

CASE STUDY



Fit and Fed



Virtual Fit & Fed programme that ran during October Half-Term holidays in Barnsley targeting the diverse communities.

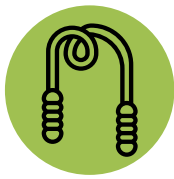
The Qadar foundation were approached by the local community to develop a Fit & Fed programme due to the lack of access to these opportunities.

After facing many challenges and setbacks in accessing sports facilities which were not suitable in terms of location and availability due to the current pandemic coupled with parent feedback around avoiding mixing of household as much as possible, it was decided to hold a virtual programme.

Each participant was given a goodie bag which contained items that would allow and encourage them to be active inside a house whilst keeping safe! Items included:



A SMART WATCH TO TRACK ACTIVITY



SKIPPING ROPE



FOOTBALL



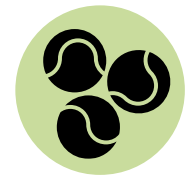
INDOOR TENNIS SET



INDOOR CRICKET SET



COLOURING BOOK / COLOURS



TENNIS BALLS

Every day started with a fitness class followed by various games and activities. Each day we focussed on the type of food we eat and how important it is to ensure we eat a healthy and balanced diet. We also shared and discussed different healthy recipes in which majority of the mums got involved.

Each day we set challenges that everyone used to get involved with and report back the following day.

Over the duration of the programme, we engaged with 22 children aged 14-21 and a further 18 children aged between 4-13. There were 34 adults also supporting and taking part with their children and that came from across 17 different families.

Overall this programme has been a great success as the children got to do something active over the which was very pleasing to see and the whole family getting involved and empowering each other to keep fit and active.

"We just all want to say a big thank you for the last week. My children all enjoyed the programme and they weren't just sat and playing on my phone or laptop. This time every day all 3 of them woke up early and were excited. It was good to see them like this and now they are always talking about doing more things together as a family like the walks and activities we all played. Please if you do this again call me and tell me."

"My favourite part of the week was when we did challenges daily it got me very motivated. I had lots of fun doing the work out in the morning."

"I enjoyed doing the most steps challenge. I walked from my house to town which was a long way. I also enjoyed being the eldest in the group and leading activities, thank you amna for the chances you gave me. I have become more confident now and my younger sister also had much fun."

"I like to play tennis with my sister. My sister liked to do the skipping rope challenge but I wasn't very good at that."



FIT & FED

THIS OCTOBER HALF-TERM QADAR SPORT FOUNDATION IN PARTNERSHIP WITH STREET GAMES WILL BE RUNNING A VIRTUAL FIT & FED ACTIVITY CAMP.

ALL SESSIONS WILL TAKE PLACE VIRTUALLY VIA ZOOM AND FOCUS ON GETTING EVERYONE ACTIVE & LEADING A HEALTHIER LIFESTYLE.

GET INVOLVED!
OCTOBER 26-30, 2020 | 10-5PM

FOR MORE INFO / TO ENROL YOUR CHILD CONTACT
AMNA RAFIQ- 07495092681

THAT'S THE
Spirit!

