



CASE STUDY

HAF PROGRAMME



SUMMER 2023





A word from Management

SFK Multisports was fortunate enough to receive funding for the Holiday and Activities Food Programme 2023.

As an activities provider every school half term holidays, we have certainly identified the lack of children from lower income and deprived backgrounds having access to our activities. This programme not only allowed us to offer our activities to a wider demographic, but also allowed us to have a positive impact on children by encouraging a more active lifestyle and healthier diet.

We also gave children the opportunity to enjoy healthy fresh food sourced daily including hot and cold food and snacks. This evidently takes the pressure off parents that struggle to source quality food for their children in the holidays with some families having to resort to food with less nutritional benefits.

Our Summer Holidays programme spanned across 4 venues in leicestershire with over 200 children being provided with healthy meals and enriching experiences. Growing from our previously staffed 2 venues the year prior, this was a major step forward in our strive to promote positive behaviour and inclusivity through sport, exercise and social experiences...

As always we are incredibly grateful to have put together a like minded team of coaches who play a huge part as positive role models. Finally a huge thank you to everyone who made our Summer Holiday programme a success!



We have had so much positive feedback stemming from the external venue staff and our partners, to the parents and children from the community. All of which highlights the difference our programme has made thus far, and reinforces the fulfilment our staff gain from making a positive difference to the children:

1

“I have to say an enormous thank you to all at SFK!

My son has enjoyed the summer so much with you guys. The coaches at Beauchamp are true role models - all outstanding and dedicated.

Over the last couple of years I see them always engaging with the children, never scrolling on their phones & consistently going above and beyond. This great conduct has had a truly positive effect on my son, helping to shape his development and create a mutual respect to carry with him as he grows.

2

When he first came to you after covid he had lost interest in football and didn't want to continue his practice but you guys totally inspired him 100%.

I always recommend you to others & I can't thank you all enough! Please don't go changing in anyway, you are perfect as you are 🥰

Enjoy the summer now it's finally here & we hope to see you all at Christmas.”

Best wishes
Parent & Child xxx

ATTENDANCE FIGURES LEICESTERSHIRE – COUNTY

1000+



VENUE	BEAUCHAMP COLLEGE - OADBY	MARTIN HIGH SCHOOL - ANSTEY
AGE RANGE	4-11YRS	4-11YRS
NUMBER ATTENDING	94	23

ATTENDANCE FIGURES LEICESTERSHIRE – CITY

90+



VENUE	JUDGEMEADOW COLLEGE – EVINGTON	SIR JONATHON NORTH COLLEGE – KNIGHTON
AGE RANGE	4-11YRS	4-11YRS
NUMBER ATTENDING	67	25



CONTINUED PROFESSIONAL DEVELOPMENT

DESIGNATED SAFEGUARDING LEAD (LEVEL 3)

In addition to running our own CPD workshops prior to every Camp, it is important our staff complete courses continuously to develop their understanding in this field. First aid, and Level 2 food and hygiene courses were among those completed by our staff members. The highlight of our staff's continued development is seen in our camp managers.

As the designated safeguarding lead, the lead staff members are the first point of contact for staff members, families and visitors. It is also important for us to continue to train our leads so that correct protocols can be issued when and where appropriate matters are needed to be escalated through our chain of command.



This course helped teach our leads in more **DETAIL** about the safeguarding process, to understand their responsibilities, and feel **CONFIDENT** to action when needed.



CONTINUED PROFESSIONAL DEVELOPMENT

DESIGNATED SAFEGUARDING LEAD (LEVEL 3)

An example is seen here where our DSL was required to fill in appropriate incident reports for concerns raised regarding a child. Having the correct practices in place is of high importance, by following continued professional development, our DSL was able to proactively deal with the matter and contact all respective parties.



SFK INCIDENT REPORT:

Child's name: [Redacted]

Date: 02/08/23 14:40

Who it involves: * [Redacted]

Location: [Redacted]

Activity group: Older Football

Details of event:

[Redacted]

Action taken:

[Redacted]

Coach name: Coach [Redacted]

Co-ordinator Notes:

[Redacted]

High Speed Training certifies that [Redacted] has completed

Designated Safeguarding Lead (Level 3)

A high-quality, interactive training course designed to help people with a designated child protection and safeguarding role understand more about their responsibilities.

[Redacted]

The actions of both children have been noted:

[Redacted]

Co-ordinator sign-off - [Redacted] (Camp Manager) (Designated Safeguarding Lead)

This incident report is under confidential agreement and is only to be shared with our Safeguarding Team at SFk Multisports in alignment of our safeguarding policy.

In Focus

01 10:00am Start -
3:00pm Finish

**Beauchamp
College -
Oadby**

Ridge Way,
Oadby,
Leicester, LE2 5TP

02 10:00am Start -
3:00pm Finish

**Judgemeadow
College -
Evington**

Marydene Dr,
Evington,
Leicester, LE5 6HP





Promoting Healthy Eating



The food we provided consisted of hot and cold options. Each child daily was given fruit and healthy snack bars along with their lunch meal. For drinks a choice of fruit juice or fresh water was available.



Our meals were halal alongside a vegetarian option available daily. We take pride in being inclusive to all backgrounds and so ensuring our food is accessible for all, with allergies taken into account, is a huge priority for us.



All food was provided from within the local community, and prepared by our Level 2 Food & Hygiene trained staff members.



Parents were signposted for advice on maintaining budget-friendly healthy eating at home, and any leftover food was encouraged to be taken home by the children at the end of the day; with our last days food amount being donated to community hotspots.

