

HAPpy Learn & Share Winter 2025

Theme: Disability and Inclusion



Please use the **Chat function** to introduce yourself.
Tell us **your name(s)** & **your organisation** name.

Welcome

Start time 10:00am



Hertfordshire's
Holiday Activity Programme

HAPpy

Housekeeping

Please use the **Chat function** to introduce yourself, tell us **your name(s)** & **your organisation** name.



During this webinar your **microphone is muted**, and **your camera is off** unless you are invited to talk.



Please put any **questions for our presenters in the Q&A** and a member of the team will cover this at a convenient point. *



There is time for questions at the end of each section – we will prioritise queries from the Q&A but you can raise your hand to request to talk too.

* Any questions specific to your provision may be answered at the end or followed up later.

Schedule for today:

Time	Title	Presenter
10:00–10:15	Welcome Address and HAF national update	George Gearing Childrens Services – Hertfordshire County Council
10:15–10:25	Interactive Session & Icebreaker Activity	Herts Sport & Physical Activity Partnership (HSP)
10:25–11:05	Activities to support Mental Health & the Wellbeing Library	Karen Shaw – Mind
11:05 – 11:50	Improving HAPpy experiences for children with additional needs	Orla Moore – HSP with Charley Martin from Mad Science
11:50–12:00	No Limits 2026 – the Hertfordshire Year of Disability Sport & Physical Activity	Emma Catlin (HSP)
12:00–12:30	HAF Reset and the New Application Process for Easter 2026	Katie Purcell from Hertfordshire Community Foundation (HCF)
12:30–13:00	Open Q&A	(All)



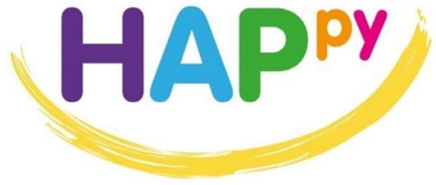
First Session 10:00–10:15am

Welcome Address and HAF national update

Presenter: George Gearing
Hertfordshire County Council



Hertfordshire's
Holiday Activity Programme



Holiday Activity & Food Programme (Known in Hertfordshire as HAPpy)

George Gearing –Commissioning Manager



This Summer

Places offered this Summer – 49,069

Number of Camps – 200

Booking Percentage – 94%

Approx 5,000 unique children attended.

Summer Parks Programme

- Welwyn – King George V Playing Fields
- Watford – King George V Playing Fields
- Hertsmere – Meadow
- Broxbourne – Waltham Cross Playing Fields
- Stevenage – King George V Playing Fields



VIP Visits

We welcomed 20 VIPs to visit our camps, these included –

Cllr Rowlands

The High Sheriff

Local MP's

County & District Cllrs.

Senior Children's Services Staff



Added value this Summer



A large orange speech bubble with a white outline, pointing downwards and to the right. It contains the text "What the young people say...".

What the young people say...

" I can't believe this is all Free, it's amazing, I would be sat at home on my own on my Xbox – Thank you so much"

" I love coming here to have fun with my friends, the food is good too"

" I am digging for treasure, with my brother, it's great fun!!"

" I came last week and had fun, so I brought my friend and sister back, were having fun together".

I LOVE THE BOUNCY CASTLE, loved making airplanes. I have made new friends. The best DAY EVER!!

THANK
YOU





The future of HAF.



New 3-year Programme announced.



New Guidance



Evaluations, Case studies and Promotion.

In Hertfordshire...

We want to continue the great work that has been taking place in Hertfordshire.

Hertfordshire Sports & Activity Partnership
Contract

Easter 2026 programme.

Building Life Chances



Building Life Chances Programme approach is all about partnership:



BRINGING TOGETHER
KEY PARTNERS



WORKING TO
SUPPORT THE NEEDS
OF THE COMMUNITY



VALUING THE LIVED
EXPERIENCES OF
LOCAL PROVIDERS



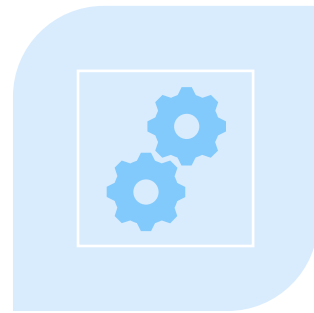
SUPPORTING A WIDE
RANGE OF MULTI-
AGENCY GROUPS



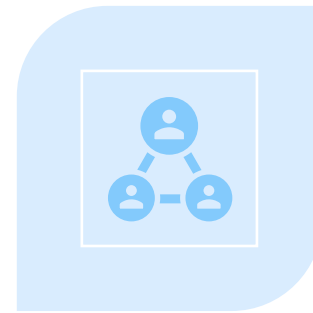
The Herts Card



WHAT IS THE
HERTS CARD?



