

#together

Issue 2 Spring 2022



*Summer
of sport*

This year's line-
up to inspire
your family

**RISE TO THE
CHALLENGE**

Help us and tick
something off
your bucket list

Spring
into action

Our tips and tricks to help your children and young people get active

Welcome!

Welcome to the latest issue of #together, our magazine for parents. We want to support parents with just some of the fun ideas, advice and tips we've gathered over the past 25 years working with children and young people, encouraging them to lead happy, healthy, active lives.

In this issue, we share some of the fantastic work we're doing here at Youth Sport Trust to really make a difference for children, especially following the past two years. On pages 4-6, you can also find out how you can help us through some incredible fundraising challenges.

On page 8, we look at the next few months of sport ahead of us and how you can encourage your children to turn their enthusiasm into getting active. From football to tennis, rugby to cricket, there's plenty to capture their imagination during 2022 and its bumper year of sport. We really hope you enjoy this issue and wish you a wonderful spring!

The Youth Sport Trust team



Don't miss out on future editions of #together! Have your copy delivered straight into your inbox – sign up at <https://bit.ly/2VFqCgA>



National School Sport Week
Monday 20
June to Sunday
26 June 2022

WE ALL BELONG

Last year's National School Sport Week was a huge celebration of sport and being back together, involving more than 800,000 children in schools right across the UK. For 2022, the theme of the week is belonging – a place in sport for every child.

At Youth Sport Trust, we believe that school sport should be an important part of every child's education and development, and every child should have a place to belong. However, for many children this simply isn't happening and they feel alienated by sport and that it 'isn't for them'.

National School Sport Week aims to challenge this with inclusive sports days that demonstrate that when it comes to school sport, there's a place for every child.

Who fancies a weekend of sport?

Embrace all the fun of sport at this year's Festival of Sport

Held at the beautiful Holkham Hall, Norfolk, on 12-15 August, the long weekend promises to be packed with fun and activity and every child is welcome.

Aimed at children aged 5 to 17, Festival of Sport offers a programme of key sports for kids to get involved in, either to try for the first time or receive expert coaching in a sport they already love. This could be rugby, hockey, cricket, tennis, gymnastics, football, rowing and athletics.

There will also be taster sessions for sports such as boxing, trampolining,



dodgeball, laser run, archery, kayaking and many more. Alongside the full children's activity programme, there's also sporting taster sessions for grown-ups, a host of wellness workshops and a family 5k run on Sunday morning, plus plenty of fun activities for under-5s to enjoy.



The Festival also hosts plenty of sporting legends including rugby stars Will Greenwood, Austin Healey and Mike Tindall, Olympic hockey stars Kate and Helen Richardson-Walsh, netball legends Tamsin Greenway, Karen Greig and Karen Atkinson and Paralympic rowers Vicki and Tom Aggar, to name just a few.

Tickets include three nights' camping and access for the full weekend. **Find out more here**



Can I kick it?

Yes you can!
Encourage your girls to get involved in football

To raise the profile of girls' football in schools, England Football and Barclays have joined forces. The aim is that by 2024, girls will have exactly the same football opportunities as boys in schools and clubs. They have launched **#LetGirlsPlay**, a campaign to show that football can and should be played by girls.

As part of **#LetGirlsPlay**, on 9 March, the Biggest Ever Football Session took place with more than 90,000 children and young people joining in via more than a thousand schools up and down the country.

Whether football takes place at lunchtime, during a lesson or after school, it doesn't matter – it's just important that girls get the chance to play.

Are your schools offering girls' football? This could be PE lessons, girls-only football sessions, girls' football school fixtures and events? **Encourage your school to sign up to the Girls Football School Partnership [pledge here](#).**



We believe in every child's future. Our vision is to support every child to enjoy the life-changing benefits that come from play and sport.

