

Accessible Children's Summer Activities Programme 2024

Funded by: Scottish Children's Lottery Trust

Grant Awarded: £5,000

Reporting Period: Summer 2024 School Holidays

Prepared by: Nourish Support Centre

1. Organisational Overview

Nourish is a community-based charity supporting children, families and unpaid carers across Fife. Part of Nourish's aims and objectives is to reduce isolation, improve wellbeing and create inclusive opportunities for families who face barriers due to additional needs, caring responsibilities, financial pressures or social isolation.

Our approach is strengths-based, relationship-centred and grounded in lived experience. We provide safe, welcoming spaces where families can connect, access support and participate in activities that promote confidence, resilience and positive wellbeing.

School holiday periods are a particularly challenging time for many families we support. Routines change, costs increase, and accessible activities are limited. For families caring for children with additional support needs, these pressures are often intensified. The Accessible Children's Summer Activities Programme was designed to address these challenges directly.

2. Purpose of the Funded Project

The £5,000 grant from the Scottish Children's Lottery Trust contributed to the delivery of a comprehensive, inclusive programme of children's and family activities throughout the Summer 2024 school holidays.

Project aims:

- Reduce isolation for children, young people and families
- Improve wellbeing through positive, inclusive and sensory-friendly experiences
- Strengthen peer and community connections
- Increase access to affordable, accessible activities during the holiday period
- Provide families with opportunities they would otherwise be unable to access

Projected reach:

Approximately 370 families, with an estimated 500 children, young people and parent/carers participating across the programme.

3. Activities Delivered

The programme was coordinated by a dedicated Project Lead, ensuring high-quality planning, delivery and partnership management. Activities were intentionally designed to be inclusive,

varied and accessible, enabling families with differing needs, confidence levels and abilities to participate.

Programme Design

Activities were delivered throughout the full summer holiday period. The programme included:

- Low-stimulus, small-group sessions for children requiring quieter environments
- Large-scale family events to build community connection
- Outdoor activities promoting play, movement and wellbeing
- Themed weekly sessions to create continuity and familiarity
- Trips to specialist venues offering inclusive play opportunities

This structure ensured families could choose activities that best suited their needs, while still feeling part of a shared summer experience.

Key Activities Included

- Disney Day themed family event
- Mobile Zoo sessions, offering sensory-rich, hands-on experiences
- Teddy Bears' Picnic in the Park, including a sponsored walk, encouraging engagement, outdoor play and family bonding
- Family trips to The Yard, Edinburgh, supporting 38 families to access specialist inclusive play
- Family trip to Blair Drummond Safari Park, supporting over 50 families
- Weekly Under-5s themed sessions, supporting routine and early development
- Collaborative sessions with Play on Wheels, Youth 1st, enhancing reach and quality
- Family Fun Festival finale, featuring fair-style stalls, food, games and live entertainment from The Singing Kettle



4. Partnership Working

Partnerships were central to the success of the programme. Nourish collaborated with:

- Play on Wheels
- Youth 1st
- The Mobile Zoo
- Disney Princess Singer
- The Singing Kettle
- The Yard, Edinburgh
- Blair Drummond Safari Park

These partnerships enhanced inclusivity, increased capacity, and ensured families benefited from specialist expertise, high-quality experiences and accessible environments.

5. Outcomes and Impact

The programme delivered significant, measurable impact for children, young people and families. Feedback was consistently positive, with families reporting improved wellbeing, reduced isolation and increased confidence.

Reduced Isolation & Improved Wellbeing

Families repeatedly told us that these were the only activities they could access during the summer due to financial, sensory or accessibility barriers.

“My child struggles in busy places, but the sessions felt safe and supportive. It made such a difference to their confidence.”

Children who typically find group settings challenging were observed to be more relaxed, engaged and willing to try new activities.

Positive Family Experiences

The programme created opportunities for families to enjoy meaningful time together without financial pressure.

“We don’t usually manage days out like this. Being able to enjoy something together without worrying about cost meant everything.”

Access to Inclusive Play

Trips to The Yard were particularly impactful for families caring for children with additional needs.

