



UNIVERSITY OF
GLOUCESTERSHIRE



Fit, fed, fun!

INSIGHT REPORT SUMMER 2023 DELIVERY

Introduction

This report provides a formative evaluation of the Fit, Fed and Fun (FFF) programme delivery that took place in Summer, 2023.

It builds on evidence already acquired as part of the ongoing FFF programme, including the experiences of young people taking part, their parents, carers, and guardians.

Following the established evaluation approach, data were analysed for descriptive statistics and to identify main themes in the qualitative feedback.

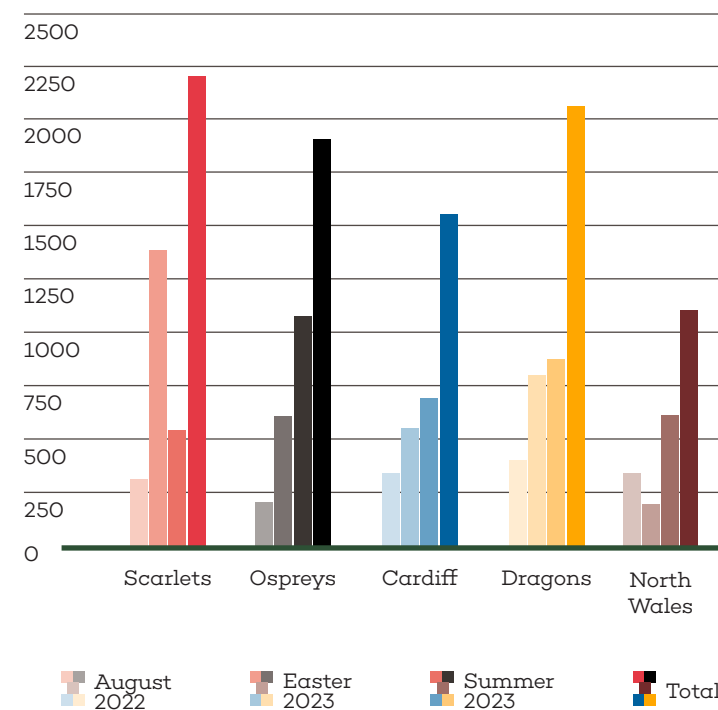


Main findings

Participation data

- In total, 3,775 attendances were recorded across the programme (a total of 97 camps) during August 2023, the average attendance across all delivery sites being 38.9 (see Figures 1 and 2).
- Ospreys recorded the highest total (n=1,045, average attendance 58.1 young people across 18 camps). This marks a notable increase compared with Easter '23 (i.e., 24% of total compared with 14%).
- Scarlets recorded the lowest (n=529, average attendance 33.1 young people across 16 camps). RGC ran the most sessions (n=25).
- Combined with Easter '23 attendance, 7,312 young people have participated in FFF during the period in which we have measured and evaluated in 2023.
- 1,536 and 3,540 attendances were recorded across the programme during August 2022 and April 2023 respectively. Thus, including 2022 participants, FFF has so far engaged 8,851 young people (not including multiple attendances by single participants) during Easter and Summer Holiday Periods

Figure 1: Attendance for regions (n)

