

Fit and Fed Delivery Annual Report

2023 - 24

PREPARED BY

Ali Spaul

About StreetGames

Since 2007, StreetGames has been working with community organisations across the UK to transform young people's lives through sport. Our network totals over 1,600 local community organisations – from sports clubs and community groups to housing associations, leisure trusts and local authorities. These organisations are uniquely placed to support young people in their communities, by offering a safe place with trusted coaches and organisers who know their neighbourhood and the young people who live there.

With our years of experience, status as trusted sector leaders, and place based teams, we are proud to support each and every one of the organisations in our network through knowledge and insight, help with sustainability and investment, practical tools and resources, networking opportunities and more – **empowering LTOs to do what they do best: creating positive change in the lives of young people through sport and physical activity.**



Fit and Fed

**We are the people beside the people who
change lives and communities.**

Fit and Fed gives children and young people the opportunity to take part in fun physical activity and enjoy nutritious, healthy meals outside school time and often during the school holidays, tackling three key challenges for families living in underserved communities: food poverty, isolation, and inactivity.

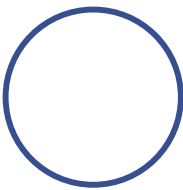
Since its inception in 2016, Fit and Fed campaign has benefited at least 66,198 children/young people, with a whopping 528,582+ free meals being provided in this time.

Working with Pears Foundation

StreetGames have worked with Pears Foundation since 2020 to grow Fit and Fed delivery (Doorstep Sport with food) during the school holidays periods. Since September 2022, Pears Foundation have funded StreetGames UK for a Fit and Fed Funding and Partnership Lead to support and enable clusters and individual locally trusted organisations (LTOs) to access new sources of income for the delivery and the sustainability of their local Fit and Fed offer.

This report outlines some of the delivery and impact in 2023/24 in line with our proposal:

1. To continue to enable our LTOs to deliver the Fit and Fed programme in their local communities – directly supporting **six LTOs in three clusters**, two in Wales (Swansea and Denbighshire) and one in Plymouth supporting **600 children and young people per year**.
2. To continue to grow the **Fit and Fed Campaign at a national level** to highlight the role of StreetGames and our network, in combating holiday hunger, physical inactivity and social isolation amongst children and young people from low-income and underserved communities during the school holidays. Increasing the national reach, awareness and influence of Fit and Fed.
3. **Strategic planning and development of the Fit and Fed campaign, involving young people**, to ensure that we are well positioned to respond to the national funding, partnership and awareness-raising opportunities presented through central government, local government and wider funding and campaign partners. **Facilitating youth voice** as part of this process to ensure that we are driven by the views, expectations, and choices of young people.



Pears Foundation investment impact 2023/24 at a glance



19
LTOs



3943
Children and young
people



6000+
meals and snacks



241
Days of delivery



69
Volunteers



44
Venues



808
Hours of
activity



852
Volunteer
Hours

17
new
volunteers



3
Clusters
Collaborating
2 Wales
1 Plymouth

**New ways of
working**



2
Participatory Grant
Making processes

**New
Partnerships**

**Long term
thinking**



Tell us something about the sessions...

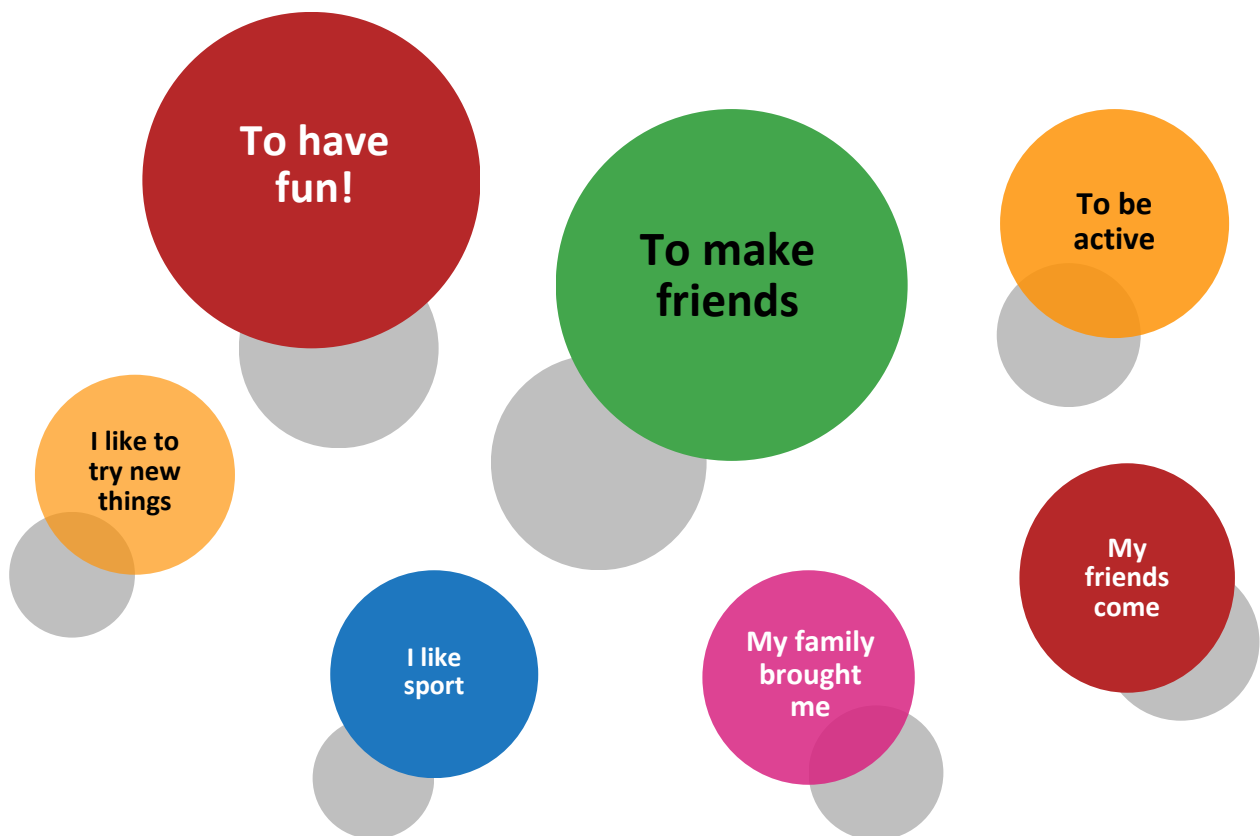
"I want to come back!"