SFK MULTISPORTS

Summer HAF Menu

WEEK 1

MONDAY - CHEESE SANDWICHES

TUESDAY - TOMATO / CHICKEN PASTA

WEDNESDAY - CHICKEN / SALAD WRAPS

THURSDAY - MARGHERITA PIZZA AND CHIPS

WE WILL ALSO BE PROVIDING A SNACK,
FRUIT AND DRINK DAILY

SFK

MULTISPORTS



Food we offered

Pasta

Sandwiches

Wraps

Baps

Salads

Juices

Fresh Fruit

Dried Fruit

Breakfast Bars

Halal & Vegetarian Options*



SFK

MULTISPORTS



Activities we offered

Sports Equipment List + Facilities List

Equipment:

- Tennis
- Hockey
- Cricket
- Tennis balls
- Football
- Netball
- Badminton
- Table Tennis
- Table Tennis
- Commas
- Computer access - Quizzes / Dance / Riddle / Classroom games
- Any specific equipment available upon request

Beachamp Facilities:

- Outdoors
 - 30 Artificial Football Pitch
 - Outdoor Tennis Courts
 - Outdoor Basketball court
 - Gross Pitches
- Indoors
 - Sports Hall Buildings
 - Sports Hall - 2 courts (4 half courts)
 - Small dance studio (approx. 15 children max)
 - Large Dance Hall
 - Classrooms



We offered a variety of activities for children through the holidays including:

Health and nutrition workshops

Multisports activities

Football activities

Arts and Crafts activities

Educational activities

Enrichment activities



Football Schedule

OLDERS (8-11yrs) YOUNGERS (5-8yrs)

Avoid headers please due to FA Guidelines

AM

Staff Arrival 9:30 - 9:45

10:00am - Children into classroom

10:00 - 10:10am - Introduction / Behaviour expectations

10:15 - 11:30am - Warm up activities / Drills

11:30 - 11:45am - Classroom Break

11:45 - 12:45pm - Drills Continued / challenges

PM

12:45 - 1:30 - Lunch Break

1:30 - 2:00 - Tournament #1 / mini games / challenges

2:00 - 2:45 - Tournament #2 / mini games / challenges

2:45pm - Back to Classroom

2:50 - 3:00pm - Home Time Dismissal

Multisports Schedule

OLDERS (8-11yrs) YOUNGERS (5-8yrs)

AM

Staff Arrival 9:30 - 9:45

10:00am - Children into classroom

10:00 - 10:10am - Introduction / Behaviour expectations

10:15 - 11:15am - Activity 1

11:15 - 11:30 - Classroom Break

11:30 - 12:30 - Activity 2

PM

12:30 - 1:00pm - Lunch Break

1:00 - 2:00pm - Activity 3

2:00 - 2:15pm - "Optional" break at Activity station

2:15 - 2:45pm - Activity 4 (or Activity 3 Cont.)

2:45pm - Back to Classroom

2:50 - 3:00pm - Home Time Dismissal

Warm up examples:

- Capture the flag
- Tails
- King of the ring
- Sharks & Fishes (Bulldog)
- Races
- Reaction games
- Partner games

Drills based on:

- Dribbling
- Passing
- Shooting
- Defending
- Time trials
- Possession
- Counter Attacking
- Overloads
- Breaking lines
- Phases of play (Gk, Defence, Midfield, Attack)
- Set plays

Mini games / challenges examples:

- King of the court
- Wembley
- Elimination penalties
- Wonder kid challenges



Promoting Positivity

Here are some of the children that were presented with their certificates and medals for attending our holiday camp and showing continued positive behaviour.

On our final days we like to put on a extra reward for the children as a thank you from us. This summer we hired a ice cream van for all our coaching staff, venue site team, parents and children.

By extending the offer to the venue site team and parents we feel it is beneficial as a thank you to the community's support with our programme.

Children show their medals to receive their free treat, as this allows them to be proud of what they have done this summer while still showing positive behaviour.

We also give reward stickers and SFK hats out to the children throughout the camp to keep them focused and aid our use of positive praise





How many children signed up
Beauchamp College

Week 1 – 51

Week 2 – 66

Week 3 – 69

Week 4 – 79

Children with Special Needs – 12

How many children signed up
Judgemeanow College

Week 1 – 49

Week 2 – 47

Week 3 – 47

Week 4 – 47

Children with Special Needs – 7



Inclusion

We run all of our programmes on an inclusive basis. Across the In Focus Beauchamp and Judgemeanow venues, 19 children required a funded SEND place to meet their needs and safely access our clubs and activities.

We ensured that we communicated with both parents and their child's respective lead coach prior to the children attending to ensure that they had a positive experience in their time with us and that all needs were able to be met. This ranged from providing an additional staff member to assist a group to providing full 1:1 support.

Where appropriate, a further duty of care form was asked for parent/carers to fill in, to ensure we had sufficient details to care for all children in our care.

SFK MULTISPORTS

SFK Multisports – Duty of Care form

Please answer all questions to a detailed extent.

