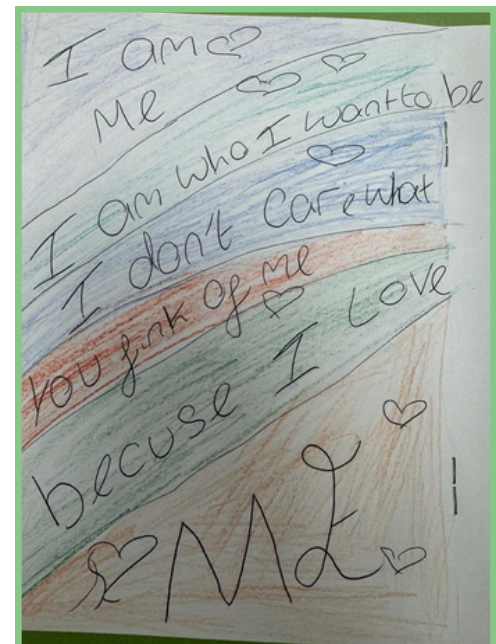
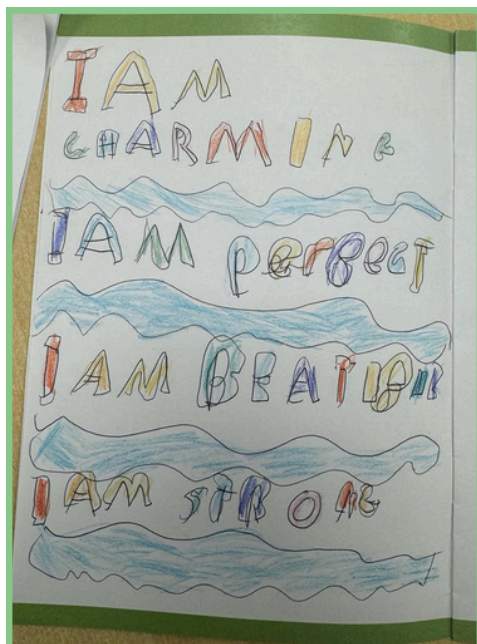
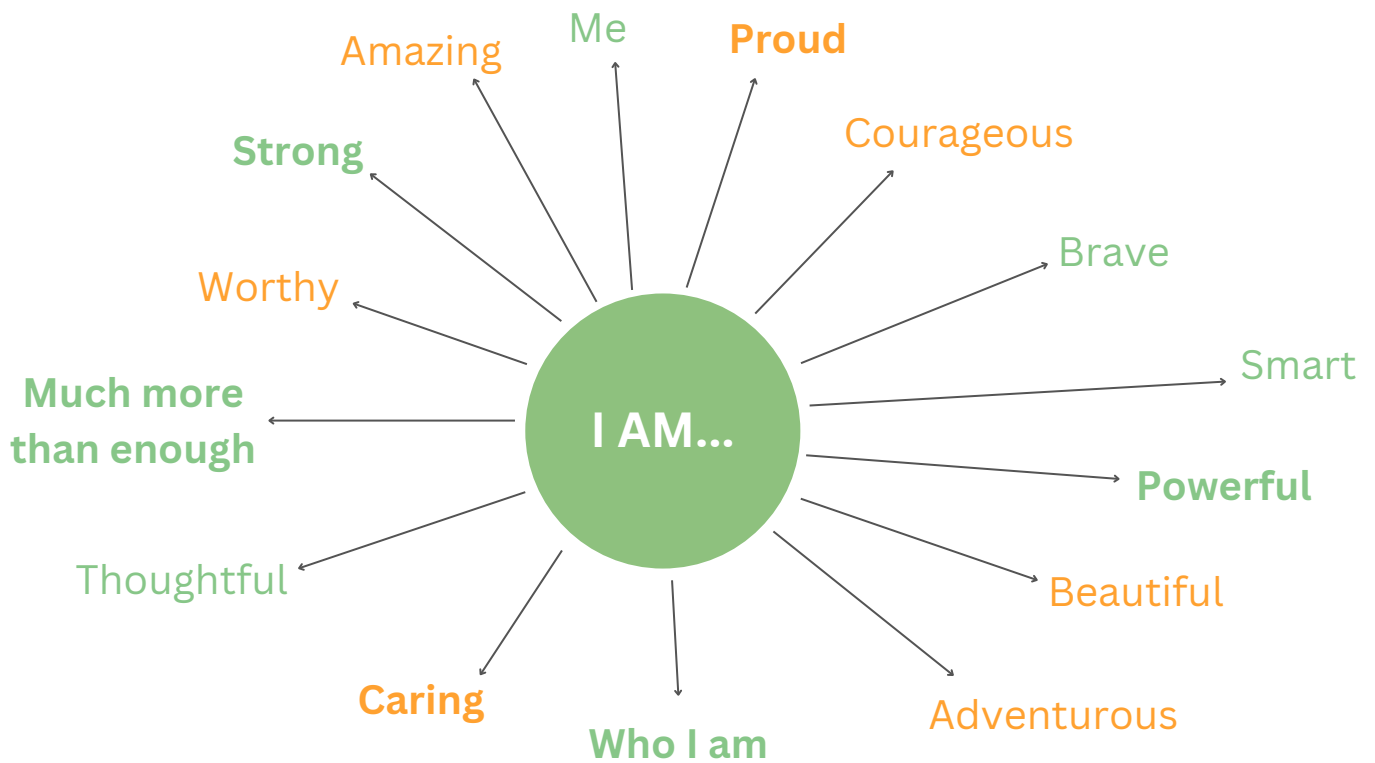
“Do not give out any personal information and do not put them online”

“Unknown people should be blocked”

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



CASE STUDIES

ONE CHILD AND ONE ADULT WERE ASKED ADDITIONAL QUESTIONS

CHILD - Aged 11

What did you enjoy most about the programme?

“Positivity”

“The people”

“The dancing is fun”

“I can express myself in the when singing”

YES!

The programme increased my confidence

YES!

The programme helped me to write down my feelings and emotions

What did you think the programme helped with?

“Loving myself more”

“Realising that I can sing and dance”

“Improving my confidence when talking to new people”

ADULT

What do you think your child enjoy most?

“Making new friends and getting to be herself”

YES!

My child's confidence increased

What did your child learn from the session?

“To be happy with who she is and what she can do!”

Would you like to see more of this support for you and your family in the future?

“Yes. My child is sad the holiday club is only until she turns 12.”

“Thank you for providing the sessions!”

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

“Definitely increased her self-confidence and how she feels about herself”

FACILITATOR FEEDBACK

Would you like to deliver the Release programme again?

“Yes! I really enjoyed delivering the programme and having a great assistant facilitator really helps!”

The facilitator rated the experience of delivering Release to be ‘Excellent’

“I feel like I was prepared well enough by the Freedom Foundation team to deliver the programme to the best of my abilities”

Facilitator's favourite standout moments

“One child performed the routine confidently with style and was very proud of himself.”

“One child was brave and sang her solo in front of everybody.”

“We had a discussion on social media; the benefits/negatives and how to keep ourselves safe online which they all participated in and had great opinions on!”

“The children felt sad on the final day because they wanted it to continue.”

“The children really enjoyed the opportunity to perform”

“We spoke about affirmations and created some starting with ‘You Are..’, the children then shared these with each other which made them all feel appreciated.”

“One child spoke with courage about being shy and how she wants to start being braver in social situations.”



THANK YOU!

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





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