



Hertfordshire's
Holiday Activity Programme

HAPpy

Hertfordshire HAF Winter 23 Case Study

Encouraging kids out of their shell

Background & Challenge

Confidence is a big issue for many children. Yet, overcoming nervousness in all its forms can be the key to opening many doors for children: from beginning new friendships and trying new things, to building self-esteem, self-efficacy, and independence.

Read more on the next page.



Department
for Education



Hertfordshire
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partnership



Hertfordshire

Approach & Impact

The Holiday Activities and Food Programme (HAF), known locally here in Hertfordshire as HAPpy helps to build confidence. Our expert HAPpy Camp providers use a variety of approaches to do this that are as diverse as the children they cater for. Here is what just some of those providers told us:

- “We have a local 7-year-old who comes regularly to Happy Camps. He has no father figure and has developed an attachment to our 2 male leaders. He has some physical disabilities and autism but has gained confidence over the last year of attending, now taking part in all the activities and being a lot more resilient when bumped in play.” - Expressions Academy CIC
- “We had a young child who was very nervous about [attending]. One of our coaches spent time with the child and the parent. Mum left happy knowing our coaches dedicated time to ensure every child felt listened to, supported, and encouraged to join the group to participate.” - Fencing Hertfordshire CIC
- “We had one SEND child who was struggling with her confidence when she first arrived and was very shy. We had a coach work closely with her 1-1 and we saw small improvements over the 2 days where she was coming more out of her shell and joining the rest of the group.” – Non Stop Sports Education Limited
- “[One] family are survivors of domestic violence and we have seen confidence build not only in the girls, but their mother also joined our women’s class.” - Hemel Warriors ABC
- “We had 1 family attend who were asylum seekers living in a local hotel...the 2 children who attended were a little bit nervous to start with, as they didn't know anyone and weren't very confident to get involved with the activities. However, as the session went on the children got involved and stuck in, as well as made new friends.” - The Hive @ Jim McDonald Centre.



Going forward

In Hertfordshire, we plan to include messaging in our marketing and communications that speaks directly about the benefits HAPpy Camps can offer in terms of confidence-boosting. We're also working to create a series of video guides to increase understanding amongst parents, carers and guardians about how disclosing key information about their child can ensure sessions are tailored for them wherever possible.

Top tips for providers

- As a provider, the registration forms will give you with some great insight in terms of how to make sessions run smoothly for each child.
- Making use of our range of online and in-person HAPpy training can help you tailor for particular needs, including behavioural challenges and special educational needs, making sessions more bespoke for the child and easier for you to run too.

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