The Youth Sport Trust is a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. It has 25 years of experience in pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

The charity works with more than 20,000 schools across the UK and operates on a local, national and global level. It harnesses the power of sport, physical activity and PE to build life skills, connections between people and support networks, which increase young people's life chances through improved wellbeing, greater attainment and healthier lifestyles.

www.youthsporttrust.org

Connect with us on social media
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www.facebook.com/YouthSportTrust
www.instagram.com/youthsporttrust
www.linkedin.com/company/youthsporttrust
www.tiktok.com/@youthsporttrust

FREE Resources

If you're looking for fun ways to engage your children and young people with physical activity, why not check out our latest resources, all available to download free of charge?

WONDER WOMAN 1984

Help your children and young people develop skills such as courage, strength and teamwork using awesome activities and the power of sport.



 **DOWNLOAD HERE**

SIXTY SECOND PHYSICAL ACTIVITY CHALLENGES

Encourage your children to get active and tackle some of our challenges. They can compete against themselves with the aim to win bronze, silver or gold medal targets.



 **DOWNLOAD HERE**

Let's make a difference

Help us with our fundraising mission and together, we'll change lives

The past two years have been incredibly hard for us all, including our children. Now more than ever, our children need the power of play and sport.

Many children are struggling with loneliness, physical ill health, mental ill health, obesity and low life satisfaction. Parents can be time pressured and unsure how to encourage their children to play, while digital connection has taken the place of physical connection with others.

Our research shows that a staggering **37%** of young people say they feel powerless to change their own future. This can't continue.

Youth Sport Trust is passionate about helping young people get active. We believe that all young people have the ability to lead the change they want to see in the world when they are given the chance to achieve their personal best.

We want to support children's physical and mental health and wellbeing and improve their ability to bounce back from the challenges of the past two years.

HOW YOU CAN HELP

Now more than ever, we need your help. As a charity, our work wouldn't be possible without our passionate supporters, just like you, who understand what we want to do and work with us to promote the power of sport and play.

There are so many different ways you can get involved and raise funds. You could challenge yourself by taking part in one of our Team Challenge events or select YST as your nominated charity with Amazon. Every single penny you raise will go towards ensuring children experience the life-changing benefits from play and sport.

To find out how you can raise funds for Youth Sport Trust, [click here](#)

DONATE

Simply scan the QR code or [click here](#)



LONDON MARATHON AND RIDE LONDON 100



We have a limited number of charity places available for two of the UK's greatest and most iconic mass participation running and cycling events.

Taking place on 29 May 2022, Ride London – Essex is a 100-mile cycle ride through central London and the beautiful Essex countryside.

Cycle alongside thousands of other cyclists in what promises to be a spectacular return of the world's greatest festival of cycling.

We are asking potential participants to commit to raising a minimum sponsorship of £600, plus a £50 registration fee.

The TCS London Marathon takes place on Sunday 2 October 2022 and is the largest annual fundraising event on the planet. Since it began in 1981, runners have raised more than £1 billion for good causes. We are asking potential runners to commit to raising a minimum sponsorship of £2,250, plus a £50 registration fee.

Find out more by emailing supporters@youthsporttrust.org.



AIN'T NO MOUNTAIN HIGH ENOUGH

Is the National Three Peaks Challenge on your bucket list? If so, join **#TeamYST** and we'll tackle it together and raise funds

If you fancy putting yourself to the test, why not come and join our team of YST staff, friends, family and supporters and tick the National Three Peaks Challenge off your bucket list?

The YST team, including YST CEO Ali Oliver, will be tackling the highest mountains in Scotland, England and Wales: Ben Nevis, Scafell Pike and then Snowdon.

The challenge, which is the most highly regarded trekking challenge in the UK,

takes place on 24, 25 and 26 June 2022, which coincides with the end of National School Sport Week. With our support and exceptional care and encouragement, you too can conquer this classic charity challenge. We'll be driving each team through the night, guiding each member up the mountain and giving plenty of hugs and high fives along the way.

Join the team and tick the challenge off your list, all in support of Youth Sport Trust. Just [click here](#) to find out more.

PUSH YOURSELF FURTHER

These award-winning challenges from Threshold Events will push your endurance to the limit while making memories to last a lifetime, and all while raising money for Youth Sport Trust.

