



Live Well and Healthy

April to July 2018

End of Project Report

Background

At The Gap we strive to support our young people to have the best possible transition to adulthood by aiming to achieve 3 specific outcomes through our youth activities:

- Improved personal and social relationships
- Increased self-confidence
- Improved healthy lifestyle choices

We believe that we provide an important service to the local community, especially to families that can not afford after school or more specialised clubs. Children and young people need a place to go where they can make positive friendships and enjoy healthy activities. According to the Warwickshire Joint Strategic Needs Assessment (JSNA) there is a concern about the rise of childhood obesity and its future implication. The Gap is well positioned to contribute to a viable solution to this. We provide youth activities 5 days a week in 3 different venues, supporting around 200 individual young people.

What did you ask for?

Last Year we asked the Warwick Town Council for £5000 to fund a 3-month youth project called Live Well and Healthy. The project aimed at providing fun sessions to promote a healthy lifestyle, focussing on physical activities and healthy eating.

What did we deliver?

With the funding we provided 57 youth sessions which included 55 sports and games sessions, 27 cooking sessions, 26 arts & crafts sessions and 2 trips – Jump in and Safari Park.

The sports and games sessions involved football, dodgeball, capture the flag, table-tennis, air hockey, pool table, and many others. We also partnered with Brazilian Culture & Arts Community to deliver 2 capoeira (Brazilian Martial Art) workshops for our young people.

In our cooking sessions, the young people learned how to bake cakes, make main meals and mixing their favourite fruit to make smoothies. Those session included Fajitas, making their own pizzas, wraps, spaghetti Bolognese, making tagliatelle from scratch, baking Victoria Sponge, etc.

The young people enjoyed learning various skills on our arts & crafts sessions such as painting, robot making, cards, sculptures, etc. While they learned practical skills, they were



also learning communication and team work which are important skills for a successful transition to adulthood.

Also, thanks to the funding from Warwick Town Council, we were able to take 20 young people in 2 different trips. At Jump In trampoline park, they had the opportunity to spend a lot of their energy having a great time. And to celebrate the end of our Live Well and Healthy project, we took the young people to West Midlands Safari Park. Most of our young people never had the opportunity to go before, so the trip was a real treat for them.

Results

During the project, our young people gained a wide range of skills while also having fun. Many of the skills they learn they will be able to continue to develop, e.g. cooking at home, which will help their development and independence.

We engaged 133 individual young people and made 667 contacts. In all the sessions delivered, the young people participated in physical activities and had fruit as part of their snack. Around 70% of the young people participated in our cooking workshops, with many participating in this activity for the first time. Cooking became one of the favourite sessions and the young people are now always excited when we announce our cooking projects.

Through a survey completed by the young people, they all have increased their understanding of the importance of physical activities and eating healthy and the success of this project indicates that the activities delivered should be part of our continuous programme.

On behalf of all our young people, we would like to say a big thank you to Warwick Town Council for the funding that allowed to successful deliver the Live Well and Healthy project.

Marcos Campos

Marcos Campos
Director
The Gap Community Centre
marcosthegap@gmail.com
01926 494200

Picture collage of the activities delivered:

