

WIDER ORGANISATIONAL IMPACT AND MAINSTREAMING FIT AND FED

SPORT PEMBROKESHIRE



Sport Pembrokeshire ran Fit and Fed for the first time this summer. Through a needs-led approach, the most disadvantaged areas of the county have been identified utilising the Welsh Index of Multiple Deprivation, Sport Pembrokeshire Covid-19 Survey 2020 and School Sport Survey 2018, plus local soft intelligence from the Police and Crime Commissioner, schools and third sector organisations.

The focus has been on collaboration with partners to ensure the support is delivered in the most disadvantaged areas in the county providing a great food offer for children and young people and their families. To support children and young people to access the sessions, schools helped to identify pupils who had low self-esteem, lacked confidence or had recently experienced trauma, looked after young people, and pupils in receipt of free school meals. Youth voice has been critical to the successful retention of young people in the Fit and Fed programme – tweaking the approach to suit the wants and needs of the children and young people.

Sport Pembrokeshire summer holiday delivery included:

- 12 sessions from 8.30 - 1.00pm
- 281 children attended the Fit and Fed provision
- 368 hot lunch meals were provided
- 375 breakfast meals were provided
- 199 attendees were in receipt of Free School Meals
- 18 attendees had a disability
- 2 attendees were a 'Looked After Young Person'
- 24 attendees have since been signposted to community sports clubs within their local community following the summer provision



It was great to see the children engage and work collaboratively in a fun and engaging environment. To support the most disadvantaged across the holidays was key, and the provision additionally enabled a safeguarding check-in to take place in a familiar environment.

A Head Teacher

Following the summer, Sport Pembrokeshire have established a Pembrokeshire Sport & Physical Activity Holiday Steering group to support the ongoing strategic alignment of resources to support the poverty agenda in the school holidays. Membership will include Sport Pembrokeshire, StreetGames, Welsh Rugby Union, Cricket Wales, Swansea City Trust, The Urdd, Play, The Youth Service and Milford Youth Matters and will be receiving strategic direction directly from the Cooperate Poverty Group.