Boy, 11 years old

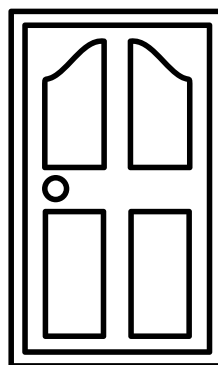
*"We're working together in ways we've never
seen before!"*

Local coordinator, Swansea

Why do children and young people participate?



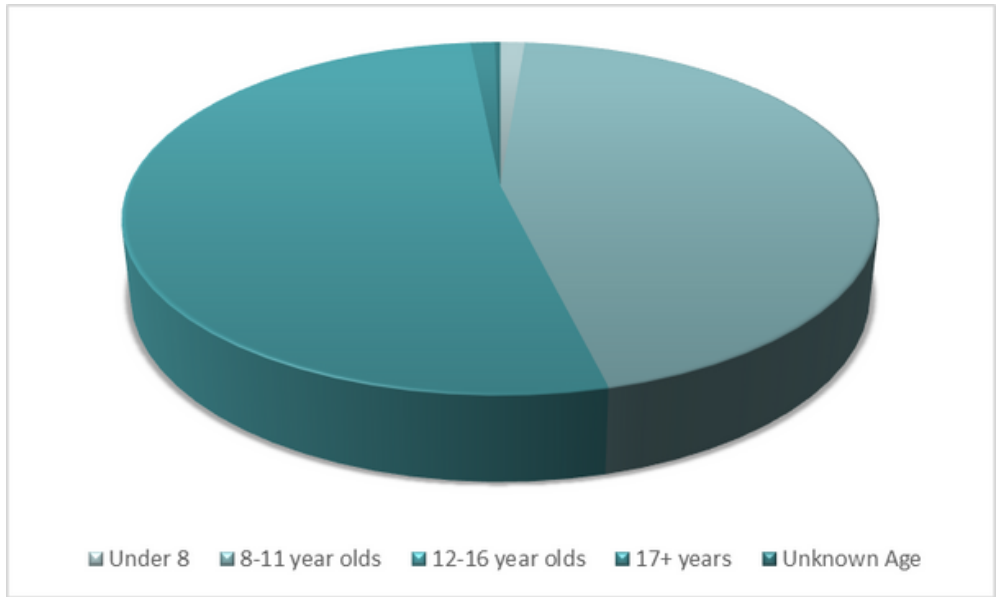
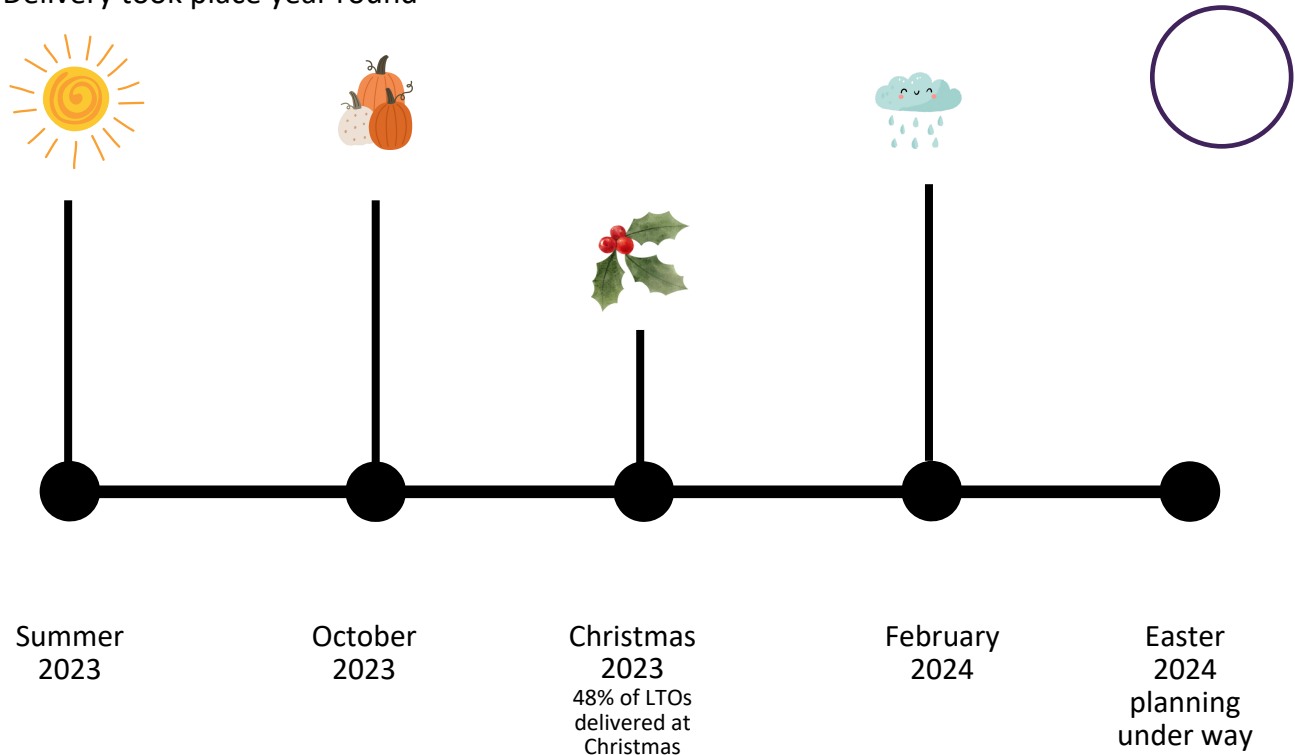
What they would be doing without the activity...



