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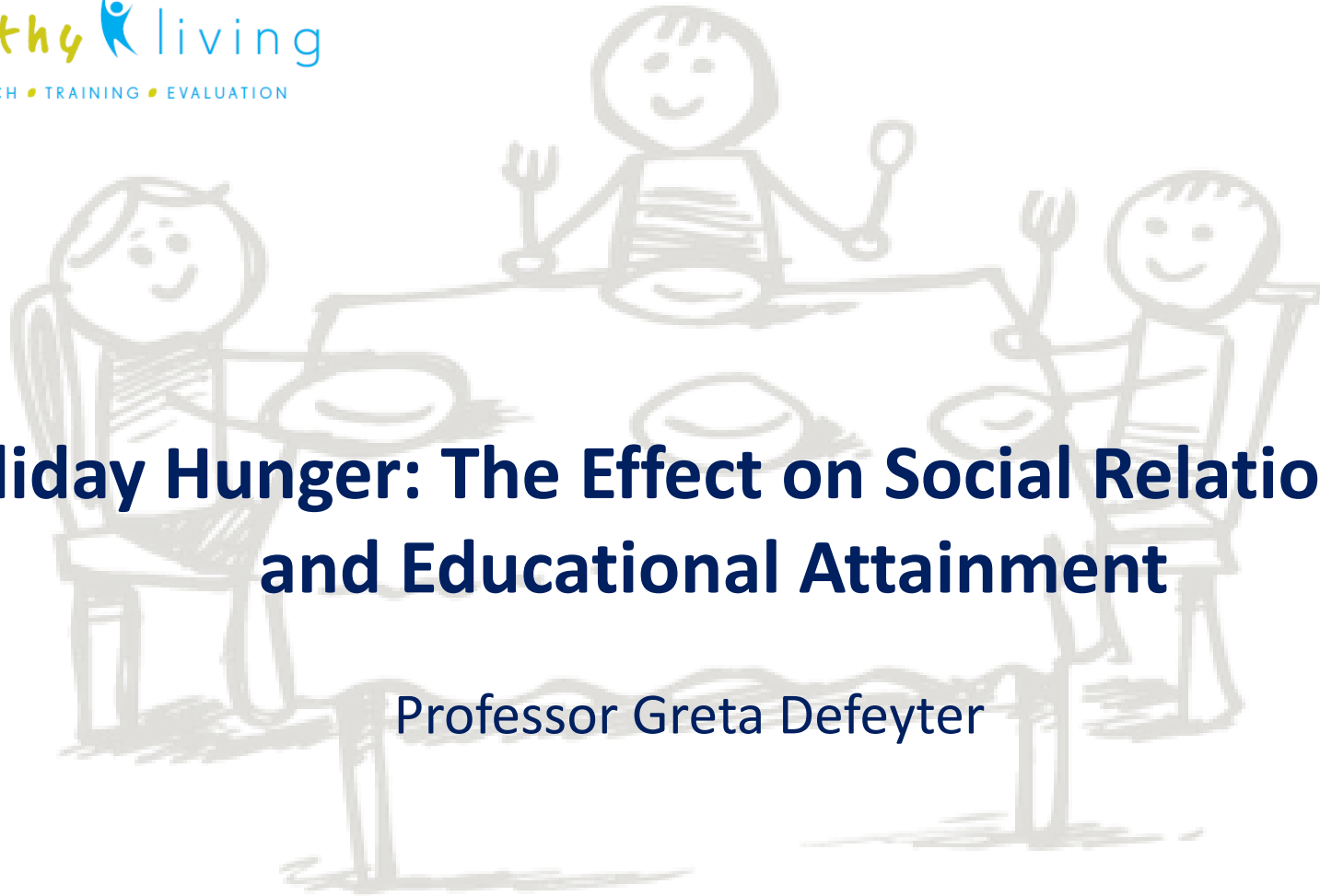
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Holiday Hunger: The Effect on Social Relationships and Educational Attainment

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Format of Talk

- Poverty
 - Child Poverty
- Study 1: National Mapping of Holiday Provision
- Study 2: Holiday Breakfast Provision
- Study 3: Summer Learning Loss
- Conclusions



- More than 93% adults skipped meals (Poverty & Social Exclusion, UK, 2013)
- 54% increase in Food Bank 2012-2014
- Ashton & Lang (2014) Food prices risen by 12% and wages fallen by 7.6% since 2007
- Coe (2014) Increase in fat, salt and sugar consumption

