

# THE GETAWAY FOUNDATION

*Helping families make happy memories*

## IMPACT REPORT 2025

Evidence of Impact: The Transformative Power of a Break

**72**

Breaks Delivered in 2025

**340+**

Families Supported Since  
2021

**1,500+**

Individuals Benefited

**96%**

Report Long-Term Wellbeing  
Improvement

### SECTION 1: WHO WE ARE

The Getaway Foundation (TGAF) is a registered charity (No. 1187336), established as a Charitable Incorporated Organisation in January 2020 and based in Buckinghamshire. Our mission is simple but profound: to support families impacted by poverty and hardship to experience a holiday break, many for the very first time.

Founded by Peter Tebbutt, TGAF was born from a personal conviction that every child deserves to make a happy memory. Since our first breaks in 2021, we have grown from a local initiative into a charity serving families across Buckinghamshire, the Isle of Wight, Luton and Milton Keynes, working in partnership with local authorities, housing associations, referral agencies and generous funders.

#### Our Vision

A world where no child grows up without the joy and life-enriching experience of a family holiday. We believe that a break is not a luxury — it is a fundamental building block of family wellbeing, childhood development, and lasting positive memories.

#### How We Work

Families are referred to us by social workers, housing associations, community organisations and support services. We prioritise those who face the greatest barriers: families in which a parent or child has a disability or long-term health condition, those fleeing domestic abuse, those experiencing homelessness or housing instability, and families in the deepest poverty who have never experienced a family holiday. We arrange and fund the entire break, from accommodation and travel to activities, so that families simply need to arrive.

#### Areas We Serve

- Buckinghamshire — child poverty rate: 24.7%
- Luton — child poverty rate: 12.5%
- Isle of Wight — child poverty rate: 34.1%
- Milton Keynes — child poverty rate: 18.1%

### Key Partners & Funders

We are proud to work alongside: WightLink Ferries, WightFerries, Parkdean Resorts, Aqua Cars, Skyline Taxis, RedKite Housing, and Luton FUN. Our work is made possible through the generosity of funders including our primary benefactor (contributing over £120,000 in 2025), Milton Keynes Community Foundation, Postcode Society Trust, Tesco Stronger Starts, Wight Aid Foundation and Heart of Bucks.

## SECTION 2: THE PROBLEM — HOLIDAY POVERTY IN THE UK

For millions of families in the UK, a holiday is not just unaffordable — it is entirely out of reach. Holiday poverty describes the experience of families who, due to financial hardship, cannot access the rest, recreation and shared time that most take for granted. The consequences extend far beyond missing a trip to the seaside: they affect mental health, family bonds, educational outcomes and social inclusion.

### The Scale of the Problem

| 1 in 12                                                             | 51%                                                                             | 50%                                                                         | 60%                                                             |
|---------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------|
| UK families have NEVER been on a holiday (approx. 700,000 families) | UK parents feared they could not afford a holiday or short break in summer 2024 | Of families in the lowest income group cannot afford one week away per year | Of TGAF families had NEVER been on holiday prior to their break |

Research by Cardiff University (2019) analysed survey data from 103,971 adolescents across 193 Welsh secondary schools and found that 65.2% of the socioeconomic gap in mental health can be explained by summer holiday experiences — particularly loneliness, hunger, and social isolation. Children who cannot access a break are measurably more likely to return to school in September with lower wellbeing scores than their more affluent peers.

The Family Holiday Charity's landmark "Holidays Matter" research demonstrates that for low-income families, a holiday is far more than recreation: it is a restorative experience that reduces stress, builds resilience, creates shared memories and improves family relationships in ways that endure long after the break is over.

### Holiday Poverty and the Cost-of-Living Crisis

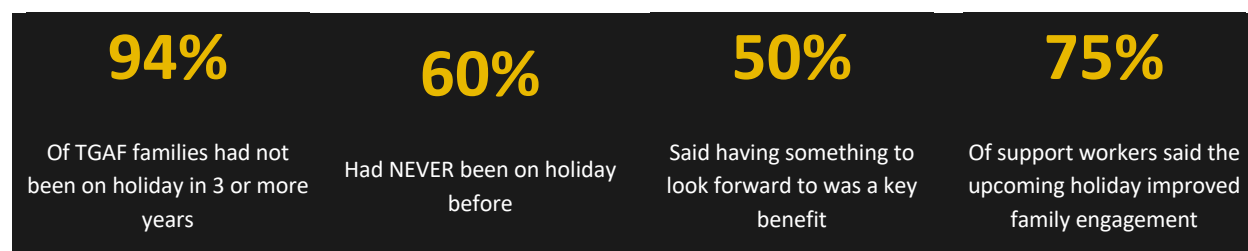
The cost-of-living crisis has deepened holiday poverty. In 2024, Action for Children found that over half of parents on Universal Credit faced the prospect of their children having an "unhealthy holiday" — with inadequate nutrition, limited physical activity, and social isolation. For families already managing debt, poor housing, disability or bereavement, the school holidays represent not rest but six weeks of added financial and emotional pressure.