“My child has never had access to somewhere like this before. Seeing them play freely and safely was emotional for us.”

Consistency for Younger Children - Supporting routine, early development and confidence through structured Under-5s sessions

The Under-5s Summer Club played a crucial role in supporting younger children and their families throughout the holiday period. For many children with additional needs, routine and predictability are essential for emotional regulation, confidence and successful transitions. The summer break can disrupt these patterns, making the return to nursery or school particularly

challenging. The weekly sessions were designed specifically to maintain a sense of structure, familiarity and developmental continuity.

The group ran at the same time each week, giving families a reliable anchor point in an otherwise unpredictable holiday period. Parents repeatedly told us that having this consistent session helped reduce anxiety at home and provided their children with a rhythm that mirrored their term-time routine.

Each session followed a clear, structured format, balancing creativity, sensory exploration and social development:

- A themed craft activity to support fine motor skills, imagination and early learning
- Opportunities for free and imaginative play, allowing children to explore at their own pace and practise turn-taking, sharing and cooperative play
- A predictable closing routine, finishing with a group story-telling session to reinforce patterns, transitions and listening skills

This structure was particularly beneficial for children who rely on routine to feel safe and regulated. The repeated pattern each week helped them understand what to expect, reducing overwhelm and building confidence in group settings.

Parents also reported that the sessions helped their children socialise with peers they might not otherwise meet, improving early communication skills, confidence around others and the ability to play alongside or with other children. For some families, this was the only regular activity they could access during the summer due to sensory, financial or logistical barriers.

Overall, the Under-5s Summer Club provided a stable, nurturing environment that supported early development, strengthened family routines and eased the transition back into nursery or school after the holidays.



“Coming every week gave us something to look forward to. It helped my child with routine and helped me feel less alone.”

Longer-Term Impact

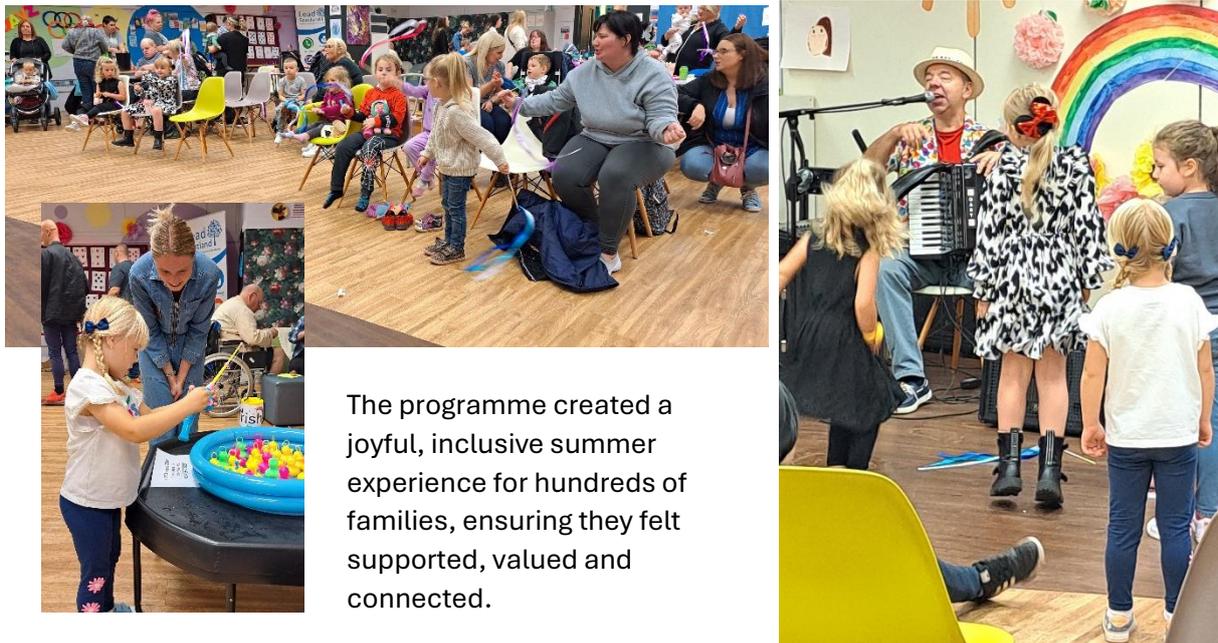
- Increased engagement with Nourish services beyond the summer
- Strengthened peer networks and community connections
- Improved parental confidence in accessing support
- Reduced stress and improved family relationships

Case studies, such as Steven’s Story, can be inserted here to demonstrate individual impact.

