** School Holiday Enrichment Programme (SHEP)**

**Stakeholder Update May 2016**

**Background**

The School Holiday Enrichment Programme (SHEP) is a multi-agency pilot, developed under the Food Cardiff umbrella , to provide good quality meals, nutrition skills and sports education to children living in areas of social deprivation in Cardiff.

The ambitions of SHEP were to influence policy locally and nationally to reduce health inequalities by demonstrating the growing issue of Family Food Insecurity and developing an effective model of best practice to help meet Wales’s commitment to eradicate child poverty by 2020 within the framework of the Future Generations Act.

The primary aim was to establish whether those attending holiday club were skipping meals in the holiday and to establish whether SHEP was an effective intervention for reducing the number of meals skipped.

**SHEP Planning**

In Spring 2015 we convened a cross sector School Holiday Enrichment Programme (SHEP) steering group through the Food Cardiff Partnership to develop, secure funding and deliver a SHEP in partnership with schools and key stakeholders in Cardiff and nationally. The steering group comprised of:

* Cardiff and Vale University Health Board Public Health Dietitians
* Food Cardiff
* City of Cardiff Council Education Catering
* Sport Cardiff

**Delivery and Evaluation**

Over summer 2015 SHEP ran for 3 days a week for 4 weeks across five Community First schools in Cardiff. It provided children with a healthy breakfast followed by food and nutrition educational activities, sporting activities, creative and educational play. The nutrition education package was developed and delivered by the public health dietetic team, with all activities being mapped to National Curriculum and to the Wales Numeracy and Literacy Framework. A hot lunch was provided that complied with the Healthy Eating in Schools (Wales) Legislation. Parents and siblings were invited to join the children for lunch once a week.

The programme was evaluated as part of wider UK research by Northumbria University and forms the basis of a scientific paper currently under review for publication.

The project was accessed by 171 children and their families in deprived parts of Cardiff and over 1000 meals were prepared and served.

**35% of children reported skipping at least one main meal on the day they did not attend compared to 19 % on day they attended. The efficacy of the intervention was shown to be statistically significant.**

**SHEP 2016**

A partnership between Food Cardiff, the Welsh Local Government Association and Decipher (Cardiff University) has led to the development of a fully funded National SHEP which will be run during summer 2016 in a total of 5 local authorities (Cardiff, Vale of Glamorgan, Port Talbot, Denbighshire, Wrexham) and could see up to 1000 children living in deprived areas of Wales receiving holiday provision. An evaluation framework will be developed in partnership with Decipher at Cardiff University and the Programme overseen by an Independent SHEP Advisory Board.

**In Cardiff** eleven schools are proposing to deliver Food Fun this summer to around 600 children (Appendix 1). Staff leading the delivery of the programme in schools will be have completed **Making Every Contact Count** training and achieved **Nutrition Skills for Life Level 1** certification as a minimum.

The programme will run from 9am until 3pm for 3 days a week for 4 weeks of the summer holidays. It will include breakfast, lunch, nutrition skills education, sport and a programme of activities developed through the schools, Community First Teams and other agencies. The last day of each week will feature a family lunch and activity afternoon.

In developing SHEP 2016 in Cardiff the following stakeholders have been consulted with:

* Headteachers Steering Group and Conference
* Community First/Family First/Flying Start/IFSS
* Teaching Unions
* Neighbourhood Partnership Teams
* Public Health Wales

**Successes:**

* Highly Commended in the Sustain Wales Awards – demonstrating SHEP meets the seven Well Being Goals of the Future Generation Act
* Awarded the PS100 Health and Nutrition Award at the Cost Sector Catering Awards 2016
* Awarded the **Public Health England Award for contributions to public health at the** Advancing Healthcare Awards 2016 and one of four award winners to be invited to present at the Rethinking AHP leadership conference in association with the NHS Leadership Academy
* **Awarded Social Impact and Diversity award at the Footprint Awards 2016**
* **Shortlisted for the NHS Wales Awards 2016**
* **Poster accepted for the International Congress of Dietetics Conference in Granada**
* **Secured a Welsh Labour manifesto pledge for a pilot of “lunch and fun” clubs**
* **Used as an example of Best Practice across the UK including the London’s Mayors Fund with the “Food and Fun” video being viewed over 950 times** - <http://www.bbc.co.uk/news/uk-wales-34056100>

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**Appendix 1**

**Schools signed up to SHEP “Food and Fun Cardiff” Summer 2016**

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| --- | --- | --- | --- | --- |
| **SCHOOLS** | **Medium** | **Community First Area** | **FSM entitlement 01.04.16** | **%FSM** |
| Baden Powell Primary School | English | STAR | 137 | 37.23 |
| Fitzalan High School | English | BRG | 492 | 28.92 |
| Hywel Dda Primary School | English | ACE- West | 190 | 48.22 |
| Meadowlane Primary School | English | ECLP- East | 124 | 44.93 |
| Millbank Primary School | English | ACE - West | 54 | 27.41 |
| Moorland Primary School | English | STAR | 161 | 40.05 |
| Ninian Park Primary School | English | BRG | 116 | 25.49 |
| Riverbank School | English | ACE-West | 36 | 51.43 |
| Severn Primary School | English | BRG | 92 | 22.49 |
| Ysgol Coed y Gof | Welsh | ACE - West | 84 | 23.86 |
| Ysgol Nant Caerau | Welsh | ACE - West | 49 | 27.53 |