In our regions, child poverty is acute. The Isle of Wight has one of the highest child poverty rates in the South of England at 34.1%. Luton's child poverty rate of 12.5% masks pockets of concentrated deprivation. Buckinghamshire's county-wide rate of 24.7% includes communities in Aylesbury Vale and High Wycombe where holiday deprivation is the norm, not the exception.

### SECTION 3: BEFORE THE HOLIDAY — HOPE, ANTICIPATION AND ENGAGEMENT

The impact of a TGAF break begins the moment a family is told they are going. For children and parents who have never experienced a holiday, the news itself is transformative. The weeks of anticipation create what researchers call "anticipatory wellbeing" — the psychological boost of having something wonderful to look forward to.

#### TGAF Evidence — Pre-Holiday



#### Research Evidence

Studies on social tourism consistently show that the period of anticipation before a break has measurable wellbeing effects. According to research from the University of Westminster, for families in poverty the knowledge that a holiday is coming generates hope, reduces anxiety and improves motivation. For children, having "something to talk about" at school increases social confidence and reduces isolation — even before they leave.

For families who have never holidayed, the announcement of a break from TGAF can mark a turning point in how they perceive their own worth and possibilities. Support workers who refer families to us regularly observe that the weeks before the holiday bring a tangible improvement in mood, engagement and family communication.

*"My kids have been talking non-stop since I told them. They have never seen the sea before. For the first time in a long time, I feel like a good mum."*

— TGAF family, Buckinghamshire

*"The family completely lit up when they found out. The mother said this was the first time her children had had something to look forward to. The change in her was immediate."*

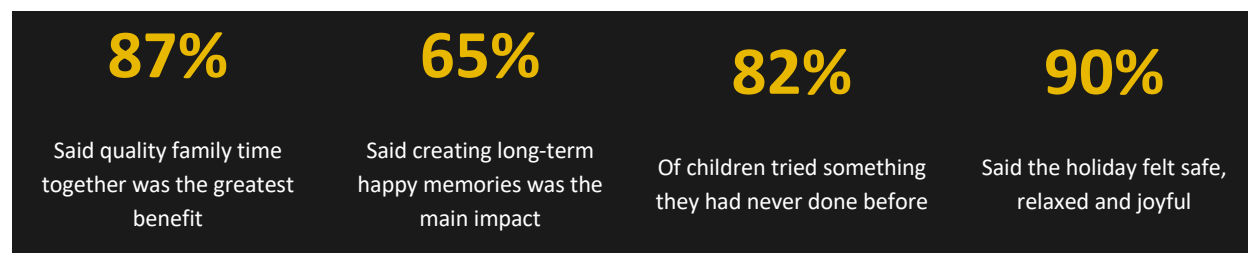
— Support worker, Isle of Wight

### SECTION 4: DURING THE HOLIDAY — JOY, CONNECTION AND NEW EXPERIENCES

TGAF breaks are typically 3 to 5 nights at a holiday park or self-catering accommodation, often on the Isle of Wight. Families are supported with ferry travel, activities, and all the logistics — meaning that parents who are often exhausted by the demands of poverty can simply focus on being present with

their children. For many, this is a first: a space where the pressures of debt, poor housing and survival temporarily fall away.

### TGAF Evidence — During the Holiday



### Research Evidence

Research on social tourism consistently identifies the holiday period itself as a time of profound family enrichment. A University of Westminster study found that across a range of holiday styles, "the holiday provides a context for experiential learning" and can increase "family capital" — the bonds between parents and children that are fundamental to healthy child development.

For families in poverty, the rare experience of being able to play, explore and laugh together in a beautiful environment creates shared reference points — experiences they did not have before — that become a permanent part of a family's identity. Research published in the International Journal of Tourism Research (McCabe, 2010) found that holidays for low-income families deliver significant benefits in "personal and family development", including improved communication, reduced conflict and strengthened parental confidence.

The Principle Trust's 2025 research on the transformative power of holidays on children's mental wellbeing notes that for vulnerable children, "a holiday provides a healing space where children can begin to move forward with optimism and newfound emotional strength" — and that for families facing trauma or hardship, the break offers a chance to experience life as it could be, building hope for the future.