6. Overall Impact Summary

The Accessible Children’s Summer Activities Programme successfully:

- Reduced isolation for children, young people and families
- Improved wellbeing through inclusive, positive experiences
- Strengthened peer and community connections
- Increased access to affordable, accessible activities
- Supported carers through shared experiences and informal peer support
- Provided opportunities families would otherwise be unable to access



The programme created a joyful, inclusive summer experience for hundreds of families, ensuring they felt supported, valued and connected.

7. Evaluation Approach

To ensure the programme was robustly evaluated, we used a mixed-methods approach that captured feedback from children, parents and carers in accessible and engaging ways. Throughout the summer, staff facilitated interactive evaluation games during sessions, enabling children to express their views through play-based tools such as emotion cards, traffic-light boards and “choose your favourite activity” stations. Several events included paper feedback forms for parents and carers, allowing us to gather more detailed reflections on accessibility, wellbeing impact and family experience. We also provided child-friendly evaluation resources, including sticker-based rating sheets and simple visual prompts, ensuring younger children and those with communication differences could participate meaningfully. Alongside this, we promoted a generic online feedback form, giving families the option to share their experiences anonymously and at their own pace.

All feedback was collated by the Project Lead and reviewed alongside attendance data, staff observations and case study material. This combination of qualitative and quantitative evidence provided a clear picture of the programme’s reach, effectiveness and impact, and has informed both this report and our planning for future holiday provision.



8. Conclusion

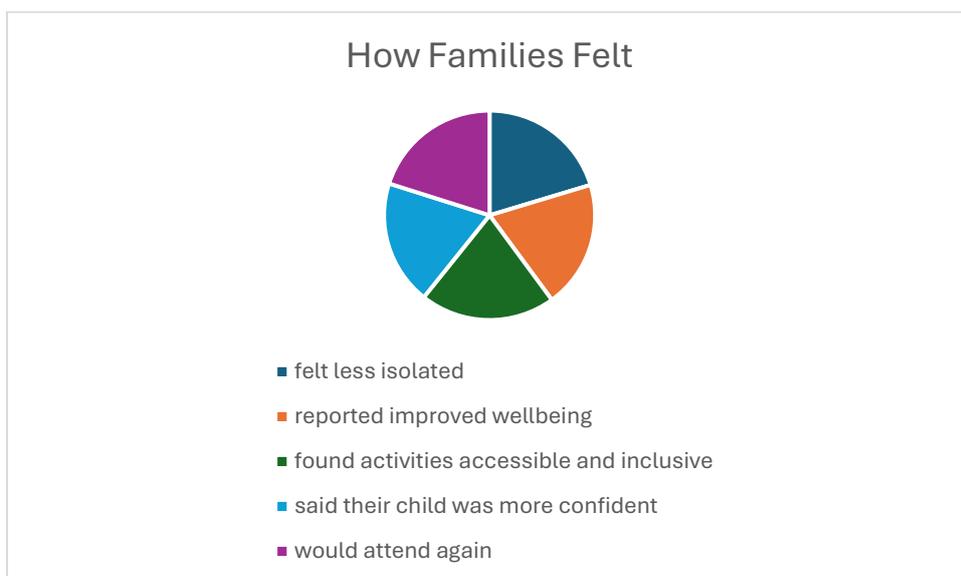
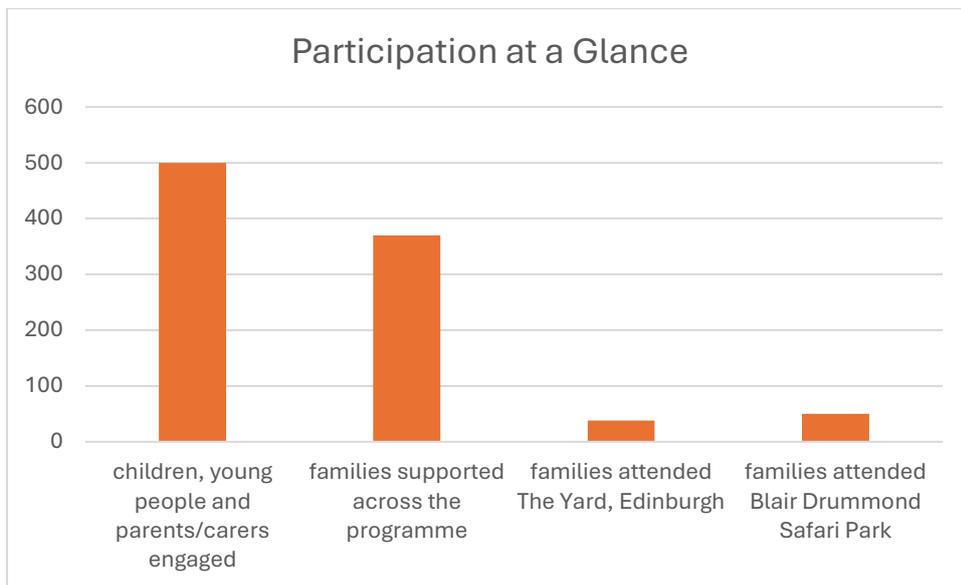
The Scottish Children’s Lottery Trust grant played a vital role in enabling Nourish to deliver a high-quality, accessible and impactful summer programme. The project met and exceeded its intended aims, providing meaningful support to families who face significant barriers to participation.

