

## WHAT YOUNG PEOPLE TOLD US:

"It's been so fun and I hope it's on next year"

"If I hadn't come to the sessions, I would just be playing PlayStation"

"The activities are really fun, especially today when we went to the beach. It was great making new friends and the staff are great"

"The staff are amazing!"

"For me... I want to learn about how to maintain a healthy lifestyle".

"I liked making the food: the pizza was the best. I didn't know that coleslaw was cabbage, but it tasted good. I also liked making the recipe book so that I can do stuff at home"

"If I hadn't come to the sessions, I would be in bed watching TV"

## WHAT PARENTS TOLD US:

"It's been one of the best summers in a long time I have to say, because my kids have looked forward to coming here every day"

"This has been a fantastic opportunity for her to meet new friends"

"My three girls loved it and Michelle has been great - providing gluten free food for them as they all have an allergy. I can't thank her enough!"

"I cannot thank you and your team enough for the fantastic holiday project. Makenzie has loved every day. I have been able to work without feeling guilty. Thank you for making such a difference to the kids in Croydon"

"The project was great, as it gave the whole family something to do during the holidays. It is only across the road and saved me a lot of money feeding the children and trying to find things to keep them busy. The food had been different to what we would normally eat, and the kids have all tried and liked many of the new things. We have cooked stir fry and made wraps at home and plan to try different fillings in the sausage rolls. I wish this was [available] every holiday"

## WHAT COMMUNITY ORGANISATIONS TOLD US:

"StreetGames has been amazing in providing training and support to our staff, so that we can deliver the Fit and Fed project. [They're] always sharing information and opportunities to ensure that our delivery is as smooth and possible - even providing us with water bottles [that] have ensured that the young people are more proactive in drinking water. They've been great and we have had a great summer!"

"StreetGames' support has been the backbone of our Fit and Fed [provision]"

"We were only able to [deliver] the Fit and Fed summer Sports Camp because of the support and encouragement received from StreetGames. Without this funding, we would not have delivered the programme this year"

"StreetGames has given us considerable information, including ideas, training opportunities, and potential food services that we could tap into. They have always been easy to contact and support"

"StreetGames has been instrumental in helping us to establish the Fit, Fed and Read Programme in Hertfordshire: firstly by highlighting the need; secondly by helping us to secure funding; and also by making Fit and Fed, and Training for the workforce available"

"I can't thank StreetGames enough - the community we work has been crying out for this funding and they really helped the children to have a great summer holiday. Thank you for everything!"

"The impact that Mon Actif, Anglesey County Council and StreetGames have had on the community is a huge one: creating opportunities and changing lives forever by educating children and parents on the importance of eating well and eating healthy. Between us all, we have brought people and communities together and we have inspired our future generations - ensuring every child attending our camps had fun, ate well, and [goes on to] lead a fit and active lifestyle"



**FIT AND FED SUMMER 2019**

**#FitandFed**



## FIT AND FED

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

Launched in 2017, Fit & Fed reaches thousands of young people across the country each year - helping to combat the triple inequalities of holiday hunger, social isolation and physical inactivity.

## ACTIVITIES PROVIDED

Fit & Fed sessions delivered in 2019 have provided young people with access to a variety of activities, including:



A wide range of sports



Play activities



Arts activities



Educational workshops and talks



Interviews, debates and radio training



Trips, outdoor activities and camping

## TRAINING

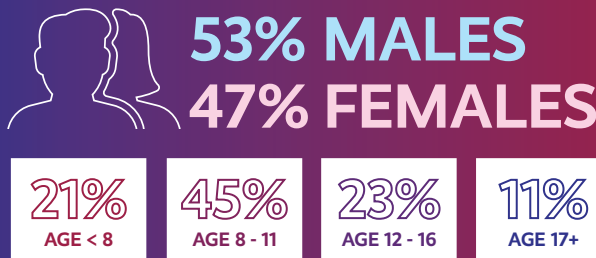
In preparation for the summer holidays, StreetGames provided training workshops for many staff and volunteers, including:

- Fit and Fed Multisport Activator Workshops
- Fit and Fed Educational Enhancement Courses
- Youth Mental Health First Aid Training
- Food preparation, handling and cooking

## SUMMER 2019 STATS



## PARTICIPANT PROFILE



## PARTICIPANT SURVEY