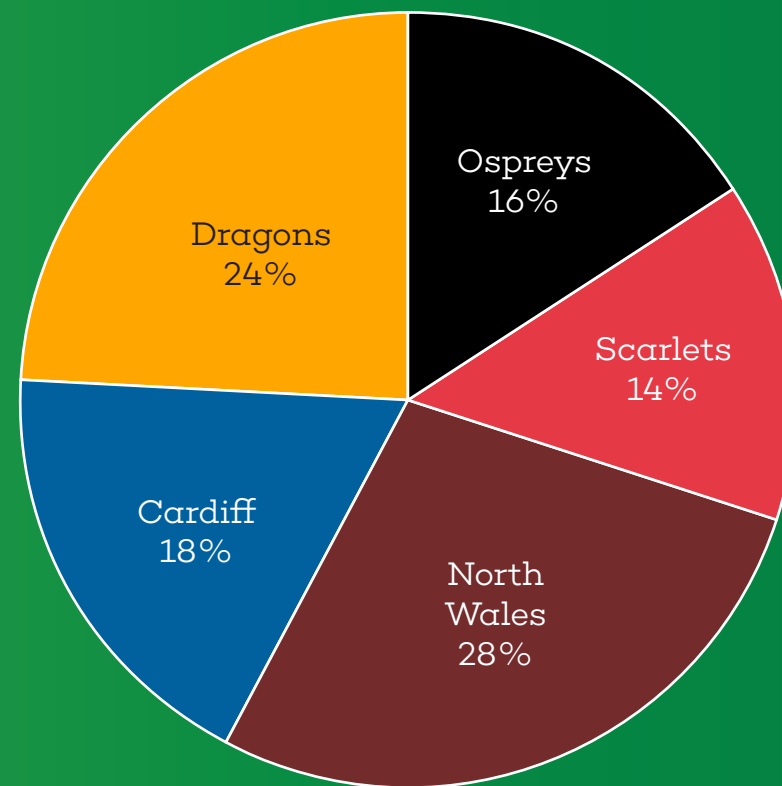


Main findings

Overall summary of feedback

1. FFF continues to provide an innovative and important opportunity to engage young people in a safe space to enjoy being physically active, meeting others and making new friends.
2. Learning new skills and knowledge, free access, and the provision of food are distinct features of the programme and participants value the opportunity to attend sessions at nearby and reputable facilities.
3. Overall, participants feel more confident and rate programme delivery highly.
4. In general, parents are able to divert time to other commitments, safe in the knowledge that their children are cared for in a professional and well managed environment.

Figure 1: Share of attendance by region (%)



Main findings

1

Consideration of a broader array of activities within sessions would likely increase registrations and enable a more diverse population to attend.

2

There is a need to focus on maintaining and improving the quality of communication across programme delivery.

3

Wider family engagement could provide opportunities to increase the appeal and reach of FFF.

4

An opportunity exists to increase the quality of communication and information concerning the camps to further reassure those taking part - particularly in respect of welfare and safeguarding issues.

5

Stronger emphasis of delivering simple, impactful, and educational messaging around environmental awareness and connections to the Sustainable Development Goals should be considered in order to build on successes to date.

Perspectives from Participants and Parents / Guardians

1. Fun and enjoyment continue to be a principal driver of delivery and a clear factor in participant experience. Young people feel excited to interact with others, make new friends, develop skills through a variety of engaging activities, and acquire new knowledge.
2. FFF appears to be consolidating its reputation as a trusted deliverer of activity camps. Organisation and processes have been refined and improved over time so that very few operational issues are now surfacing. Where these issues do arise, they tend to relate to communication, advertising and booking problems.
3. Delivery at local venues continues to be an essential part of FFF's success. Continuing to work with local partners to identify appropriate facilities to support the engagement of as many young people as possible remains a priority.
4. Parents value the time made available to them when children participate and feel confident that the sessions are delivered by a trusted and expert team.
5. Children come away feeling happy and energized, with some having greater confidence, feeling socially connected, and developing a wider range of tastes and interests with respect to physical activity and sport.
6. In the participant at surveys, strong responses speak directly to the types of impacts FFF is seeking to achieve including *'I know about healthy eating'*, *'I feel confident to try new things'*, *'I feel close to other people'*, *'I am tolerant and respectful of others'* and *'I feel fully mentally alert'*

Headlines from Summer 2023

Site Visits

- **FFF is supporting the physical and mental wellbeing of participants while providing clear opportunities for social inclusion and community belonging**
- Young people were fully engaged with activities, and coaching staff facilitated an inclusive environment that ensured that participants remained 'on task' at all times.
- Feedback from WRU staff indicated that working on Fit Fed Fun is among the most enjoyable aspects of their job, enabling them to support community inclusion through sport.
- Having an understanding of local issues, local need, and having prior connections with the targeted young people is essential.
- Stakeholders valued a partnership approach to organising and delivering sessions – as a strategic response to declining budgets for community sport across Wales; for efficiency of delivery and to provide greater access to training.