TRUSSEL TRUST FOOD PARCEL DISTRIBUTION BY REGION

TOTAL: 913,138
Adults: 582,933
Children: 330,205

Northern Ireland
Adults: 6,473
Children: 5,224
Total: 11,697

North West
Adults: 87,561
Children: 51,083
Total: 138,644

Wales
Adults: 51,148
Children: 27,901
Total: 79,049

West Midlands
Adults: 58,036
Children: 35,425
Total: 93,461

South West
Adults: 68,958
Children: 36,563
Total: 105,521

London
Adults: 58,315
Children: 37,324
Total: 95,639

Scotland
Adults: 49,041
Children: 22,387
Total: 71,428

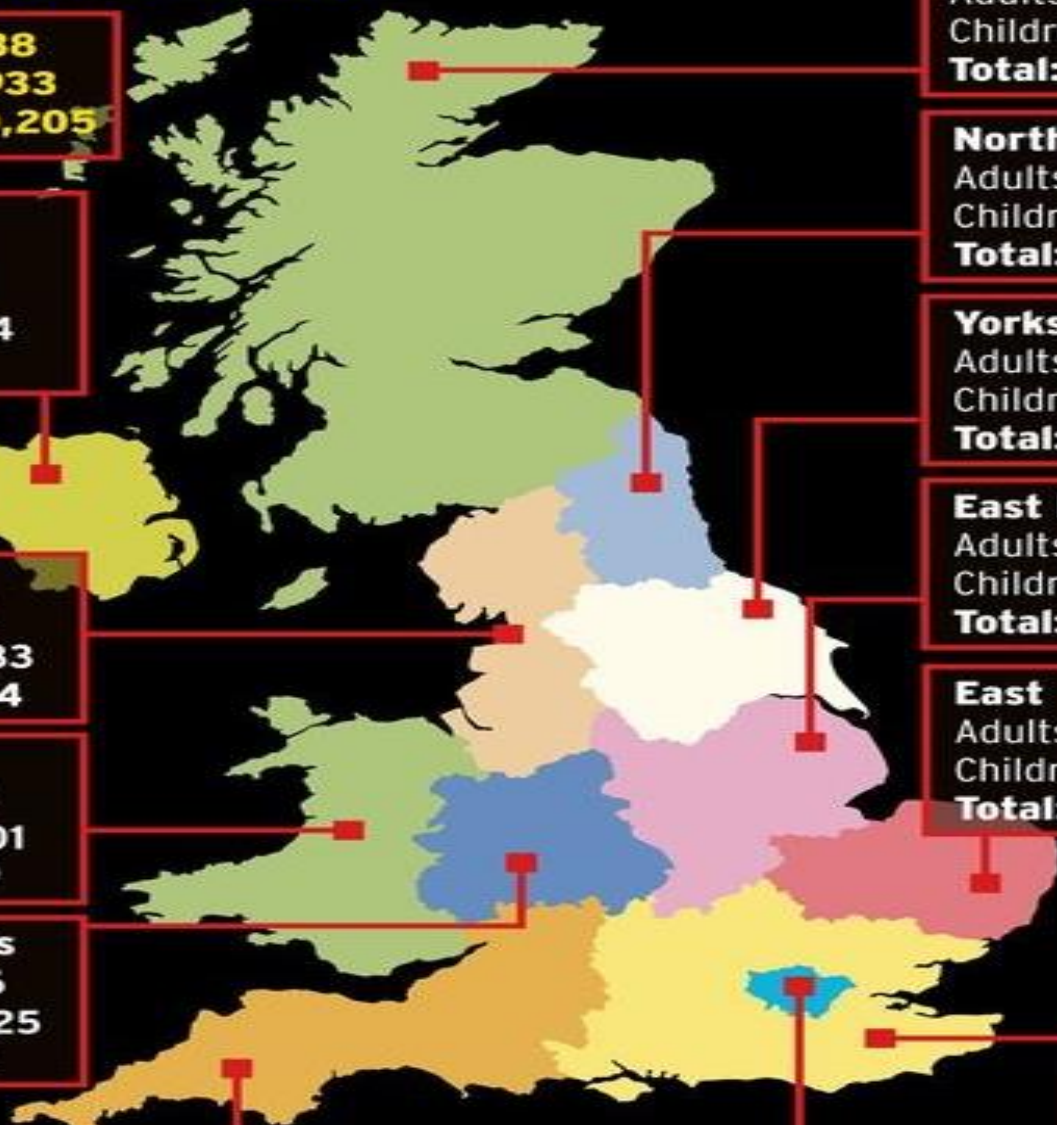
North East
Adults: 36,273
Children: 22,873
Total: 59,146

Yorks & Humber
Adults: 25,167
Children: 12,236
Total: 37,403

East Midlands
Adults: 24,039
Children: 13,717
Total: 37,756

East
Adults: 59,827
Children: 31,593
Total: 91,420

South East
Adults: 58,095
Children: 33,879
Total: 91,974



SCANDAL OF 1/4 MILLION SURVIVING ON FOOD HANDOUTS

Even people in work are on breadline



Poverty

- Individuals, families and groups in the population can be said to be in poverty when they lack resources to obtain the type of diet, participate in the activities and have the living conditions and amenities which are customary, or at least widely encouraged and approved, in the societies in which they belong (Townsend, 1979)

Measuring Poverty

- Household Income: Income Deprivation Domain (Brewer et al., 2009)
- Consumption (IFS, 2015)
- Material Deprivation (Willitts, 2006)
- Well-being (UNICEF, 2007)

Causes of Poverty

- Worklessness...personal and structural
- Low Pay/No Pay (zero hour contracts)
 - In 2009/10 58% families below the Poverty line contained at least one working member
- Inadequate Benefits (JSA...only 65% money required to live above the poverty line)
- Benefit Sanctions

- [i daniel blake - Bing video](#)

Child Poverty Myths

- Drugs and alcohol dependency (6.6%)
- Family Breakdown (63% children in poverty lived in two parent households)
- Benefit Dependency (67% Jobseekers Allowance find work within 6 months)

1. G Hay and L Bauld, Population Estimates of Problematic Drug Users in England Who Access DWP Benefits: A Feasibility Study, DWP Working Paper No 46 2008

