



FIT & FED IMPACT REPORT 2020



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Foreword



ELIZABETH DUGGAN
Managing Director

A handwritten signature in black ink, reading 'E Duggan'.

This year has been particularly hard for many families across the county. The need for camps such as Fit and Fed is greater than ever.

These camps offer some of Surrey's young people - who have just experienced many challenging months in lockdown - new experiences, healthy meals and a real break from their routines.

Holiday Hunger in Surrey

Surrey is generally regarded as a wealthy county with a strong economy. However this masks pockets of deprivation, and in some instances, low income families are living back to back with their more affluent neighbours.

Low income is defined as a family in low income before housing costs and claiming one or more of Universal Credit, Tax Credits or Housing Benefit.

A family's income makes a significant difference to children's cognitive, behavioural and health outcomes. Children living in poverty are almost twice as likely to live in bad housing.

This has significant effects on both their physical and mental health, as well as educational achievement. Children from low income families often forgo events that most of us would take for granted.

They miss important milestones in their life including educational school trips; can't invite friends' round for tea; and can't afford holiday trips away from home.

(4)

In 2018/19, **9%** of children aged 0-19 years old were living in low income families in Surrey compared to **13.5%** in the South East and **18%** in Great Britain.

That's **25,817** children who are in low income families in Surrey. In some of Surrey's most deprived areas, almost **1 in 4 (23%)** children are from low income families.

School Holidays

For low-income families School Holidays add increase pressure on them. The loss of free school meals (FSM) coupled with the rising cost of food, childcare and activities during the holidays leave many families and carers really struggling to cope. For some, this can mean a poorer diet, a highly restricted diet or even skipping meals entirely.

Fit & Fed – Tackling the inequalities of holiday hunger and inactivity

Launched in 2017, StreetGames' innovative Fit and Fed campaign offers fun physical activities and nutritious, healthy meals to some of society's most vulnerable young people.

These School holidays are supposed to be a fun time of the year, but for a generation of children from low income families it is anything but. Children are very isolated because there are no free activity programmes on offer, and they are at risk of going hungry because there are no free school meals.

(5)
In Surrey **8,290 (9%)** of primary aged school children are eligible for and claiming free school meals.

This is an increase of **1.5%** on 2018.

In the South East, **12%** of children receive FSM and **16%** in England.



(5)
The Trussell Trust who run food banks in the UK and have eight in Surrey, reported that there was a **122%** increase in food parcels going to children in May 2020 compared to 2019.

Fit & Fed 2020 Summer Camps

Research has shown how school holidays often present a challenge to families in need, but in summer 2020 the situation had been worsened by COVID-19, with some facing the triple threat of holiday hunger, inactivity and social isolation.

Funding from Saputo Dairy UK provided Active Surrey and its partners the opportunity to provide free Summer Camps for children and their families in need the most.

We took a very targeted approach to identifying the children. Working closely with Home School Link Workers, School Nurses, Schools, Family Centres and Active Surrey's Be You Best Team (who run a commissioned family weight management service), we identified children from low income families, areas of deprivation and families accessing or eligible for free school meals.



Throughout July and August, six free camps provided 132 children aged 7-11 with the opportunity to meet new friends, get involved in a whole range of activities and enjoy nutritional meals. Depending on their camp, the children had a chance to try new sports and activities from open water canoeing, orienteering, through to Olympic themed games and archery.

Each camp provided not only the opportunity to be active outside, but also to gain a greater understanding of the importance of being active combined with leading a healthy lifestyle.

Working closely with Be Your Best Surrey we provided each of the camps with resources such as recipe cards and fun games to play with an education spin on healthy eating messages. In addition, each family / carer received a Welcome Pack prior to each camp – this also including additional information on how the family could continue to stay active and healthy.

Along with a hot nutritional meal at lunch, healthy and nutritional snacks were provided by Saputo Dairy UK, to highlight how important healthy snacks are combined with a balance diet. This allowed the children to try out new foods, learn about nutrition all in a fun environment.

Our Funding Partner

Volunteers

Saputo Dairy UK volunteers provided valuable assistance across two of the six camps. 21 volunteers attended, over a period of two weeks helping with a range of activities. Supporting the children throughout the day, the volunteers got involved in a host of exciting and rewarding duties - ranging from helping the children during their lunch and break times, being on hand throughout the day to make sure everyone had an amazing, fun experience, through to taking pictures and videos.

Feedback

Feedback from volunteers who helped at the SOLD camps expressed how rewarding the opportunity was – highlighting the highs and lows of working with children with varying degrees of needs. 70% of volunteers said they would be happy to volunteer again, showing the importance and value of having the opportunity to make a difference within their local community.



"Big respect to all the team and lovely to meet so many wonderful kids. Gives an insight into a different world."

"Working with kids is incredibly hard & these kids were grateful to be outside & active during the summer."



