

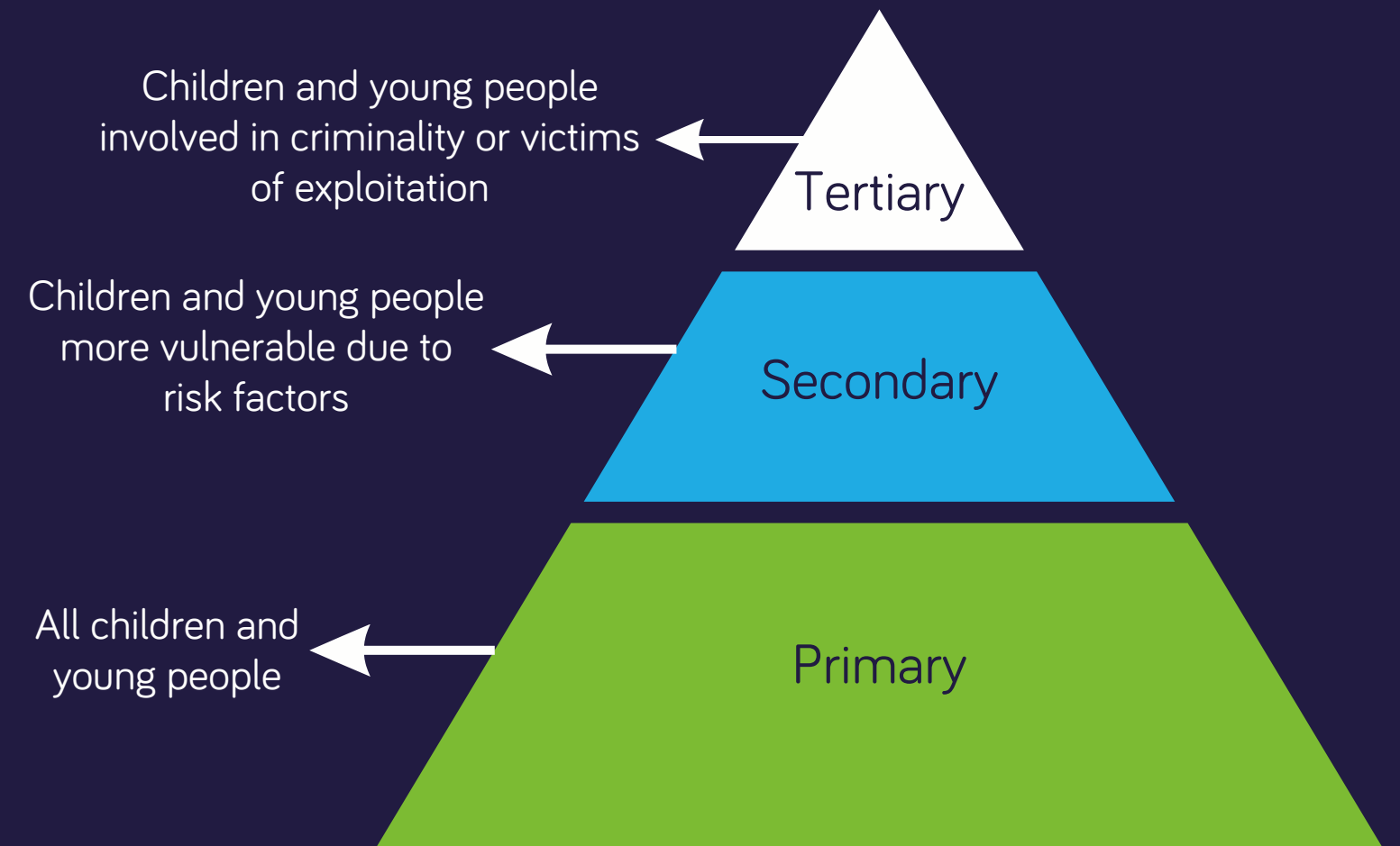
2023/2024

ACTIVE ESSEX FOUNDATION HOLIDAY PROVISION

AEF works in partnership with Locally Trusted Organisations (LTOs) to offer a bespoke secondary and tertiary intervention holiday programme. To engage vulnerable young people who are less likely to attend mainstream Holiday Activity and Food (HAF) programmes due to complex issues and challenges, the AEF holiday provision is flexible and adaptable.

The AEF holiday provision combines sport and physical activities with mentoring, life skills, and opportunities to volunteer and gain qualifications. It aims to divert vulnerable children and young people away from becoming victims of exploitation or from engaging in criminal behaviours themselves by offering more positive activities.