There are a number of challenges taking place during the year, including Race to the Castle. Held 28-29 May 2022, this 100km ultra marathon takes in the woodlands, moorland and coastline, arriving at Bamburgh Castle to receive your finisher's medal. Despite the distance, this challenge is suitable for all ages, experience and fitness levels, from seasoned runners to weekend walkers, so what are you waiting for?

[Click here](#) for more information and to register.



THRESHOLD/ TRAIL SERIES

ULTRAS FOR ALL

Making a difference

A group of families held an incredible pop-up tea room to raise money for Youth Sport Trust in March. The tea room, held at St. Anne's Church Hall, Western Park, Leicester, had plenty of baked goodies, plants, jewellery and crafts up for grabs. The event raised almost £900, which Youth Sport Trust can use to make a real difference and provide children with access to sport and play.



To support Patrick's Project 52, donate [here](#)



Action man

Patrick Traylor has plenty of guts and determination, which will stand him in good stead during 2022. To raise money for Youth Sport Trust, Patrick is taking on a whopping 52 events in 52 weeks

These events include park runs, sprint triathlons, adventure triathlons and the London Marathon, as well as other endurance challenges. Along the way, Patrick will be encouraging donations and running fundraising events, all working towards

his amazing fundraising target of £12,000.

"The last couple of years have been really unusual and kids have suffered as much as adults, if not more," says Patrick.

"Unfortunately, with lockdowns, structured sport has been decimated and children's health has suffered. I wanted to raise money for a great charity that would help children return and regain their passion for sport and physical activity.

"By doing this challenge, I hope to inspire others to take on their own physical challenges and, potentially, be a role model to their families and encourage even more people into sport and physical activity."



You can also follow him on Instagram [@paddysproject52](#). You can also see his race diary [here](#) so you can join in.



In loving memory

For Barbara Hawken, her fundraising is personal

Sue was in our group of 'swans' (too old to be hens, too classy to be chicks), who escaped to the beach most years for sunshine, chats, silliness and lots of laughter," says Barbara. "Sue was our funny, caring, enthusiastic, generous 'sporty swan' and we miss her every day since her sudden passing last year.

"To honour our special friend, as a group we pledge to walk at least 1,000 miles before meeting up at her bench by the Caldbeck duck pond for a 'duck pond moment'. We wanted to raise money to donate in Sue's name to Youth Sport Trust to improve young people's education and development through play and sport. A sports charity for our sporty friend!"

To contribute to Barbara's fundraising, [click here](#)



AMAZON SMILE
Raise money when you make purchases through Amazon by choosing us as your nominated charity. [Click](#) to find out more.

SAVOO
Raise money when you shop online and make web searches, all without costing you a penny. [Click here](#) to read more.

EASY FUNDRAISING
Raise money whenever you buy anything online, from your weekly shop to paying your household bills. [Click here](#) to read more.

Want happier, more confident children?



Then encourage them to get active as research shows this benefits them in a variety of different ways

The latest Youth Sport Trust annual Impact Report has revealed the incredible positive impact that its sport and play programmes have had on youngsters, boosting their confidence and happiness levels.

The report, which studied children and young people during 2020 and 2021, revealed that:

73% of young people said that being involved had increased their levels of physical activity

75% said it had improved their overall happiness

90% said their teamworking skills had improved

85% said their communication skills had improved

81% said they were more confident in taking part in sport and PE

84% said their leadership skills had benefited.

Did you know that the government guidelines for children is 60 minutes of physical activity per day across the week? However, we know that a lot of children don't get this and this impacts on their health and wellbeing.

So, if you want to encourage your children to get more active, just follow our top tips below.

1 FIND THE FUN
What activities does your child enjoy? It doesn't have to be an organised sport, but could be a game of frisbee or a kick about at the park, dancing in the kitchen, a dog walk or a trip to the pool.

2 TRY SOMETHING NEW
It may be trial and error, but helping your child find a sport or activity they enjoy will reap results. Ask around for different types of activity, such as martial arts, football clubs, trampolining or rollerblading.



3 DON'T OVERDO IT
Take it slow and let their enthusiasm and excitement lead the way. Make sure any walks or bike rides don't go too far or you risk putting them off! Offer plenty of encouragement and interest along the way.

