

What is it?

Fit, Fed & Read is the Herts Sports Partnership variation of the StreetGames UK national 'Fit & Fed' initiative. It seeks to offer high quality holiday activity sessions - including support with literacy - in Hertfordshire's most disadvantaged neighbourhoods, with a nutritious meal every day, free of charge.

Why?

The initiative was created in response to a growing body of research on the tripling inequalities of holiday hunger, isolation and inactivity. For those young people growing up in disadvantaged families, the school holidays can be a very challenging time.

Research suggests that over 70% of low income families can struggle to feed everyone in the school holidays, and as a result will turn to cheaper, less nutritious food or may go without food altogether. Further research states that children can experience a reduction in physical fitness and educational attainment during the school holidays. This can be attributed to a lack of accessible physical and educational activities for young people in the holidays, particularly in the poorest areas. This supports the association between area deprivation and fitness levels/BMI scores.

Who is it for?

The programme is targeting 8-11 year olds from the most economically disadvantaged families in Hertfordshire. Our target is that all of the participants will be eligible to receive free school meals, but we understand that there are circumstances which means those in need don't meet this criteria. We want to make sure that those attending the programme are from the families that need the extra help.

Where?

The projects are taking place in the fire stations at the following six locations:

- Hatfield Fire Station, Wellfield Road, Hatfield AL10 0DA
- Watford Fire Station, 223-229 Lower High St, Watford WD17 2AG
- Hemel Hempstead Fire Station, Queensway, Hemel Hempstead HP2 5HA
- Borehamwood Fire Station, Elstree Way, Borehamwood WD6 1JP
- Cheshunt Fire Station, College Rd, Cheshunt, Waltham Cross EN8 9LT
- Stevenage Fire Station, St. Georges Way, Stevenage SG1 1HS

When?

All projects will commence on Monday 30th July and run for four weeks throughout August.

Monday – Thursday (no sessions on Fridays) from 11am – 3pm.

All participants signing up to the project should intend on attending for the full four weeks.

How to enter

Fill out a Fit Fed & Read Summer 2018 Entry Form and return it to k.fagan@herts.ac.uk

More information

If you would like more information please contact HSP Project Officer Will Slemmings on w.slemmings@herts.ac.uk or 01707 283249.