Several LTOs who deliver AEF holiday provision also deliver AEF Sport and Life Skills programmes, ensuring continuity for the young people on these programmes outside of term time.



2023/2024 Sports and Youth Crime Prevention

AEF Sports and Youth Crime Prevention programme funded 33 LTOs to run bespoke 1:1 and group-based activities for young people who may be more vulnerable to, at risk of, or already involved in anti-social behaviour and youth criminality. Many young people who attended AEF holiday provision were referred by an agency or education provider.

LTOs worked with children and young people facing various challenges, including:

- poor mental health (most common)
- family conflict
- familial offending

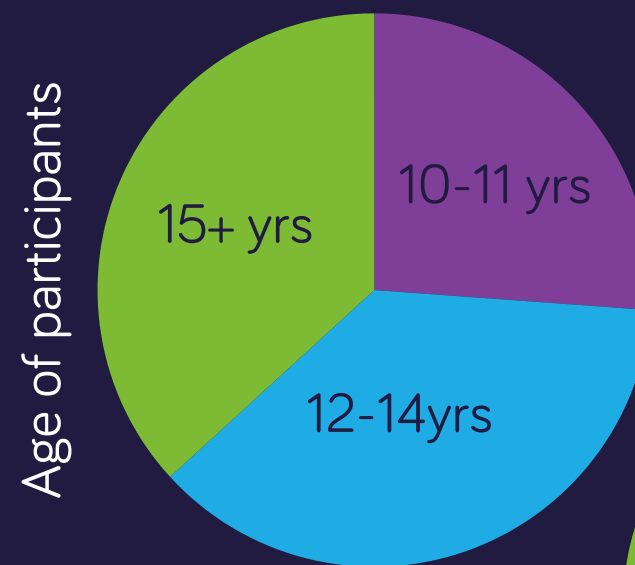
The cohort included children and young people who:

- were engaging in Anti-Social Behaviour (ASB) in their community
- demonstrated disruptive/aggressive behaviours
- were vulnerable and open to Child Criminal Exploitation (CCE) and/or Child Sexual Exploitation (CSE)
- were involved in criminal activities
- had a known/suspected gang affiliation (least common)
- were engaging in substance misuse

AEF aimed to increase the number of attendances at the holiday provision this year. In 2022-2023, there were 4,195 attendances. In 2023-24, there were

