

FIT & FED REPORT WATERLOO FOUNDATION



the **waterloo** foundation*

**AN OVERVIEW OF SPECIFIC ACTIVITIES SUPPORTED,
ALONG WITH SOME QUALITATIVE FEEDBACK FROM
PARTICIPANTS AND STAKEHOLDERS
2021**



INTRODUCTION

Fit and Fed aims to alleviate holiday hunger, isolation and inactivity for children living in low-income, underserved communities across Wales. First launched in 2016, Fit and Fed provision has now become a regular part of school holiday provision, delivered by Locally Trusted Organisations (LTOs) within underserved communities in Wales. With the continued support from The Waterloo Foundation, StreetGames has been able to continue the development and sustainability of Fit and Fed sites in Wales, supporting over 2,000 young people across 12 Local Authorities. This summary report details the specific activities supported, and shares feedback from participants and stakeholders alike. If you would like to read our annual Fit and Fed report, you can find it here.

MAP OF PROVISION

In 2021, Fit and Fed provision was delivered at 39 sites, across 12 local authority areas, this is an increase on 2020, where 10 Local Authority areas were engaged. The focus for 2021, was around partnership working, to ensure local sustainability, and to re-start provision as COVID-19 restrictions eased and were eventually lifted. Support was provided to LTOs to understand the Welsh Government guidance around face-to-face delivery, opportunities to attend virtual events to network and share practice, and well as additional fundraising information and guidance.



ADDITIONAL FUNDRAISING

As a result of the £25,000 investment from The Waterloo Foundation, StreetGames were able to secure an additional £63,000 specifically for Fit and Fed in Wales.

For every **£1** invested by The Waterloo Foundation ... an additional

£2.52

was reinvested into Fit and Fed locally.

FIT & FED 2021

39

Fit and Fed
Delivery Sites

2,189

Young people
engaged

206

Sessions
delivered

6,777

Meals and
snacks served

66

Volunteers

65

Fit & Fed partner
organisation

8-18

Participant
age range

97% Of participants rated sessions as
'good' or 'great'

100% Of participants rated said
they 'had fun'

FIT AND FED EXAMPLES IN WALES

POWYS YOUTH SERVICE

Fit and Fed has never been delivered in Powys, despite having areas rated by the Welsh Index of Multiple Deprivation in the top 30% of relative deprivation. Working in partnership with Powys Youth Service, North Powys Wellbeing Programme and Ponthafren Welshpool, the first Fit and Fed sessions were delivered in Welshpool in 2021. These sessions engaged local young people in a range of activities including rugby, table tennis, multi-sport, crafts and cake decorating, as well as providing a hot meal each day. The sessions were first piloted in October Half term with over 20 young people attending, with plans to develop the provision in 2022 and beyond.

The Fit and Fed sessions were really fun - I came with my two sisters who look after me but I met other children too which was good.

Participant

DUFFRYN COMMUNITY LINK

Duffryn Community Link in Newport are a local charity providing a range of services including childcare and youth services in the Duffryn community. They have been delivering Fit and Fed since 2020 and are a key partner in Newport. 2021, saw Fit and Fed provision mapped across the SHEP timetable, which is delivered on the school site next door. This complemented the provision for the young people in their area to ensure every school holiday was considered. This approach has been successful and has enabled local young people to access provision every day during the school holidays.

Thank you so much for running this programme, my kids love it and it's been a huge help to me in the holidays, as I always struggle to find activities for them that I can afford for 6 weeks.

Parent

VALLEYS GYMNASTICS ACADEMY

Valleys Gymnastics Academy piloted a new Fit and Fed holiday site in Caerphilly during 2020-21, working closely with Upper Rhymney Primary School. During the summer holiday they were fully booked, providing 5 physical activity sessions. By the end of August, they had seen 140+ attendances from boys and girls aged between 5 and 11, giving out 145 packed lunches and 85 family food parcels. The sessions provided multi-sport activity, including basketball, football and gymnastics. The success of the summer pilot meant that provision continued during the October half term and extended into the Christmas holidays, with two further sessions including food, games, crafts and dance.



We need more of this in our town as there is nothing for kids to do here, they hang about and get into trouble, but there is not much for them to do. Everything costs money and COVID was awful for kids – they couldn't see people and couldn't go out. These sessions have been brilliant!



Parent

PARTICIPANT FEEDBACK

In 2021, StreetGames conducted a participant survey with over 250 participants from children and young people aged 8 – 18 years, who attended sessions across each delivery area in Wales. The feedback received from these participants was overwhelmingly positive.



93%

Were more active whilst attending Fit & Fed sessions
(compared with normal school holiday activity levels)



93%

Made new friends



57%

Tried new foods



90%

Tried new sports / activities



37%

Of respondents said they would be playing on devices, watching TV or gaming
(if they weren't at these sessions)



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 organisations that have funded this project. This has made such a difference to the children in our surrounding communities

Parent



StreetGames would once again like to thank The Waterloo Foundation for your incredible support to StreetGames and Fit and Fed. Without your investment, we wouldn't be able to support thousands of children, young people and their families living in underserved communities across Wales.

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