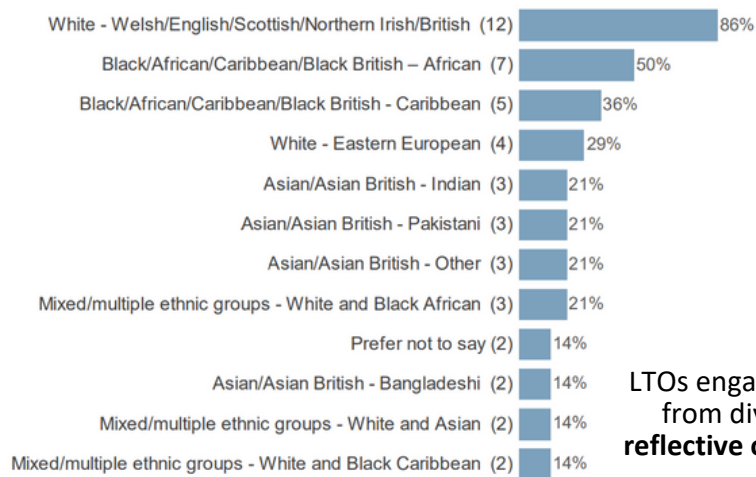
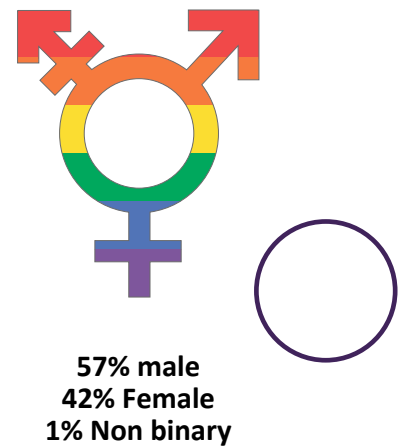
"Without this funding, we wouldn't be able to continue to support the young people we work with during the holidays when they may need the most support."

LTO Leader

Delivery took place year round



Participant age range 5 - 17 years



LTOs engaged children and young people from diverse heritage and ethnicity, reflective of the communities they serve.

Place based working

Working on a national campaign and applying it locally requires **flexibility, trust and agency** for people to apply resources in a way that will work for their communities.

This year we had the joy of supporting three clusters in Denbighshire, Plymouth, and Swansea. Each place was (and is) different in terms of cluster development, LTO collaboration and partnerships in place.

