

F.A.O – Braunstone Park & Rowley Fields, Westcotes & Western Park Area Committee

RE: Funding

New Development: Junior Calorie Killers and Fit Chicks.

SCORE 4 Sport: Nacro – Fit Active Braunstone (FAB Project)

May 2006

Project Background:-

Aim – to engage with young people aged 8 – 16 years old who are not accessing any service delivery and who are at risk of high health inequalities poor nutrition, lack of exercise and general fitness.

Objectives –

Consultation – to clearly understand what young people want to access in relation to health, nutrition and fitness.

Nutrition – to provide knowledge and understanding to young people and families around good nutritional intake.

Exercise – to provide quality provision of sport / physical activity to young people who are socially excluded and are at risk of child obesity.

Learning – to support the formal and informal learning around health, nutrition and exercise.

Since the beginning of the SCORE 4 Sport Programme, the needs of young people have been at the forefront of any development and activities have reflected that need. The programme works with affecting the levels of boredom of young people and therefore directly influences what young people do in their space time – with specific reference to affecting the previous high level of anti-social behaviour. The S4S project is now keen to work with young people around the obesity issue and has already addressed a need to look at this type of work.

Fit Active Braunstone (FAB Project) is a project working in Braunstone to engage and help people to take up exercise, sport and physical activity. The people the project works with are the hardest to reach on the estate of Braunstone and many have done exercise for the first time since leaving school (in some cases some forty years). The project works one to one with people to motivate them to take up physical activity, and over the past two years has seen remarkable health differences, for example – one individual has reduced there insulin by 12 units per day, blood pressure lowered, weight loss, stop smoking, gained employment, and self esteem increased dramatically. As part of this initial consultation the project Is very keen to look at this area with young people and believe it is a vital area that needs addressing, within the local community of Braunstone park, Westcotes,

Rowley fields and western park area.

It is also clear that young people have a particular need to be both conscious and responsible for their own health needs and particularly that of child obesity. It is important to inform young people about their responsibility and how they can affect it in a positive way. The new development will raise the awareness within young people about the consequences of being un-healthy and will show young people a variety of simple but effective ways of living healthier. This programme is not finalised and is still in its early stages, it is an overview of a proposed way of tackling the health related needs of young people. In order to make this sustainable a 12 month program would be an ideal opportunity to develop this work around child obesity, and pilot this way of working.

The project will be provided for 12 months and will allow the initial consultation with the young people in the area, there will be lots of support from Score 4 sport, Fit Active Braunstone, and community food project in order to make the project impact even more effectively. The plan is to try and access some of the hardest to reach young people and engage them with effective and fun ways to look at nutrition and exercise and all the bonuses that run with this. The aim of all the taster sessions, in the local schools will allow the project to gain a core group(s) of young people to meet regularly and allow them to develop all their skills around this subject area. This project will also provide the area with some groundbreaking work and something that could be shadowed across the county and possibly country.

Programme outline –

1 – **The Sessions** with the young people (10 sessions) including cooking, nutritional work, exercise etc

2 – **The Residential** – a chance for the young people to develop there skills around the subject areas, and improve self esteem and motivation.

3 – **The Family Event** at the end of each programme to encourage the young people to show their families and friends how interesting a healthy lifestyle can be, and can demonstrate the skills they have learnt.

Proposed Partners:

All the partners outlined below are the main partners identified in the early stages. If there is a need to include others or if a key partner is missing, then they will be addressed in the early consultation process.

1. Nacro: Programme developer and lead delivery agent;
2. Fit and Active Braunstone: Calorie Killers & Fit Chicks;
3. Sport Action Zone;
4. Braunstone Community Association: Health & Wellbeing Theme Group;
5. Community Food Project;
6. Braunstone Multi Use Games Area;
7. Braunstone Youth House;
8. Fullhurst Community College;
9. Caldecote Junior School;
10. Queensmead Junior School;

11. Crescent Junior School;
12. Folville Junior School;
13. Youth Services, and;
14. Leicester City Council: Sports Regeneration Unit.
15. Braunstone Leisure Centre – Leicester City Council
16. Riverside Community College
17. Imperial Primary School
18. Dovelands Primary School
19. Winstanley Community College (young people from Braunstone)
20. Shaftsbury Primary School
21. Plus any other schools in the area committee area.

Proposed Theme Areas:

Outlined below are the proposed area(s) of work for the programme. The list and brief gives a clear understanding around the emphasis of the programme and the impact which will be achieved. The young people will be asked in the consultation about these subjects and see how they would most like to do sessions around this area.

1. Fitness Activities:

To develop a variety of activity sessions which will demonstrate the importance of being active in order to live a healthy life. Activities could include gym sessions, circuit training and a variety of traditional sports activities.

2. Develop cooking Skills:

To give young people the basic necessary skills to prepare and cook healthy food, rather than settling with the normal traditional fast food or pre packed options.

3. Increased Nutritional Knowledge:

To give young people the required knowledge in order for them to have a better understand about the different food contents and their importance in our diet.

4. Cooking on a Low Budget:

To give young people and their family an clearer understanding about what can be cooked on a low budget, the types of food and a weekly low budget nutritional menu.

5. Cook and Eat Sessions:

Putting their current knowledge into practice and then taking the food home to share with their family and explain the content and benefits.

6. Weight Care Sessions:

A complete check on the improvements made, weight lost and how both the diet and exercise have impacted.

7. Food for Sport:

To go through young peoples' current knowledge of the different energy sources for sport and physical activity and them demonstrate a variety of different ways to acquire those energy sources.

8. School Lunches, What to Eat When:

To work with the schools and young people to assess what is currently being served during school dinners and then young people designing an alternative menu which young sporty people can try.

9. What Makes Us Work – Anatomy & Physiology:

A better understanding about the human body and how it works, what energy systems are working during different activities and the affect on the body.

10. Sugar Rush (Sweets, Sweets and more Sweets):

A breakdown of the affect of sugar on the body, what happens and why it's not healthy to have a predominately sugar based diet.

11. Residential/Healthy BBQ's :

A chance to enjoy what they have learnt, to develop, organise and deliver either a residential or healthy BBQ's to friends, family and peers.

12. How To Get The Best Out Of Your Body!:

Combining the nutritional information gained, with the newly formed cooking skills and the understanding of the human body to develop information cards which will be printed and sent to all houses on the estate to promote a healthy sporting life.

13. Breakfast Clubs:

Set up and run a variety of breakfast clubs within either chosen schools or all schools in Braunstone.

14. Nutrition Newsletter:

A wider promotion and circulation of information to inform Braunstone residents about all information outlined above.

If you require any further information or would like to discuss about this proposal then please contact either Dean Tams – 0870 1706 949

dean.tams@braunstone.com

or Jon Hunt – 0870 1706 953 jon.hunt@braunstone.com.

Address - Units 3 – 4 Forest Business park, Oswin Road, Braunstone, Leicester, LE3-1HR,