SCHOOL GAMES IMPACT AWARDS

Healthy Body, Healthy Mind!

To create successful opportunities for all young people in sport and physical activity, we cannot work alone. This project demonstrated the successful partnership created between local mental health support organisations, Public Health, Active Partnerships, community sports providers, and the School Games Organiser (SGO).

Supporting young people's mental health in addition to their physical health, these partnerships created a successful community event, focused on the holistic development of young people through physical activity.

"What a brilliant event to be offered to young people and their families."

TEAM GB

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Department for Digital, Culture, Media & Sport

Department of Health & Social Care

THE NATIONAL LOTTERY

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Objectives

- Create a series of community health and wellbeing events to promote local physical activity opportunities to local young people
- Provide professional support and advice to parents from children's mental health support services.

Who was the target audience and how were they engaged?

The project aimed to engage young people within the local area to increase their levels of physical activity outside of the school day to promote their physical and mental wellbeing. Through collaboration with local partners and facilities, the SGO was able to invite children and their families to a series of free events incorporating a whole host of activities including:

- Dorset Taekwondo, Christchurch Tennis / Christchurch Rugby, Christchurch Netball, FuZe8 Dance, New Forest Football, Dorset Cricket Board, Dorset Leadership Academy young leaders, Dorset Mini Handball
- Public Health Dorset, My Time Young Carers, The Listening Ear, Relax Kids, Awesome Archie, Live Well Dorset, Active Dorset, Dorset Mental Health Support Team in Schools

Why was the activity unique?

This event brought together the local community to create a safe space where young people could trial new opportunities whilst meeting positive role models in the community. By inviting families to attend with the young people, the event engaged parents in activities on offer in the local area and the importance of child mental health. It was fantastic to see parents and children spending quality time together and getting active.

Including refreshments as part of the event encouraged people to stay longer and created social spaces, which helped build connections between families in the community to support the future of these young people.

What was the impact felt in schools and by CYP?

With over 100 families attending each day, the event received positive feedback from both parents and partners in addition to the young people themselves.

- *"My daughter and her friends really enjoyed it; we signed up for some after school tennis sessions with the local club as a result." - Parent*
- *"We found today such a positive and uplifting experience for both students and parents" - Teacher*
- *"We believe today was a massive success and the potential is incredible" - Parent*

All clubs saw the value of this event and committed to taking part in ongoing events. There was a high level of sign-ups from children at the participating clubs following the weekend of the event.

Why is this an example of School Games best practice?

This project demonstrates the value of partnership working together within the School Games network to tackle inactivity levels and connect communities.

Through engaging local stakeholders, the SGO was able to create sustainable physical activity pathways for young people to access sport outside of the school day. This will contribute to the development of a young person's passion for play, whilst contributing towards their 60 minutes of daily activity.

For more information, email Daniel at daniel.moody@twynhamlearning.com

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