

Schools Active Movement



HAPPIER



HEALTHIER



MORE
ACTIVE

Case study of effective practise

Please note:

- *This should be for work wider than the SGO role and not School Games related.*
- *Commercial concerns should not be promoted.*
- *This will be shared across SAM.*
- *Please attach a picture that can be shared publicly*

Complete as many boxes as possible – it is not mandatory to complete all

Organisation:

Main Contact and role: Vincent Brittain

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DATE: 19th November 2020

Focus on:

Happier / Healthier / More Active (please select)

Context (background info, what is the project about, what were you trying to achieve?)

The charity traditionally operates a holiday sports provision aimed at working parents of those that want their children active. A year ago, I was shocked to have understand, through a conversation with teachers from a school in one of the deprived ward areas of Grantham, of the food poverty that their children suffer during school holidays. Many children would come back from school holidays looking visibly gaunter. I pledged that we would do something about it to help.

Food poverty and the decline in children's mental health has been further compounded by the current coronavirus pandemic. Children's physical activity levels declined sharply during the summer lockdown with research from Sport England suggesting that only 19% of children were accessing the daily recommended physical activity levels of one hour a day, 7% were getting no physical activity at all.

Youth Sport Trust also have highlighted that young people's mental health has deteriorated as a result of restrictions imposed by Covid with at least one third of children experiencing an increase in mental health issues including stress, loneliness and worry and the charity believes that getting children participating in fun physical activities will help address some of these issues.

What actions were taken? Who was involved? What did you do? What did it look like?

The charity created 'Move & Food'. This involved identified children coming together, getting active having fun and then accessing a hot nutritious meal. The project was due to start back in May but the Coronavirus pandemic put a stop to that and also doing it in the summer holidays.

We have managed to commence our support at October half term. In Stamford we were able to secure a school as a site to deliver the project. The provision ran from 10.15-13.00. In Grantham we were not able to secure a suitable venue, so we adapted our project and the charity's staff took the hot nutritious meals to children's homes. Active challenge cards were given to the children to do each day with their family.

We got the district council, our local MP, a local councillor on board initially but their input has been minimal, although the district council and MP have been very supportive in helping secure funding.

Resources - What was used, how they can be obtained? National programme or local/own resources?

Minimal equipment was used for the activities due to the restrictions caused by the pandemic. Equipment that was used was the charity's own.

What was the impact on participants? What have been the positive impacts of this work on the young people?

The children that took part in the face to face provision were very appreciative of the opportunity. We were in no doubt that unless these children received this nutritious food from us they wouldn't have during October half term.

Young person quote:

What was the impact on the school? i.e. have they changed their offer or the way they deliver it? Which priorities has it impacted on?

N/A

Headteacher quote:

N/A

Top tips: What were the key things that made this work?

- Working collaboratively with schools in target areas to identify the neediest children and support with communication to their families. Schools will also host the project
- Identifying someone who was able to prepare the hot meals. We have worked with a local company that has a kitchen. An obvious one would be local restaurants
- Securing funding-there are plenty of opportunities. We have secured funding to date through Sport England tackling inequalities, a local business, Granta Lodge of Freemasons and a Local councillor. We are currently applying to ASDA and Lincolnshire Emergency Assistance Scheme.

Next steps? How are you embedding and sustaining the activity? How are you extending and developing the impact of this work?

We are looking to expand our geographical cover for future school holiday provision.

In terms of sustainability it will rely on us securing funding which we are confident we can do as there is an abundance of grants/funding opportunities out there.