



STRIDE
ACTIVE

Impact report

2023-24



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INSPIRING ACTIVE FUTURES



Introduction

MORE YOUNG PEOPLE GROWING UP HAPPIER AND HEALTHIER THROUGH POSITIVE EXPERIENCES OF PHYSICAL ACTIVITY.



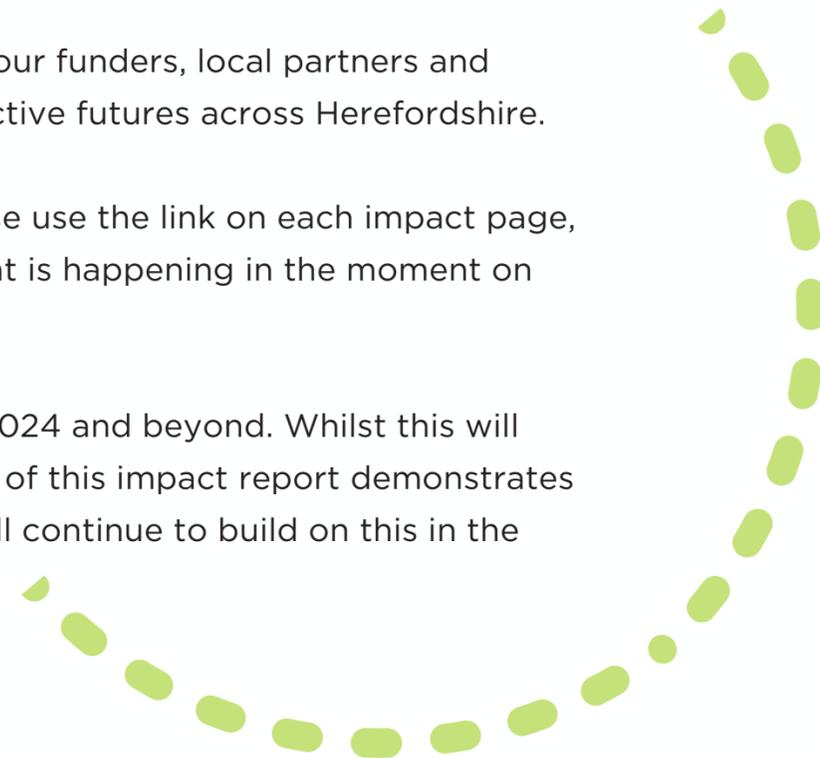
Year on year we have developed the number of opportunities, services and projects we deliver, providing positive experiences of physical activity to as many young people as possible. With this comes growing impact; we have more stories to tell, more outcomes to report and more data to share. We have therefore taken a different approach to our annual report and together we have picked our highlights of the year, focusing on where the greatest impact has been achieved.

The following pages will give you a flavour of what we achieved in 2023-24 and the power physical activity has to make a difference to the lives of young people in our county.

