

Catch22 Suffolk Positive Futures

Lowestoft Easter Holiday Activity and Food Program

Northfield St Nicholas Academy

Catch22 Suffolk Positive Futures received funding from Suffolk County Council to deliver a Holiday Activity and Food Program throughout the Easter holidays to students in receipt of free school meals. The project aims to tackle the triple threat of isolation, hunger, and inactivity faced by young people from deprived families during School Holidays. Studies have discovered families struggle to afford the increased cost of food when free school meals are not provided as well as the additional cost of activities during holidays from School.

We linked with Northfield St Nicholas Academy in Lowestoft who referred 20 students to 4 days of sporting activities taking part from the School site. Despite experiencing all weather including sun, rain and snow over the 4 days, the students continued to attend taking part in Dodgeball, Basketball, Cricket and Football activities.

After the activities young people and staff then sat down together to eat a healthy lunch provided by local bakery Vera G's including Sandwiches, Water and Fruit. Whilst eating lunch staff were able to chat with young people about attitudes towards school, aspirations and encourage them to be more active.

Through consultation and questionnaires, we discovered if young people had not attended the project 75% would have been watching TV or playing on their computer/tablet. This evidences the need for targeted projects to improve young people's fitness and keep them active to reduce the risk of obesity and health issues as well as improve mental health through being active and interacting with peers.

Other highlights include 100% of young people saying they would recommend the project to their friends and over 90% asking to attend again if we repeat the project in future holidays.

We are currently planning to run the project in future school holidays with Northfield St Nicholas Academy and expand the offer within other local school.