*"Watching my daughter run towards the sea for the first time — she was screaming with happiness. I just started crying. I thought, this is what childhood should look like."*

— TGAF family, Luton

*"We have never done anything like this as a family. I did not know how much we needed it. We laughed more in three days than we have in years."*

— TGAF family, Milton Keynes

*"The children were fearless — painting, swimming, exploring the beach. Seeing them so free and happy together was everything."*

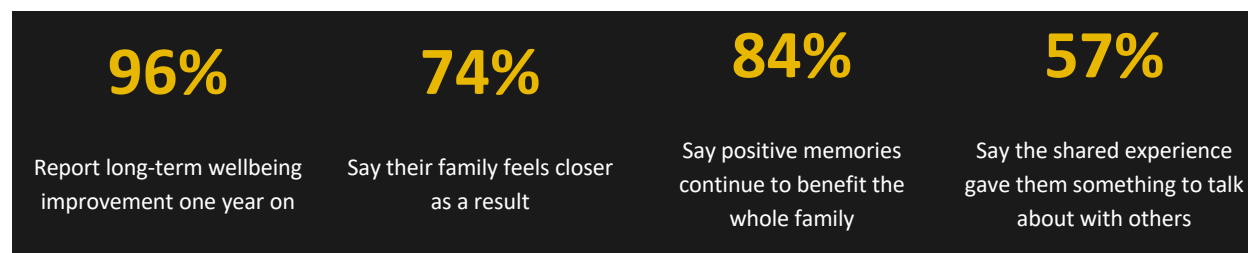
— TGAF family, Isle of Wight

## SECTION 5: AFTER THE HOLIDAY — LASTING CHANGE

TGAF's 12-month post-holiday survey — the only long-term follow-up study of its kind among respite break charities — provides powerful evidence that the benefits of a break are not short-lived. A year

after their holiday, the vast majority of families report lasting improvements in wellbeing, family bonds and resilience.

#### TGAF Evidence — Post-Holiday (12-Month Survey, 66 Families)



In our 2025 long-term survey, 63 of 66 families (95.4%) confirmed that the break had a positive impact on their family's wellbeing. When asked what the most lasting benefit was, the top two responses were: positive memories made together (55 families) and quality family time (55 families). Families also cited: shared memories drawing them closer (49 families), the holiday giving them hope for the future (42 families), and a sense of belonging and being valued (38 families).

#### Research Evidence

The Family Holiday Charity's research found that 85% of families reported their children attended school more regularly after a break, and 84% said children were less isolated and more involved in their community. Similarly, 83% of families experiencing mental health issues who received a supported break reported long-term improvement in mental health up to a year after.

A 2025 study published in *Frontiers in Public Health* comparing families who accessed Holiday Activities and Food (HAF) programmes with those who did not found measurably better outcomes in physical activity, nutritional habits and social connectedness for programme participants — with effects persisting into the following school term.

The Cardiff University Wales study found that summer holiday interventions "that reduce negative experiences like loneliness, hunger, and social isolation may have a role to play in reducing socioeconomic inequalities in mental health and wellbeing" — affirming the long-term public health value of programmes like TGAF.

*"It has been eight months and my son still talks about the sea, the dolphins we saw from the ferry and the ice cream we ate on the beach. Those memories are his, no one can take them away. He is more confident, more settled — it changed something in him."*

— TGAF family, Buckinghamshire (12-month follow-up)

*"I use the holiday to remind myself that good things can happen. When things are hard, I think about that week and I know we can get through."*

— TGAF family, Isle of Wight (12-month follow-up)

*"Our family grew closer on that trip than we had been in years. We talk about it all the time. It gave us hope that we could be okay."*

— TGAF family, Luton (12-month follow-up)

## SECTION 6: FINANCIAL OVERVIEW 2025

**£193,461**

Total Income 2025

**£185,165**

Total Expenditure 2025

**72**

Breaks Delivered

**£2,571**

Average Cost per Family  
Break

In 2025, TGAF's total income of £193,461 represented a significant increase on prior years, reflecting both the growing recognition of our work and the dedication of our funders. Our primary benefactor contributed £120,000, with the remainder drawn from grant funding (including Postcode Society Trust, MK Community Foundation and Tesco Stronger Starts), donations and in-kind support from partners. For every £1 invested in a TGAF break, families report lasting benefits to mental health, family cohesion and childhood wellbeing that extend well beyond the holiday itself — reducing pressure on statutory services and building family resilience.