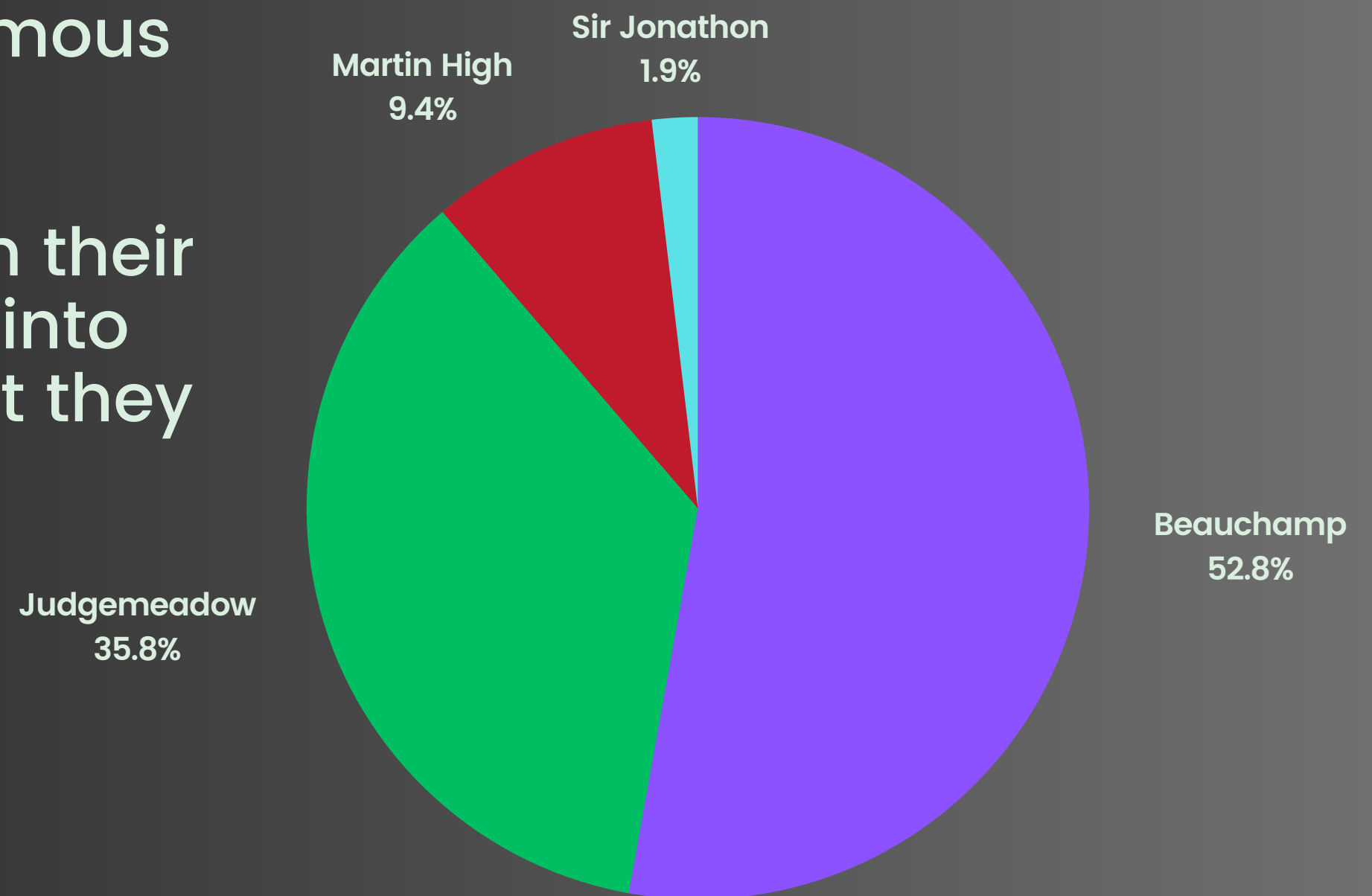
- 1) Background about me (Name, age, Location, SEN description if applicable) – (including how I communicate)
- 2) My Strengths, interests, passions, and skills. – The things that are important to me:
- 3) What people like and admire about me?
What makes me happy?
- 4) Other things I would like people to know.
 - How would I like to be supported?
 - Other things my parents would like people to know?
 - Parent interactions with child e.g., feeding, toileting, triggers that work well in keeping child engaged and interactive.
- 5) Summary of SEN needs if applicable
 - Description of Needs and Diagnosis (where known)
He has not been diagnosed with anything so far, but we SUSPECT he has attachment disorder.
- 6) Does your child require 1-1 support? If so, how is that support needed?
- 7) Child's strengths
- 8) Communication and interaction – with peers and adults
- 9)
- 10) Social, Emotional, and mental health – e.g., noise levels, group settings
- 11) Sensory and Physical – e.g., food, activities, lights, fidget toys, toileting, self-care needs
- 12) Any other details – what would parent, and child like to gain the most from attending activity holiday camp?
- 13) Please list the dates you wish to attend (we will not be able to guarantee these but will try and accommodate the best we can)



Online Feedback Form

As part of the Holiday Activities and Food Programme delivered by SFK Multisports we asked parents to take part in a short anonymous survey.

We asked the parents which provision their child attended to get a better insight into both the data and the comments that they left about the programme.



Online Feedback Form

We asked the parents a range of questions about the programme to gain their feedback.

Our identity aligns with us meeting the needs of our community and so we will use this feedback to support future funding bids and help us better our holiday provisions programme.

Our Scoring system is the following:

