



# Co-operative Councils

## Innovation Network

### FOOD POVERTY

Cardiff Council

## Food and Fun during the summer holidays

The School Holiday Enrichment Programme (SHEP) is an award-winning, multi-agency programme which provides good-quality meals, nutrition skills, sports education and enrichment activities to children living in areas of need in Wales.

SHEP was developed and piloted in Cardiff during summer 2015 by Education Catering at Cardiff Council, the Public Health Dietetic Team from Cardiff & Vale University Health Board, Food Cardiff and Sport Cardiff.

[Food and Fun Cardiff](#) runs in schools three days a week during four weeks of the summer holidays. It is a quality-assured scheme which includes breakfast, lunch, physical activity, food and nutrition skills education and enrichment activities.

In 2018, 14 schools across Cardiff provided places for over 500 children and served over 9,000 nutritious meals. The scheme also provides thousands of hours of additional employment. Over the last four years, 21 staff members have undertaken the Level 2 Community Food and Nutrition Skills course offered by the Local Health Board.

There have been extremely positive results since the programme began including children losing weight and trying new foods, an increase in the uptake of free school meals, improvements in playground behaviour during term time, an increase in children's confidence, increased parental engagement and new food clubs taking place during term time.

*"The confidence that my daughter has developed during the three weeks she has been attending, she will take with her and use with her everyday life skills. Due to financial difficulties, we are unable to go away for holidays. With this Food and Fun club, it takes the edge of the six-week holidays. It feels like my daughter is on holidays three times every week. She absolutely loves this club and the staff here are so welcoming and warm. Hope it runs again next year as my daughter will be first at the door."*

Feedback from one parent



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SHEP has won multiple awards, including the Catey Health and Nutrition Award 2017, and the Change4Life Award at the Lead Association for Catering in Education Awards for Excellence 2017.

Following the success of Cardiff's SHEP pilots during 2015 and 2016, the Welsh Government announced that they would provide £1.5m of funding to roll out the programme to all Local Authorities in Wales. During 2017, in addition to running their own programme, the Cardiff partnership also supported twelve additional Welsh Local Authorities with their pilot programmes.

This is the fifth year that Cardiff has delivered *Food and Fun*, and the third year of delivery under the WLGA three-year roll out. Last summer 16 local authorities ran a total of 53 schemes working with all seven Welsh Local Health Boards to offer up to 2,500 places.

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