

SUMMER HOLIDAY ACTIVITY CLUBS



The programme engaged with **3458** young people and supported **2628** families across Essex

Leverage of **£410,000** from ECC, Active Essex Foundation and Defra

WHAT?

Following from a LDP pilot of Holiday Hunger initiative (2019), in summer 2020, this was rolled out with other trusted partners

NOW WHAT?

Collaboration within this setting and with other system settings, to support future resourcing and sustainability of physical activity initiatives (outside the Essex LDP)

SO WHAT?

As it was a whole system approach, the initiative was supported by Cllr McKinlay who realigned budgets

❑ **Before** attending the summer activity club, **87%** of Children were not meeting the Chief Medical Officers' guidance of taking part in at least 60 minutes of physical activity every day

❑ **93%** of parents said that physical activity was a key benefit of the programme

❑ **89%** of parents felt that the programme helped to improved their children's mental health and wellbeing