

Holiday Hub

Case study interviews with families

www.family-action.org.uk/holidayhub



Anne

Q: Did the project make a difference to the family's budget this summer?

A: [My child] receives school meals so the holiday clubs helped my child get a nutritious meal throughout the holiday.

Q: What other differences have the clubs made for your family?

A: Was brill to be able to get out and socialise and meet new people. It was great to be able to bring the kids somewhere to play with other children instead of being stuck in the house.

Q: What did your family enjoy the most?

My children enjoyed taking part in the different activities, from colouring to arts and crafts. The children enjoyed making their own dinners.



Tom

Q: Has participating in the clubs impacted on your family's eating habits during the holidays?

A: We got a lovely breakfast and dinner at the club. I've also learnt some new meal recipes for myself and shopping ideas – how to save money.

Q: Did the project make a difference to the family's budget this summer?

A: Yes, I have saved money coming to the club, thoroughly enjoyed every day, make lots of friends.

Q: What did your family enjoy the most?

A: We enjoyed the Teddy Bears' Picnic and the junk model challenge. I'm not sat in the house – coming to the club gets us up and out. We have loved socialising with other families and children.



Wai

Q: Has participating in the clubs impacted on your family's eating habits during the holidays?

A: My boys enjoyed eating with other children ... having the same meal times and routines made them feel more comfortable.

Q: What other differences have the clubs made to your family?

A: Children were walking in a big group to the park. They were using their new knowledge about how to stay safe outside.

Q: What did your family enjoy the most?

The children loved spending time with people of a similar age – they had a busy and active time.



Katy

Q: Has participating in the clubs impacted on your family's eating habits during the holidays?

A: We are a large family of 9 with 7 children, new to the area. We do eat similar foods at home but we have learned that you can feed the family on a tight budget. We have changed our shopping habits and now shop at different stores. It really does make a difference.

Q: Did the project make a difference to the family's budget this summer?

A: Definitely! We haven't had much money over the holidays and if it wasn't for the clubs we wouldn't have been able to keep the kids so entertained.

Q: What did your family enjoy the most?

A: We haven't lived here long. We used the opportunity to make friendships. We have really enjoyed ALL of the activities. This is exactly what every family needs during the long holidays. We loved creating a VW out of junk and the visit to the park!



Harinder

Q: Has participating in the clubs impacted on your family's eating habits during the holidays?

Q: We've started eating more stuff with salad and veg. Not had to worry about healthy options for lunch.

Q: Did the project make a difference to the family's budget this summer?

A: We started shopping at Aldi and saved £50. We've had less worry about summer activities.

Q: What did your family enjoy the most?

A: I don't think I would have survived the summer without the clubs. It's really saved my sanity.



Maarja

Q: Has participating in the clubs impacted on your family's eating habits during the holidays?

A: It has helped me to ensure they have eaten something properly at meal times.

Q: Did the project make a difference to the family's budget this summer?

A: It did save money as I would have had to take them out somewhere. That would have cost money.

Q: What did your family enjoy the most?

A: My kids loved the different activities and meeting new people. We enjoyed the park.



Acknowledgements

About Holiday Hub

Family Action is delivering the Holiday Hub programme with funding from Brakes Meals & More. Holiday Hub aims to address poor social inclusion, family nutrition and wellbeing, and financial strain. Case studies included within this document have been provided with permission from settings and families taking part in the programme. All names are pseudonyms.

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Meals & More

About Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people. We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help. Find out more:

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