1 – Poor 2 – Satisfactory 3 – Good 4 – Very Good 5 – Excellent

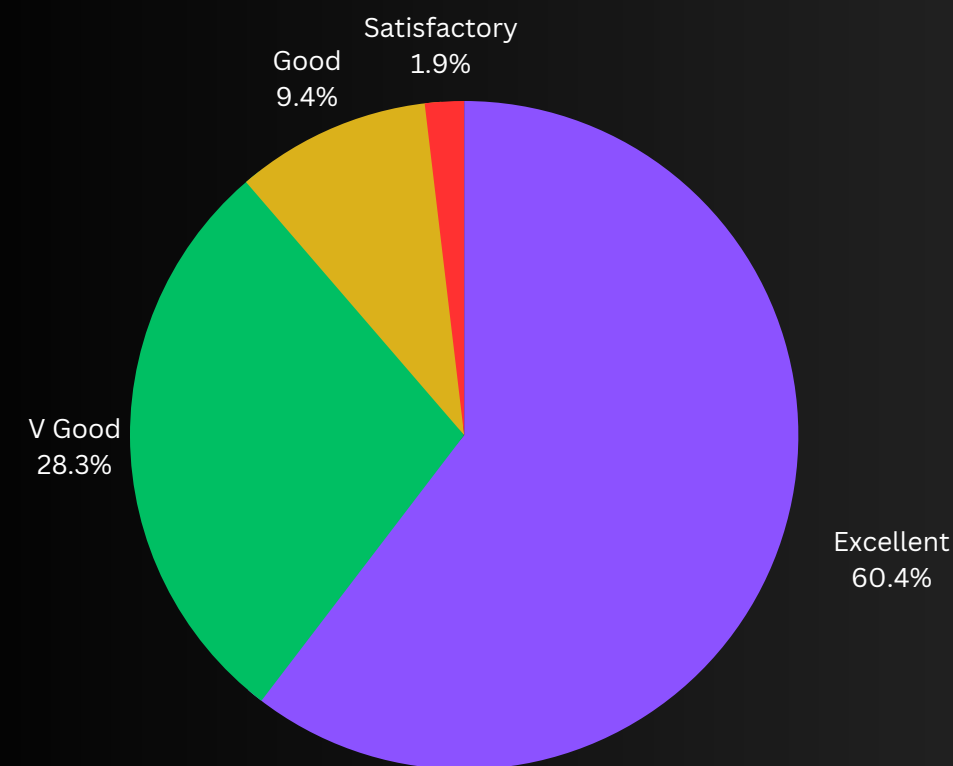


Advertising

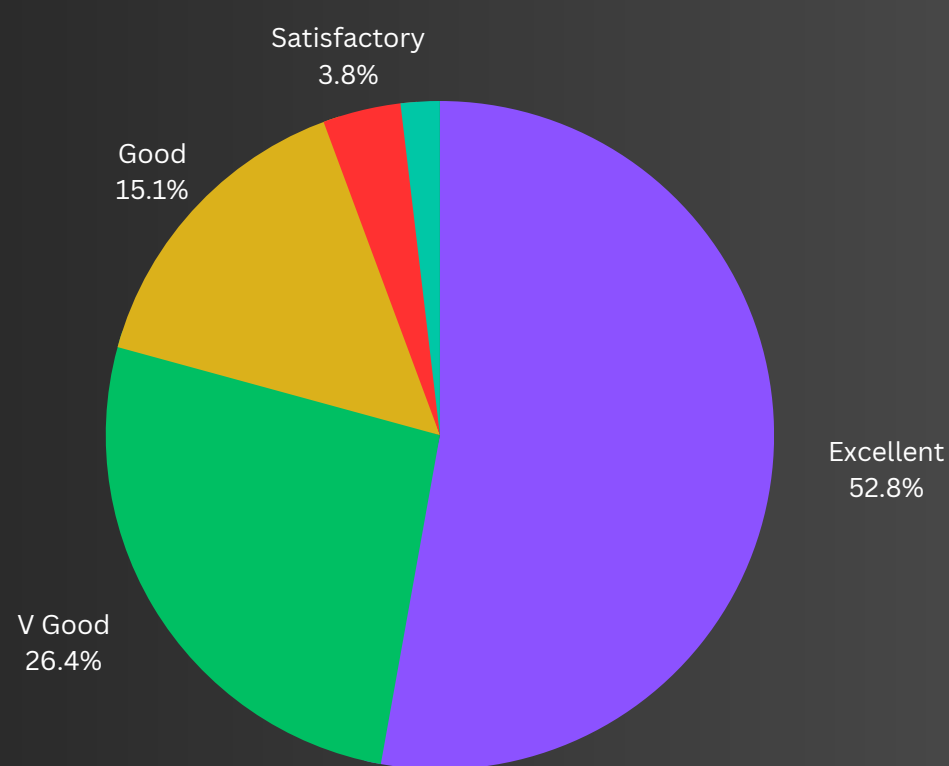
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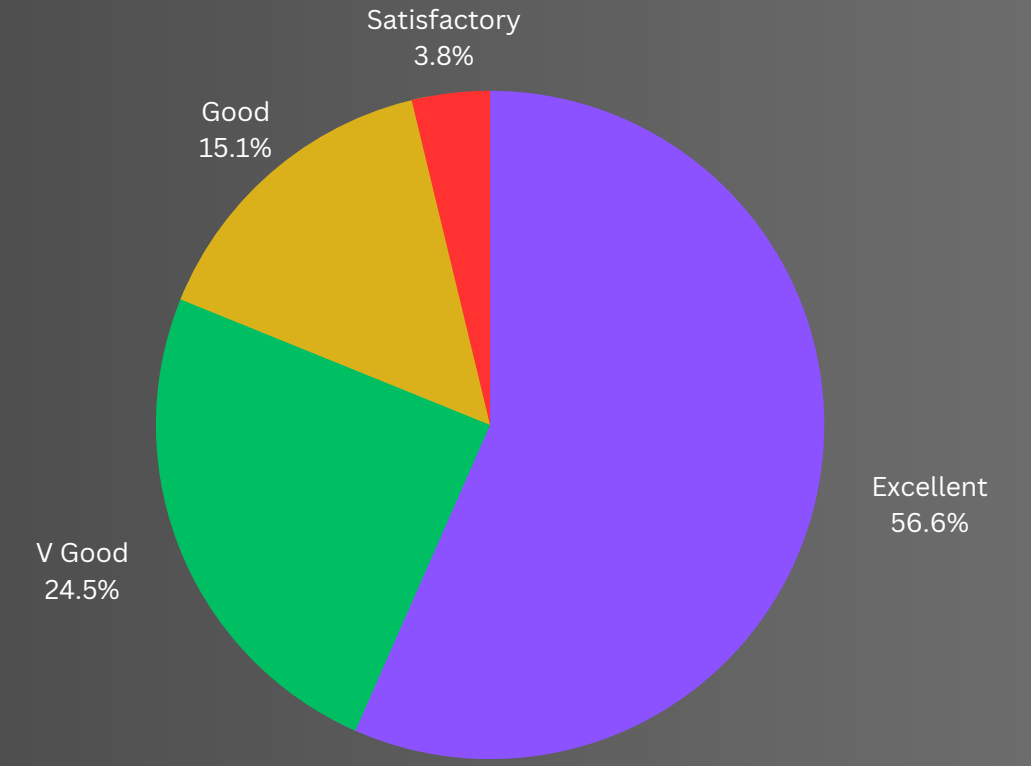
Online Booking System