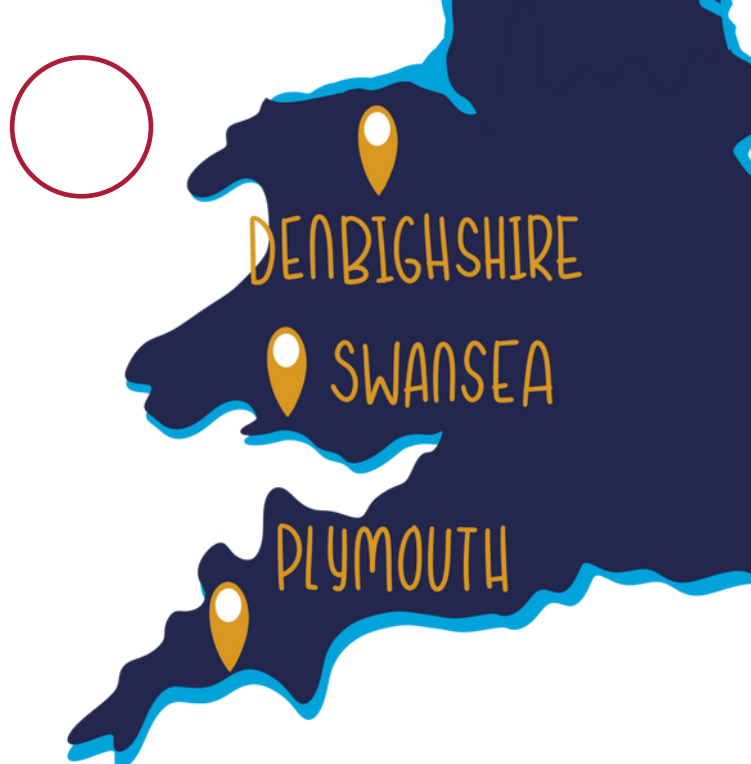
- **Swansea** has been a strong network, working with StreetGames for many years. This investment enabled massive participation and supported us to pilot new ways of working, **introducing Participatory Grant Making** processes.
- **Denbighshire** is an area we knew we needed to support and develop a network. A huge geographical area with diverse landscape, including well know urban areas like Rhyl and coastal and inland rural places. This funding has been a **catalyst to develop new relationships** and drawn in new opportunities.
- **Plymouth's** StreetGames network is built on a unique referral system, supporting young people to engage in free doorstep sport activity through a supportive mechanism that connects young people who access Local Authority departments, Youth Workers, Youth Justice System and other partner to locally trusted organisations. This funding has enabled a **year round offer**, extending much needed delivery across the holiday periods, and connecting people and organisations to **collaborate on events and activities**.



LTO's involved

Denbighshire	<u>Brighter Futures</u>
	<u>Grwp Cynefin</u> Delivered two programmes
	<u>Prestatyn High School</u>
	<u>West Rhyl Youth Centre</u>
	<u>Youth Shedz</u>

Swansea	<u>African Community Centre</u>
	<u>Evolve Youth Service</u>
	<u>Ospreys in the Community</u>
	<u>Manselton Youth Club</u>
	Mums and Toddlers Foundation
	<u>Swansea City AFC</u>
	Swansea City Council



Plymouth	<u>Ace Swimming</u>
	<u>Plymouth Argyle Community Trust</u>
	<u>Connecting Youth</u>
	<u>Exim Dance</u>
	<u>Plymouth City Patriots</u>
	<u>Plymouth City Parkour</u>
	<u>Unity Through Sport</u>





Hear directly from StreetGames staff working in Swansea, read below or [click here to listen](#):

“

“Swansea network is a strong Street Games network and has been for several years, but Pears Foundations investment has changed the way the network has worked together. Previously there’s been a monopoly approach to funding - bank the money, build houses, then hotels and stay as the front runners passing go each year and collecting more money.

Whereas the approach we had with PEARS allowed the network to come together, partners were honest about if they had capacity to run such a project or if they already had funding to do something similar. We saw this with Ospreys in the Community as they had received funding from the Wales Rugby Union to provide food in their holiday camps. Rather than agreeing to the funding, they were honest and it allowed the funding to reach other partners serving different communities.

Our LTOs approach this funding with a kindness that surprised me.

*Swansea Council worked with a small groups and brought them in under their wing. Again, **something we haven’t necessarily seen before**. Partners are **thinking differently about what their money does and how it truly impacts the community**.*

*I could go on and on....actually I think I will! **I just love Swansea see!***

We saw Evolve open more drop in sessions. I had a wonderful conversation with their Youth Lead Sam about the funding and how much it meant to them to be able to provide a hot meal to young people during their sessions. Some didn’t know how to cook pasta and when they were told the cost of each meal they were amazed that a dish could cost 50p and taste so good!

*Swans Community Trust ran the most carnage football sessions in Townhill, with the presence of PCSOs. It was brilliant! My favourite part had to be one of the young lads - he was about 4 foot something playing football in the PCSOs jacket. Afterwards he finished the session and gave the jacket back when the officer said “You could have one of these if you wanted to”, the young lad said “how?!” And he replied “by becoming a PCSO” to which the lad said **“Ah yeah, actually I wouldn’t mind that as long I got to help more kids play football from round here”**.*

Yes, there’s been challenges, our LTOs could always do with more staff, more time, more funding, more recognition and a wider reach into the community. There will always be hurdles and they acknowledge those and have good honest conversations with us about them.