2. See ONS website for up to date claimant count figures

3. DWP, Beliefs About Work: An Attitudinal Segmentation of Out-of-work People in Great Britain, Research Report 1, DWP Customer Insight Team 2011

Child Poverty in UK

- Lack Capital (Townsend, 2014)
- Lack Human Capital
- 3.7M children living in poverty in UK (costing £29bl PA)
- IFS projects CP will be in region of 30.5% by 2020(4.3M)
- Cost of child care 2008 -14 - Child care up 42%
- CB cut, tax credits slashed
- Rise in child poverty within working families



Child Poverty: Human Capital

- Education: FSM 3 terms lag behind affluent peers in terms of educational attainment but age 14 this gap grows to over five terms (DfE)
- Health: low birthweight; premature death, Type II Diabetes, dental carries (Hirsch, 2013)
- Housing (x2): Poor Housing, multiple occupancy
- Fuel Poverty (Hills, 2011)

Challenges for Families in Holidays

- *FSM unavailable (1.7 million in UK)*
- *Pressure on household budget*
- *Benefit delays ,sanctions*
- *Safeguarding risk elevated*
- *Access /availability to food*
- *Social contact diminished*
- *Family Stress*

(Extra £30 - £40 per week)

Children's Society Fair and Square



Holidays in Poverty (Graham & Defeyter, 2015)

Clip via @ChildhoodTrust London

<https://vimeo.com/128382783>

USA



Rural provision to outlying sites



8 million meals delivered in New York City



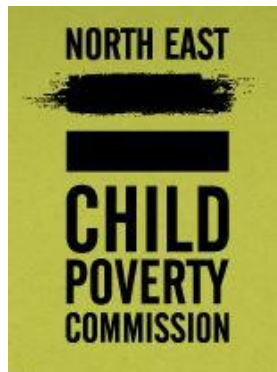
Examples of Provision



www.makelunch.org.uk

51 clubs 12,000

<http://accordgroup.org.uk/articles/444-Holiday-learning-food-and-play-for-families-who-need-it-most->



ASPE Snapshot Survey Feb 2014, 120 responses in first 24 hours 72% stated holiday hunger is an issue in their area (Defeyter & Graham, 2014)



North Ayrshire
88% =124 FSM

<http://www.nechildpoverty.org.uk/>

5 Ongoing projects

Six studies (Mixed Designs)

Study 1

Nationwide mapping of holiday provision

Study 2: Interviews and focus groups (breakfast but extending to lunch provision)

Education

Health

Economic

Education & Cognition

Study 3

- Summer learning loss

Study 4

- Cognition

Health

Study 5

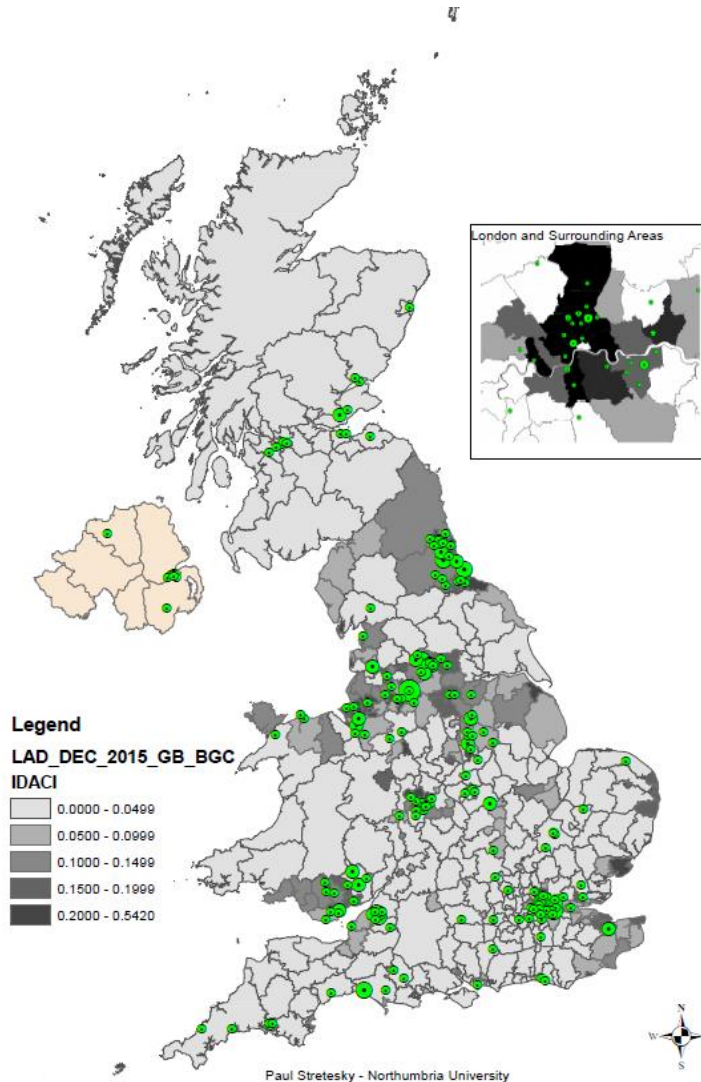
- Summer effect
- Nutritional intake –Modified Day in the Life Questionnaire

