



# Fit and Fed



## WALES FIT AND FED SUMMER & OCTOBER 2021

### HEADLINE STATS



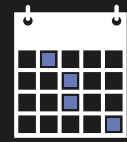
39

DELIVERY SITES



2,109

YOUNG PEOPLE ENGAGED



200

SESSIONS DELIVERED



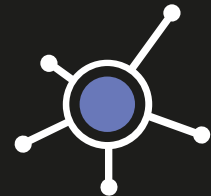
6,677

MEALS & SNACKS PROVIDED



66

VOLUNTEERS



65

PARTNER ORGANISATIONS



8

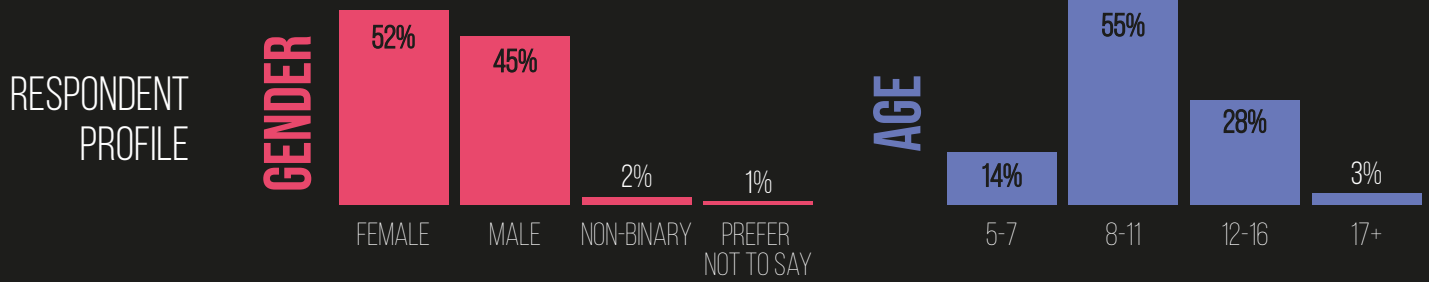
AGE RANGE OF PARTICIPANTS



18

# PARTICIPANT FEEDBACK

StreetGames conducted participant surveys with over 250 participants from across Wales.



The feedback received from participants was overwhelmingly positive:

- 97% rated the sessions as good or great
- 94% said they enjoyed meeting up with other young people
- 100% said they had fun
- 93% said they were more active whilst attending Fit and Fed sessions (compared with normal school holiday activity levels)
- 90% made new friends
- 90% tried new sports / activities
- 57% had tried new foods



Respondents were also asked what they would be doing if they were not attending Fit and Fed. Their responses, featured below, help to demonstrate the important role that Fit and Fed plays in encouraging young people to be more physically active during the school holidays.



**37%**

PLAYING ON DEVICES,  
WATCHING TV OR GAMING



**24%**

AT HOME 'DOING NOTHING'  
OR 'SLEEPING'



**21%**

JUST HANGING  
AROUND



**6%**

PLAYING SPORT, SWIMMING  
OR RIDING THEIR BIKE





## EXAMPLES OF PROVISION

### FIT

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Many LTOs worked in partnership with a range of organisations to deliver a varied sporting experience. This included Welsh Rugby Union, Dallaglio Rugby Works, Welsh Athletics, Cricket Wales, RBI Wales, UDOLT Dance and many more.

Merthyr Tydfil Housing Association organised a Beach Festival, taking over 100 young people to Aberavon beach for a day trip. They got to take part in a range of new activities including surfing, rugby and triathlon.

### FED

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Some LTOs gave a recipe card and the ingredients to the participants to cook at home with their family. They cooked the meal and shared photos and messages on their Facebook page each week.

County in the Community have established an excellent relationship with Tesco, who donated hampers of food ensuring that the young people had fresh fruit, water, snacks and a sandwich at every session

# KEY INGREDIENTS FOR SUCCESSFUL FIT AND FED PROVISION

Following the summer of 2018, StreetGames identified eight lessons or 'key ingredients' for a successful Fit and Fed programme. Based on learning from 2021 so far, these have not changed. Rather, the evidence has continued to reinforce the importance of each of these aspects.



## FLEXIBILITY



## THE 5 'RIGHTS'



## ASSET-BASED APPROACH



## NUTRITION



## CONSULTATION



## DEMAND LED



## LINKING TO OTHER AGENDAS



## PARTNERSHIP APPROACH

### FLEXIBILITY

there is no 'one size' that fits all. The summer of 2021 demonstrated the need for flexibility like no other year. The wider COVID-19 restrictions and safeguards put in place meant that provision flexed to meet the ever-changing requirements, whilst ensuring a safe and fun experience for all.

### CONSULTATION

provision must be demand led with input from beneficiaries to ensure provision is meeting their needs. Individual and community needs have changed in the last 18 months, and where this was considered, provision was extremely popular.

### PARTNERSHIP APPROACH

no-one can do this independently. Since the beginning of Fit and Fed there has been more corporate interest, more Trust investment, more community safety involvement and greater Housing Association inclusion. StreetGames and its partners must continue to work with others to maintain these benefits.

### ASSET BASED APPROACH

when the community identifies and utilises wider community assets, the programme thrives.

### DEMAND LED

providing provision where there is a clear demand and need is key. In 2021, Locally Trusted Organisations (LTOs) reported that the demand was higher than ever, as COVID-19 restrictions were eased, and participants were keen to take part again.

### LINKING TO OTHER AGENDAS

holiday hunger / food poverty interventions work well when 'paired up' with something positive, e.g. opportunities for sport or play. 2021 provided a unique opportunity to partner with the Welsh Government's Summer of Fun initiative across a number of Local Authority areas, to ensure as many young people as possible had the opportunity to participate.

### NUTRITION

children and young people enjoy trying new, healthy food options, being involved in food preparations and eating with their friends in a safe, social environment.

### THE 5 'RIGHTS'

this programme works best when delivered at the right time, at the right place, in the right style with the right people, at the right price.





*"It is brilliant for kids, I can't believe it is free. It should happen all the time, kids here have nothing to do."* PARENT

*"It's really good and everyone looks forward to it now. It is good that we can bring the little ones too and that we can stay. It's been great to socialise with other families locally after being away from each other for such a long time. Thank you!"* PARENT

*"It's been amazing to play with my friends and have fun, I also made friends with people not on my street"* PARTICIPANT

*"Brilliant. The activities are great and the food has been brilliant we have all had some"* PARTICIPANT

*"It's been fantastic seeing so many young people positively interacting and engaging in all the activities across our centres. This would not be possible without the fantastic partnership work with StreetGames and the generosity of the companies that have funded this project. This has made such a difference to the children in our surrounding communities"* LTO LEADER



# THANK YOU TO OUR FUNDERS