But they (LTOs) always show up and work hard for the young people they serve.

*Next year, I’d personally like us to have conversations with the network about sustainability. How do they continue this work if the funding dries up? **How do they pool together to keep it alive?***

”

Swansea



“ This project has been very beneficial to our initiative as being able to provide food and light refreshment after the sessions have encouraged the children and even the parents with participation.

Our communities usually have limited access to some basic support as most of them are asylum seekers, refugees or have no recourse to public funds which places a lot restrictions and they have to often prioritise and make sacrifices.

Our participations definitely increased over the period, We have had some cases where some of the children would want to collect a snack or crisps to take to their siblings which was really uplifting and beautiful to be able to part of the initiative.

”

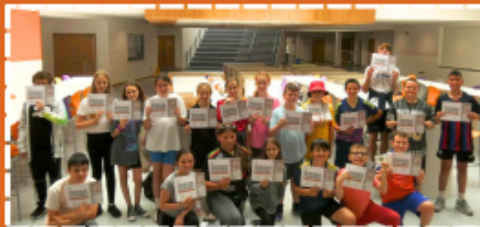
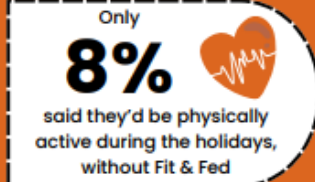
LTO Leader at the African Community Centre Swansea



Swansea



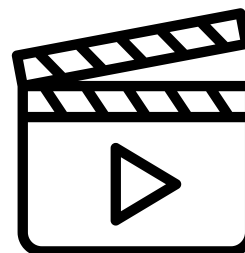
FIT & FED



"I've enjoyed playing
football, learning new
skills and making new
friends. I like the coaches
and we've had really nice
food"
- Fit & Fed Participant



"It's difficult to find activities
during the holidays as
everything costs money. So
these sessions have been a
massive help to me, thank
you so much"
- Participant Parent



Click [here](#) to
see a **video**
case study!



Plymouth

We established the Fit and Fed delivery in Plymouth as part of an ongoing piece of work that supports young people at risk of offending and/or exploitation. Pears Foundation enabled a surge of activity in the school holidays, supported LTOs to **collaborate** and highlighted the need for year round delivery and co-working.

Doorstep Sport with Food (Fit and Fed) was **reaching communities who could not access other provision**, we were well aligned with the HAF programme - which was also called Fit and Fed!

Other **strategic relationships** included;

- Active Devon;
- Plymouth City Council, and;
- local foundation; Plymouth Drake Foundation and Promoting Children in Plymouth (PCIP)

These were critical to getting it right, putting delivery where it needed to be, making better use of our resources and planning long term together.

Sustainability is not certain, the landscape is challenging. We will spend this year building on what we have learned over the last 12 months to create an even better programme.

We will **collaborate, not compete**, for resource to ensure continuity of activity for children and young people.



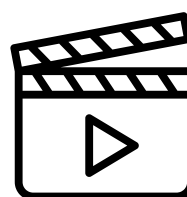
Tell us something about the sessions...

“ “They’re fun!” ”

Boy, 10 years old

“ “Activity that is 5 minute drive away, is 5 minute drive away... that’s not accessible or realistic for our young people to attend, for a whole host of reasons!” ”

LTO Leader on accessibility



Click [here](#) for a **video case study**.

Kerry Bidewell - Plymouth Drake Foundation and Promoting Children in Plymouth (PCiP):

“ Year one has exceeded our high expectations. The diverse range of activities allowed children and young people to enjoy multiple activities. We also start to see a **legacy** with several young children joining a club after their experience and one young lady seizing the opportunity to meet the President of the Plymouth Law Society to talk about her hopes and dreams within the field of Law.

Working at a **hyper local level**, we had the opportunity to witness young people, who are traditionally disengaged, flourish and gain confidence in their empowering surroundings.

We look forward to creating an even stronger programme in year 2. ”

Plymouth

DOORSTEP SPORT SUMMER ACTIVITIES

A SNIPPET OF OUR SUMMER ACTIVITIES

Here is a snippet of this years Doorstep Sport Holiday Activities delivered in partnership with Promoting Children in Plymouth, Plymouth City Council Youth Services, and sport and youth activity providers including Plymouth Parkour, Plymouth Argyle Community Trust, Plymouth City Patriots, Connecting Youth, Plymouth Football Bootbank, Unity Through Sport, ACE Swimming and Exim Dance. All providers left young people in Plymouth well and truly Fit and Fed!

HUGE thank you to all the organisations for making it special and memorable for the young people involved. We can't wait for the next instalment in October half term!!

**Pears
Foundation**



Plymouth



Food and Drink Careers Passport Case Study



Unity Through Sport Fit and Fed Summer 2023



The 2023 holiday activities and food programme we ran in Plymouth was a great success! More than 20 young people joined us at each session and by the end of the summer they were well and truly fit and fed!

