



Bring it on Brum! 2023 Support Services Brief for Healthy Eating, Healthy Lifestyles and Positive Behaviours Booklets

Overview

This document provides information for organisations wishing to provide support services for Bring it on Brum! Birmingham's Holiday Activities and Food programme.

Introduction

The Bring it on Brum! programme has a broad range of aims and objectives set by the Department for Education (DfE). We want all children who engage in Bring it on Brum! activities to:

- receive a healthy and nutritious meals
- maintain a healthy level of physical activity
- be happy, have fun and meet new friends
- develop a greater understanding of food, nutrition and other health-related issues
- take part in fun and engaging activities that support their development
- feel safe and secure
- access the right support services
- return to school feeling engaged and ready to learn.

We also want to ensure families' need are considered too. Families that participate in Bring it on Brum! can benefit through:

- activities that develop their understanding of nutrition and food budgeting, for example cooking sessions
- signposting towards other information and support, for example, health, employment, and adult education.

StreetGames are committed to delivering high quality provision across all areas. We are looking to work with a number of providers and organisations to deliver the range of support services that will complement our face-to-face programme.

Background

One of the holiday activity and food programme outcomes that some holiday club providers find the most challenging to deliver, is increasing awareness of healthy eating, healthy lifestyles, and positive behaviours. The DfE guidance states:

Holiday club providers are expected to incorporate activities that help children and young people to understand more about the benefits of healthy eating and nutrition into their programme. These do not need to be formal learning activities. This could include:

- *getting children involved in food preparation and cooking*
- *growing fruit and vegetables*
- *taste tests*
- *discussing food and healthy eating during mealtimes*
- *including food and nutrition in other activities.*

Offering positive learning and development through holiday activities creates stigma-free opportunities to support children and young people in learning about healthy lifestyles and exercise.



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This could cover, for example with older young people, the use of vapes, cigarettes, drugs, and how this can lead to issues including: economic, social, personal safety, exploitation and criminality.

To support holiday club providers with delivering this outcome, we are looking to work with one provider to design, produce and distribute a healthy eating, healthy lifestyles and positive behaviours booklet. The booklet has to be designed to be used by young people with activities that are led by holiday club staff and volunteers.

Previous Delivery

Throughout 2022, we provided resource booklets for holiday clubs to use as a tool to engage young people in nutritional education. We had some great feedback on these booklets and would therefore like to repeat this provision for 2023 and include the new themes of healthy lifestyles and positive behaviours.

Brief Requirements

The three key themes of the booklet must be healthy eating, healthy lifestyles and positive behaviours but other information and activities can be included too to make it engaging and fun for young people.

The booklets must be suitable for young people aged 4-11 years; if two different booklets are required for 4-7 years and 8-11 years this will also be considered. We would also like to provide an appropriate resource for 12-16 year olds where there is evidence of successful engagement of this age group.

We would like the booklet to be suitable for use during our spring (Easter), summer and winter (Christmas) holiday programme and anticipate print run and distribution of approx. 15,000 copies.

Some ideas for inclusion in the healthy eating, healthy lifestyles and positive behaviours booklet could include:

- Eat Well Plate, Change4Life and other Department for Health / NHS guidance for children around healthy eating
- School Food Standards; what they are and why they are important (in a way that children can understand)
- Topics such as snacking with top tips and/or myth busting
- Physical activity, exercise and healthy lifestyle guidance for young people
- Recipe ideas and suggestions reflecting Birmingham's cultural diversity
- Information on positive behaviours and positive lifestyle choices
- Fun activities including colouring, word searches, and quizzes.

Bring it on Brum! providers will request the booklets they need direct from the supplier for their holiday clubs at spring, summer and/or winter. We anticipate distribution of the booklets will be required for each holiday period.

Application Process

To apply for this support service; complete the grant application form:

https://www.GrantRequest.co.uk/SID_34?SA=SNA&FID=35630

Submit a detailed overview in response to the information outlined in this brief. You will be required to supply costings and a budget plus expected timelines for project completion. Include examples of where you have developed similar resources successfully in the past.



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Support service grants will be awarded based on the quality of the application, the proposal that is being made and value for money. Applications will be assessed against this criteria by the Bring it on Brum! team. We will look to award support service grants to one organisation for this theme.

If you want to provide more information to support your application you can attach documents to your application form or email us at:

birminghamholidayactivities@streetgames.org.

The deadline for submissions is close of play, Tuesday 31st January 2023. Our aim is to share our decisions by Friday 10th February to give enough time for planning.

For more information and an informal discussion prior to application, please contact Pam Noel, Food and Nutrition Lead; Pam.Noel@StreetGames.org.



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