## SECTION 7: GUEST VOICES

The most powerful evidence of impact comes from the families themselves. Below are direct quotes gathered through our feedback surveys and long-term follow-up research, shared with permission.

*"I cannot put into words what this meant to us. My daughter has ADHD and she struggles so much day to day. On holiday, none of that mattered. She was just a little girl having the time of her life."*

— TGAF family, Buckinghamshire

*"We have never done anything like this. My kids have grown up in one room in a hostel. To see them running on a beach, free and happy — I will never forget it."*

— TGAF family, Luton

*"The holiday gave us all something we desperately needed — rest. As a single mum, I am always running on empty. For one week, I felt like myself again."*

— TGAF family, Milton Keynes

*"My son was withdrawn and anxious before we went. The holiday helped him to open up. He tried new things, played with other children, and came home a different boy."*

— TGAF family, Isle of Wight

*"I have been through domestic abuse, homelessness, so much. This holiday was the first time in years I felt truly safe and happy. My children got to be children."*

— TGAF family, Buckinghamshire

*"From the moment the ferry left and my kids saw the sea for the first time, I knew this trip would stay with them forever. That moment is worth everything."*

— TGAF family, Isle of Wight

*"The Foundation treated us with dignity and kindness. We felt valued. Not like charity cases — like a normal family on a holiday."*

— TGAF family, Milton Keynes

## SECTION 8: THE EVIDENCE BASE — RESEARCH SUPPORTING OUR WORK

TGAF's approach is grounded in a robust and growing evidence base linking holiday access to family wellbeing, child development and health equity. The following key studies and reports inform and validate our work.

### Holiday Poverty and Its Impact

Action for Children (2024) — Over half (51%) of UK parents feared they could not afford a holiday or short break for their children in summer 2024. Among families on Universal Credit, concerns around debt, child nutrition and holiday access were on average 17 percentage points higher than for other families.

Family Holiday Charity (2023) — An estimated 700,000 UK families (1 in 12) have never been on a family holiday. 50% of families in the bottom income quintile want but cannot afford a one-week annual holiday with their children.

Child Poverty Action Group (CPAG) — Documents the "challenging summer" experienced by families in poverty, including food insecurity, social isolation and housing stress during school holiday periods.

### Mental Health and Holiday Experiences

Moore, G. et al. (2019). Socio-Economic Inequalities in Adolescent Summer Holiday Experiences, and Mental Wellbeing on Return to School. International Journal of Environmental Research and Public Health / PMC. Cardiff University study of 103,971 adolescents found that 65.2% of the socioeconomic gap in mental wellbeing is mediated by summer holiday experiences, particularly loneliness.

The Principle Trust (2025). The Transformative Power of Holidays on Children's Mental Wellbeing. Identifies holidays as a "healing space" for vulnerable children, enabling emotional recovery, new experiences and renewed hope.

Family Holiday Charity Research — 83% of families experiencing mental health issues report long-term improvement in mental health up to a year after receiving a supported break. 85% report children attending school more regularly.

### Social Tourism and Family Development

McCabe, S. (2010). Understanding the Benefits of Social Tourism: Linking Participation to Subjective Well-being and Quality of Life. International Journal of Tourism Research. University of Westminster research demonstrating that holidays for low-income families deliver significant benefits in personal and family development, communication, and resilience.

Frontiers in Public Health (2025). A study comparing positive benefits for parents and their children of children attending the UK's Holiday Activities and Food programme. Found measurably better outcomes in physical activity, nutrition and social connectedness for families who accessed supported holiday programmes.

Holiday Poverty Inquiry, Nottingham Trent University — Parliamentary evidence on the scale of holiday poverty and its educational, social and health consequences for families on low incomes.

## SECTION 9: LOOKING AHEAD

The evidence is clear: a holiday break is not a luxury for families in poverty — it is a catalyst for lasting change. TGAF's ambition is to grow our reach significantly, responding to the thousands of families in our regions who remain unsupported.

### Our Goals for 2026 and Beyond

- Increase breaks delivered from 72 to 100+ per year
- Expand into additional regions including West Midlands and East Midlands
- Develop a dedicated TGAF Family Hub for pre and post-break support
- Commission an independent academic evaluation of long-term outcomes
- Grow our supporter base and unrestricted income to ensure sustainability

With continued investment from funders and partners, TGAF can reach more of the families who need us most — and deliver on our promise that every child deserves to make a happy memory.

The Getaway Foundation | Charity No. 1187336 | [thegetawayfoundation@gmail.com](mailto:thegetawayfoundation@gmail.com)

[www.thegetawayfoundation.org.uk](http://www.thegetawayfoundation.org.uk)