The project enabled us to do community outreach work in hard to reach communities; places where young people have no other such opportunities available to them. We teamed up with Plymouth City Council Youth Services to identify the areas most in need and worked with youth workers to generate as much engagement as possible, as well as offering additional support to the young people who attended.

The National Skills Academy Food Hygiene certificate enabled us to save costs by making food prior to activities and we had a member of staff who took food orders which they then went off to prepare whilst the activities were happening.

The last summer session was really sad, we made a really good bond with the young people who attended the activities over the summer so we lifted their spirits by trying a bit of volleyball and they really got stuck in and loved it!

We have learned that there is a great need for these activities where no other activities exist and the areas that do are too far to reach for young people as Plymouth is so spread out geographically.

Through feedback from youth workers and the young people themselves, we found that going to the heart of these communities can have a real impact. We are grateful for the opportunity to do this work, it has opened our eyes to the need for going into these communities and we look forward to doing more of it!

Denbighshire

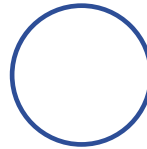


Denbighshire was a less developed StreetGames network. With high levels of deprivation and strategic opportunities that the Pears Foundation investment was a catalyst for influence.

We took an **asset based community development (ABCD) approach**, as we do with all our work. No assumptions were made about how the funding should be implemented. Working hyper locally we were able to uncover what we did not know while developing a strong network, vibrant delivery and strategic partnerships that ensured activity was delivered in the right places, complimenting other work and with sustainability in mind from the outset.

Building together gives us confidence in the sustainability of the provision and relationships; weaving doorstep sport with food into the tapestry of the communities, building lasting partnerships and commitment to ensuring it is available long term.

In the coming year, we are looking forward to co-creating workforce development programmes and youth lead approaches to long term plans.



“We serve 1500 young people and know our most vulnerable young people well. They were identified and came to a series of meetings to get to know me and to identify what sort of activity they would like to do over the holiday period. They planned and budgeted for all of the activity undertaken.”

LTO Leader



Denbighshire

LTOs in Denbighshire have seen an **increase in parents accessing additional support** within their building and finding out what other activities the wider community could benefit from. This wider support referrals have been made possible through **“really beneficial conversations with children/young people and the parents.”**

It has been excellent seeing **parents getting involved** in the delivery of sessions, supporting children to engage, sessions have really felt positive. Marked as a great success in the area has been collaboration between organisations, *“to work alongside Denbigh Youth Project in the project plan and delivery, gives a **real sense of team effort.**”*

Young people have surprised staff members and family members; *“two young boys who felt very negative about attending sessions and felt that they weren't able to achieve anything. They **surprised themselves** and got involved in a boxing sessions and thoroughly enjoyed themselves. They came back and fully got involved engaging with other young people and the pool and pizza the next day.”*



“

*“Delivering this project on a personal note has been one of the **most amazing experiences of my career.** Young people that are often seen as a problem and present with challenging behaviour came alive.”*

”

LTOs were able to take young people on trips and do activities that would otherwise never have been possible;

*“A group that I took to Blaenau Ffestiniog was a particularly special walking and train trip. **Two of the young men who went had never left the town of Prestatyn before.** It was an incredible moment when they got to see Eryri for the first time and take a walk.*

One young woman who lives in care went ice skating... It was a real challenge for her to begin with, even putting the skates on led her to having a meltdown... it was fabulous at the end of the session to see her make it round the ice independently. She has brought a new pair of skates with her own money and is now starting to go twice a week to the ice skating rink.”



Food Support

We continue to get feedback about the value of food training and support. Information such as 'free places to eat during school holidays' is shared, and our partnership with the National Skills Academy Food and Drink is extremely enabling to the delivery and sustainability of Fit and Fed through free training and qualifications:



206
Learners



42
LTOs



Food Safety

Level 2



HACCP

Level 2



Health and Safety

Level 2



Allergen
Awareness



“Pears Foundation investment has enabled us to **bring food to the attention of great sport providers**. Really considering the need of food all year round and enhanced offers during school holiday periods. The free training is building capacity and sustainability to ensure people can do what their community needs, as well as building skills, confidence and impact beyond this funding period.”

StreetGames National Director Wales

Involving young people

Working with LTOs

80% of LTOs were able to involve young people in the delivery of their project and approached it based on local needs. Involvement included:



Surveys



Food Options



Youth Committees



Suggestion boxes



Discussions



Event Leadership



Project Administration



Peer Mentorship



Session Leadership



Local Network Approach

A piece of work was established in Plymouth that would pilot an approach in year 1 and roll out in year 2 across the three areas:

- Co-create a youth leadership programme exploring the overarching question “**What would an ideal Doorstep Sport with Food Programme look like for young people**”
- Work with other locally trusted organisations in the area and engage young people from across the city/place to capture the voice of young people.
- Develop a short film that captures the journey and the outcome(s).

