



## Support Local Children: Holiday Food and Fun Clubs

### Did you know that 3 million children are at risk of hunger over the summer holidays?

The loss of free school meals given out during term time can mean families already struggling with low budgets may find it difficult to feed their children.

Holiday Clubs running across the Feeding Derbyshire network aim to put an end to holiday hunger. They provide opportunities during the holidays for kids and families to come together to play, learn new skills, and share a meal together.



### The Issue

Holidays can be a stressful time for many families; but those who have lost the safety net of free school meals and face additional worries.

Hunger amongst children during the school holidays can exacerbate inequalities that already exist between children from wealthier and poorer backgrounds. Children most at risk of hunger during the holidays often suffer from social isolation and inactivity. This can lead to significant weight loss or gain, and have negative impacts on their physical and mental well-being.



### Holiday Clubs are Changing Lives

1. Socialising and activities for children
2. Financial relief for parents on very low incomes
3. Contact and support for parents
4. Improved physical and mental health, setting children up to thrive when back to school after the holidays

Each of these advantages improves children's quality of life, as well as their chances of growing up to become healthy, well-educated adults, while simultaneously increasing parents' confidence and adding to their skills base.



We're crowdfunding 28<sup>th</sup> May-25<sup>th</sup> June  
to raise £50,000

<https://www.crowdfunder.co.uk/healthy-holidays-summer-2019>

# Supporting Children across Derbyshire

## What you can do to help

To fund the Food and Fun clubs we'll be launching a crowdfunder campaign from 28<sup>th</sup> May -25<sup>th</sup> June to raise £50,000. To make the campaign a success we need your support.

## Donate

If you are able to contribute, please consider donating early on to the crowdfunding campaign. Your donation will be made public and will encourage others to do the same.

## Fundraise

If you think you'd like to donate, but want to get your friends, co-workers, employees, or customers involved too, consider fundraising instead. Here are just a few of the great ideas we've heard about so far:

We have lots of ideas and support materials to help make your fundraiser a success, so please get in touch and we can support you on your way.

Not quite ready to make a financial contribution, that's OK -

## Help us get the word out...

Your support to help us get the word out is just as important. A few great ideas on how you can help:

- Share on social media  
(Ask us about our handy social media resource pack)
- Include information about the campaign in your newsletter or internal communications
- Send an email around your network
- Ask 5 people who you think might be able to give to the cause
- Share print materials in your office or business to help raise awareness



**Donate and make a real difference to families  
across Derbyshire**

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