HOW WOULD IT
WORK?



HOW CAN YOU
GET INVOLVED?



NEXT STEPS...

Get in touch...



HAPpy:- happy@hertfordshire.gov.uk



Building Life Chances:- buildinglifechances@hertfordshire.gov.uk



George Gearing - Commissioning Manager
george.gearing@hertfordshire.gov.uk



Next Session **10:15–10:25am**

Icebreaker Activity

Get ready for the day!

Presenters: Herts Sport & Physical
Activity Partnership (HSP)



Which Winnie the Pooh are you today?!

The Webinar Chat is now open – everyone can see this.

Please write your “bear-number” in the Chat... with a few words to explain why.





Next Session 10:25–11:05am

Activities to support Mental Health & the Wellbeing Library

Presenter: Karen Shaw
Mind





Wellbeing activity library

Karen Shaw – Mind's Physical Activity consultant

Supporting mental health

1. A duty of care to support the wellbeing of young people
2. Spot, Support, Signpost resources
3. Some young people may be struggling with their mental health.



Wellbeing activity library

Activities to integrate conversations about mental health into young people's physical activity sessions.

Read on



Introduction

Coaches, volunteers and leaders play an important role in supporting young people's mental health.

Working with young people and the sector, we've created a **wellbeing activity library**. This resource provides you with activities to integrate mental health topics and conversations into physical activity sessions.



We want to grow our library. If you'd like to showcase any activities, please let us know by emailing sport@mind.org.uk.

Contents

Activities

- [Check-in and check-out activities](#)
- [Comfort zone activity](#)
- [Get active human bingo](#)
- [Guess the emotion game](#)
- [Mental health quiz](#)
- [Stress bucket activity](#)
- [5 Ways to Wellbeing game](#)
- [Mindful breathing and body scan activities](#)

Examples from the sector

- [#RunAndRevise Session Cards](#)
- [Mental Wealth Games](#)
- [The Dice game](#)
- [Stormbreak activities](#)

Check-in and check-out activities

This activity introduces check-in and check-out activities, which can be used as part of a warm-up or cool-down.

The different questions and adaptations help young people to express how they're feeling and/or to provide feedback on a session.

Check-in and check-out activities

Outcome	Young people are able to express their feelings and/or provide feedback on a session.
Time	5 mins
Equipment	• Print out emoji signs or create your own (optional). You could stick them on paper plates, cardboard or an A3 sheet. • Post-it notes and pens (optional). • Feedback box or bucket for written responses (optional).
Set-up	Place emoji signs in different areas of the space.

Instructions	
1)	Young people gather in the middle of the area.
2)	Ask different questions to encourage reflection: Check-in: • "How are you feeling today?" • "How have you been feeling in the last week?" • "How have you been feeling since the last session?" • "How does physical activity and movement make you feel?" Check-out: • "How did today's session make you feel?" • "How did XXX activity make you feel?"

Time	5mins at the start and/or end of a session.
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Equipment	• Print emoji signs or create your own. • Post-it notes and pens (optional)
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Set-up	Lay out emoji signs.
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Comfort zones

This activity introduces the concept of having different comfort zones.

Our confidence levels will vary depending on the different physical, emotional and mental challenges we face.