Flyers & Advertising



Camp Information

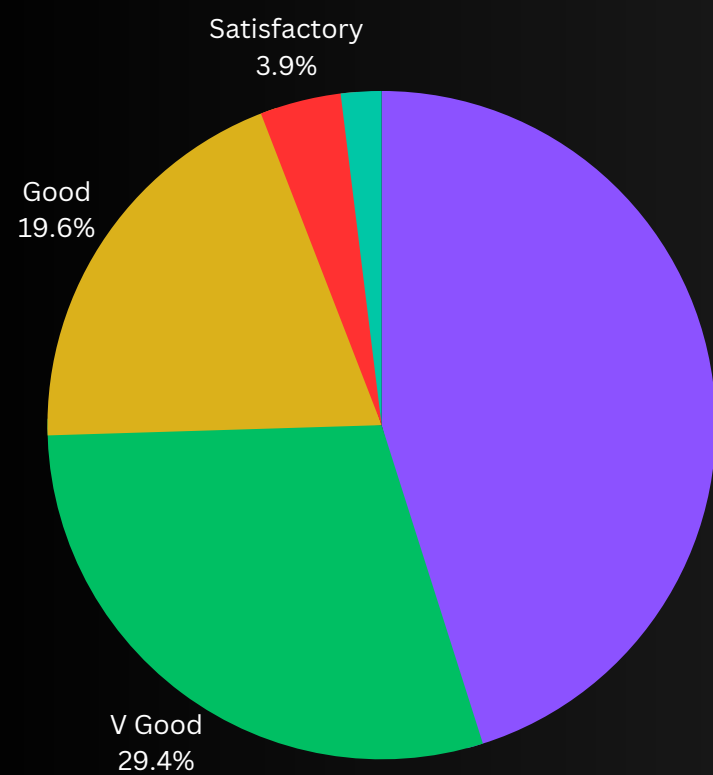


Communication

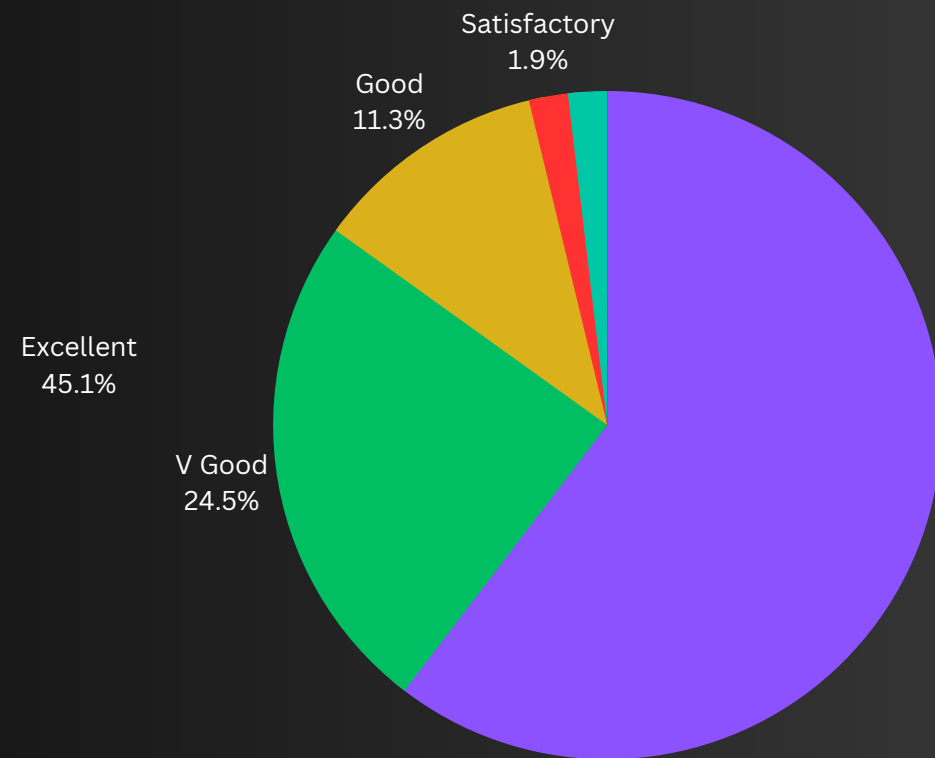
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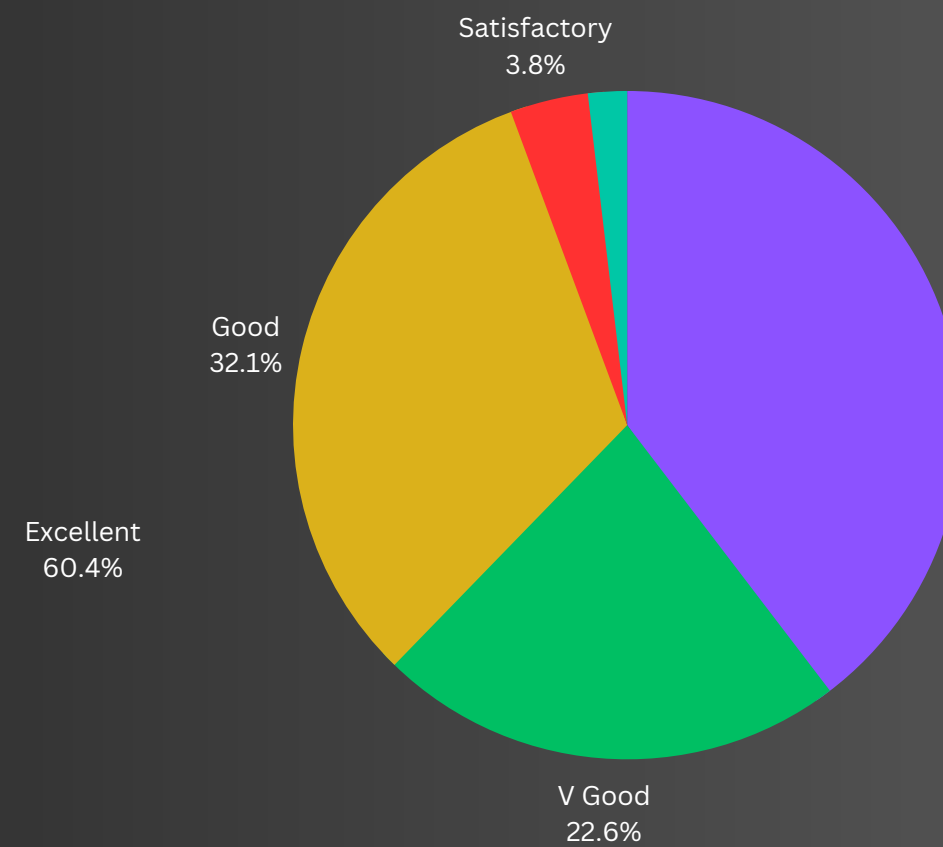
Telephone



