

TRANSFORMING LIVES TOGETHER⁺

FILLING THE GAP

Advice from experience!

We asked our Filling the Gap providers what information would be useful to them (in addition to our 'how to set up Filling the Gap'). They came up with the following suggestions. We hope this information will be useful to you. Please let us know if you can think of anything else!

1. Food advice from Filling the Gap providers

Incorporate lots of vegetables into meals, children often don't notice!

Have cucumber, cherry tomatoes and juice or water available throughout the session

Menu suggestions:

Vegetable and tomato pasta: pasta, tomato sauce, garlic, herbs, spinach, sweetcorn, peppers, onions and mushrooms.

Cottage Pie: mince, oxo cube, peas, spinach, carrots, mash (tiny amount of butter)

Bolognese: mince, tinned tomatoes, oxo cube, spinach, onions, mixed herbs, carrots, peppers. Serve with shapes pasta as this is easier and less messy to eat than spaghetti

Baked potato: with grated cheese or beans

Fish finger butties and chips

These are basic ideas but they are easy to prepare and are filling and hot. Leftovers can be frozen. You may need to ensure you have a vegetarian option e.g. soya mince for the bolognese and cottage pie. Gluten and dairy free may also need to be on offer.

Desserts: Yogurts, fruit pizza (made at tables by the children), jelly, ice-cream, fruit kebabs (made at tables by children), swiss roll.

BBQs are good fun, perhaps to celebrate at the end of the holiday programme. Other party ideas are hot dogs which are also a useful alternative if one week there is a shortage of volunteers or no full access to the kitchen.

Packed lunches - White/wholemeal/GF bread, ham or cheese filling, piece of fruit, snack (wrapped chocolate biscuit or raisins) (GF biscuit option available), Carton of juice (OJ or blackcurrant). These can be prepared in the morning and put into paper bags

2. Safeguarding, Risk assessments and photographs

- ❖ The national Safeguarding office for the Anglican church has produced a new Parish Safeguarding Handbook which has to be adopted in all Anglican parishes. It can be downloaded from the Diocese of Chester safeguarding website pages <http://www.chester.anglican.org/social-responsibility/safeguarding/> and it is a user-friendly toolkit.
- ❖ Every activity that takes place on church premises should have been risk assessed and your Parish safeguarding officer can help with this. If you are not an Anglican church and are not sure of the safeguarding procedures in your church, please contact your leadership team.

We have provided a Risk Assessment Form in our Resource Pack

- ❖ Photographs can only be used if parents give permission. We have included a Photography Permission Form in the Resource Pack. You may wish to consider giving children a coloured wrist band, lanyard or a badge if they are to be excluded from photos. This prevents children from feeling 'different'. Please be aware that children who are in Local Authority care such as those who are fostered or who have been adopted should not appear in newspaper articles or on Social media unless express permission has been sought as this could compromise their safety.

3. Sharing resources/ideas

The best way to share information, requests, good news and resources is to join our Filling the Gap Google group. Please contact us and we will send you an invitation to join. It is really helpful if people can regularly use this forum to share ideas of activities, menus etc or to ask for help/guidance

4. Ideas for activities

Our Filling the Gap providers are full of good ideas for activities! Here are a few of them:

- Themed or seasonal days e.g. superheroes, cartoon characters, environment, pirates etc.
- Face painting
- Lego workshops e.g. Brixmania (cost involved)
- Local organisations e.g. police or fire (will sometimes bring a vehicle and talk about various forms of safety), park rangers/wildlife organisations (can bring creatures along!), friends or family who can do a hands-on talk etc.
- Baking
- Board games
- Sports (some churches have borrowed school playing fields or linked with local sports clubs)
- Messy play (lots of ideas on the internet)
- Godly Play <https://www.godlyplay.uk/> and Open the Book <https://www.biblesociety.org.uk/get-involved/open-the-book/>
- Age related story time
- Beauty workshops
- Meccano
- Families preparing food together
- Crafts e.g. Pinterest

There are also ideas on websites such as F.I.S.H
<http://www.funinschoolholidays.co.uk/>

We had a specific request for ideas on how to encourage **older children** to participate and responses from current providers included:

Big goalposts and table top games such as football, Subbuteo and table tennis (it is possible to purchase a mini set that fits onto an ordinary smallish table); tablets with a Christian game installed; giant Connect game; picnic film lunches; local PCSOs who bring activities e.g. a FIFA football game on Nintendos