Economic & Behavioural

Study 6

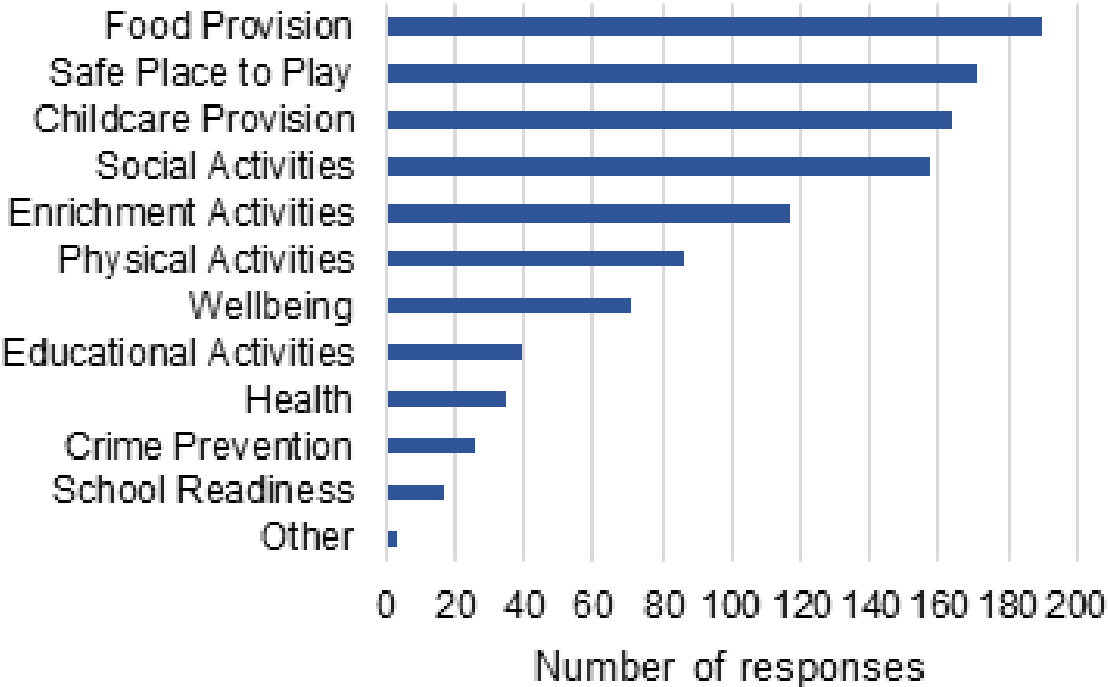
- Household Food Insecurity
- Coping Strategies Index

Study 1: Mann, Defeyter & Stretesky (under review)



Mapping of
holiday provision
programmes by
childhood
deprivation across
local authorities
428 Organisations

Figure 2: Priority needs for families and children in the communities



Study 2: Holiday Breakfast Clubs (Graham & Defeyter, 2016)

- Aims:
 - Evaluate the impact of summer breakfast clubs
 - Health, Social and Educational outcomes

Design:

Mixed methods approach (self-report questionnaires and semi-structured interviews)

Data collected from parents, children and staff

Ethical Approval for this project was granted from Northumbria University's Faculty of Health and Life Sciences Ethics Board.



(Szajewska & Ruszczyński, 2010); Hoyland et al., 2009; Haire-Joshu et al., 2011; Graham et al., 2014; 2015)



(FRAC, 2012; Early Childhood Longitudinal Study (von Hippel et al., 2007))

Participating Clubs

Oldham Community Building (40-50 attendees/day)

Trafford Community Building (50-70 attendees/day)

Coventry Community Church Building (30 attendees/day)

Strabane Trussell Trust Food Bank (30 attendees/day)