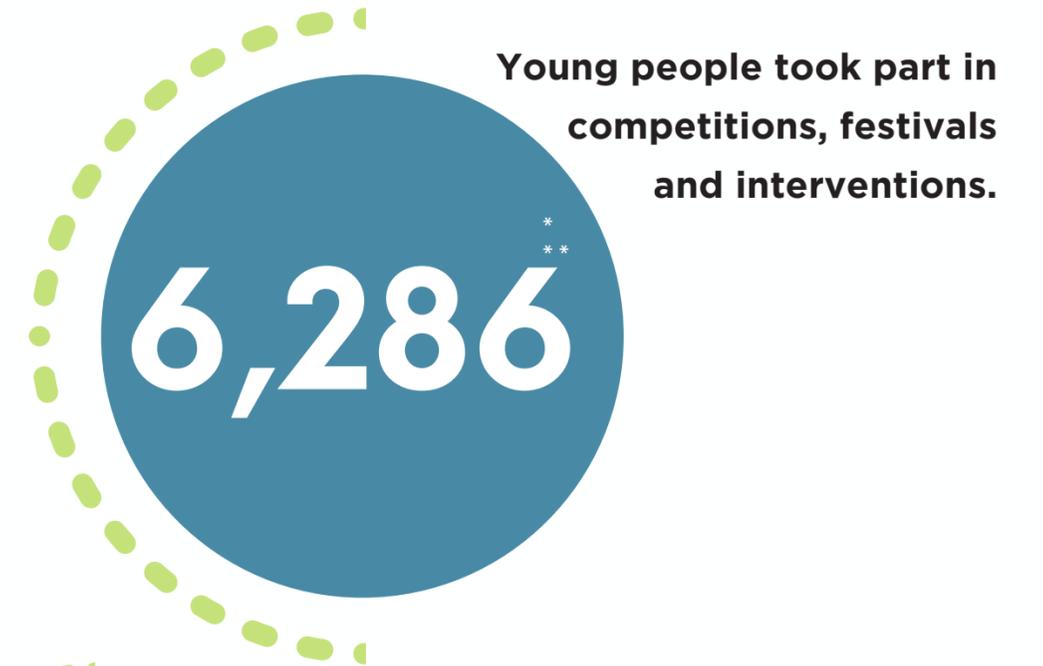
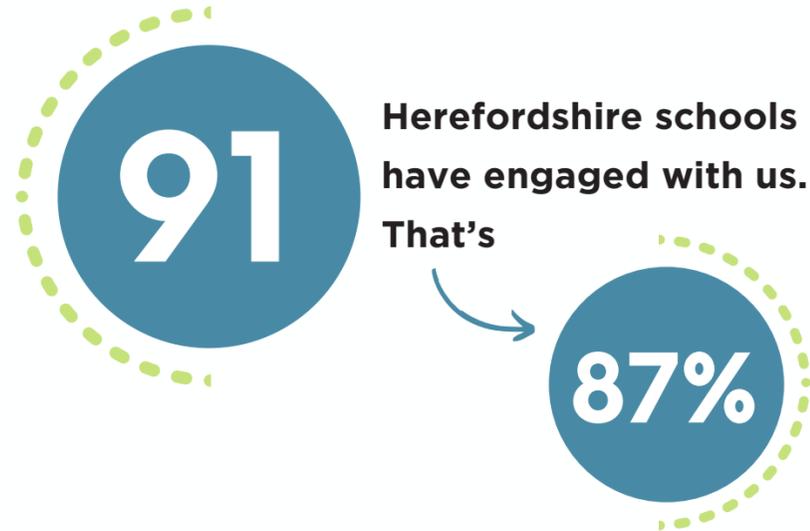
Of course we could not achieve this without the support of our funders, local partners and schools. We would like to thank you for helping us inspire active futures across Herefordshire.

To find out more than we can squeeze into this report, please use the link on each impact page, take a look at our website www.strideactive.org, or see what is happening in the moment on our social media channels.

At the end of this report you will find our new strategy for 2024 and beyond. Whilst this will guide our work from September 2024 onwards, the content of this impact report demonstrates how we are already taking strides to reach our goals. We will continue to build on this in the years to come.



A year in numbers



*unable to monitor if these are unique participants

**including events delivered in partnership with Active Herefordshire & Worcestershire

Climbing for Confidence

“It was an amazing experience, I didn’t think I could do it, but I did”

We continued our partnership with Green Spider Climbing, delivering Climbing for Confidence sessions during Children’s Mental Health Week. Schools were encouraged to target young people that would benefit most from this intervention.



Research has found both climbing and bouldering to be positive activities for supporting mental health. They encourage concentration, a positive distraction and create a sense of achievement which builds self-belief and confidence. We asked children to rate their confidence levels before and after the intervention. The results demonstrate that even when trying something new, confidence was either maintained or increased. We also encouraged participants to support their peers to develop confidence communicating with one another; 79% told us they achieved this on the day. One third of participants were disadvantaged (identified through Pupil Premium data); this intervention gives them the opportunity to access a new activity, building social capital. Furthermore, almost 20% were SEND.

After the intervention, we asked schools to share how it impacted their pupils. “The reason I took the children to this event was to develop their confidence and teamwork skills. After attending this event the children’s willingness to try new things and confidence levels rose massively.” (Withington Primary School)

“Thinking about one of the children in particular: the child was incredibly nervous about coming to the event, to the point of wanting to pull out. Parents encouraged her, as did we and she returned to school feeling very proud of herself. She’s a very quiet individual, who experiences challenges at home, due to a very dominant, autistic older brother.

