



Building
stronger
families

Seeing Out The Holidays In Style in Leigh

Young people, together with their parents/carers, have been enjoying Holiday Hub sessions again this year in Leigh in Lancashire.

Dozens of families have flocked to their beloved Higher Folds Community Centre in the school holidays since 2016 for a chance to take part in activities as varied as sports, scavenger hunts, cooking and junk modelling!

Holiday times can be challenging for families. The lack of free school meals, regular social contact and play opportunities can create stress and pressure and lead to financial, social and nutritional challenges.

Family Action's Holiday Hub programme, which is funded by the charity Brakes Meals & More, aims to address such challenges by providing healthy meals and opportunities for family bonding through eating, learning and playing together. As one parent said:

'Thank you so much for Wednesday. We really enjoyed ourselves together – the Creating Happy Memories arts and crafts activity made me cry. Where do you get all your ideas from? They are amazing. It means so much to come here.'

As well as taking part in a wide range of fun activities and enjoying quality time together, families at Higher Fold's Holiday Hub club learn about nutrition and keeping fit and healthy, and enjoy nutritious, tasty breakfasts and lunches.

The centre welcomes families from all backgrounds and children of all ages. Assistant Manager Julie Robson believes this inclusiveness reduces isolation in the local community:

'Isolation plays a big part with our families and this helps them to get out and meet new families in the area in the school holidays – and it doesn't cost them anything. Money is a real issue in the holidays.'

Find out more about Holiday Hub at www.family-action.org.uk/holidayhub



Meals & More