Saputo
Dairy UK

Our Partners

COVID-19 presented us with a variety of challenges. And making sure these much-needed camps went ahead relied heavily on the collaboration with our partners.

Working very closely with three of our community partners it was vital that the provision provided for the children followed the most up to date Government guidance on COVID-19. Safety and safeguarding of the children during these unprecedented times was also paramount.

Delivered through our community partners – Surrey Outdoor Learning and Development (SOLD), London Irish and the YMCA East Surrey - the camps took place outdoors and the activities provided for the children were specially adapted to ensure they were COVID-19 safe and provided a secure and fun environment.



"The SOLD Team at Henley Fort are thrilled to have been part of the Fit & Fed Programme. Working with Active Surrey we devised the activity programme to include building shelters in the woods, lighting a fire safely, working as a team on the low ropes/challenge course, a hike in the Surrey Hills, canoeing on the River Wey and even cooking their own breakfast over an open fire."
Louise Edwards, Manager at Surrey Outdoor Learning and Development (SOLD)

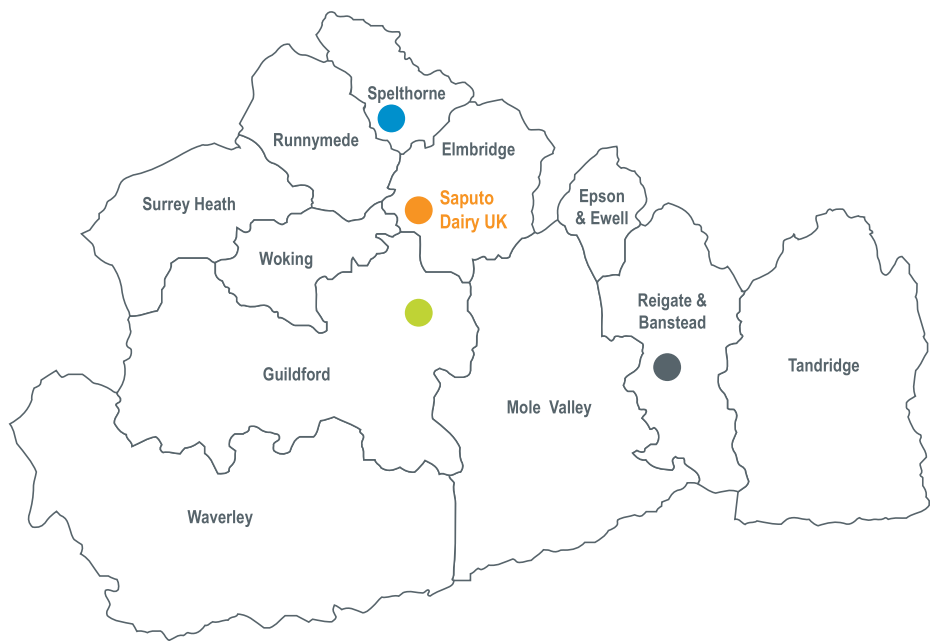
"It was fantastic to team up with local partners to deliver a much-needed initiative in the community. Children have suffered over the last four months of lockdown and this programme offered a timely opportunity for them to interact with their peers in a safe and fun environment."
Joseph Pegg - London Irish Foundation Manager

"We've had two great weeks of activity camps at Earlswood school. The scheme has allowed families who may not have the financial means the opportunity to take part in a weeklong programme of sporting activities."
Mike Roberts – Recreation and Sports Manager YMCA East Surrey

Camps and Activities

The camps included a varied mix of outdoor activities to keep the children active, engaged and learning! From Woodland survival to HITT sessions, arts and crafts to ultimate frisbee.

Location of camps



- Surrey Outdoor Learning & Development (SOLD) Henley Fort, Guildford
- Ashford Youth Club, Ashford, Spelthorne
- Earlswood Junior School, Redhill, Reigate & Banstead



Fit and Fed Summer 2020 Impact



These camps were available to children in the most need, and this including targeting children who were eligible and/ or receiving free school meals.