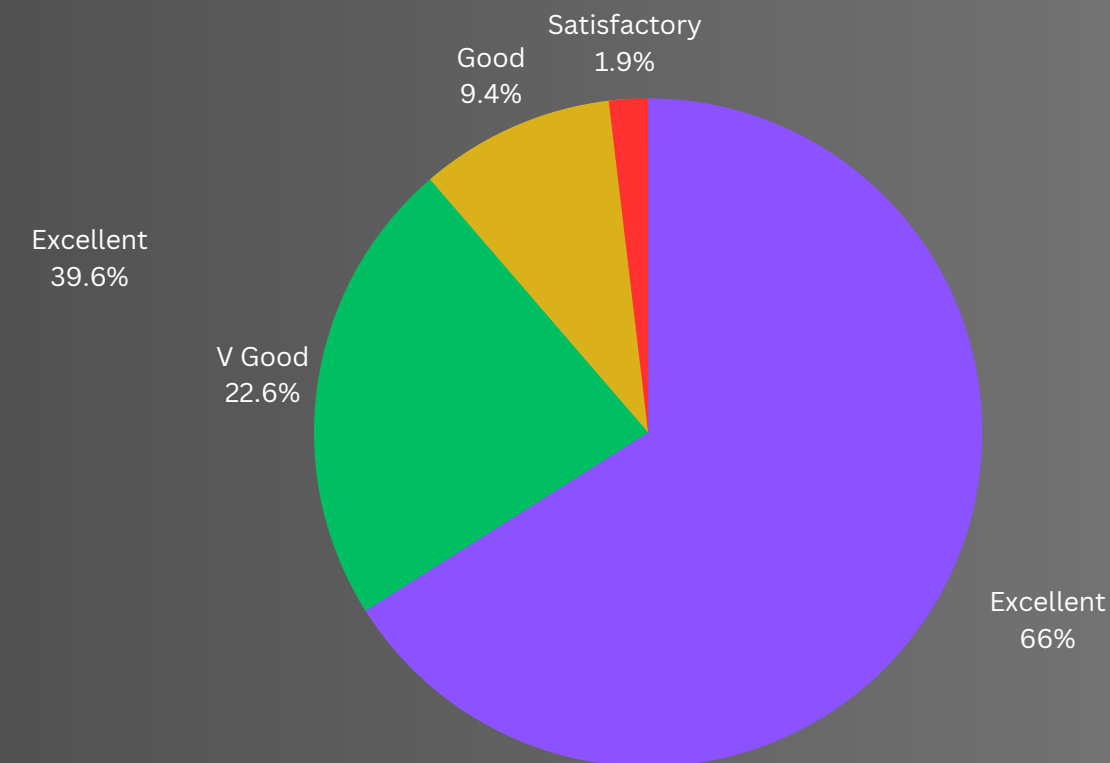
Email



Whatsapp



Face-to-Face

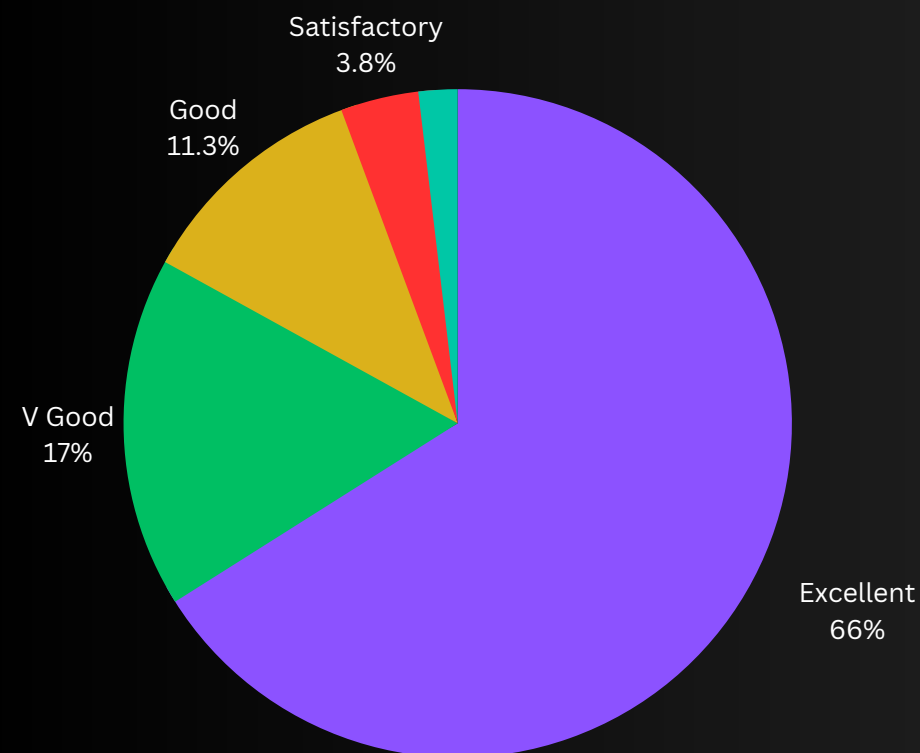


Camp Experience

