

## Designing London HAF +

The uptake of holiday activity and food programmes (HAF) by 11-16-year-olds during school holidays is low. To find out why, we spoke to young people in London and across England to get their views on existing programmes and what else they would like to see included moving forward (HAF+). Here's a summary of what young people told us:



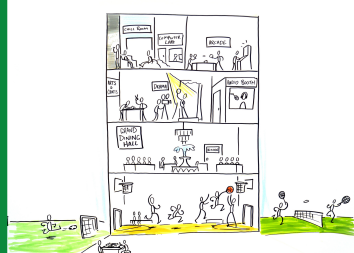
### The ideal space would be:

Local to home with good transport links and is in a well-lit area. It can be a school facility, a community youth centre or in a green space.

Distance should be no further than 30 mins away.

### The building/s should have:

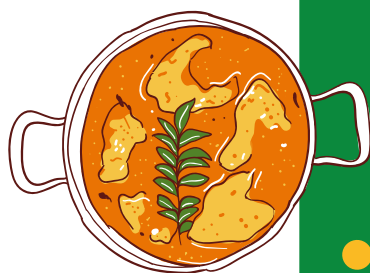
Multiple rooms and spaces. Key things to include would be computers and internet access, space to relax with friends, a kitchen and area to eat, and recreational spaces where you can take part in games/sports, be creative in a sound/film studio, and learn or revise.



### We would want to eat:

All different types of food. We want to try different cuisines and cultural foods and learn to cook authentic meals for friends and families.

The food should be exciting and easy to make.



### Example activities we want to do:

Football, arts and crafts, dance, mental wellbeing workshops, trampolining, paintballing, and canoeing. Day trips are also welcome e.g. exploring local area, the cinema, museums, picnics in the parks, VR, escape rooms, job fairs, and cooking classes in restaurants.



### Local hubs can engage us via:

- Promotion in schools and youth spaces
- Social media - Snapchat, Tik Tok, Instagram. e.g. through challenges and adverts
- Videos - "seeing is better than reading"
- An app that we can use to sign up to sessions



### What we are missing:

Life skills and opportunities to ready ourselves for careers and the world of work. Support with and training in areas such as mentoring, internships, cooking classes, CPR, finance and money lessons, swimming and local employability links would be ideal.



We would like to acknowledge the expertise and input from all the stakeholders involved in this project and give a special thanks to the knowledge, expertise, and input from all the young people who participated in this research.

## Designing London HAF + Young people told us the following ...

- 1 Celebrate diversity and differences. Create inclusive spaces for everyone, don't create barriers for attendance
- 2 Stay open during the holidays, weekends and evenings
- 3 Have local mentors who we can build relationships with to support us
- 4 Help us to build up our wellbeing, learn life skills, and have employability opportunities so we can thrive
- 5 Be creative with the spaces, place hubs in local spaces like shopping centres
- 6 Let us be involved in co-designing programmes; good food and making it fun really matters to us



### ... and we listened!



**Kitchen Social community hubs will remain open to everyone and we will never have an eligibility criteria.**



**We are enabling our hubs to use the funding we give them to now support young people in the evenings and on weekends.**



**We are supporting hub staff with free training, advice and support opportunities including specific training around loss and grief, behaviour management and mentoring.**



**We are working with new partners such as the London Fire Brigade, London Ambulance, Aspire Education, Metropolitan Police, Debt Free London, Thrive, Citizens Advice, and Young Minds to provide young people with life skills, and support with employability and mental wellbeing. Our aim is to build resilience and trust by creating more inclusive spaces that communities can rely on, especially during challenging times e.g. current cost of living crisis.**



**We are working to ensure Kitchen Social hubs are unique and look and feel the way young people want them to. Through our partner network, we have been providing our community partners with support to redesign or renovate hubs e.g. new kitchen equipment, painting, devising unique new spaces. We are now looking for partners who use unique locations so we can place hubs on the high street.**



**We will continue to be led by young people, from designing new recipes for our wider food programmes to ensuring all sports activities we put out through our Kitchen Social hubs are fun and engaging, as we know the real experts are young people!**

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