Out of the **132** children who attended the camps: -

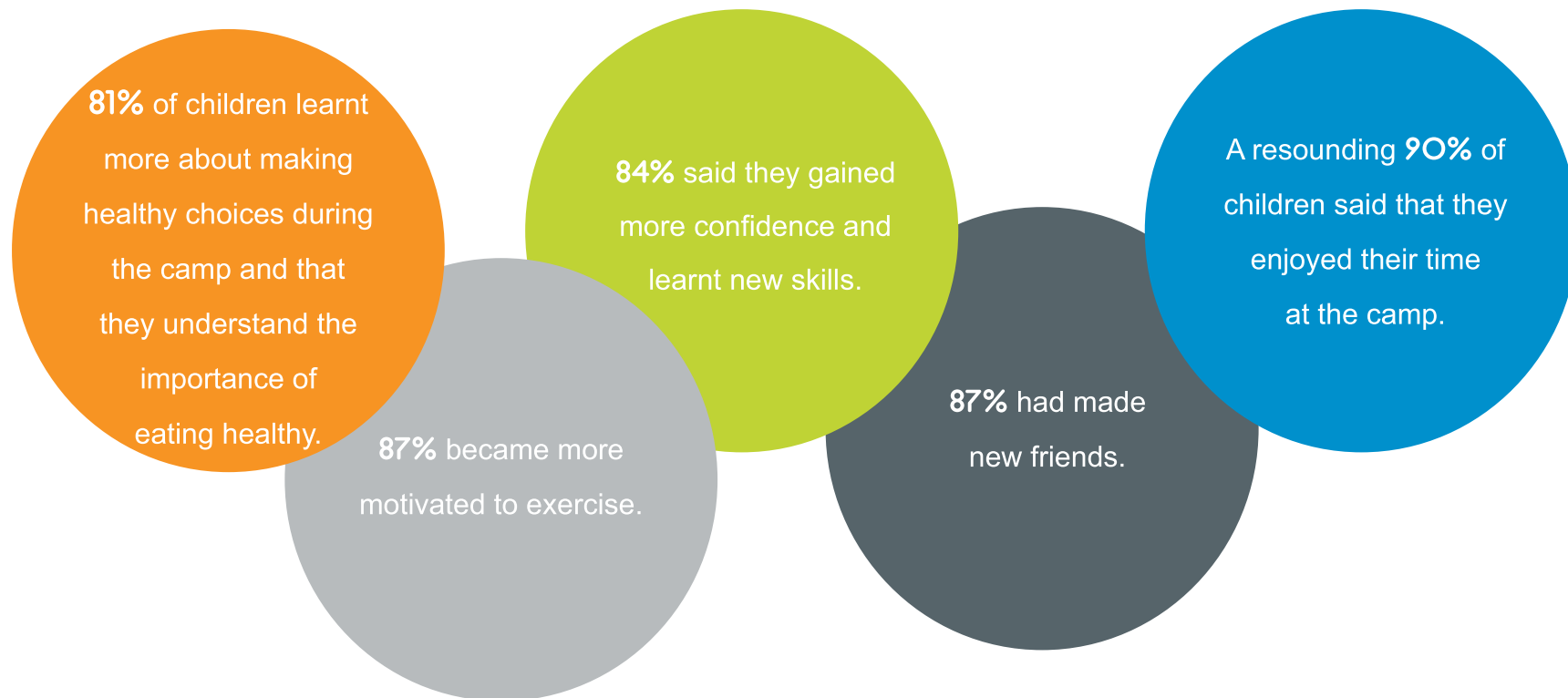
- **69%** of children receive free school meals
- **18%** of children were identified as having a health or ADHD condition

Participants' Feedback

All children who took part in the Fit and Fed Summer camps were asked to fill out a survey at the end of the week to see how much they had benefited from being active and the importance of maintaining a healthy lifestyle.

- **58% Male (77)**
- **42% Female (55)**

The feedback from the children was overwhelmingly positive.



Parents' Feedback

Parents too had the opportunity to feedback about the camps. One of the questions asked was "Which part of the camp experience do you think was most valuable to your child(ren) and why?"

"Keeping them active following a very difficult few months in lock down. My 2 boys attended and had become increasingly inactive, but this gave them the kick start back into activity that they really needed."

Beside the camps offering an opportunity for the children to be active and to help them understand the importance of eating healthy nutritional meals, snacks were also provided each day.

We asked the parents - Did your child(ren) enjoy the meals and snacks provided and did they have a favourite?



All these responses serve to highlight the huge impact that Fit and Fed camps have had, not only by tackling holiday hunger, but also alleviating many of the related social factors which are cited as affecting a young person's mental wellbeing when returning to school.

100% of parents who participated in our questionnaire said they would sign up for the camp again stating "an amazing week for my son" and "Thanks for providing active & learning opportunities".

"Absolutely loved the hot meals and she loved the veg, and cheese and crackers!"

The Mental Health Foundation says these were heightened because of the COVID-19 lockdown, with anxieties such as bereavement, uncertainty, positive and negative experiences of lockdown and transitions to new school life. (12)

SOURCES

Pg 4. Department for Work and Pensions, 2019

Pg 5. Department for Education, 2019.

<https://www.surreyi.gov.uk/dataset/2kw8x/number-of-pupils-eligible-for-and-claiming-free-school-meals-by-type-of-school>

Pg 5. <https://researchbriefings.files.parliament.uk/documents/CBP-8894/CBP-8894.pdf>

Pg 12. The Mental Health Foundation, 2020.

<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown/challenge-facing-schools-pupils>

FURTHER READING

<https://www.surreyi.gov.uk/jsna/economy-employment-and-deprivation/>

The Good Childhood Report 2020 – childrenssociety.org.uk

Active Lives Survey - <https://www.sportengland.org/know-your-audience/data/active-lives>

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