

# Funded Active Families Project



Following a highly successful pilot phase of 9 Manchester schools, we are looking for 30 more schools and settings from Greater Manchester to help us develop this exciting project funded by Sport England.

If you want to:

- Improve the health and wellbeing of families at your school.
- Improve children's fitness levels and their readiness to learn.
- Develop the skills of parent volunteers to support other families and the school.
- Increase parental engagement and support the school's community cohesion.
- Develop a longer-term sustainable model to enable families to get more active together.
- And enable families to develop positive networks and reduce isolation.



Apply to get involved in our funded **Active Families Project**.

## What does the project involve?

We provide training for a member of staff and three parent volunteers from each school as Family Activity Champions to enable them to facilitate groups of families to commit to becoming more active together through:

- **After-school activities.** Families are invited and encouraged to take part in a range of accessible, inclusive and fun activities facilitated by school staff and parent champions.
- **Home activities.** Modelled in these sessions, families are also given activities and challenges to do together at home to increase their regular daily activity levels.
- **Community Activities.** Families are encouraged to broaden their active experience through access other opportunities and facilities in the community in the evenings and weekends (e.g. swimming, cycling, badminton, activities in parks etc.)
- **Participation** and attendance is encouraged through funded equipment pack distributed to families as they attend each session.
- **Sustained increased activity** is celebrated with active 'prizes' which are theirs to keep.

This is a two year project. During the second year we would offer continued support to help schools to embed the project such as top up training and support to staff and champions as required.



There is also an option for Champions to get accreditation

This project is aimed at families from low socio-economic groups (parents whose highest qualification is GCSE, low paid workers or those on benefits). This can also be defined by postcode.

## We need schools to agree to:

- Allocate one or two members of staff to be involved with the project including helping to facilitate the Active Families sessions at the school, supporting the parent Champions and encouraging families to do the home and community activities.
- Recruit appropriate parents to be Champions and identify and encourage targeted families to attend the sessions.
- Provide a hall, gym or suitable venue for approximately 10 families to take part in activities after school.
- Allocate a member of SLT to have an overview of the project and support its development including enabling recruitment, publicity, monitoring, evaluation and celebration of successful families.
- Staff attending the briefings, training and review sessions.
- In the second year pay a contribution towards resources (approx. £300) out of the school's Sports Premium funding
- Make sports equipment available during the sessions (e.g. balls, beanbags, hula hoops, cones, bibs etc)
- Complete monitoring and evaluation as required by PEN and Sport England

## In return, PEN will provide

- Comprehensive training for parent volunteers (Parent Champions).
- Briefings for senior leaders
- Training for the staff supporting the project.
- Ongoing support and visits to the school
- All the resources needed to help recruit families and run the sessions in the first year, including publicity, equipment kits, activity cards and resources to support the activities, resources needed for the after-school activities, and certificates etc.
- Opportunities to recognise, celebrate and publicise nationally the successful outcomes at your school
- Accreditation opportunity for Champions

## Interested?

We are recruiting for start dates in September, January and May 2019

Please ring Helen on 0161 860 5039 if you have any questions or fill in and return the application form by 10<sup>th</sup> May 2019 and return to [helen@penetwork.co.uk](mailto:helen@penetwork.co.uk).