7335

attendances - a 75% increase



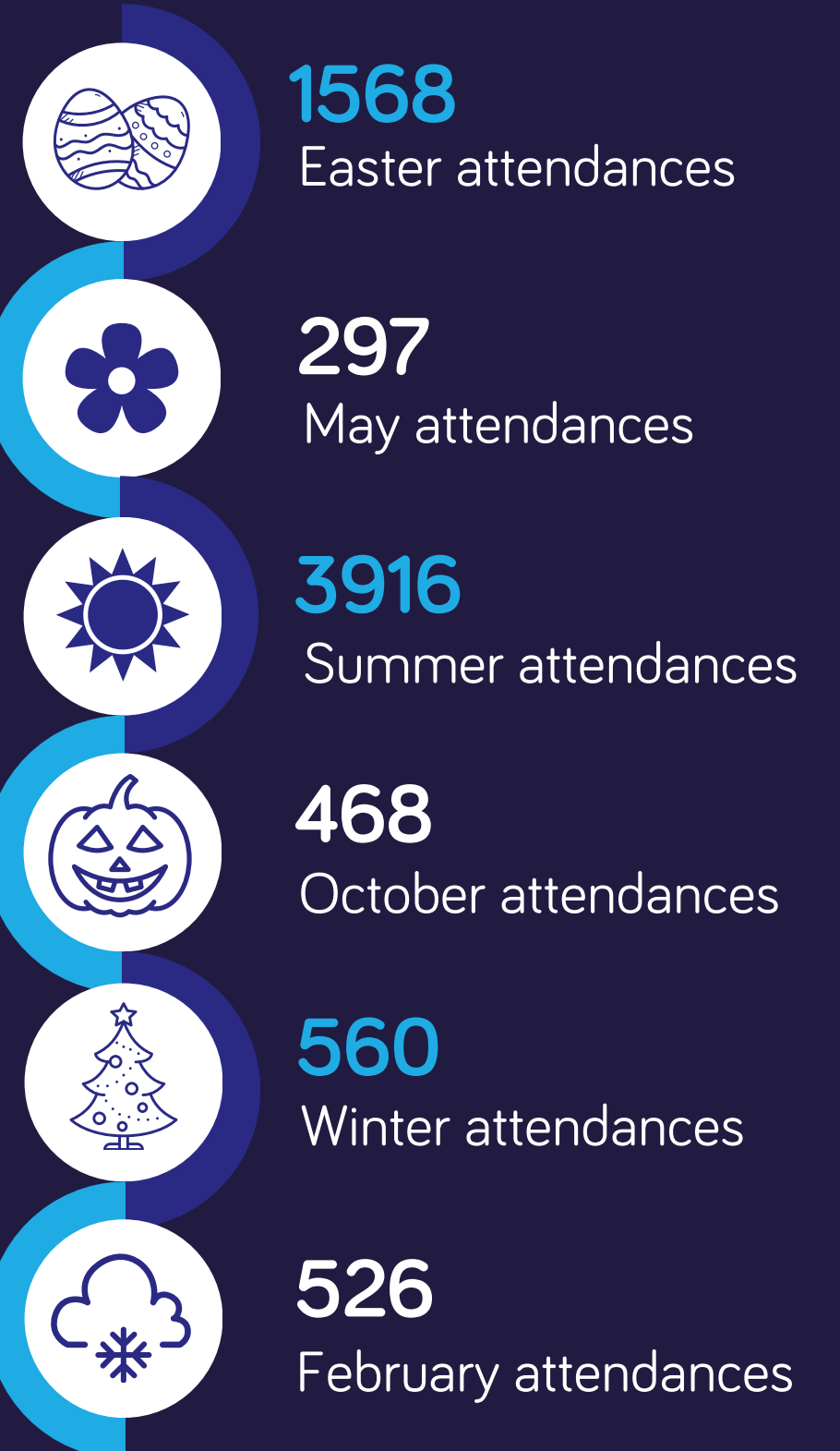
45 Young volunteers

242
sessions offered

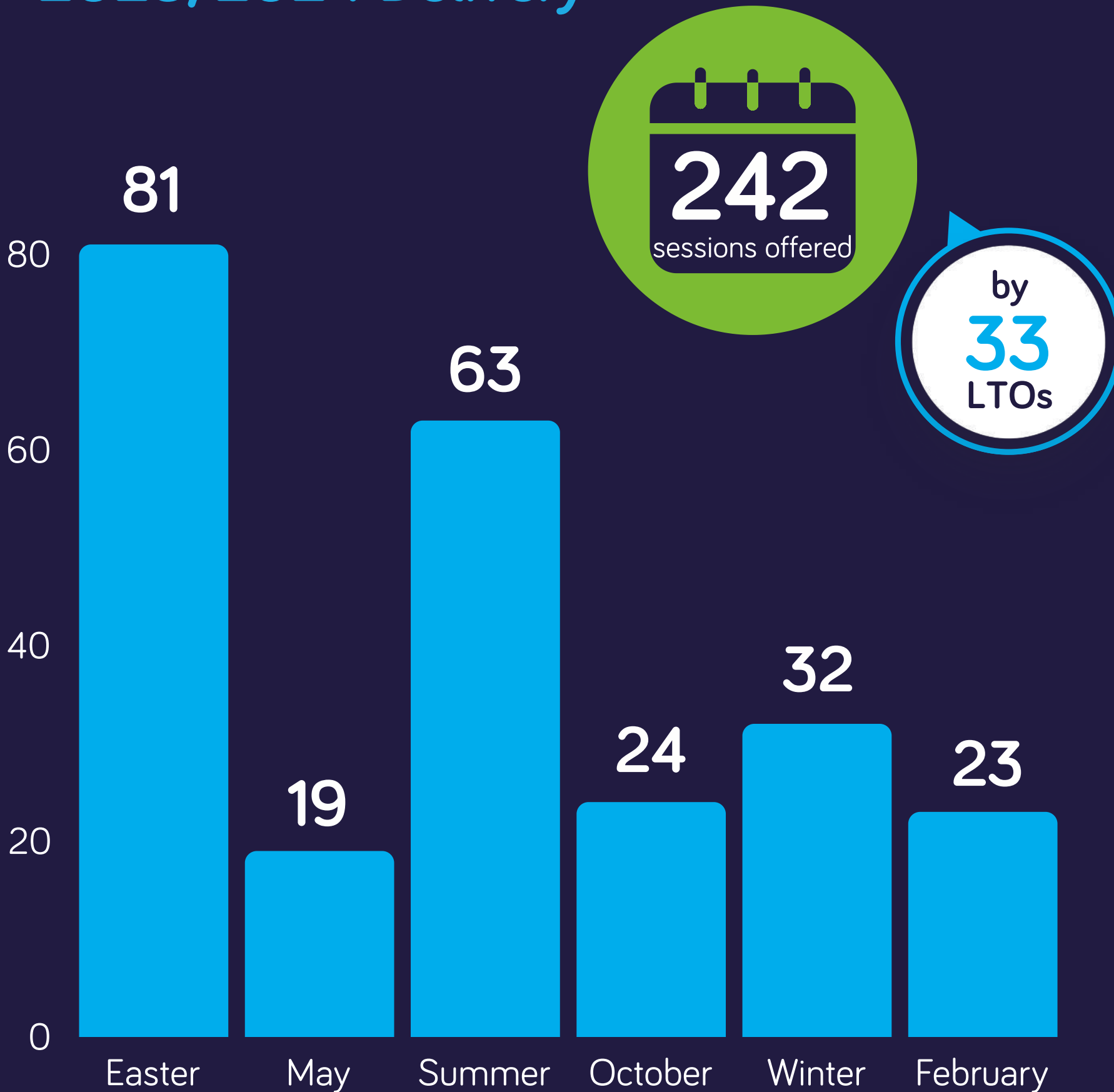
1494