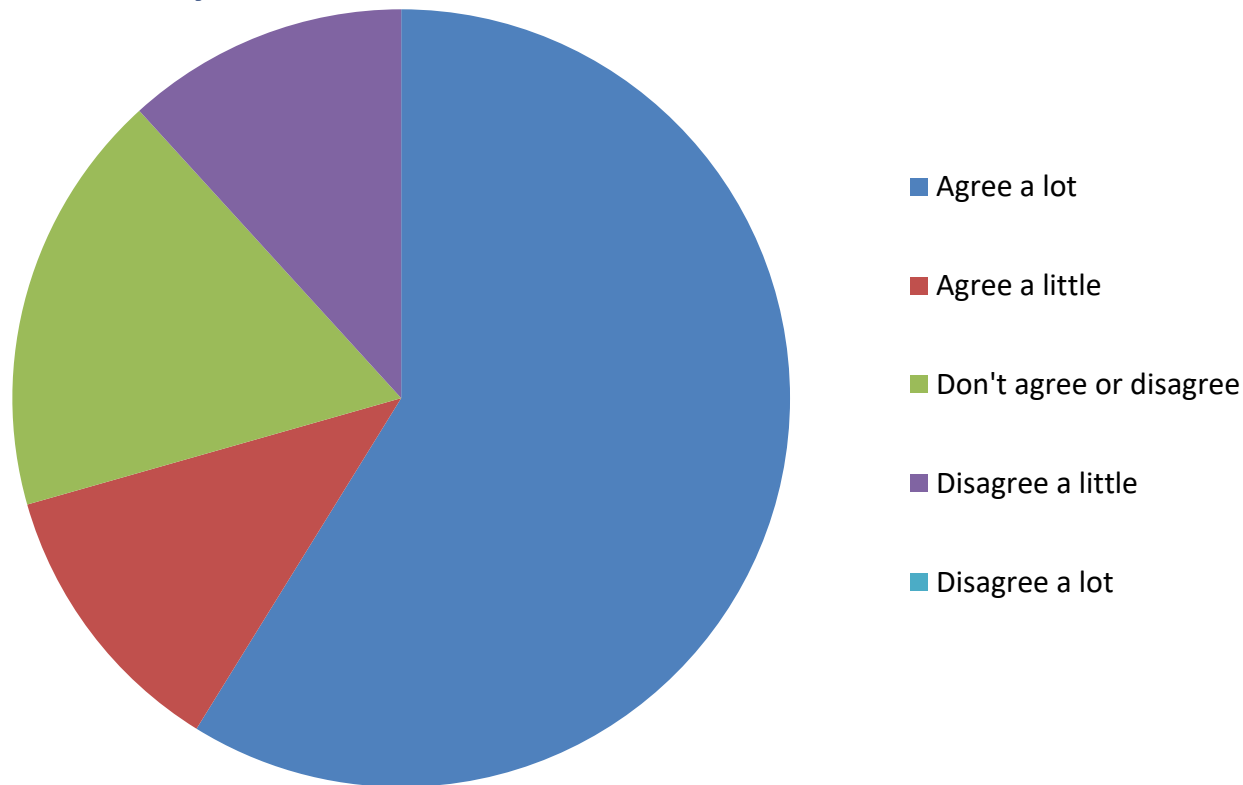
Liverpool Trussell Trust Food Bank (only 1 attendee)

Coventry Trussell Trust Food Bank (4-6 attendees/day)



Questionnaire Part A: *Summer Circumstances* (N = 256)

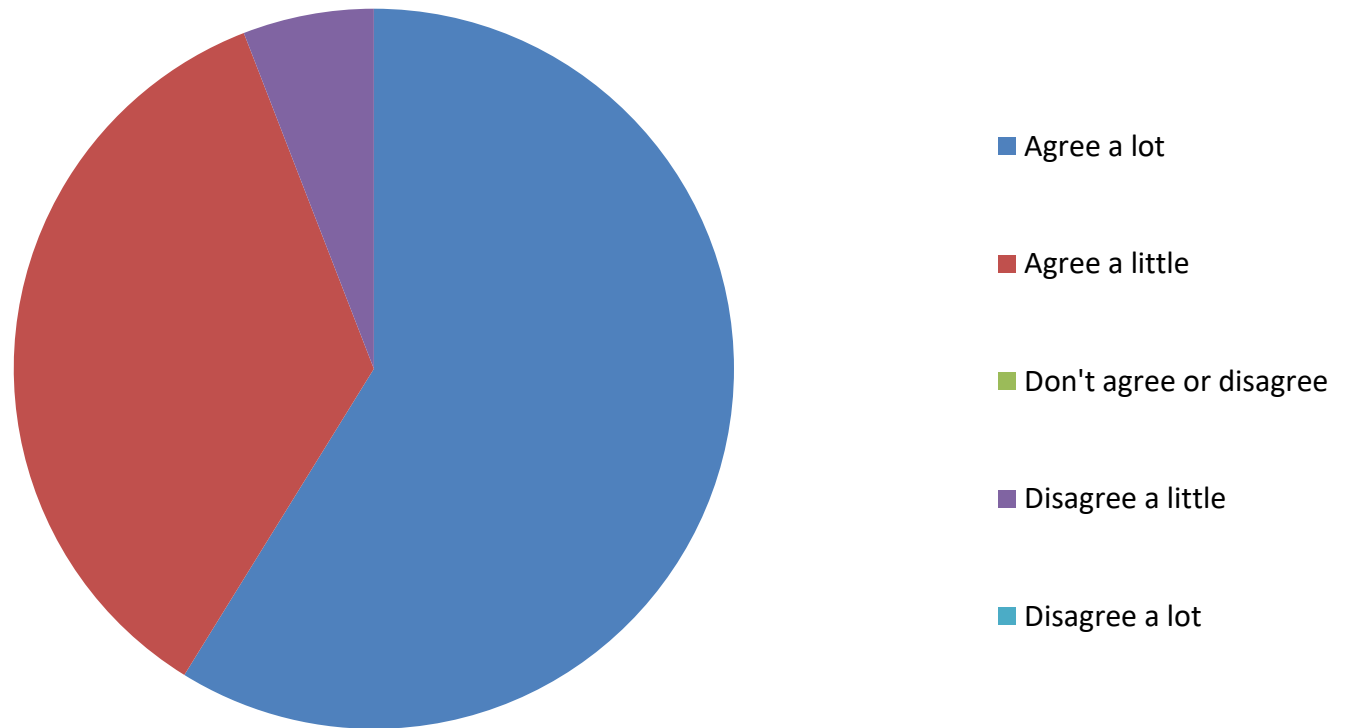
Q1. “It’s harder to make ends meet during the summer than during the school year”



71% of parents agreed that it's harder to make ends meet during the summer holidays