Figure 3: WRU Fit, Fed, Fun with WLGA



Targeted Outcomes

- Iechyd Meddwl a Lles
Emosiynol Gwell

1 Improved Mental Health
and Emotional Wellbeing
- Ymgysylltu a'r Ysgol a
Chyrhaeddiad Addysgol

2 School Engagement and
Educational Attainment
- Dyheadau Gwell

3 Improved Aspirations
- Ymddygiad
Dietegol Gwell

4 Improved Dietary
Behaviour
- Gweithgaredd
Corfforol Gwell

5 Improved Physical
Behaviour

Total Participants

8,060

Total number of schools/provisions

201

Figure 4: WLGA Insights

This year, with the cost of living crisis, many families are struggling and I have been told on more than one occasion they didn't know how they were going to feed the children through the 6 week holidays

It is open to everyone so I felt no stigma sending my child and they loved it and couldn't wait to go the next day, I nearly cried when I received the bag bwyd as we had no food and I felt ashamed to go to a food bank

Appendix A: Attendance data

| RGC | n | Scarlets | n | Dragons | n | Cardiff | n | Ospreys | n |
|---------------------------|-------------|------------------------------|-------------|---------------------------------|-------------|--------------------------|-------------|--------------------|-------------|
| Rhyl RFC | 35 | Bro Gwaun | 34 | Maindee Primary | 94 | Trefonnen Primary School | 12 | Penlan | 34 |
| Rhyl RFC | 35 | Milford Haven Leisure Centre | 38 | Abergavenny Deri View Primary | 25 | Old Illtydians | 36 | Pyle | 75 |
| Caernarfon RFC | 47 | Milford Haven Leisure Centre | 35 | Maindee Primary | 83 | Porth RFC | 24 | Abercrave | 75 |
| Bethesda RFC | 22 | St Clears Leisure Centre | 48 | Ysgol Gymrage Caerphilly | 22 | Llandaff North | 37 | Nantyffyllon | 25 |
| Bethesda RFC | 22 | Bro Gwaun | 32 | Garniffaith RFC | 25 | Grangetown Pavillion | 36 | Bonymaen | 26 |
| Cr Bro Ffestiniog | 23 | Ysgol Harri Tudur | 33 | Castal Park Primary | 20 | Llanharran RFC | 22 | Penlan | 75 |
| Cr Bangor | 24 | Aberaeron RFC | 38 | Ebbw Vale Sports Centre | 39 | Cardiff West High School | 37 | Bryncethin | 55 |
| Shotton RFC | 29 | Dr Mz Carmarthen | 42 | Nhsob RFC | 64 | Ynysowen RFC | 44 | Pyle | 92 |
| Cr Bro Ffestiniog | 23 | Cardigan RFC | 32 | White Rose New Tredegar Primary | 43 | Barry RFC | 26 | Abercrave | 85 |
| Cr Bangor | 26 | Lampeter RFC | 26 | Trinant Primary | 40 | Mountain Ash RFC | 31 | Nantyffyllon | 28 |
| Colwyn Bay RFC | 26 | Newcastle Emlyn RFC | 34 | Garndiffaith RFC | 30 | Old Illtydians | 25 | Bonymaen | 45 |
| Cr Llangefni | 37 | Bryngwyn School | 40 | Tredigar Sports Centre | 50 | Butetown Pavillion | 90 | Neath RFC | 50 |
| Cr Llangefni | 37 | Glan Y Mor School | 33 | Thornwell Primary Chepstow | 20 | Llanharran RFC | 36 | Penlan | 60 |
| Cr Nant Conwy | 26 | Aberystwyth | 25 | Nhsob | 68 | Trefonnen Primary School | 40 | Bryncethin | 45 |
| Welshpool | 30 | Brynamman RFC | 39 | Garniffaith RFC | 28 | Cardiff West High School | 28 | Aberavon Quins RFC | 80 |
| Newtown | 30 | Pembroke (ALN) | 10 | Abertillery Sports Centre | 50 | Ynysowen RFC | 32 | Pyle | 65 |
| Welshpool | 25 | | | Overmonnow Primary Monmouth | 20 | Porth RFC | 38 | Neath RFC | 50 |
| Newtown (ALN) | 14 | | | White Rose New Tredegar Primary | 26 | Barry RFC | 42 | Aberavon Quins RFC | 80 |
| Newtown | 18 | | | Blaenavon RFC | 88 | Mountain Ash RFC | 29 | | |
| Shotton RFC | 28 | | | Ebbw Vale Sports Centre | 50 | Llandaff North RFC | 30 | | |
| Llandudno (ALN) | 30 | | | | | | | | |
| Bethesda RFC | 31 | | | | | | | | |
| Total Participants | 618 | | 539 | | 885 | | 695 | | 1045 |
| Average Per Camp | 29.4 | | 33.7 | | 44.3 | | 34.8 | | 58.1 |
| Total Camps | 21 | | 16 | | 20 | | 20 | | 18 |