Total hours delivered

33 LTOs

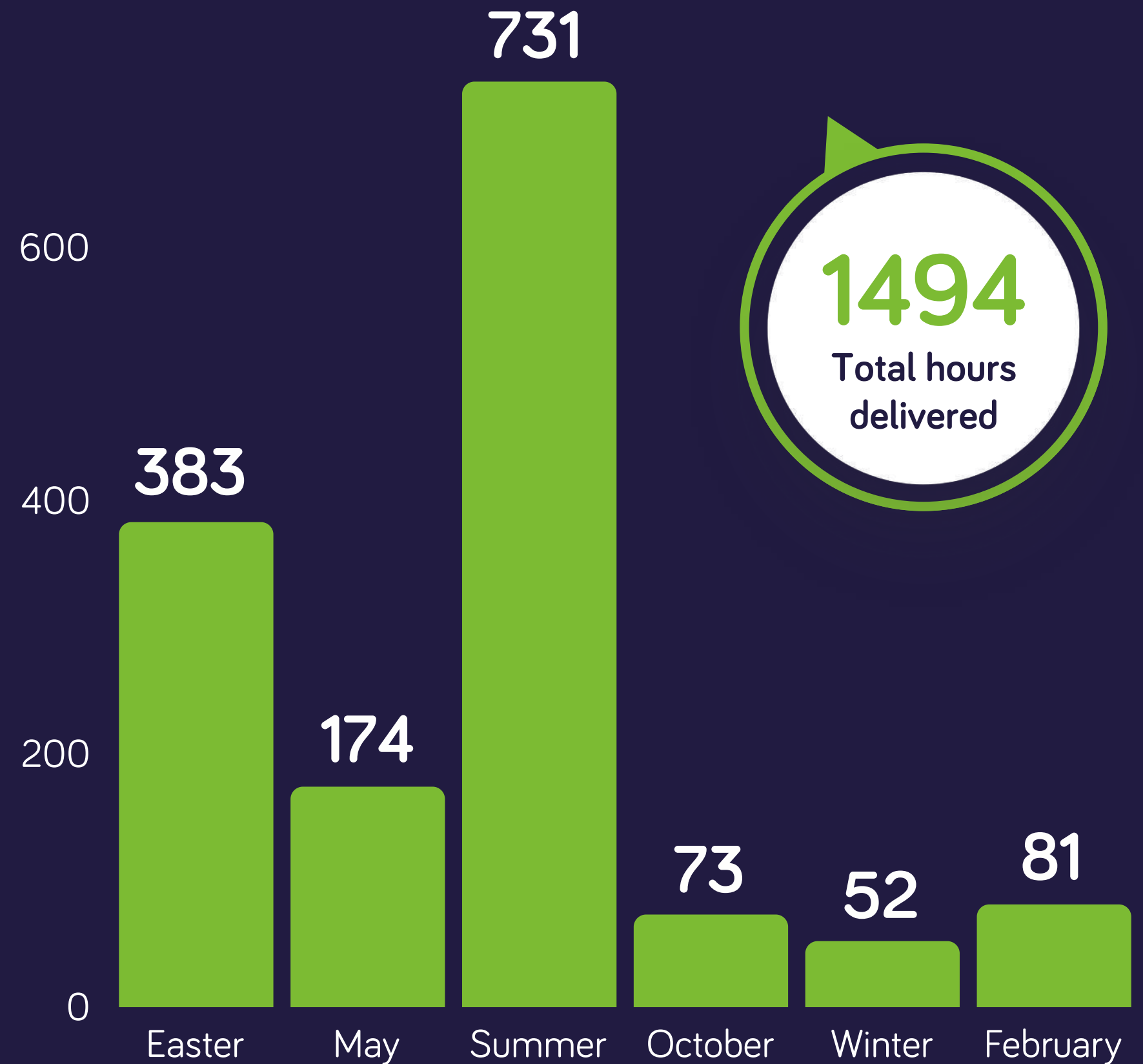
AEF Holiday Sessions



2023/2024 Delivery

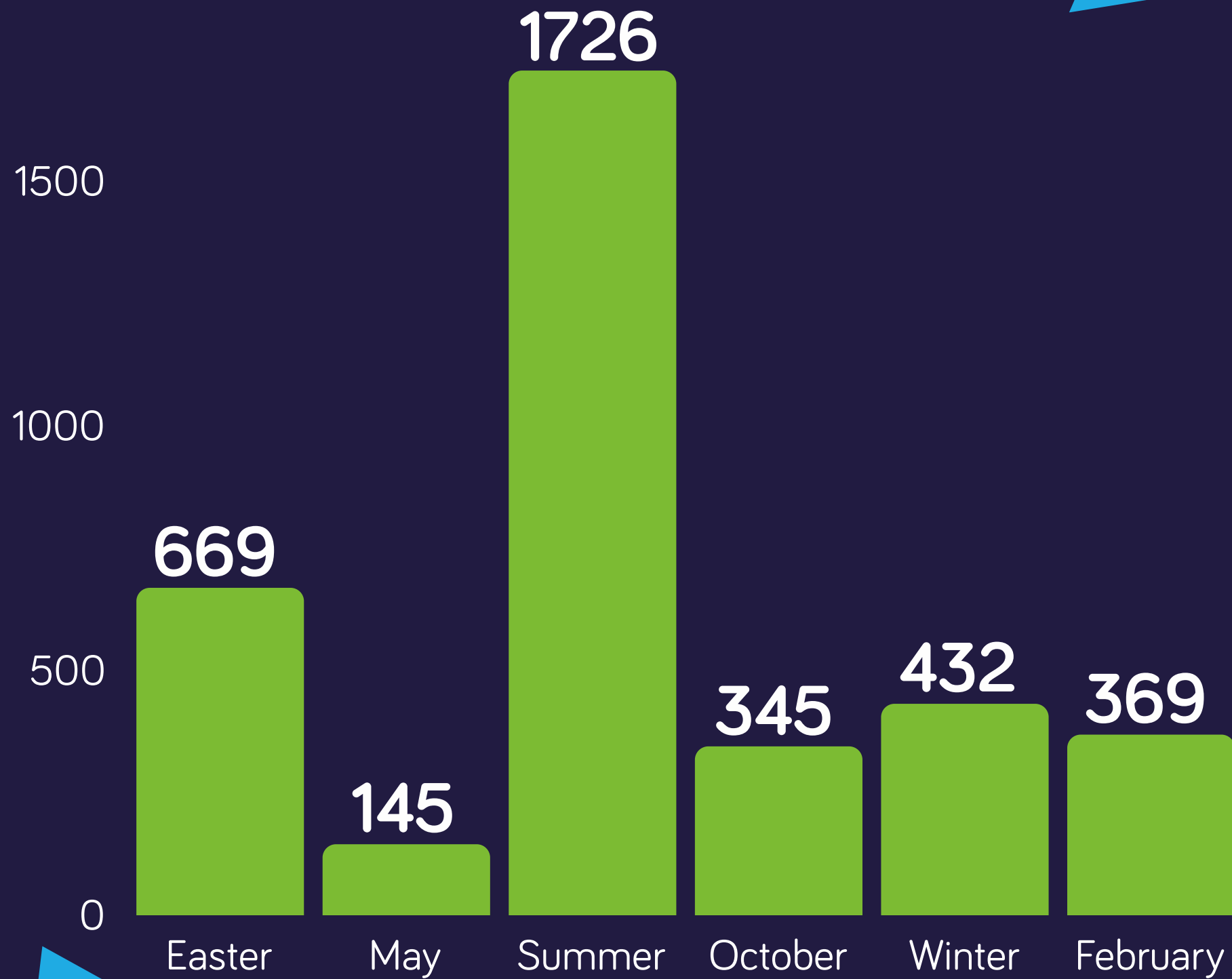


Sessions delivered