It was great to see her smiling and enjoying the challenge of the event and hopefully this will give her more confidence in the future to try new things more readily.” (Bridstow Primary School)

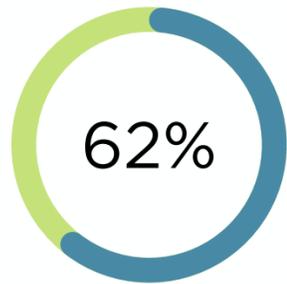
Roller for Resilience

This was the second year we delivered Roller for Resilience, in partnership with The Core (Skate Hereford). This intervention was developed on the success of Climbing for Confidence, using the same principle of a physical activity that allows each individual to concentrate on their own goals and personal best. Young people recognised how the activity was helping them to build their confidence and resilience:

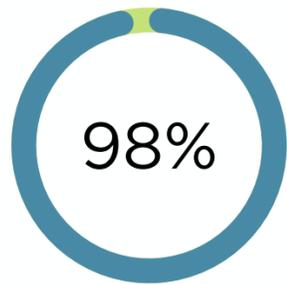
“You needed to fall in order to build your confidence”



42
pupils from 9 schools took part



62%
said they found it difficult but kept trying



98%
said they felt both brave and proud

“One of our group members was having a very difficult time with his home life and can get quite emotional at school. He was very quick to cry and feel like they couldn’t do it because it was too hard, but Beky supported him throughout and managed to get him standing and having a go. Despite wanting to give up, he didn’t and by the end felt like if he could overcome this problem, maybe he would be able to overcome other problems.

Another child we brought is struggling to come to school due to anxiety. He was our top performer and was this activity really boosted his confidence. We continue to work with him on this.

2 other members we picked because this is not the type of activity their family would ever do with them and it was about providing new opportunities - the smile on their faces said it all - they just had so much fun.

This was a wonderful event for so many reasons!”
(Peterchurch Primary School)

[Find out more here](#)

Active Families

Active Families is now in its third year of supporting families to become more physically active and reduce sedentary behaviour. A further 84 new families have been supported this year, either receiving signposting or 1-1 support over 12 weeks.

11
schools

56
activity bags
for families

112
total
participants

Through this programme we have helped families to:

1. **Increase their physical activity** through walking for pleasure, or walking to school, developing a specific skill such as swimming or ‘throwing-and-catching’ or finding activities that families could do at home together.
2. **Increase their information and knowledge about accessible, affordable and local physical activities.** We achieved this through matching local activities with personal interests, providing discounted, low or not costs activities, finding safe solutions to health-related barriers and providing free physical activity resources, games and ideas.
3. **Access and learn about the benefits of play**, through providing activity bags which also encourage creativity, reducing screen time through providing alternative, fun activities suitable for indoors and outdoors, all whilst reframing what being active means and can entail.
4. **Experience positive social impacts**, such as siblings playing together more, children using the activity bag to engage in play with neighbours and other family members, plus ideas and support for those who were struggling with social anxiety.
5. **Improve health and wellness**, such as weight loss, increased energy, improved sleep, improved mood and finding enjoyment in being physically active.

Schools whose families we supported have shared the impact they have seen:

“Families making a point of being more active - being outside more.”

“Our families now are spending less time on electronic games and more time getting active as a family.”

 [Find out more here](#)

Here Girls Can

Here Girls Can is delivered in partnership with Active Herefordshire and Worcestershire. It continues to demonstrate the successes of collaborative working with our Active Partnership. The festival was designed by girls, for girls. The four design principles continue to guide the event and wider programme. This year we faced more demand than ever from schools; 38 schools applied for a place which far exceeded capacity. This resulted in a second festival being delivered, providing an opportunity for 25 schools to attend. Immediate impact was reported on the day and we are learning of longer term impact too.

“Confidence grew through the day.”

“Attitude towards sport/PE has become more positive today.”

“It was great to be together with lots of other girls and just be us and try new things.”

“Throughout her school career she has been reluctant to take part in PE due to her size, often bringing notes to excuse participation and generally not wanting to take part. I invited her to attend the 'TGC' day event, this has given her more confidence and showed her that 'she can do PE'. Year Ten students get the opportunity to volunteer to help Mrs Butler run Primary School Sports Events and E has always wanted to be part of this. She was exceptional at the recent KS1 Multiskills event and thoroughly enjoyed the afternoon. Since attending TGC, E takes part in all her PE lessons, only has a note to excuse in the most genuine of circumstances and is such a confident young lady, unrecognisable to the student who she was in Year Eight [when she first attended Here Girls Can]. We often have a conversation about this and she glows with pride to know how far she has come.” (JKHS)

