



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

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 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' needs 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 a number of food, nutrition and lifestyle specialists who can deliver a range of workshops directly to children that attend the holiday club sessions on the themes of healthy eating, healthy lifestyles and positive behaviours.

Previous Delivery

Throughout 2022, we worked with a range of organisations that delivered various nutritional education workshops including young people making fruit sundaes, pot noodles, curry and pizza. One of the key approaches to nutritional education is to provide more opportunities for young people to see, smell, touch, taste and chop with the intention of increasing their exposure to a wider range of foods and creating memorable and positive food experiences. We received excellent feedback from young people and holiday club providers and we are keen to enhance delivery of these areas in 2023 and include the new themes of healthy lifestyles and positive behaviours.

Brief Requirements

We are looking to work with organisations that can:

- Provide an interactive and practical workshop for children to participate in
- Source all ingredients and resources required for the session
- Ensure health eating, healthy lifestyles and/or positive behaviours are fundamental parts of the session, this can be delivered in a variety of ways; be as creative as you wish
- Engage up to 30 children per session, and allow holiday club staff and volunteers to support and learn from the session
- Encourage healthy conversations about food and nutrition and lifestyle, and challenge where appropriate inaccurate beliefs and myths
- Confirm the number of workshops that can be delivered during each holiday period and provide details of how these will be staffed
- Confirm your commitment to a delivery schedule for each delivery period and describe how you would like to engage holiday club providers who are interested in booking a session
- Deliver the sessions within a maximum budget of £360 per workshop; costs must include all elements of the project such as planning, coordination, travel and resources.

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 along with any partner organisations you will work with. Include examples of where you have delivered similar sessions successfully in the past.

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 a number of different organisations 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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