Comfort zone activity

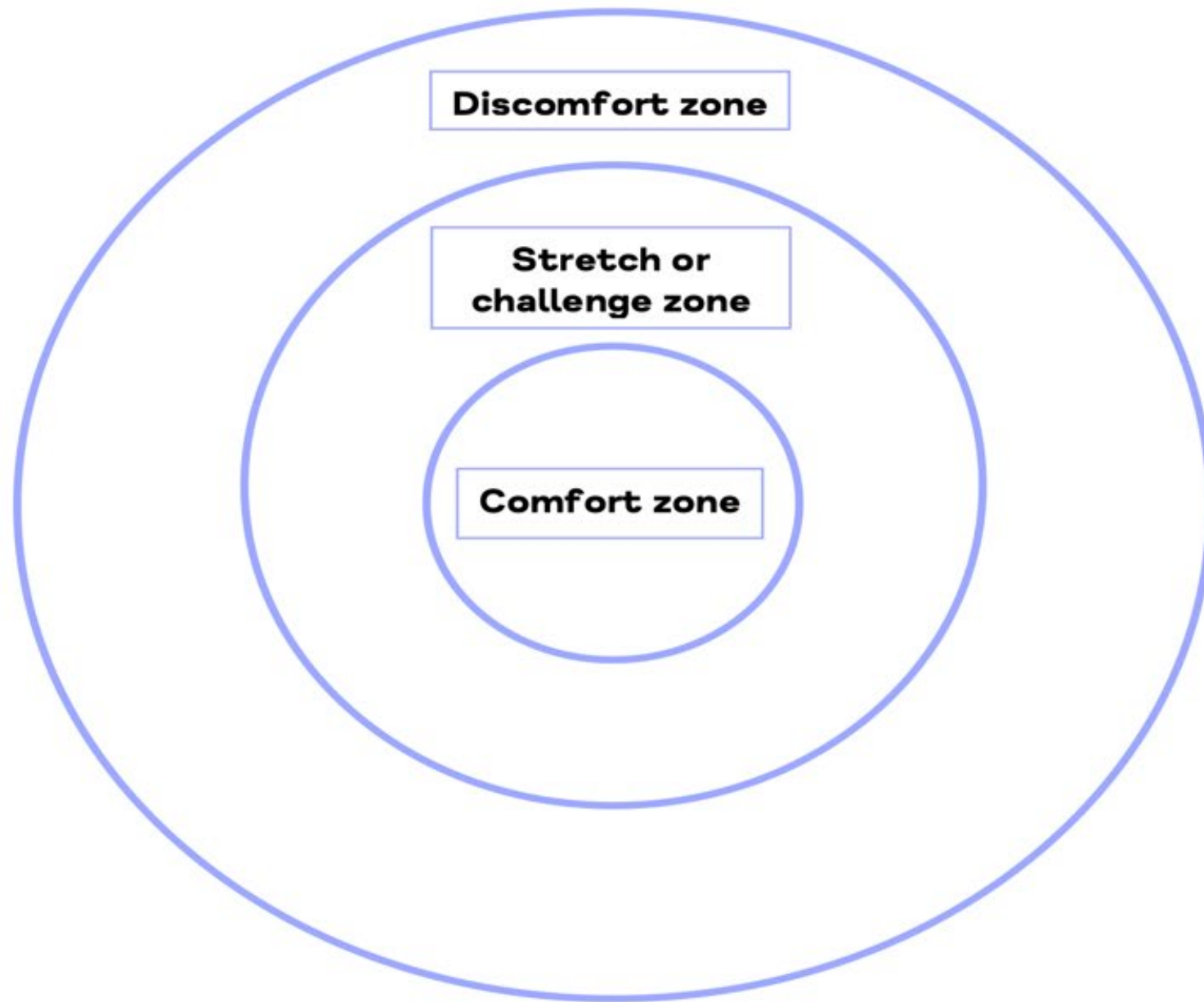
Outcome	Young people are given the opportunity to think about their feelings, comfort zones and confidence levels.
Time	10-15mins
Equipment	Cones, chalk, rope or markers
Set-up	Mark out three circles, inside of each other

Instructions	
1)	Explain the concept of having different comfort zones: Our confidence levels will vary depending on the different physical, emotional or mental challenges that we face. When we're in our Comfort zone (inner circle), we are in a familiar situation. We can do things automatically, without too much thought. When we're in our Stretch or Challenge zone (larger middle circle), we will be learning. This could pose a risk to us and cause some stress, but we can overcome the fear and spot new opportunities or solutions. In certain situations, we may enter a Discomfort zone or have a negative experience (outside circle). We may feel anxious, uncomfortable or unsafe or become focused on problems, and we may experience low self-confidence. Our "flight, fight or freeze" instincts kick in and we may want to return to our comfort zone.

Time 10-15mins.

Equipment Cones, chalk, rope or markers.

Set-up Mark out 3 circles inside of each other.