(ALN = Additional Language Needs)

Appendix B:

WE Soda WRU WLGA Summer 2023

| Rgc | N | Scarlets | N | Dragons | N | Cardiff | N | Ospreys | N |
|-----------------------------|-------------|--------------------------|------------|--|-------------|----------------------------------|-------------|----------------------|------------|
| Ysgol Cefn Meiriadog | 40 | Neyland Community School | 40 | Ysgol Y Lawnt | 80 | Holton Primary School | 80 | Faldau Primary | 40 |
| Ysgol Penmorfa | 60 | Ysgol Llwyn Yr Eos | 40 | Monnow Primary | 80 | Abercarnid Community School | 40 | Cefn Saeson | 40 |
| Ysgol Bryn Gwalia | 80 | Ysgol Bro Banw | 40 | Abertillery Learning Community | 80 | Pantysgallog Primary School | 80 | St Josephs | 80 |
| Ysgol Maesglas | 40 | | | All Saints Primary | 80 | St Marys C.I.w Butetown | 40 | YBB | 80 |
| Ysgol Glancegin | 40 | | | Glanhowy Primary | 80 | Oak Field | 80 | Ysgol Hendra Felin | 80 |
| Brynteg CP School | 40 | | | Willow Town Primary (Hosted At All Saints Primary) | 80 | Glan-Yr-Afon Primary School | 160 | Clwyd Primary | 40 |
| Ysgol Maes Y Mynydd | 40 | | | Blaenavon Heritage VC Primary | 120 | Trelai Primary School | 40 | Tre Uchaf Primary | 40 |
| Ysgol Penrhyn CP | 40 | | | Blenheim Road Primary School | 120 | Millbank Primary School | 50 | Penyrheol Primary | 40 |
| Brynllwarch Hall School | 20 | | | Coed Eva Primary | 120 | Bca: St Aloysius Campus | 40 | Terrace Road Primary | 40 |
| Maesyrrhandir CP School | 40 | | | Cwmbran High School | 80 | Penrtrabach Primary School | 40 | Cwm Brombil | 120 |
| Flint High | 40 | | | Garnteg Primary | 120 | Gellifaelog Primary School | 40 | Ysgol Coleg Y Cwm | 40 |
| Brynllwarch Hall School | 20 | | | George Street Primary | 120 | Birchgrove Primary School | 40 | Hafod Primary | 40 |
| Ysgol Bodedern | 40 | | | Maendy Primary | 120 | Cathays High School | 40 | Cydy | 40 |
| Ysgol Tywyn | 40 | | | Llantarnam Primary | 120 | Howardian Primary School | 40 | Abercerdin | 40 |
| Welshpool CIW School | 40 | | | Nant Celyn Primary | 120 | Hywel Dda Primary School | 80 | | |
| Christchurch School | 40 | | | New Inn Primary | 140 | St Albans R.c Primary School | 40 | | |
| Connahs Quay High | 40 | | | Penygarn Primary | 120 | Tredegarville CW Primary School | 40 | | |
| Ysgol Bro Llew | 40 | | | Woodlands Community Primary | 80 | Pantysgallog Primary School | 80 | | |
| Ysgol Yr Holl Saint | 40 | | | Ysgol Panteg | 120 | Goetre Primary School | 80 | | |
| Ysgol Cybi | 40 | | | | | Howardian Primary School | 40 | | |
| Ysgol Llanfawr | 40 | | | | | Pentrebane Primary School | 120 | | |