Unfortunately, due to issues compounded by the cost of living crisis, the lead LTO could no longer deliver this work. We are working with that LTO to support the sustainability of their core delivery and working with other partners to enable collaborative youth voice activity. We hope to share the success of this work in our report in 12 months time.



“Our youth club has made a difference to our community, young people are all given choices of what activities they want to see at Youth Club, the volunteers are very passionate about making it

a place that young people want, not what adults think it should be.”



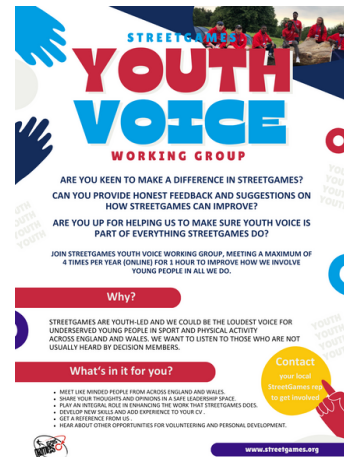
National Approaches to involving young people

We are working with young people to ensure their voice and influence is instrumental in the design and delivery of everything we do. Engaged via LTOs and supported by our Volunteering and Youth Voice Manager; young people support the design, delivery and leadership at all levels of the organisations and the work we do.

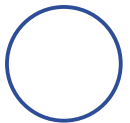


“If you don’t involve us in the design... whatever is developed won’t work as well”

Young Advisor



Additionally, StreetGames is working with a group of Young Advisors to develop a Young Person’s Manifesto in the lead up to the elections in 2024. We are currently at application stage (Feb 2024) and have had interest from over 80 young people from across the network who are interested in contributing to the manifesto.



This will be a public declaration of views and intentions. The role of a young advisor is to develop a Young People’s Manifesto, and put the voices of young people in the minds of the political parties as they develop their election manifestos.

Our Young Advisors have been working hard behind the scenes to develop a short on-line survey to explore topics they think are the most important and to bring to life the issues young people are facing in underserved communities. We are looking to collect as much information from young people (ages 11 – 25) as possible to evidence our manifesto.



“Contributing to this will support young people to have a voice in being able to shape their future, creating a more cohesive and safe community, allowing us to flourish no matter what we choose to accomplish.”

Young Advisor



Fit and Fed beyond investment...

Pears Foundation investment is a catalyst for collaborative working, workforce development and enhanced provision in the communities that need it the most.

Investment offers the space and time for:

- families to address their support needs
- new ways of working to emerge
- much needed campaigns to grow
- refinement of new processes, such as participatory grant making and enhance delivery
- new resources to emerge (Fit Fed and Swim) and;
- youth leadership approaches to be embedded.



NEW **Fit Fed & Swim**

WHAT IS FIT, FED AND SWIM?

- 30 minutes in the water**
Working on water safety techniques, swimming ability, water confidence and fun!
- Nutritious food**
Enjoyed with peers, family, pool instructors, school teachers
- Young person led**
Engaging young people who would otherwise not have their opportunity to swim. Sessions are shaped by the five rights, getting the time, place, style, price and person right.

IMPACTS OF FIT, FED AND SWIM

- Life skill development**
Swimming remains one of the most common causes of accidental death in England; safety in, and in the water is potentially life saving. Swimming also improves self-esteem, confidence and connection.
- Tackling inequalities**
Inequalities disproportionately impact people's access and ability to swim. Race, gender, poverty and where you live all impact your experience.
- Build communities**
Communities recognise the value and importance of their pools and blue spaces and swimming was shown to have social value impact of £2.6 billion per year. What's more, 4.5 million children would like to swim more.

GROWING FIT, FED AND SWIM

- 1 Pilot**
Fit, Fed and Swim was born in a Birmingham Community Leisure Trust, where they saw an opportunity for more children to learn to swim or improve their swimming ability, while getting a nutritious meal.
- 2 Share**
One pool grew to four, and spread into new places including, Red, Newcastle, Manchester, London with more on the horizon. Pools shared their learning of delivery, engagement and fundraising.
- 3 Scale**
We are now looking to scale this opportunity and looking for others to get involved to support more pool and blue spaces to improve our children's outcomes!

GET INVOLVED - CONTACT ALI SPAUL alison.spaul@streetgames.org

"One Young Person has now started to take school seriously, has delivered a workshop and wants to become an apprentice for our organisation."

LTO Leader



"We have seen an increase in parents accessing additional support from partners."

LTO Leader

"They joined in and created some great conversations around sexual health, consent and violence against women. We were able to add value beyond the swimming session and talk about important topics."