Visit: mind.org.uk/sport

Email: sport@mind.org.uk

Follow: #SportMinds on LinkedIn



Next Session **11:05–11:50am**

Improving HAPpy experiences for children with additional needs

Presenters: Orla Moore (HSP)
with
Charley Martin from Mad Science





HAPpy Delivery Criteria

“We expect that all HAPpy Activities are **accessible and inclusive** wherever possible and considerate of the diverse needs of Hertfordshire’s population.”





Specialist SEND Provision

Specialist HAPpy SEND provision is for children with more complex, or **higher levels of additional need**.

Children will generally have a documented EHCP, receive **dedicated additional support at school** or may attend a specialist school to meet their needs.

Staffing ratios, expertise and other specialist resources should **reflect the increased funding** & costs.



Participants with SEND

Almost **90% of HAPpy attendees with SEND attend mainstream** school.

There is an expectation from DfE that their needs are met within Universal HAF provision.

Universal HAPpy delivery providers are expected to be able to provide for the majority of children including those with low-level SEND needs.

Free training and **resources** are available through HAPpy to enhance staff awareness and understanding so that they can meet the needs of the participant.



Expectation of ALL Activity Providers

Where a participant has declared SEND needs,
providers must make telephone or in person contact with the family.

You must understand the needs of the participant and whether these can be safely accommodated within the provision (consider staff training & experience, the activity, the environment, etc).





SEND information – where is it?

Playwaze

Activity Registers (view or export)

Booking Form

Have the Conversation...

Agree a plan

Update child's profile (parental consent)

And... share information/ plan with your staff





Universal Provision

Our experience shows that in most cases children will be able to participate in universal activities with **minimal adaptations and a little help** from staff with awareness and understanding of the child's needs.

Sometimes, following discussion with a parent it will be apparent that the child could only participate in a universal setting with **significant adaptations** or **additional support from staff**.



Universal – Extra funding for SEND

Are you able to arrange and support this?

Please **contact HSP** in this case as there is a limited amount of funding available.

Requests like this can only be considered once the **booking** has been made and the **discussions** with the family have taken place.

Don't create disappointment – not all requests can be met.

Conversation with...

Charley Martin

Operations Manager from Mad Science

Charley describes the MAD Science approach to supporting families with SEND and shares some positive outcomes they have achieved.



Next Session **11:50am–12:00pm**

No Limits 2026 – the Hertfordshire Year of Disability Sport & Physical Activity

Presenter: Emma Catlin (HSP)



No Limits **2026**

**Hertfordshire's Year of Disability Sport
& Physical Activity**





No Limits 2026 is the campaign name for the upcoming **Hertfordshire Year of Disability Sport & Physical Activity**, led by HSP in association with Herts Disability Sports Foundation, and the Activity Alliance.

The year-long campaign aims to **break down barriers** and **create lasting change** for disabled people of all ages, backgrounds, and abilities across Hertfordshire.

New dedicated page on our website will allow you:

- To explore the campaign in more **detail**,
- receive our **partner toolkit** through a partner pledge to support the year
- Learn about **upcoming projects & events**
- Meet our **ambassadors**
- Find out how you and your organisation can be a part of the campaign

Aims and Objectives

Aim: To inspire and enable people with a disability, of all ages, backgrounds, and abilities, to be more active, by increasing access to sport and physical activity in Hertfordshire.

Objectives:

- To **strengthen existing opportunities and develop new community-based sport and physical activity initiatives** for disabled people.
- To **attract and secure external investment** to support disability sport and physical activity across the county.
- To **increase sector awareness** of disability sport opportunities and what **makes sessions and venues truly welcoming** - not just physically accessible.
- To **develop the workforce** so they have the skills and confidence to work effectively with disabled people
- To **highlight lived experience** by establishing a Disability Ambassadors programme to highlight what matters most to disabled individuals when accessing sport and physical activity.
- To showcase a range of opportunities and pathways for **sustained participation** in sport and physical activity

Impairment Types

- People with **mobility** impairments
- People with **learning** impairments
- People with **long-term health conditions**
- People with **social and behavioural** impairments
- People with **mental health conditions** or impairments
- People with **hearing** impairments (D / deaf people)
- People with **visual** impairments

Work Strands



No Limits 2026 Funding Offers

1. Herts Inclusive Sports Initiative (HISI) - Small Grants & Bursaries

HISI in effect has 3 different pots of money for 4 different audiences.

