



Camp Inspire – Summer 2021

Camp Inspire is a Health & Wellbeing holiday camp for 4 to 18 year olds focused on enhancing wellbeing and developing soft skills through structured fun activities. Camp Inspire will run Mondays to Thursdays from 10am until 2pm, from Monday 2nd to Thursday 26th August. (Location TBC but we are in discussions with 2 secondary school sites in Chesterfield).

The programme is anticipated to be delivered under the Holiday Activity Food programme. The aims of the HAF programme are to encourage children and young people who attend this provision to:

- Eat more healthily over the school holidays
- Be more active during the school holidays
- Take part in engaging and enriching activities which support the development of resilience, character and wellbeing along with their wider educational attainment
- Be safe and not socially isolated
- Have a greater knowledge of health and nutrition
- Be more engaged with school and other services

The aim is to provide free places for children and young people eligible for and in receipt of free school meals or who are otherwise vulnerable, for the equivalent of at least 4 hours a day, 4 days per week for 4 weeks of the holidays, and the provision will be in line with the Framework of Standards

Who is Camp Inspire for?

Camp Inspire is for **anyone** who would benefit from structured holiday activities with a hot lunch provided. Though priority will be given to those eligible for Free School Meals or vulnerable in other ways, any parent or carer can pay for their children to attend. Participants will be assigned to a fixed group 'bubble' consistent in line with government guidance on best practice.

Applying for a Funded Place

Funded places will be prioritised on the basis of highest need for children and young people meeting any of the following criteria;

- Children from low income families (eligible for free school meals)
- Those identified as vulnerable or at risk of exploitation
- Children in care
- Children with EHCP plans
- Children with recognised SEND or other additional needs
- Children with a referral to CAMHS (or a known mental health issue at primary care level)



Our aim is to provide funded places for 150 children per day, with a total of 250 participants engaged over the course of the programme. We are relying on schools and other family support agencies to identify those children and young people who would most benefit and any agency worker involved with supporting the young person and their family is able to refer using the registration form.

Camp Inspire Format

Camp Inspire - **Connect** for 4 to 10 year olds Camp Inspire – **Activate** for 11 to 18 year olds

The programme is based around the 5 Ways to Wellbeing and underpinned by 4 core values we aim to instil in our participants.

- **Connect** - Main Themes – Social relationships, diversity and the wider community
 - **Be Active** - Main Themes – Physical activity, motivation and staying active
 - **Take Notice** - Main Themes – Self-understanding and positive choices
 - **Learn** - Main Themes – Enhancing self-esteem and encouraging social interactions
 - **Give** - Main Themes – Acts of kindness and community action
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- **Be Fair** - being considerate and thinking of others
 - **Be Connected** – showing great teamwork and working well with others
 - **Be Ambitious** – working hard to improve skills and never giving up on your goals
 - **Be Inspiring** – being a positive role model and setting a great example to others

(<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing.aspx>)

Key skills that we aim to develop include;

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| ▪ Team Work | ▪ Interpersonal Skills |
| ▪ Problem Solving | ▪ Creativity |
| ▪ Leadership | ▪ Strategic Thinking |
| ▪ Motivation | ▪ Planning |
| ▪ Communication | ▪ Resourcefulness |
| ▪ Spatial Awareness | ▪ Decision Making |
| ▪ Confidence | ▪ Adaptability |
| ▪ Self-esteem | ▪ Resilience |
| ▪ Thinking Clearly Under Pressure | |

Next Steps

We have has an internal scoping exercise and developed a project plan. As soon as funding is agreed, we will circulate the referral forms via key local agencies. We will also be recruiting for safeguarding team staff, activity leads and lunchtime supervisor roles through the schools network.

