



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.

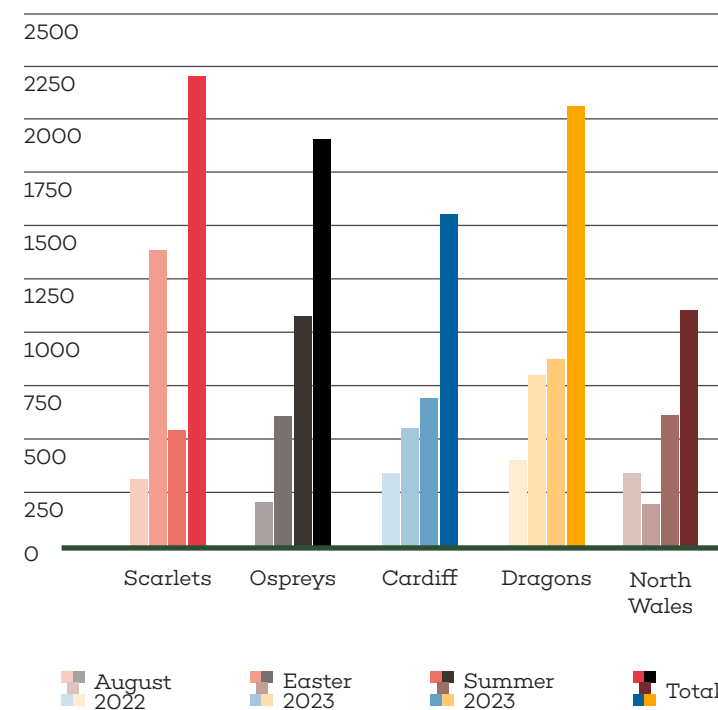


Main findings

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)

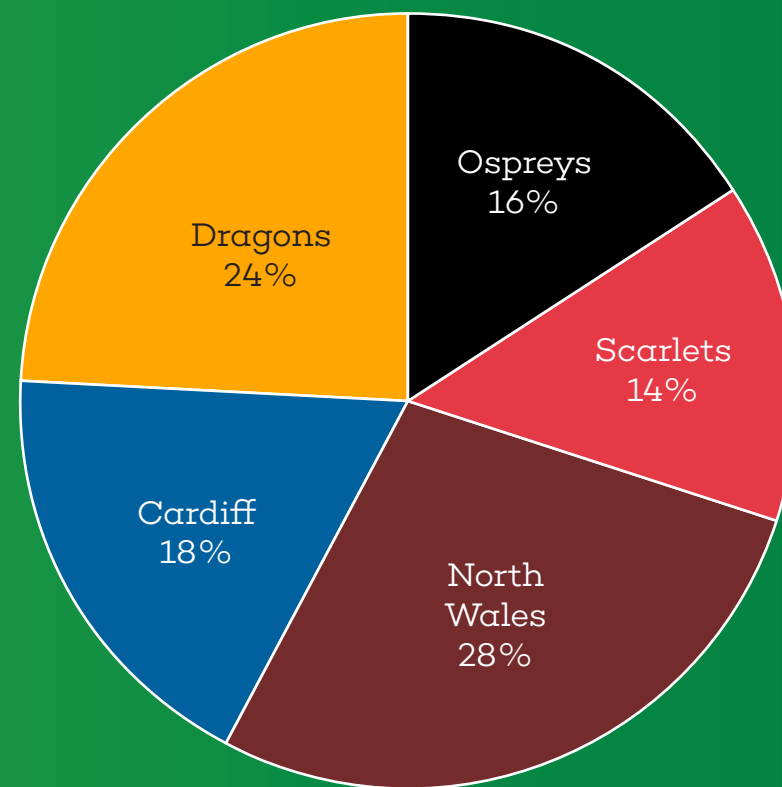


Main findings

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 Josep's	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	Abercridin	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			Penygarth 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					Glyncod 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		
						Glyncod Primary	40		
						Windsor Clive Primary 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

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