Questionnaire Part A: *Summer Circumstances*

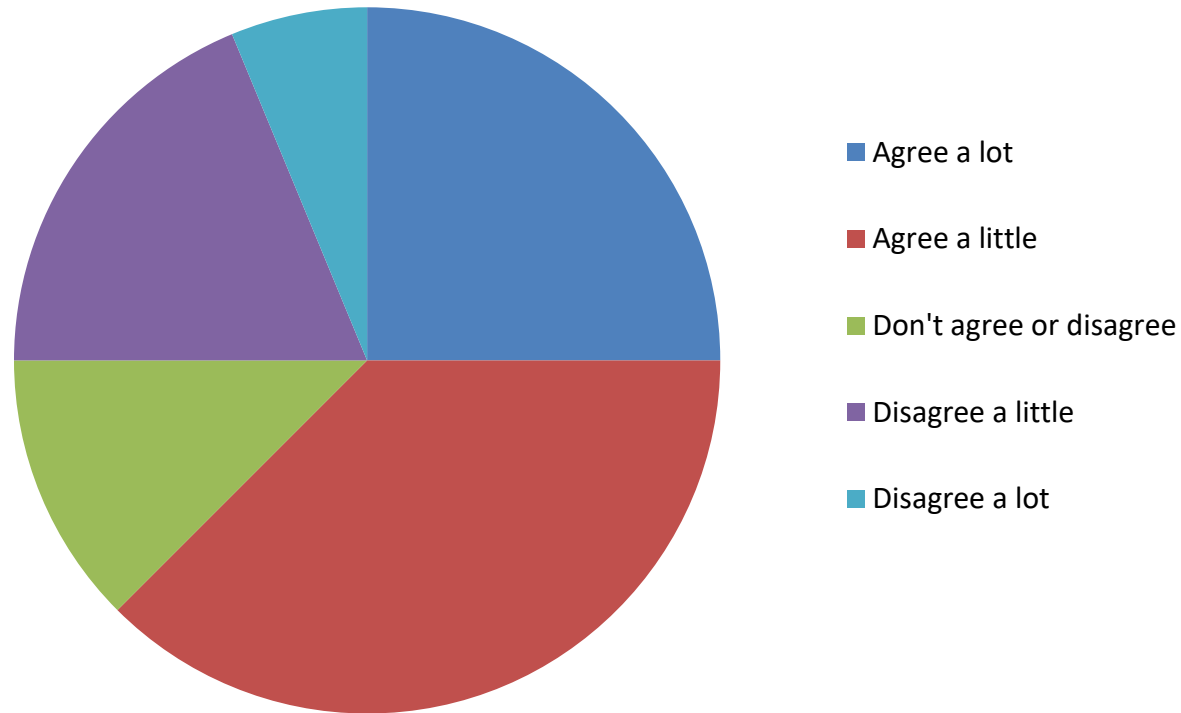
Q2. “We spend more on food during the summer than during the school year”



94% of parents agreed that their family spend more money on food during the summer than during the school year

Questionnaire Part A: *Summer Circumstances*

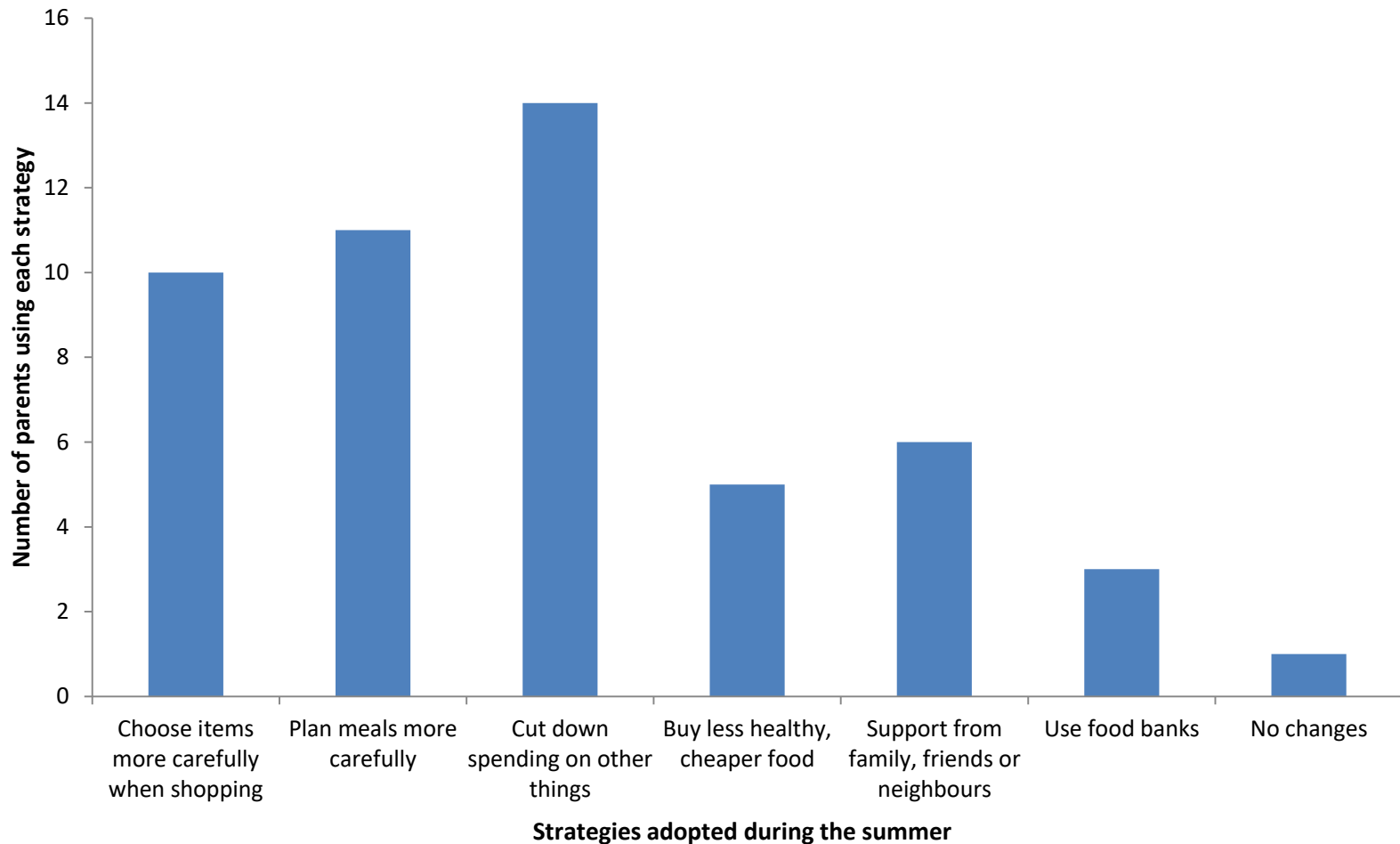
Q3. “We sometimes find ourselves without enough money for food during the summer”