| Argoed | 40 | | | | | Holton Primary School | 80 | | |
| Queensferry Primary | 40 | | | | | Abercarnid Community School | 40 | | |
| Welshpool Cw School | 40 | | | | | Kitcheener Primary School | 40 | | |
| Esgob Morgan | 80 | | | | | Pencaerau Primary School | 120 | | |
| Rhyl High | 140 | | | | | St John Lloyd R.c Primary School | 40 | | |
| Rhayader CIW Primary School | 40 | | | | | Windsor Clive Primary School | 40 | | |
| Rhosddu Primary School | 60 | | | | | Glyncloed Primary | 40 | | |
| Rhayader CIW Primary School | 40 | | | | | Gwaunfarren Primary School | 40 | | |
| | | | | | | Ysgol Y Graig Primary School | 40 | | |
| | | | | | | Pen Y Bryn Primary School | 40 | | |
| | | | | | | Trelai Primary School | 40 | | |
| | | | | | | Pentrebach Primary School | 40 | | |
| | | | | | | Glan-Yr-Afon Primary School | 160 | | |
| | | | | | | Springwood Primary School | 80 | | |
| | | | | | | St Albans R.c Primary School | 40 | | |
| | | | | | | Millbank Primary School | 50 | | |
| | | | | | | Ysgol Nant Caerau | 80 | | |
| | | | | | | St Marys C.I.w Butetown | 40 | | |
| | | | | | | Gwaunfarren Primary School | 40 | | |
| | | | | | | Bca: St Aloysius Campus | 40 | | |
| | | | | | | Gellifaelog Primary School | 40 | | |
| | | | | | | Tredegarville C.w Primary School | 40 | | |
| | | | | | | Goetre Primary School | 80 | | |
| | | | | | | Pantysgallog Primary School | 80 | | |
| | | | | | | Oak Field | 80 | | |
| | | | | | | Birchgrove Primary School | 40 | | |
| | | | | | | Pentrebane Primary School | 120 | | |
| | | | | | | Springwood Primary School | 80 | | |
| | | | | | | St John Lloyd R.c Primary School | 40 | | |
| | | | | | | Bca: St Illtyd's Campus | 40 | | |
| | | | | | | Kitcheener Primary School | 40 | | |
| | | | | | | Glyncloed Primary | 40 | | |
| | | | | | | Windsor Clive Prumary School | 40 | | |
| | | | | | | Pentrebach Primary School | 40 | | |
| | | | | | | Cathays High School | 40 | | |
| | | | | | | Eastern High School | 40 | | |
| | | | | | | Hywel Dda Primary School | 80 | | |
| | | | | | | Pencaerau Primary School | 120 | | |
| | | | | | | Pen Y Bryn Primary School | 40 | | |
| | | | | | | Coed Glas Primary School | 80 | | |
| | | | | | | Ysgol Nant Caerau | 80 | | |
| | | | | | | Coed Glas Primary School | 80 | | |
| | | | | | | Eastern High School | 40 | | |
| | | | | | | Ysgol Glan Ceubal | 40 | | |
| Total Participants | 1340 | | 120 | | 1980 | | 3860 | | 760 |
| Number of Provisions | 34 | | 3 | | 49 | | 96 | | 19 |



THIS IS OUR GAME

THIS IS WELSH RUGBY

DIOLCH