Hours delivered

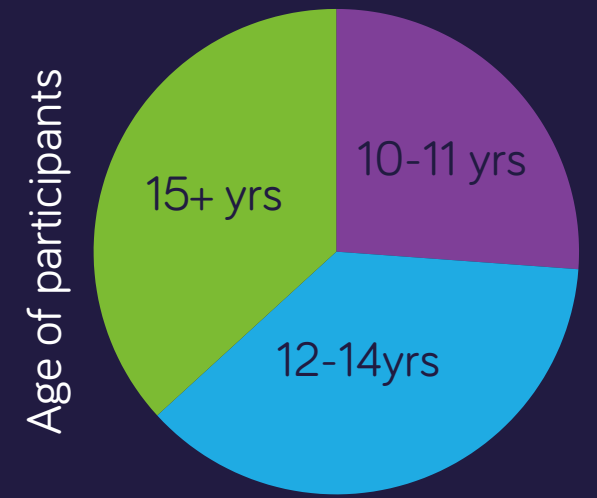
2023/2024 Attendance



Unique young people who attended sessions

Average session attendances per young person per holiday		
	Easter	2.3
	May	2.0
	Summer	2.3
	October	1.4
	Winter	1.3
	February	1.4

2023/2024 Demographics



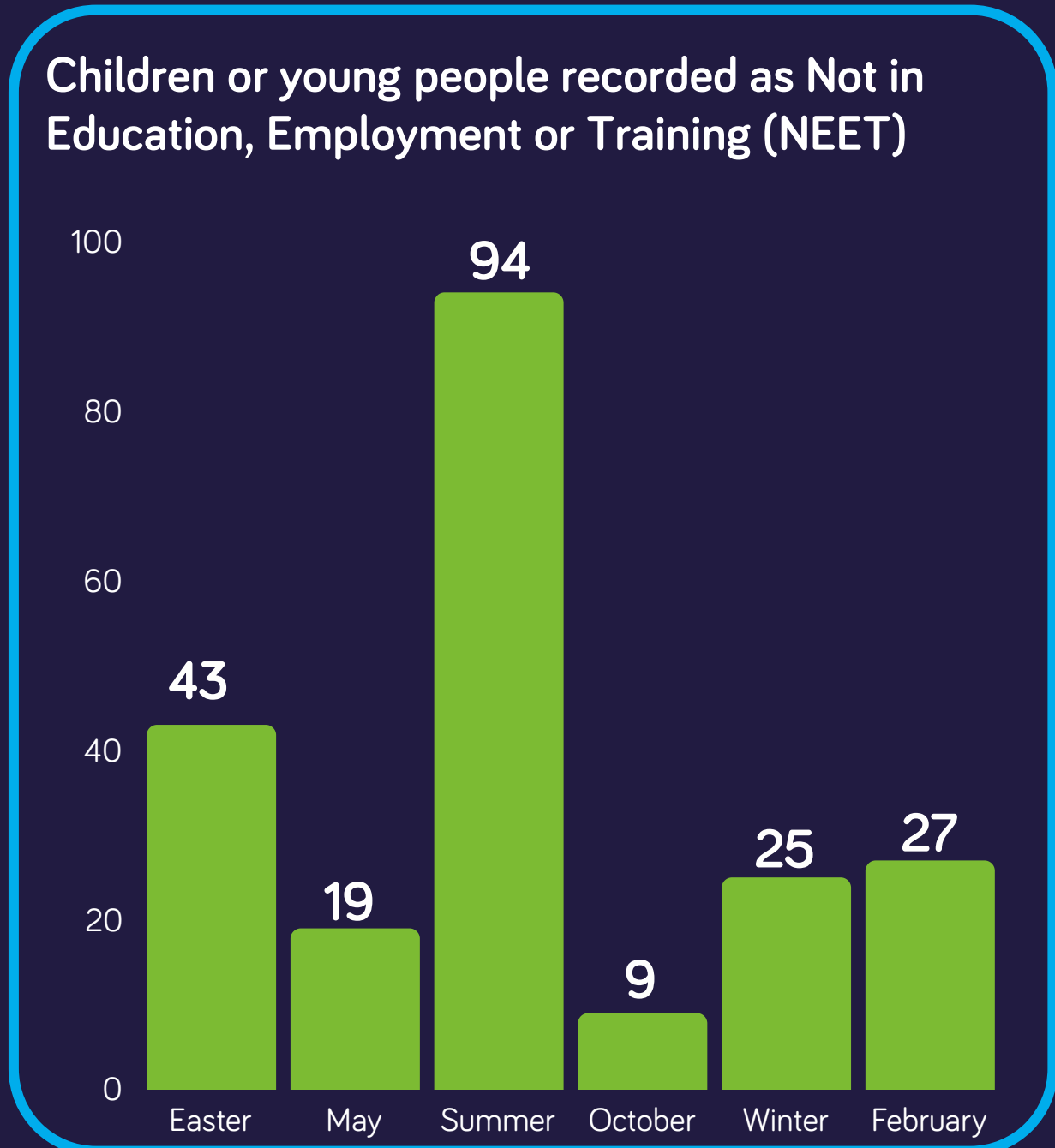
Average gender breakdown across 2023/2024