62% of parents agreed that they sometimes find themselves without enough money for food during the summer

Questionnaire Part A: *Summer Circumstances*

Q4. “What changes, if any, does your family make to deal with increased food costs and/or tighter budgets during the summer?”



Questionnaire Part B: Views on Breakfast Clubs

	Holiday Breakfast Club...	Average Rating	% Parents Agreeing with Statement
Table 1 Average parental ratings and percentage of parents agreeing with each statement			
Breakfast Provision	Serves a healthy breakfast	4.53	88.2%
	Serves a wide variety of breakfast foods	4.53	94.1%
	Serves foods that my child enjoys	4.75	88.2%
	Serves food that my child doesn't have at home	3.13	82.4%
Recreation	Has made my child feel less bored than they usually are during the summer holidays	4.69	94.1%
	Has allowed my child to make new friends	4.47	94.1%
	Has allowed my child to learn a new skill	4.25	64.7%
	Has given my child more activities to do than they usually have during the summer holidays	4.36	58.8%
Family Impact	Has taken pressure off our family by giving my child activities to do	4.65	94.1%
	Has taken pressure off our family by reducing the amount of	4.06	64.7%

	Holiday Breakfast Club...	Average Rating	% Parents Agreeing with Statement
<h2>School Preparedness</h2>	Has given my child more of a structured routine than they usually have during the summer holidays	4.56	64.7%
	Will make it easier for my child to get back into a structured school routine after the summer holidays	4.63	94.1%
	Will make it easier for my child to get on with their work when they return to school after the summer holidays	4.06	94.1%
	Has allowed my child to spend time with school friends that they wouldn't usually see during the summer holidays	4.13	64.7%
<h2>Practical Aspects</h2>	Has been well advertised	4.35	76.5%
	Should be available for more hours during the day	3.88	94.1%
	Is viewed positively by people in the local area	4.75	35.3%

Semi-structured Interviews (N = 50 Children, Parents and Staff) (Defeyter et al., 2015)



- 1) What are holiday breakfast clubs utilised for?
- 2) What are the perceived impacts of holiday breakfast clubs?
- 3) What factors need to be considered in the development of holiday breakfast clubs in the future?

Materials

Three separate interview schedules were designed to guide discussions with parents, children and staff.

Thematic Analysis (Braun & Clarke, 2006)

Orthographically transcribed

Each transcript was repeatedly read and pertinent points relevant to the research questions were highlighted.

Main themes and subthemes were developed to summarise the data

Staff Views on Holiday Breakfast Clubs

What are holiday breakfast clubs utilised for?

“There is a lot of poverty in [town] I think they’ve only touched the surface of it here erm it has came on pretty quick you know to get it set up we’d have probably maybe a hundred wee’uns in here if you know if we had the facility to let them in cos in the food bank alone we have over a thousand people come through the food bank and that’s families as well and it shows you that there is need for it and I think there is a big big need for what we’re doing” (Strabane)



“The first couple of days was hard cos all of a sudden we had a hundred people turn up at half past nine in the morning I was like aaaaah! What! But erm you know since we’ve got used to that that’s been ok” (Trafford)

Staff Views on Holiday Breakfast Clubs

What are the perceived impacts of holiday breakfast clubs?

“What brings you there is the food but that’s the smallest part of it, it’s whatever else you offer then and whatever comes with it”
(Strabane)



Social Impacts

“Some people are quite lonely I mean as a young mum I found you know if you don't sort of get out there and mix you can be isolated I think that would have been an advantage to a lot of mums” (Liverpool)



“It's given them the social event every day when they're mixed with children they might not normally mix with er there's friendships forming that wouldn't have formed otherwise they'd all stay in their little cliques er but they're not they're integrating with each other a lot better” (Oldham)

Familial Impacts



"It's seeing families enjoy it together you know sitting down just enjoying time together"
(Coventry)

We were able to sign post that parent on for help because that parent wasn't getting any help so we were able to find what we call here Social Services Gateway the gateway team so that's that just started instantly within a week they were able to go and get support"
(Strabane)

Children's Views on Holiday Breakfast Clubs

What are holiday breakfast clubs utilised for?