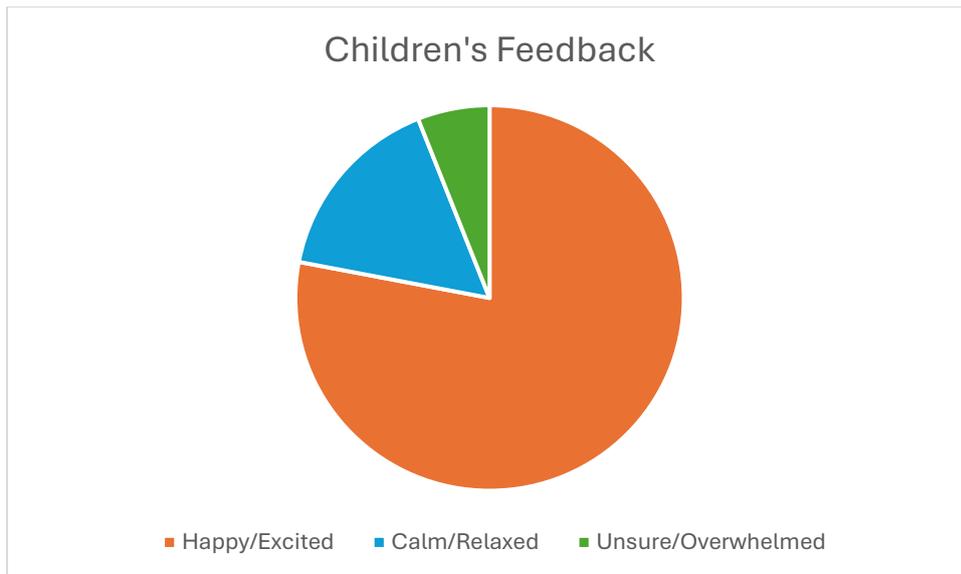
This report will support future funding applications, strategic planning and service development, and demonstrates the value of continued investment in inclusive community-based provision.

