



## Healthy food and holiday activities (HAF)

### Castle Early Birds are able to provide Free Holiday places at Portchester Community School!

### The Holiday Activities and Food Programme

#### About the programme

The Holiday Activities and Food (HAF) Programme is funded by the DfE to provide free engaging activities and nutritious meals to children from reception to year 11 (inclusive) during the Easter, summer and Christmas school holidays who would normally receive benefit-related free school meal (FSM).

Hampshire County Council delivers it through the Connect4Communities programme. You can find out more about the HAF scheme on the [Department for Education \(DfE\) website](#).

A core ambition of the HAF scheme is to promote the education of living a healthy lifestyle. This begins with healthy eating habits, and each of our providers are required to supply a healthy, hot meal for free.

The providers will cater for children with specific cultural, religious, and allergy-related dietary requirements. Pre-booking is required.

#### Aims of the HAF programme

As a result of the programme, we want children to:

- *receive healthy and nutritious meals*
- *maintain a healthy level of physical activity*
- *be happy, have fun and meet new friends*
- *develop a greater understanding of food, nutrition and other health-related issues*
- *take part in fun and engaging activities that support their development*
- *feel safe and secure*
- *get access to the right support services*
- *return to school feeling engaged and ready to learn*

Families can also benefit when HAF providers include their needs in planning and delivering their programme. This could be through:

- *providing opportunities to get involved in cookery classes*
- *ensuring they are signposted towards other sources of information and support, such as health services or employment and education opportunities*

#### Eligibility

Our scheme is primarily for children and young people, who already receive benefits-related free school meals (FSM), who live, or go to school, in Hampshire. This means areas of Hampshire serviced by Hampshire County Council. (This excludes the unitary authorities of Portsmouth and Southampton, for example).

You can check your eligibility and register for a unique booking code, using the link below.

[2025 Holiday Activities and Food programme \(HAF\) registration](#)

## Other children and families

Local authorities have discretion to use up to 15% of their funding to provide free or subsidised holiday club places for children who are not in receipt of benefits-related FSM but who the local authority believe could benefit from HAF provision.

This may include, for example:

- *children with Education, Health and Care Plans*
- *children and young people referred by a social care professional*
- *children who have low attendance rates at school or who are at risk of exclusion, referred by a school*
- *children of recognised refugees with no recourse to public funds*
- *other forms of vulnerability, by explicit agreement with the HAF team*

### Safety

All HAF providers have been awarded their funded places because they have demonstrated to the Hampshire HAF team that they will provide and maintain a safe environment in which to participate.

Check with the activity providers to see if you should remain on-site or nearby for the duration of the activity.

## Benefits for families

Each child with a HAF code has free access to a variety of holiday schemes across 11 districts that fall under Hampshire County Council.

Each scheme provides food and fun activities for a minimum of four hours a day.

[Schemes are listed on the Family Information and Services Hub site](#) in the five weeks preceding the holiday period. You can explore providers listings and book directly with the provider, using the information supplied.

### Further information

If you have more questions about a specific activity contact the providers.

If you have any further questions or concerns contact [connect4communities@hants.gov.uk](mailto:connect4communities@hants.gov.uk)

The school holidays can be particularly challenging for parents and carers. Taking part in free holiday clubs where they can have fun and enjoy a nutritious meal ensures that children from low-income families do not miss out on the benefits offered by organised out-of-school activities. Children can eat more healthily, become more active, learn new skills, and socialise together in a safe environment. HAF providers also help children and their families to develop an understanding of nutrition and food budgeting. In addition, they can link families to a host of support services, related to health, employment and education among others.

Funding is available to provide holiday schemes for all children and young people aged 5-16, who are in receipt of benefits-eligible free school meals, or vulnerable children with SEN, on an EHCP, or who are open to Children's Social Care.

Below are a series of links that will be helpful to parents and carers.

[Advice support and local welfare assistance \(connecttosupporthampshire.org.uk\)](https://connecttosupporthampshire.org.uk)

[Citizens Advice Hampshire Home Page \(citahants.org\)](https://citahants.org)

[Hampshire Jobcentre & Jobs In Hampshire \(jobcentrenearme.com\)](https://jobcentrenearme.com)

[Public Health in Hampshire | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://hants.gov.uk)

### **Heathy food/Food Banks**

<https://www.givefood.org.uk/needs/?address=po16%209qq>  
<https://images.app.goo.gl/3tKonH4whjuJ8o777>

Fareham Foodbank | Feeding Local People in Crisis

## Health and wellbeing

### **Mental health**

- [\*Mental Health \(Connect to Support Hampshire\)\*](#)
- [\*Find local Minds \(Mind\)\*](#)
- [\*Here to Listen \(Samaritans\)\*](#)
- [\*Campaign Against Living Miserably \(CALM\)\*](#)
- [\*Helplines and crisis contacts \(Centre for Mental Health\)\*](#)

### **Physical health**

- [\*Walk \(My Journey Hampshire\)\*](#)
- [\*Boost your health \(Gloji Hampshire\)\*](#)
- [\*NHS Health Check\*](#)
- [\*Smokefree Hampshire\*](#)
- [\*Supporting those affected by drugs and alcohol in Hampshire \(NHS Inclusion Hants\)\*](#)
- [\*Rethink Your Drink\*](#)
- [\*Fitness Courses \(Learning in Libraries Hampshire\)\*](#)
- [\*Borrow a free blood pressure monitor \(Hampshire Library Service\)\*](#)