4 START OFF SLOW
A great starting point is ditching the car and choosing to walk – it's amazing how many things are missed when you're in the car travelling from A to B. Build in additional time to get to your destination and make the journey part of the fun.

5 BE A ROLE MODEL
Your children will watch you, so set a positive example by walking a little more or letting them see you exercise, and maybe even see if they can join in. This could be a yoga session at home or they ride their bike while you run alongside.

During 2020 and 2021, Youth Sport Trust provided opportunities for more than **220,000** young people to enjoy sport and play through its programmes, while more than **49,000** young people received training from its athlete mentors, coaches and networks, empowering them to lead and inspire their peers.



#together



FOR THE LOVE OF SPORT

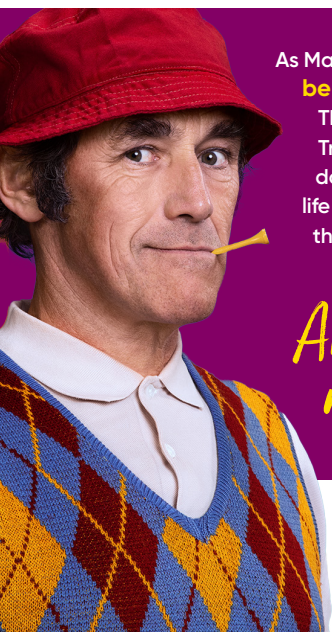
A great way to nurture a passion for sport is to watch it with your children. Not only can this help to foster a lifelong love of sport but it can also help children to learn about the rules and strategy at play, as well as understanding the importance of hard work, resilience, teamwork and sportsmanship.

Plenty of children have been inspired by winning teams and individuals winning gold and this can be a great way to introduce your child to taking the next step, such as going along to football, rugby, tennis, gymnastics, athletics or cycling sessions nearby.

Once you've watched a match, race or game, why not try and recreate it at home?

As Maurice Flitcroft would say, **sport should be open to everyone!** The Phantom Of The Open has partnered with Youth Sport Trust to spotlight the incredible work it is doing to ensure children from all walks of life get to enjoy the life-changing benefits that come with play and sport.

Available in cinemas now! Book tickets [here](#)



YOUTH
SPORT
TRUST



April

- 16-17 FA Cup semi-finals (men and women's football)
- 16-22 Invictus Games
- 21-24 UCI Track Nations Cup (cycling)
- 22-24 Women's Six Nations (rugby union)
- 26-27 Champions League semi-finals (football)
- 28 Europa League semi-final (football)
- 30 Women's Six Nations final round (rugby union)



May

- 3-4 Champions League semi-finals (football)
- 5 Europa and Conference League semi-finals (football)
- 7 Women's Challenge Cup (rugby league)
- 13-15 European Champions Cup and Challenge Cup semi-finals (rugby union)
- 13-19 World Championships (aquatics)
- 14 FA Cup final (football)
- 15 Women's FA Cup final (football)
- 16-5 June French Open (tennis)
- 18 Europa League final (football)
- 22 Women's Champion League final (football)
- 27 European Challenge Cup final (rugby union)
- 28 Champions League final (football)
- 28-29 BMX Racing World Cup (cycling)



June

- 2-5 US Women's Open (golf)
- 2-6 England v New Zealand First Test (cricket)
- 10-14 England v New Zealand Second Test (cricket)
- 11-12 World Championship Series (triathlon)
- 12-18 World Championships (para-swimming)
- 23-26 Women's PGA Championship (golf)
- 25-27 British Championships (athletics)
- 27-10 July Wimbledon



July

- 1-5 England v India Test Match (cricket)
- 1-7 Women's World Cup (hockey)
- 1-24 Tour de France (cycling)
- 6-31 Women's Euro 2022 (football)
- 7-10 Scottish Open (golf)
- 14-17 The Open (golf)
- 15-24 World Championships (athletics)
- 16 T20 Blast finals (cricket)
- 24-31 Women's Tour De France (cycling)
- 27, 28 and 31 England v South Africa T20 internationals (cricket)
- 28-8 August Commonwealth Games (athletics)