"It's somewhere that you can just come, be with your friends and have a healthy breakfast"



What are the perceived impacts of holiday breakfast clubs?

Breakfast Habits

I don't have that much cereal at home but I'll have some so I've been having much more cereal here

At home we like we just rush around a bit and we don't really eat it

Social Time

Well I didn't have friends the first time it started and then when people started coming I joined friends with them

I've got one friend who usually just sits at home playing on his XBox but he's been coming

Adult's Views on Holiday Breakfast Clubs

What are holiday breakfast clubs utilised for?

"To have something to eat firstly and to join in"
(Parent. Oldham)



"To be honest for me it mainly is the social side um 'cause obviously they're not seeing their school friends during the holidays so it's sort of helping them to sort of create other friendships with children they probably wouldn't necessarily normally um socialise with um with various ages too" (Parent. Church-Based Club, Coventry)

What are the perceived impacts of holiday breakfast clubs?

“The day before pay day can be tough as you know and it's- they don't run out, they don't run out of cereal or they don't run out of milk or they don't run out of bread and so they've got the choice there all the time whereas they wouldn't necessarily at home” (Parent. Church-Based Club. Coventry)

I've been able to get to know some of the other mum's a bit more especially some that are going- whose children are going into school with [child] so it's been nice and numbers have been exchanged and things” (Trafford)



Study 3: Summer Learning Loss (Shinwell & Defeyter, under review)

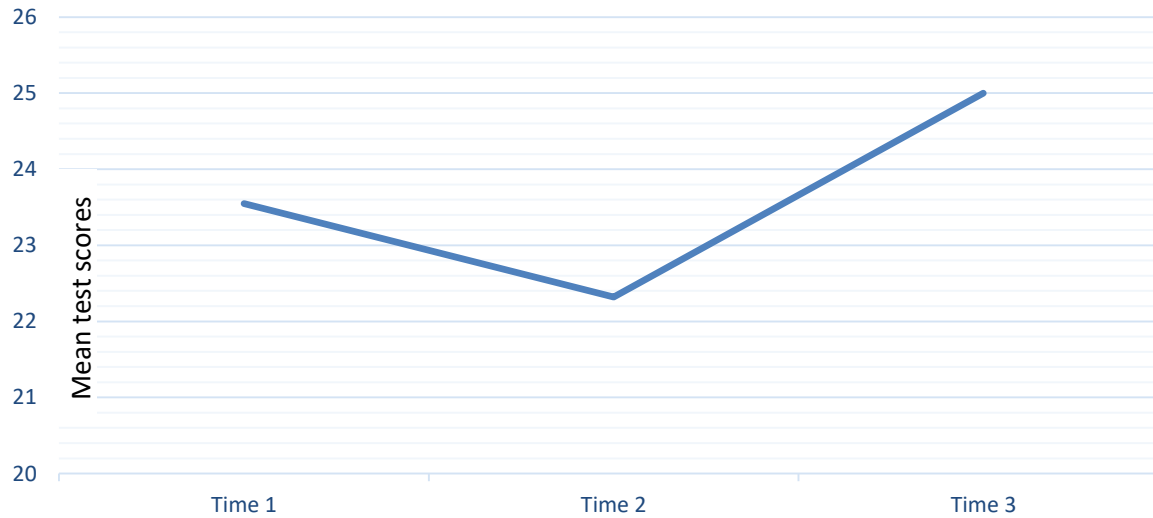
- Prior research in USA ...1 month's instruction (Cooper, 1987)
- Aim
 - Investigation of the phenomenon of “Summer Learning Loss”
- Study design
 - 1x3 mixed factorial design
 - Time - Three levels: Time 1- end of summer term; T2 – start of autumn term & T3 - 7 weeks later
- Dependent measures
 - Scores in WRAT 4 literacy test (Reading and Spelling)

Study 3: Summer Learning Loss

- Participants
 - N = 121 (6-8 year olds)
- Data Analysis
 - Repeated Measures ANOVA
 - Post-hoc Analyses

Study 3: Summer Learning Loss

Mean Spelling Scores at Time 1, 2 and 3



		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	T1 Spelling total 1 - T2 Spelling total 2	1.237	2.686	.436	.354	2.120	2.839	37	.007
Pair 2	T2 Spelling total 2 - T3 Total Spelling 3	-2.684	2.886	.468	-3.633	-1.736	-5.733	37	.000
Pair 3	T1 Spelling total 1 - T3 Total Spelling 3	-1.447	2.446	.397	-2.251	-.643	-3.647	37	.001

Conclusion

- Need for holiday food provision
- Widespread provision but piecemeal, unregulated
- More than just feeding
- Evidence of Summer Learning Loss (spelling, not reading)...currently analysing math scores
- Working with hard to reach population
- Working with a range of stakeholders
- Balance between intervention and evaluation



Collaborators:

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ESRC

Nuffield Foundation

Brakes

Kellogg's

Unilever

World Bank

Blackpool Council

PH Cardiff

Children in Scotland