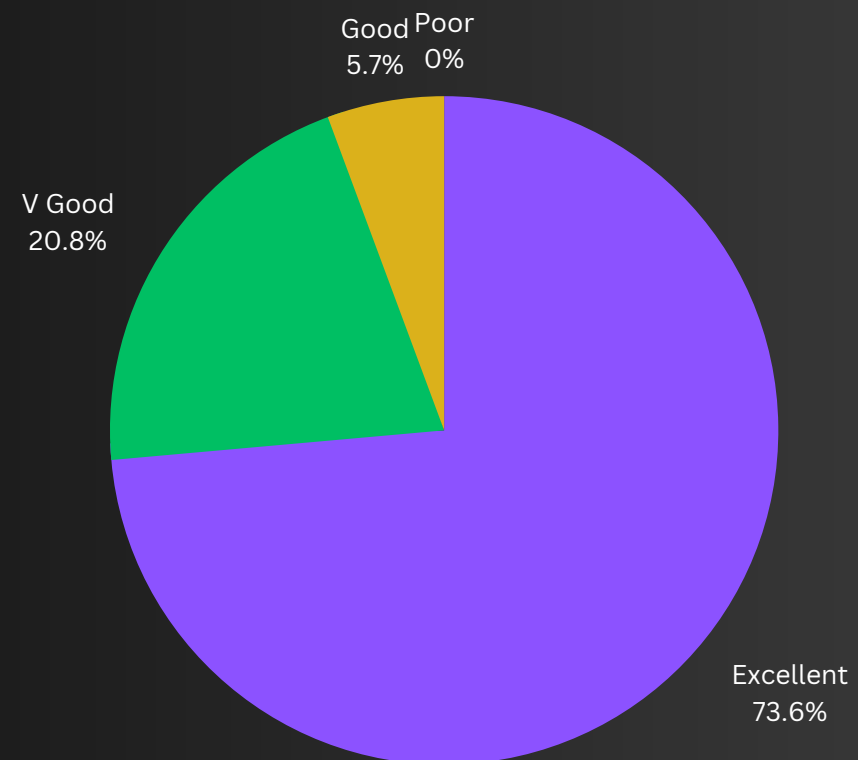
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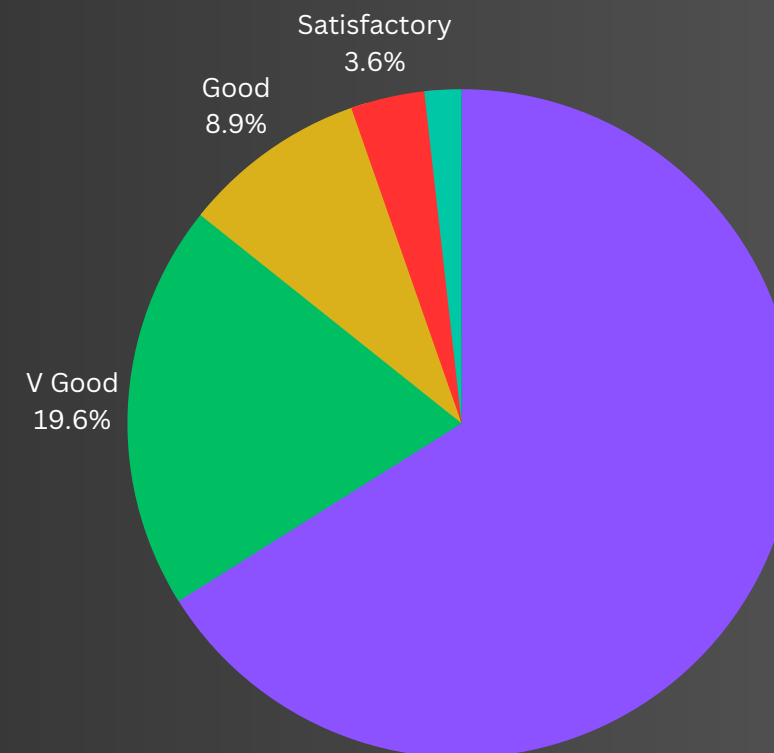
Child's Camp Experience



