

### About us

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.

### Service address

Contact us:

Email: [food@family-action.org.uk](mailto:food@family-action.org.uk)

Web: [www.family-action.org.uk](http://www.family-action.org.uk)

# Family Action Food and Wellbeing

Supporting families to access and enjoy  
healthy food, improve their wellbeing, and  
have fun together

Programme of activities: December 2020 to July 2021



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Professor Harriet Ward CBE.



## Holiday Hub

Our Holiday Hub clubs support children and their families in the school holidays by providing meals and opportunities for family bonding through eating, learning and playing together.

As well as taking part in a wide range of fun activities and enjoying quality time together, families learn about nutrition and keeping fit and healthy.

During 2020-21 we are running a wide range of Holiday Hub clubs, focusing for instance on:

- Cooking together as a family
- Engaging with nature and the environment
- Developing financial and employability skills

*Due to the Covid-19 pandemic, some projects will be run as 'takeaway sessions'.*

### Cookalong4families Holiday Hub

Have fun cooking and eating together as a family! Cookalong4families sessions are being run across the country – from Stockton-on-Tees to Peterborough and from Manchester to North East Somerset.

### Eco Explorers Holiday Hub

Learn more about nature and the environment, and enjoy a tasty family meal, at one of our sessions in Greater Manchester during 2021-21.

### Holiday Hub Brunch Club

Make a tasty healthy breakfast with one of our Holiday Hub Brunch packs – sessions will restart Easter 2021.

### LifeSkills sessions

Develop your confidence and your financial and employability skills, by attending LifeSkills sessions. These are being delivered during term time and school holidays by a range of Family Action settings.

### Families, Food and Fun

Enjoy some family-friendly activities and some tasty food in Stockton-on-Tees.

To find out what's happening in your area, please get in touch:

E: [food@family-action.org.uk](mailto:food@family-action.org.uk)

M: 07714 076184

## Food On Our Doorstep (FOOD)

Our FOOD clubs can provide your family with good-quality food at a low cost, while also reducing food waste.

Food On Our Doorstep is a membership scheme. It costs just £1 a year for a family to become a member. Once you have joined, you can purchase a bag of tasty food items every week worth approx. £10 to 15 for just £3.50! To become a member your family must live or work within 15 minutes of a FOOD club.

We currently operate in Greater Manchester, Birmingham, Nottinghamshire, Southend-on-Sea, London, Peterborough, Bristol and the South West – and will soon be opening clubs in other areas (e.g. Leeds, Cardiff).

Find out about our FOOD clubs by visiting [www.family-action.org.uk/food-clubs](http://www.family-action.org.uk/food-clubs)

## National School Breakfast Programme

The National School Breakfast Programme (NSBP), delivered by Family Action in partnership with Magic Breakfast, is continuing to support our schools to improve access to healthy breakfasts during the pandemic.

During the autumn/winter term over 2,000 schools will be receiving support from the NSBP.

Find out more at [www.family-action.org.uk/breakfast](http://www.family-action.org.uk/breakfast)