Sports Clubs

Small Groups/Charities

Individuals (Volunteers, Officials or Coaches)

Athletes

Grants – up to £750 (can apply every 2 yrs)

Individual Workforce Bursary –max of 75% of qualification up to £100 with match funding evidence (can apply every 12 months)

Athlete Bursary – up to £250 (can apply every 12 months)



2. Funding4 Sport – Bid writing Service

Specific allocation of up to 20 bids for Disability projects (7 allocated already, 13 in credit, top up of 10 more applications possible)

Bigger projects

£10k-£20k

Movement Fund

Awards for All

Campaign Vision Through Marketing

Logo and Branding

Aligned to our strategic objectives

Drive Inclusivity

- Promoting fully inclusive physical activity and sport provision in Hertfordshire.
- To inspire and enable people with a disability, of all ages, backgrounds, and abilities, to be more active, by increasing access to sport and physical activity in Hertfordshire.

So we
can...

Empower

Partners and delivery organisations to implement positive change in their communities for those with disabilities or impairments.

Build Confidence

Among participants, partners and their workforce to engage and deliver in fully inclusive sessions.

Advocate

For sustainable change within disability sport alongside partners and stakeholders.

Partner Toolkit

Partner Activation Toolkit

A comprehensive toolkit for partners
wanting to use the No Limits 2026 brand

No Limits
2026

Version 1 - Nov 2025

No Limits
2026

No Limits
2026

No Limits
2026

No Limits
2026

Applications

The No Limits platform will be used in two styles. One is a full-width banner and the other is a strip along the side of the page.

Style 1 with picture



Style 2 with strip



Digital banner



- Primary logo
- Secondary logo (with strap-line)
- Digital banner (small & newsletter)
- Social media templates
- A5, A6, A3 templates

[Download here](#)

the Toolkit

on the below link.



Disability Sport Symposium

Breaking Barriers, Moving Together



The evening will see the launch of the campaign, and we are excited to have secured an esteemed array of guest speakers to be part of our dynamic **Partner**

Panel Discussion/Q&A & Keynote address

- Dr Chris Brown (Chair)
- Lyndsey Hollands
- Adam Blaze
- Ella Beaumont



6:30pm – 8:30pm



Thursday 27th November 2025



University of Hertfordshire, Hatfield

Herts Sport & Physical Activity Partnership

Book Here



Next Steps

Optional 1:1 follow up meetings

Opportunity to meet with the No Limits team to discuss any potential collaboration.

Utilise the Partner Toolkit

Use yourselves! Share with others! Help build momentum!

Disability Newsletter being introduced – Pre-sign up here



Emma Catlin – Project Officer
e.catlin@herts.ac.uk



Next Session 12:00–12:30

HAF Reset and the New Application Process for Easter 2026

Presenter: Katie Purcell
Hertfordshire Community
Foundation (HCF)



Holiday Activity and Food Programme HAPpy 2026



Hertfordshire
Community
Foundation

What's new

- New Salesforce CRM system designed for end users
- Portal
- Document uploads
- Requirements
- Better information in
- Better reporting
- New contract

Applying for Spring & beyond



All applicants treated as
"new provider"



Marketing Questions



Reframed questions



New panel chair



Financials



Procedures for SEND

Application Process

- Guidance notes
- Wider team of assessors
- Budget and places
- Mapping process
- Venues, timings and age ranges
- Panel
- Post Panel
- Grant offer letters process



Monitoring



- Additional questions

- Attendance and marketing
- Challenges
- In kind donations
- Partnerships
- Referrals

Summary

- Read the guidance notes
- Portal
- New venues/new proposals
- Sell yourself and your activities
- Due diligence documents
- Stay in touch





Hertfordshire
Community
Foundation

Funding Local Causes

Thank you





Learn & Share Summary

Presenter: Louise Gallagher-Smith





Reminder

The Event webpage will be updated with links to the **PowerPoint presentations** delivered today and any **extra resources** provided by the presenters.





Look out for a **follow-up email** with the link to the presentations.

This email will also contain a link to an anonymous **Feedback Form**.



Closing Comments & Thank you!



Final Session 12:30–13:00

Q&A

- Questions about today's content?**
- Other queries you would like to raise?**
- Share learning from your HAF experiences**

Please use the webinar Q&A or raise
your virtual hand to participate