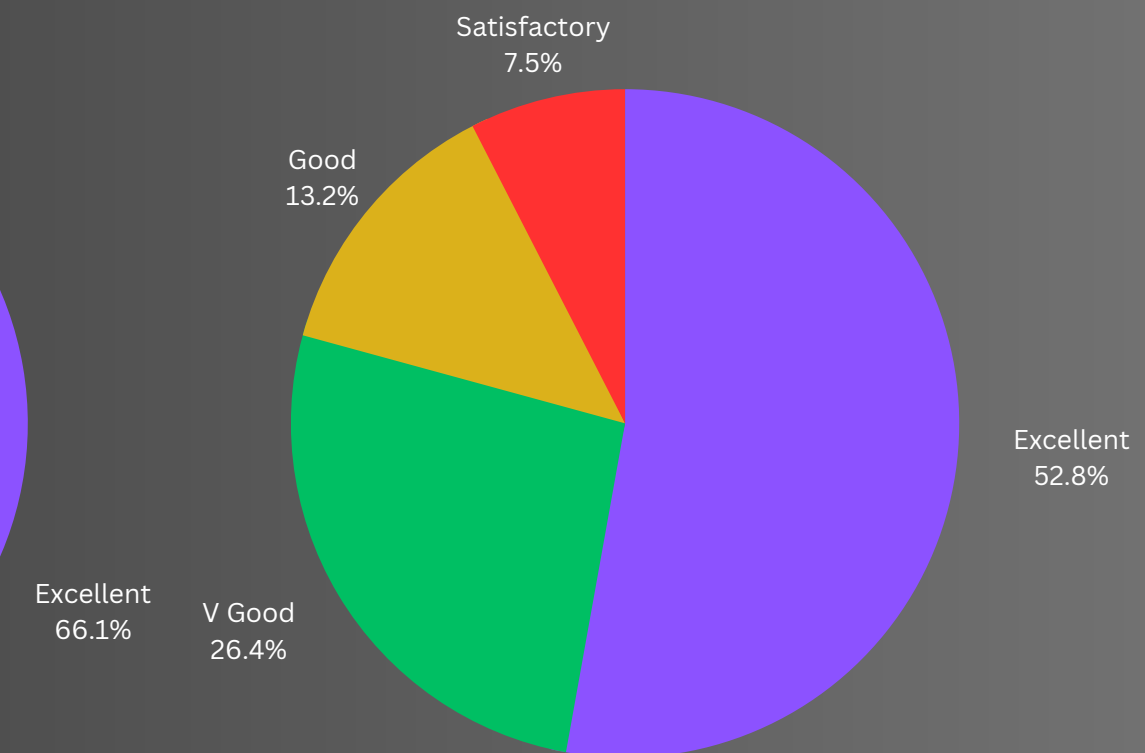
Camp Manager



Camp Staff



Camp Structure



"my daughter really enjoyed it and did enough activity. Joel was very good and helpful and coach Almaas was great to my girl"



"I just loved having the opportunity to be able to send my 2 children through out the summer, for them to make new friends. Gain confidence and new skill's. And to have fun. They loved going everyday"

" The Staff are really friendly and the kids spoke highly of them. They enjoy the variety of activities."

"No complaints - my child thoroughly enjoyed every session and is excited to attend again next year."

"Very well organised and kids enjoyed it so much."

"The staff are supportive, friendly and patient with the children. I would be happy with an indoor option in the winter."

"My son loves coming to the holiday camps throughout the year. I think you should run classes during weekends or after school clubs in football or multi sports."

"My son absolutely loved it there Staff were very friendly and helpful He only went a couple of days during summer but he wished he could go longer."

"Very good communication with the staff and my kids really enjoyed the camp"

"I just loved having the opportunity to be able to send my 2 children through out the summer, for them to make new friends. Gain confidence and new skills. And to have fun. They loved going everyday"



Highlight of the programme

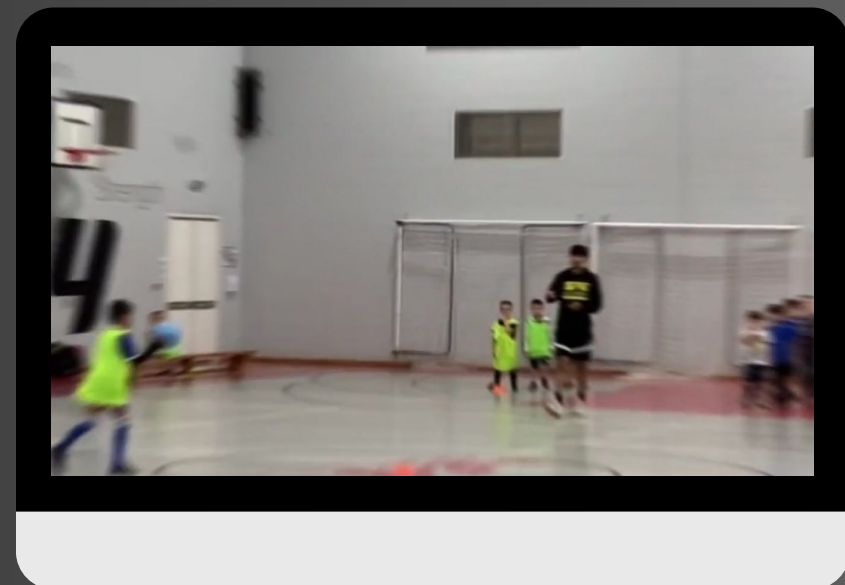
“Child X has absolutely loved the past few weeks at camp, he feels very comfortable and is always happy to go. A large part of this is down to all the coaches involved.

Also it seems the last few weeks Child X’s confidence has shot up and has completely changed as a player which is amazing to watch. Skills, physically and confidence to try. Again this is down to the coaches and the environment that he is in. So please enjoy the donuts 🍩 on us and enjoy your week off and accept them as a huge thank you from me, his mum and Child X as well.”

Hearing the feedback of the children’s development in self confidence from their experience with us remains a standout.

The testimonial below is of a child not always comfortable in groups. this child felt welcome and was eased into activities, and given an understanding of the importance of healthy eating, staying active and interacting with others.

Over the course of the programme his confidence and social skills has shone. The consistent good manners to all staff and children while coming out of his own shell was admirable to see and epitomized what our programme is all about.







Our Socials



Phone Line

0116 482 6931



Email

enquiries@sfkmultisports.co.uk



Instagram

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