

Case study/project title:

Fuel 4 Fun

Leisure Trust: Active Tameside

Department: Fuel for Fun

Case study/project dates: April 2021 – to present

Fuel4fun – Holiday Activity & Food Fund (HAF) has been developed through the department of education (DFE) to engage and deliver interventions to a large cohort of young people aged 6 years up to 16 (Currently in School year 11), and up to 25 years for people with Special educational needs and disabilities (SEND).

There are over 10000 young people in Tameside who receive benefit related free school meals, the main aim of this programme is to engage with these young people over the school holiday period to offer FREE holiday activities supported with interventions, and to provide a nutritious lunch to all, plus a healthy food hamper delivered to the family home. This will also be underpinned by offering training and leadership opportunities to help develop pathways for lifelong learning and development.

Tameside MBC/Active Tameside are responsible for the coordination of the programme and are continuously looking to develop partnerships with community sports clubs, Physical activity/ faith groups and schools with the main purpose being that the partner organisation will deliver holiday programmes independently on behalf of Fuel 4 Fun, and its brand.

As part of the Fuel 4 Fun offer food hampers are offered, Tameside as a borough has a high number of families in poverty and deprivation and holiday hunger is a key element of the funding. Each family receives a hamper delivered to the family home; each hamper contains enough food to feed a family of four for five nights. The hampers contain fresh fruit and vegetables, fresh meat, and ambient products. Alongside this, each meal is accompanied with a menu card with step-by-step guides to create a family approach to home-cooked, healthy meals with the support of online tuition. Menu cards are created in partnership with Tameside Children's Nutritional Health Team to ensure each meal meets nutritional guidance.

Over the past 12 months the funding has enabled us to support 4935 individual families to receive food hampers (some families receiving five hampers over the summer to support the need in Tameside) with a total of 24675 meals delivered

On top of helping to break down barriers to access sports and physical activities, children are also encouraged to develop life-skills such as gardening on the trust's community allotments and

cooking their own healthy lunches. Alongside the activities, each child received a healthy lunch, with each child being actively encouraged and involved in the preparation and making, before eating their own lunch, exploring new foods, and developing their own recipes.

To create a transferable approach each child receives an activity bag to take home which includes sports items, arts and crafts and a water bottle. Offering each family, the opportunity to increase activity levels at home, boosting their health and wellbeing, and supporting positive behaviour changes.

What's more, Fuel4Fun has created a number of volunteering and paid employment opportunities. Notwithstanding, the incredible social impact Fuel4Fun has had on young people and their families, it has provided the opportunity for Adult Day Service clients from our Everybody Can programme – which provides services and provision for children and adults with additional needs and/or disabilities – the opportunity to gain valuable life skills through volunteering and paid roles.

Fuel for fun has had a huge impact delivering 6019 food boxes in 2021 almost doubling delivery in 2022 with 11300 food boxes delivered to families, fuel for fun also delivered a wide range of activities over the summer the Fuel 4 Fun programme engaged with 13 primary schools, 11 clubs, 6 PVIs, 5 Active sites, 5 youth provisions and 4 SEND groups. Each setting delivered a diverse, interactive, and exciting timetable. These sessions included activities such as: Commonwealth games tournaments, social media awareness courses, Nutrition education sessions, Swimming lessons, the introduction of the daily mile and Bike ability courses. Additionally, to this we also engaged with an additional 1500 young people at our Tameside Rocks Community Festival and a further 100 young people who attended our youth adventure days.

Fuel 4 Fun has now secure funding for a third year due to its overwhelming success.

Fuel 4 Fun has had many positive reviews please take time to read the feedback from someone who has experienced our camps.

Denton Community College 2022

***** is a young boy living in Tameside with additional needs; he has recently moved to a specialist provision for his education to allow them to support him. ***** has autism, ADHD and additional learning disabilities. Mum is a single parent living on her own and she struggles to get him involved with activities out in the community due to accessibility and the financial implications of both travel and cost of the sessions. Before ***** came to one of our session his mum was apprehensive about him attending somewhere new that he didn't know. With reassurance from the fuel4fun team regarding the inclusive holiday camps and the everybody can program mum felt reassured on ***** first day.

Since his first day ***** has continued to learn and develop his social, emotional and physical skills. ***** has attended every holiday camp since he first enrolled at the spring half term. Throughout his time at the fuel 4 fun camps ***** has gain his first 5m swimming badge, level 1 bike ability and a knowledge surrounding healthy eating habits. Which has impacted his food choices both at home and in school in a positive way. He has also been able to put his newfound love for healthy food into practice at home when helping his mum prepare dinner, following the recipe cards and using the ingredients from the food hampers we have sent home.

Since ***** has started with us we have been able to build a positive relationship with the family and look forward to working with them in the future to help build a positive healthy lifestyle for them both.

Mums Comments: I just wanted to say a massive thank you to you. My son had an amazing time this half term at Denton. My son has ADHD and autism and it's great to see him involved and loving the activities you provide. The camps are a great deal for him, and they really help me too. He enjoys every aspect of it and is really looking forward to the next half term."

For any further information on Fuel for fun please visit <https://fuel4fun.co.uk/> or email fuel4fun@activetameside.com