9. Budget Summary – Holiday Activities Programme

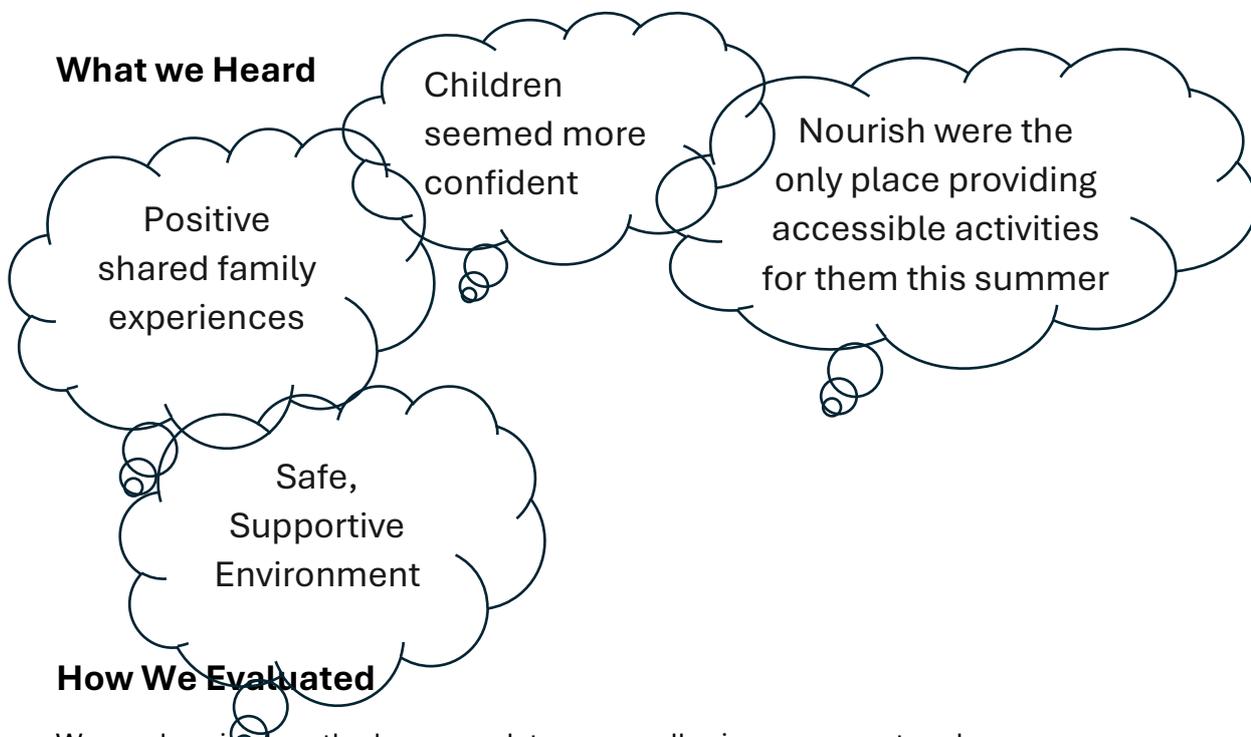
Cost Category	Description	SCLT	Nourish Funded	TOTAL
Entertainment & Specialist Activities	Facilitators, sensory experiences, performers, adapted workshops, equipment hire	£3,500	£700	£4,200
Travel & Transport	Minibus hire, fuel, mileage, accessible transport, driver costs	£500	£1,000	£1,500
Volunteer Expenses	Travel, refreshments, training	£500	£250	£750
Materials & Resources	Sensory materials, craft supplies, activity packs, printing	£250		£250
1500	Cleaning, utilities, extended hours	£250	£50	£300
Total Cost		£5,000	£2,000	£7,000

Evaluation Summary





What we Heard



How We Evaluated

We used a mixed-methods approach to ensure all voices were captured:

- Interactive evaluation games during sessions
- Child-friendly tools (stickers, visuals, emotion boards)
- Paper feedback forms at key events
- Online feedback form promoted throughout
- Staff observations and attendance data
- Case studies capturing individual journeys

All feedback was collated by the Project Lead and analysed alongside participation data to build a clear picture of reach, effectiveness and impact.