

Children & Families Project

Year 2



INTRODUCTION

Working alongside the national Children and Families Task and Finish Group driven by Public Health Wales, Sport Wales focused its efforts in Merthyr Tydfil for a second year, through StreetGames Wales. The aim was to help design initiatives for families with children experiencing or at risk of obesity.

Collaborating with an established network of Locally Trusted Organisations (LTOs) within Merthyr Tydfil, the project aimed to support families by providing access to sport and physical activity, while also incorporating support around healthy eating, financial advice, and other factors that would influence behaviour change.

The success of the project has been made possible through the contributions of key partners and stakeholders, with Community Focus Schools (CFS) playing a vital role in every aspect of its implementation.

APPROACH

Organisations played a key role in delivering the necessary services and resources to engage families and ensure that the initiatives were effectively tailored to the local community's needs. Below provides a summary of their approaches.

DELIVERY



1,523

Young People
Engaged



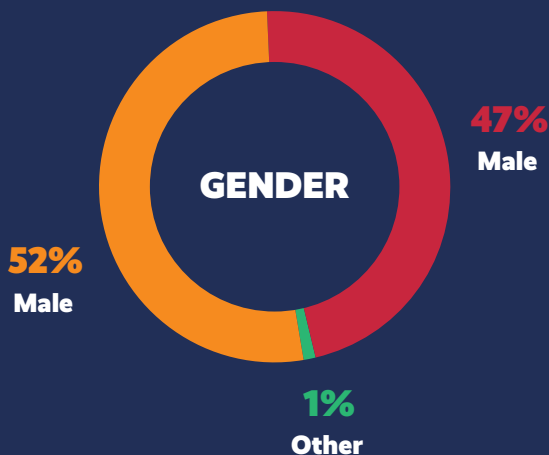
111

Days of
delivery

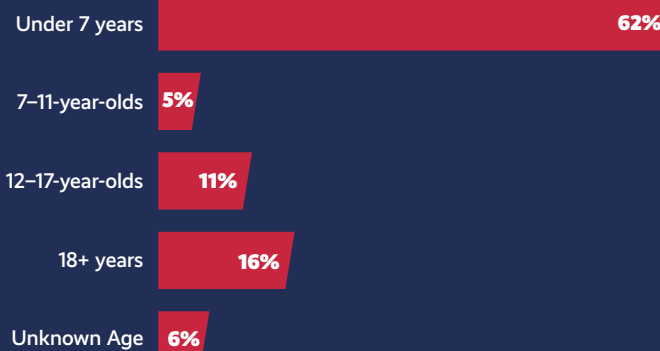


243

Hours
delivered



AGE



PRIDE EDUCATION

Pride Education worked with families and children in partnership with Merthyr Tydfil County Borough Council. They delivered physical activity sessions during extra-curricular time with pupils and their families at participating primary schools within the Merthyr Tydfil local authority.

They provided open access physical activity sessions where structure was loose and allowed parents and guardians to feel comfortable to participate with their children. Thanks to the Community Focused Schools team at Merthyr Tydfil County Borough Council, meals and snacks were provided for all participants.

The sessions aimed to improve the understanding of healthy behaviours regarding physical activity in families in the local area, as well as increasing their confidence in healthy eating choices.





SUPERTOTS

SuperTots delivered rugby and netball sessions for children aged 3-6 years. All of their sessions prioritised family members participating with their children. At the sessions this included parents, siblings, grandparents, uncles and aunts.

The sessions focus on developing the children's fundamental skills such as communication, confidence, numeracy and literacy skills through fun drills and exercises. Throughout the sessions they educate the children on healthy foods/drinks, and they try to limit time spent on mobile phones.

"It's just 45 minutes of families spending quality active time together" – project lead.

SuperTots started these sessions as they believed in the importance of children and families being active together, and at the time there was no sessions of this nature being delivered in the Aberfan area.

THE WILLOWS

The Willows designed their sessions based on the feedback received from families in the previous year's delivery. Families in the village felt the young people needed an outlet away from the village. Parents and guardians had expressed the need for respite and other support mechanisms for their children. Therefore, The Willows decided to take the project away from their centre to maximise engagement and to get the best from the young people.

They delivered a residential where young people were taught valuable outdoor life skills and were taken out of their comfort zones to gain confidence and feel a sense of achievement. The young people completed workshops in areas including sexual education, healthy relationships and group rules. These were areas that families had expressed concerns in, so the organisation felt it was important to address them.

"The residential was a resounding success, and a much-needed intervention for families." – Project Lead





TREHARRIS BOYS & GIRLS CLUB

Treharris Boys & Girls Club provided sessions for young people with disabilities/additional learning needs and their families. The organisation delivered bespoke Fit and Fed style sessions within the Treharris area, as well as for surrounding communities. The organisation decided to run these types of sessions as through consultation it was discovered that there were no disability/additional learning needs family physical activity sessions in the southern cluster of Merthyr.

The organisation embedded youth voice into the programme by discussing plans with the participants around what food workshop and physical activity session they would like to see and integrating this into the following sessions.

Sessions were 45 minutes and included activities such as fun fitness testing, adults versus the young people tug of war, race and strength exercises. These exercises were chosen by the participants, with guidance from the instructor, making them bespoke to individual needs. The nutritional element of the sessions included activities such as 'make your own pizza'. This included a variety of freshly prepared pizza toppings being available for everyone to create a pizza of their choice. They used wholemeal pitta breads, fresh tomato sauce, proteins and vegetables. The aim of this session was to educate and encourage healthy eating on a budget.

HAPPY HANDS

Happy Hands Club Ltd delivered sessions called Happy Hands and Twinkly Toes which was aimed at children from birth to 5 years and sessions called Happy Hands and Funky Feet aimed at children ages 3 to 7 years. Parent and carers attended and joined in both sessions. Sessions involved singing, dancing and sensory activities to improve oracy, social and mindfulness skills to ensure that every member comes away from the sessions feeling accomplished.