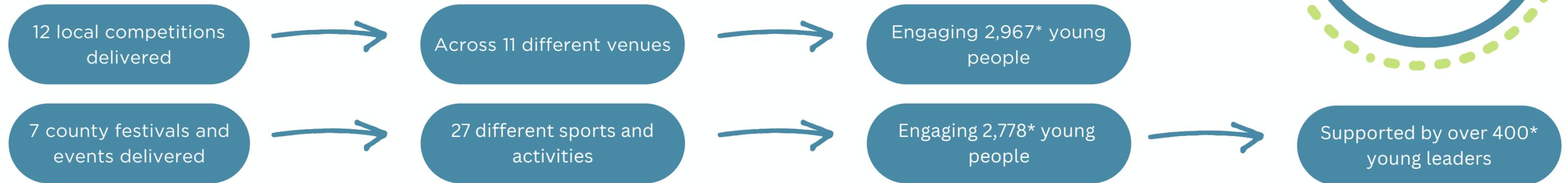
Our thanks to Active Herefordshire & Worcestershire and Herefordshire Council (Public Health) for funding this programme.





School Games

We have continued to develop our targeted approach to the School Games at both local and county level. We are funded by Sport England at local level and commissioned by Active Herefordshire & Worcestershire at county level to deliver the School Games programme.



The impact of the School Games includes increased levels of physical activity, more confidence in school and PE, the development of important life skills and building social connections through new friendships.

“The events develop or children’s confidence, sportsmanship, passion, self-esteem and teamwork. The School Games, has given our children more confidence, experience and ultimately, helped develop their resilience.” (Weobley Primary School)

“Children have built stronger friendships with their peers, they may not be used to engaging with certain individuals before but this opens the door for that social interaction.” (Ewyas Harold Primary School)

“Some of the least active or confident children, having taken part in the events , have shown increased confidence and have joined our after school sports clubs.” (Riverside Primary School)

[Find out more here](#)

*unable to monitor if these are unique participants





Our Purpose Inspiring Active Futures

Our vision

More young people growing up happier and healthier through positive experiences of physical activity.

Our work contributes to Sport England's 'Uniting the Movement' Strategy and Herefordshire's Health and Wellbeing Strategy.

Our motivation for change

- Over half (53%) of young people in Herefordshire are not taking part in enough physical activity to benefit their health.
- 1 in 4 reception aged children in Herefordshire are overweight or obese, rising to over 1 in 3 by the time they reach year 6.
- Only 30% of teachers and 31% of parents are aware that children should be active for at least 60 minutes a day.
- 1 in 5 young people in Herefordshire have poor mental health.

Our Values

Passion - We are driven by enthusiasm for what we do and our desire to make a difference.

Aspirational - We are dedicated to making an impact, creating change and being innovative in our approach.

Quality - We have integrity and strive as a team to achieve the highest standards.

Open - We are committed to creating a welcoming and supportive environment for everyone.

Our strategy
2024 and beyond

Our Goals

To achieve our desired impact, we have established key goals to guide our work. Our goals will be underpinned by a commitment to putting young people at the centre of all we do.

#1 Raise the profile of physical activity and advocate the benefits for young people.

We will develop and share insight and impact to demonstrate how physical activity can be used to improve health, wellbeing and behaviour outcomes.

We will influence local and national networks, programmes and policies.

#2 Work together to achieve better outcomes for young people.

We will prioritise working collaboratively with organisations, schools and families to share our expertise and enthusiasm.

We will broaden our partnerships and reach to increase the positive impact of physical activity for more young people.

#3 Commit to creating a sustainable future.

We will unite environmentally friendly practices and physical activity, encouraging others to do so.

We will identify new opportunities for income diversification and growth.

#4 Provide meaningful opportunities and positive experiences of physical activity for all young people.

We will develop and implement a programme of events and interventions that are values-driven and meet the needs of schools and young people.

We will support the networks around children and young people, such as schools, teachers and families to help them access and deliver physical activity, PE, sport and play.

#5 Use physical activity to help young people develop the skills to thrive in life.

We will support good mental wellbeing through physical activity, specifically building resilience and developing confidence.

We will provide leadership and learning opportunities, developing transferable skills to support young people's ambitions and employability.

For more information visit www.strideactive.org



Thank you for your continued support

Visit www.strideactive.org for more information and impact.

Stride Activity is a Community Interest Company.
Company number: 12556873

