What is SHEP ‘Food and Fun’?
School Holiday Enrichment Programme

“a brilliant example of the Well-being of Future Generations (Wales) Act in action”. NHS Wales Award panel 2016
School Holiday Enrichment Programme

Steering Group

- Katie Palmer, Food Cardiff
- Emma Holmes, Cardiff and Vale University Health Board Public Health Dietetics
- Judith Gregory, Education Catering, City of Cardiff Council
- Emma Hill, Sport Cardiff
School Holiday Enrichment Programme

What do children look forward to in the holidays?
https://vimeo.com/128382783

"We help some of the mums I know be able to actually work rather than having to try take time off during the holidays, they can relax to know that the kids are here, they’re safe."
School Holiday Enrichment Programme

Steering group

Schools and delivery partners – SHEP workshop

2015
School Holiday Enrichment Programme

Schools and sessions

- 3 days a week
- 4 weeks
- 9.30-1pm (2015) moving to 9.00-3pm (2016)
- 1 family afternoon a week

Criteria

Training

Branding
School Holiday Enrichment Programme

School buildings and facilities

School staff
School Holiday Enrichment Programme

School meals – breakfast, lunch and family time

Employment

KITCHEN MANAGER: “I love it. It doesn’t feel like coming to work and it’s such a big help to a lot of parents.”

My Mum was really excited about coming and trying the curry!
School Holiday Enrichment Programme

Physical Activity
School Holiday **Enrichment** Programme

Nutrition skills education
“Gardening was an activity my daughter enjoyed, and has made her want to do gardening with me at home which is fab.”
He has loved coming to school over the holidays. He’s learned all about the amount of sugar in some foods and enjoyed growing his own watercress. The sports have really helped him with his confidence.

“Lots of children from different cultures for kids to play with and learn from.”

SHEP CO-ORDINATOR: describes how one boy with autism had benefited from the programme: “During term-time, he always has lunch on his own in one of the classrooms. But during Food and Fun, his confidence grew and he felt comfortable enough to sit with his classmates and enjoy his lunch with them. His parents were thrilled.”

“My child is shy but made new friends.”

“My child is learning without realizing it. He’s trying new foods and he’s really enjoyed the daily exercise. It’s been absolutely brilliant. I really hope this comes back next year.”

“Lots of children from different cultures for kids to play with and learn from.”