59.8% male

40.3% female

* 3 young people who identified as non-binary attended a provision during the summer holiday.

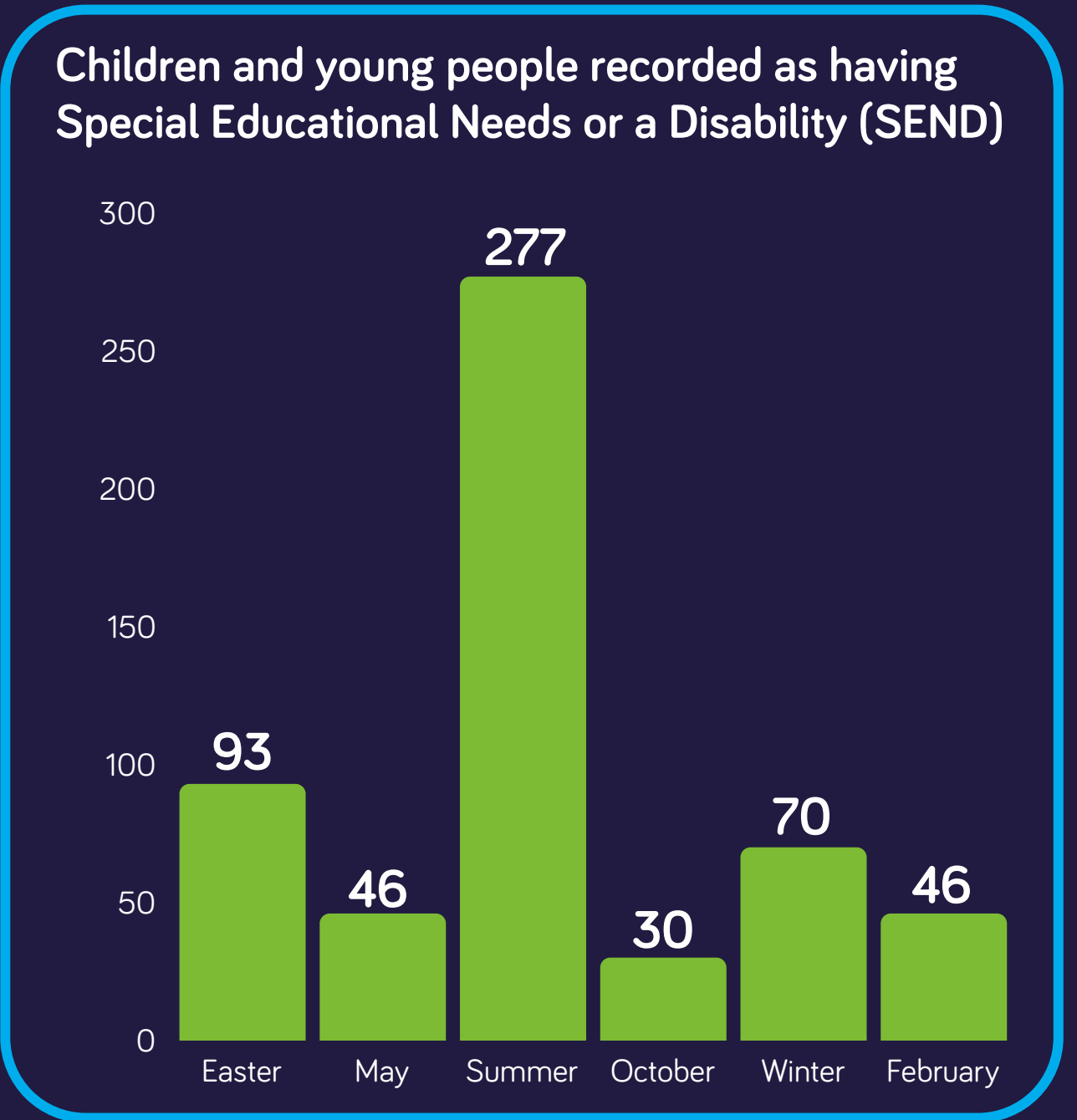
270 attendances by refugees/separated migrant young people