LTO Leader



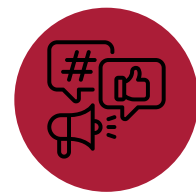


Fit and Fed Campaign Development

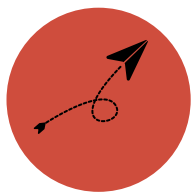
We continue to support Fit and Fed nationally, as part of our organisational strategic ambitions; **Every young person in low income neighbourhoods to have the opportunity to access all-year round multi-sport opportunities.**

The holiday periods continue to be a significant time of need. Currently the DfE's Holiday Activities and Food programme investment address's the gap for some children and young people for 6 weeks of the school holidays in England. There remains a gap for the other five weeks in England, and many young people who are live in poverty but are not eligible/able to participate in HAF. There is still no centralised funding in Wales. We work closely with partners in both Nations to compliment and enhance provision to ensure activity is available for as many young people as possible. **We will continue to advocate on behalf of the young people and LTOs for continued investment to address this much needed issue.**

Fit and Fed digital campaigns aim to increase the national reach, raise awareness and influence of Fit and Fed programmes through StreetGames social media channels and the *Word on the Street* digital newsletter. Content includes announcements of upcoming grants and resources, sharing reports, current insight and research as well as sharing examples of great practice from **organisations across the network.**



34,346
followers
on social media



3,724
newsletter
subscribers

Place based working has been enhanced by our national footprint and approach to **sharing insight across places.** Investment from Pears Foundation has enabled us to establish new ways of working; Participatory Grant Making will now be considered as part of all our grant making where possible. The investment has also kickstarted new relationships, strengthened existing collaborations and provided evidence that our approach works.

Food insecurity, exacerbated by the cost of living crisis, has become an all year-round issue for young people and their families living in low-income areas. Fit and Fed delivery in school holidays, has created pathways into year-round activity. Food and physical activity is a critical component of successfully engaging underserved young people and their families – it is the hook that leads to other interventions. We are also working with our LTOs and wider stakeholders to, wherever possible, provide food along-side the activities all year round.



Sustainability



“

“Having been part of a very successful project the last two years(2021 - 2023) and appreciating the wider added value the Fit & Fed project has had on communities in Pembrokeshire, it was clear we needed to continue to provide this support and serve these communities.

*Having been **successful in finding the finance to continue the provision** another financial year, including investing in all of the LTOs involved and more, we can continue to support families and children across the targeted areas strategically, whilst we look at exploring funding avenues to upscale the project to deliver across more weeks of the calendar year.”*

”

Matt Freeman, Pembrokeshire Wales
Leader of LTO who delivered with Pears investment

“

*The Fit and Fed sessions helped us to make a **new connection** with the local High School which has led to us doing two weekly school engagement projects, one with a group of boys with ADHD and one with a group of girls who struggle in school with confidence/large groups.*

These would not have started if it weren't for the F&F sessions.

”

LTO Lead



“

*“Two young people who volunteered for us are now doing a Level 2 Youth Work qualification, one of them will be **employed by us and supported** to complete their training.”*

”

LTO Lead Denbighshire

“

“We have reengaged a group of young people in the Whitleigh area of Plymouth who we had previously lost contact with after losing use of premises in the area. This group now regularly attends our sessions again and have access to our services.”

”

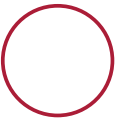
LTO Lead Plymouth

What's next?

Working with Pears Foundation through this dual approach of delivery funding for LTOs alongside investment in StreetGames to build the campaign and support the LTOs to access ongoing funding is a model we will seek to sustain.



We know that Pears Foundation investment is filling gaps, providing the capacity for organisations to deliver in holiday periods, who cannot access other more predetermined approaches, and supporting resource to reach places that are not yet adequately resourced.



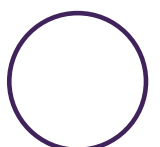
Our second year of delivery will focus on:

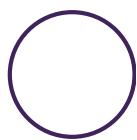
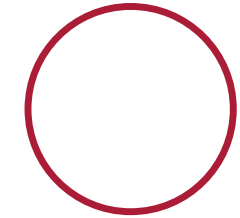
- more great delivery of physical activity and food during the holiday periods
- developing food offers to support more healthy and sustainable options
- supporting young leaders to develop skills, confidence and experience through leadership opportunities and training
- embedding relationships between organisations - supported by co-creation of workforce development and sustainability plans
- increasing connections with our [Inspiration Campaign](#) and supporting more young people to attend local and national events such as Wheelchair Fencing, Wimbledon and Rugby



We would like to build on the learning and extend delivery into new areas and are looking for investment to support this. We hope to extend our cluster approach to Fit and Fed delivery in coastal and rural areas and support the growth our work on Fit, Fed and Swim in Blackpool, Newcastle, Scarborough District, Blyne Gwent and Rhondda Cynon Taf. Building on learning from the Fit, Fed and Swim campaign we would aim to support at least one Fit, Fed and Swim project per area, forming their own community of practice and connecting across England and Wales.

We are very grateful for the ongoing relationship with Pears Foundation and look forward to supporting more young people to access the benefits of Fit and Fed in 2024 and beyond.





Pears Foundation

StreetGames

Healthier, safer, more successful
communities through sport

Our mission is to transform the lives
of young people living in low-income,
underserved communities through
sport and physical activity.

