School Holiday Enrichment Programme (SHEP)

SHEP is a school-based programme that provides quality meals, food and nutrition education, physical activity and enrichment sessions to children in areas of social deprivation during the school holidays. ‘Food and Fun’ is the brand identity used at a local level to promote the clubs to children and families.

SHEP was developed by Food Cardiff in 2015 and awarded the NHS Wales Award in 2016. The judging panel described the programme as, “A brilliant example of the Well-being of Future Generations Act in action.” In 2016 the Welsh Local Government Association (WLGA) scaled the programme up to five local authorities in Wales and commissioned an evaluation, undertaken by Cardiff University. This infographic illustrates the finding of this evaluation organised under the sustainable development principles and well-being goals of the Well-being of Future Generations (Wales) Act 2015.

**Long Term**
Reducing health, social and educational inequalities at an early age by building capacity through schools and staff (existing public sector assets) to provide healthy food, physical activities, nutrition education and enrichment activities.

**Prevention**
Ensuring children from disadvantaged backgrounds are not exposed to the stresses long school holidays can present (social isolation, hunger, inactivity, educational inequalities).

**Integration**
Supports Welsh Government’s commitment to promoting health through education and other policy areas, as well as Public Health Wales’ priority to tackle health inequalities.

**Collaboration**
Collaborating at a local and national level with multiple organisations to develop an all Wales approach together with the WLGA.

**Involvement**
SHEP has been shaped by individuals that understand the needs of the children, their families and the wider community (school staff, parents/carers and children). A number of agencies either supported or delivered key enrichment activities.
CATERING STAFF: “It’s like a normal working week for us.”

Over 5000 hours of additional employment generated across Wales

Parents learnt new skills in:
- Cooking
- Childcare
- First Aid

Members of staff delivering Food and Fun were trained in:
- MECC (Making Every Contact Count)
- Nutrition Skills for Life
- Love Food Hate Waste

EggSeeds provided outdoor education sessions to teach children about growing food and sustainability

PARENT: “I dread the holidays and always have done. When they first mentioned it, it gave me hope that I would get through the six weeks.”

CHILD: “I’ve learned that I should never be scared to share my feelings with other people and I should just be myself.”

CHILD: “This club is the best club I’ve ever been in, in my whole life!”

PARENT: “One of the parents came along and saw they were doing all this work with the garden and she basically volunteered to help look after the garden throughout the whole school year, so now that community resource is going to be there.”

Healthy meals were served to children and their families in 5 local authorities involved across Wales.

53% of parents reported that food lasted longer at home

70% of parents reported the Food and Fun club relieved financial pressures

47% of children were ‘deprived’, ‘very deprived’ or ‘severely deprived’ on the child material deprivation index

Children attending: 52% boys, 48% girls

71% of children achieve at least 60 minutes of moderate-to-vigorous physical activity on club days, compared to 48% on non-club weekdays in the summer holiday

49 external agencies delivering Food and Fun activities

2 Welsh Speaking schools delivered Food and Fun in 2016

6 Public Health and Catering Awards

19 schools took part in Food and Fun in Wales in 2016

684 children attended a Food and Fun club in 2016

21% of children were from black, Asian and minority ethnic groups

Children’s diets improved when the club was open:
- 67% ate more fruit and vegetables
- 66% ate less sugary snacks
- 81% drank less sugary/fizzy drinks

www.wlga.wales/SHEP-Food-and-Fun

@foodandfunwales