Free School Meals

On average **81%** of children and young people who attended received Free School Meals.

Providing HAF programmes to secondary and tertiary cohorts is particularly important because research has shown a link between youth criminality and low household income. Of people who went on to receive a custodial sentence, 68.5% had ever received free school meals (FSM) during their schooling, compared with a quarter (24.8%) of those without a criminal conviction (ONS, 2022).*



* Office For National Statistics (ONS), 'The education and social care background of young people who interact with the criminal justice system' (2022)

Case studies and stories

“The staff worked with the young person, who had been involved in anti-social behaviour in the community, on a 1:1 basis until he felt comfortable in the group at the holiday session. Since this initial support, the young person has been attending the centre on a regular basis and appears to be finding engaging with other young people easier. He really enjoys taking part in the sports. Before, he would not engage with other young people” – LTO, Ongar



One young person referred to a holiday provision in Basildon has attended a Pupil Referral Unit (PRU) since the age of 12 and was at high risk of criminal exploitation. He is involved in anti-social behaviour and crime in his community. When he first attended the holiday provision, he was undergoing assessment for mental health issues had difficulty managing his anger. Since attending the holiday provision, the young person regularly attends the LTO’s after-school community sessions. He gets involved in boxing and music activities and has received support from staff. - LTO, Basildon



— “ —

One young person has moved back to Chelmsford due to work opportunities, has been trained as a mentor, engaged in gym sessions, and supported other young people. He now has better self-esteem and healthy relationships, plus structure and a goal to focus on.

— **Young person testimonial from LTO staff, Chelmsford**

— ” —

— “ —
This young person has grown so much! He was so quiet initially, and so unsure on how to move his body around a course. He has absolutely flourished. He has become so much more confident and has really come in to his own as an assistant coach to the younger classes.

— **Young person testimonial from LTO staff, Witham**

— ” —

Case Studies and Stories



Case Study of 11 year old attending Mistley Kids Club

A young person who has now attended the Mistley Kids Club for a few years and is currently living in care struggles daily with their mental health. The child has been at great risk of exploitation. Mistley Kids Club has been able to give her time with some of their friends and this allows them certain freedoms. After many sessions, the young person has been able to learn strategies to use at school and also to be able to regulate coming out of school to have a better time at Kids Club. They've shown responsibility when going out into the community.



AEF Sports and Life Skills Referral

The young person was referred from the Youth Justice Team to an LTO as part of the Sports and Life Skills programme. This young person showed an interest in boxing and started training at a local gym. After dedication and further training, they are now able to compete at county level. They also now have started training other young people who were referred on the same pathway and have shown great passion to help others. Their story is key to showing how these clubs and groups can change lives.



LTO Holiday Club Feedback from a parent

“ATF and Vicky have been immensely helpful and has made a big difference to J, with them giving him time to start to trust and open up about his problems, and taking the time to get to know him. Also for him to get to know Vicky whilst having fun, it has been wonderful and J enjoys his time with Vicky. A very big thank you to Vicky and to ATF for their help!”



The Building Blocks to Successfully Deliver Sports Intervention Projects

AEF works with specialist LTOs to ensure their offer to young people follows the Theory of Change research by Loughborough University and Streetgames.

KEY PRINCIPLES FOR OFFERING THE RIGHT TYPE OF PROVISION TO ACHIEVE SUCCESS:



Step 1

Step 2

Step 3



1 ACTIVITIES

Sport, volunteering, mentoring



2 OUTPUTS

Participation, engagement, achievements

3 INTERMEDIATE OUTCOMES

Behaviour, wellbeing, attitudes/values, skills/knowledge



4 LONG TERM OUTCOMES

Resilient, engaged, supported, connected, aspirational