



STRIDE
ACTIVE

IMPACT REPORT

2024/25





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INTRODUCTION

One year ago we launched our strategy for '2024 and beyond', where we outlined our commitment to making positive changes to the health and happiness of children in Herefordshire, through physical activity.

As a Community Interest Company, we are a not-for-profit organisation, with charitable objectives. We exist to serve our community - schools and young people throughout Herefordshire. This was our first full academic year operating as an independent organisation; it brought new opportunities, but also fresh challenges, at a time when the Voluntary, Community and Social Enterprise (VCSE) sector is feeling the strain.

Despite the uncertainty over our long-term funding, the changes in what we are being asked to deliver and the rising need of those we serve, there is much we can be proud of. Notably, this year, 6% more young people in Herefordshire are now achieving Chief Medical Officer guidelines (60 active minutes each day). We believe this sends a powerful message of what can be accomplished when we work in partnership. We would like to take this opportunity to thank all funders, partners and schools for helping us inspire active futures across Herefordshire.

As an organisation, we want to hold ourselves accountable, whilst celebrating our successes. We therefore want to use this year's impact report to reflect on the progress we have made against our five goals to date.



If there is something in this report that captures your attention, please visit our website to find out more!

www.strideactive.org

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



58
SCHOOLS

Achieved their School Games Mark award through our support, which in turn has helped to raise the profile of physical activity within their school and amongst their local community.

34% Improved their Mark Award from the previous year.

We were commissioned to support the new Herefordshire Healthy Schools programme, launched this year across the county. Working in collaboration with the Public Health team, we have helped schools and Early Years settings to strategically review and develop their physical activity provision.

We have dedicated over:

125
HOURS



35 schools and EYFS settings

to help work towards or achieve their Healthy Schools award.

More than ever, we have worked hard to position physical activity as a catalyst for change. We have demonstrated how it can be used to achieve wider health and wellbeing outcomes for young people. Our interventions have focused on improving:

RESILIENCE | CONFIDENCE
COMMUNICATION | BELONGING
BEHAVIOUR | TEAMWORK

This year we delivered:

3

Here Girls Can festivals

2

Climbing for confidence sessions

2

Kick with Confidence sessions

1

Here for Boys festival

2

Roller for Resilience sessions

GOAL #1

Our projects are designed to provide young people with renewed confidence and resilience that can benefit them when back in school. We have embedded this focus within our School Games programme too, which has also been impactful.

“The shift in confidence of 2 of the children in our group surprised me as they were really anxious before the session. It was surprising that they persevered even though initially they found it difficult, but they didn't give up and kept trying.” Building confidence and resilience at ‘Roller for Resilience’



71%

OF BOYS

felt more confident after taking part in ‘Here for Boys’.



“Since attending the day, a number of the students have been more forthcoming and confident in PE lessons. It's helped them appreciate that they perhaps don't need to be the strongest performer or perhaps involved in mainstream sports, there are other avenues to leading a healthy active lifestyle.”

Thank you to the partners who worked alongside us in the delivery of these programmes.

“

It is always lovely to see children that are self-aware find confidence in their own abilities and do it with a smile on their face. Since our visit a few of our girls in year 6 have been displaying increased engagement in PE lessons, through simple things like not being afraid to get into groups first (they usually wait to see if they are chosen by friends), or to start an activity before watching other people to be sure they are doing it correctly. By their increased self confidence they find these things a lot easier to manage.

”

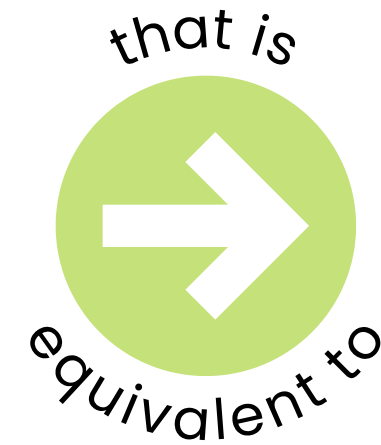


GOAL #2

Work together to achieve better outcomes for young people.

WE HAVE SUPPORTED

89
SCHOOLS



84%
of all schools in Herefordshire



WE HAVE WORKED IN PARTNERSHIP WITH

24 DIFFERENT ORGANISATIONS

to deliver events, festivals and interventions over the course of the year.

We are proud to partner with Active Herefordshire & Worcestershire on a range of programmes. By working together, we have been able to combine resources and knowledge to achieve positive outcomes for young people across programmes such as the county School Games programme and Here Girls Can.

Of the

2879



participants who took part in county School Games activities:

10%

of young people were from ethnic minority backgrounds

27%

of young people had Special Educational Needs or Disability (SEND)

25%

of young people receive an allocation of Pupil Premium funding (a measure of disadvantage)

We collectively identified target groups, based on levels of inactivity and tailored events to meet this.

“

Please would you forward our thanks to your team for enabling us to have the most wonderful time at the stride games on Wednesday. One of our mums who supported, said her son had had the best day of his life - coming from a school where he couldn't mix with one person, to joining this amazing event.

From the very start, the reception staff showed us exactly where to go, the level of preparation you had put in place was exemplary. [Ofsted] were very complimentary about how inclusive it was and commented on how much our students had gained from it

”

GOAL #2

The Here Girls Can programme has continued to grow in success. This year, we delivered three Here Girls Can festivals in partnership with local organisations.

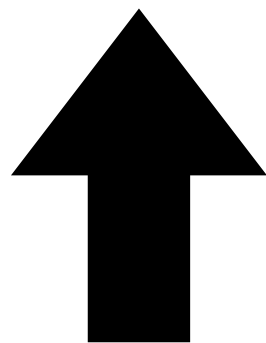
39%

of Herefordshire schools applied for a place to bring their students.

“Being here has boosted my confidence and encouraged me to try new things”

AFTER ATTENDING HERE GIRLS CAN

85%



INCREASED CONFIDENCE

95%



FELT INSPIRED TO BE MORE ACTIVE

We ask schools to tell us the sustainable changes that have taken place as a result of attending Here Girls Can. They range from introducing a girls only sports club, and martial arts club where girls could wear clothes they feel comfortable in, to increased attendance at extra-curricular clubs and finding the confidence to become playground leaders.

“After bringing a team of girls last year to the Here Girls Can Festival, we noticed that the pupils became more confident in the classroom and were more willing to challenge themselves. The children who took part in the festival were our less active pupils and they would often stand on the periphery during PE lessons. Following the festival, the children were more engaged during physical activity and we had one child who took part in sports day for the first time.”





GOAL #3

Commit to creating a sustainable future.

This year we have successfully applied for and secured

£87,448

additional funding from different sources (including 5 new funders)...

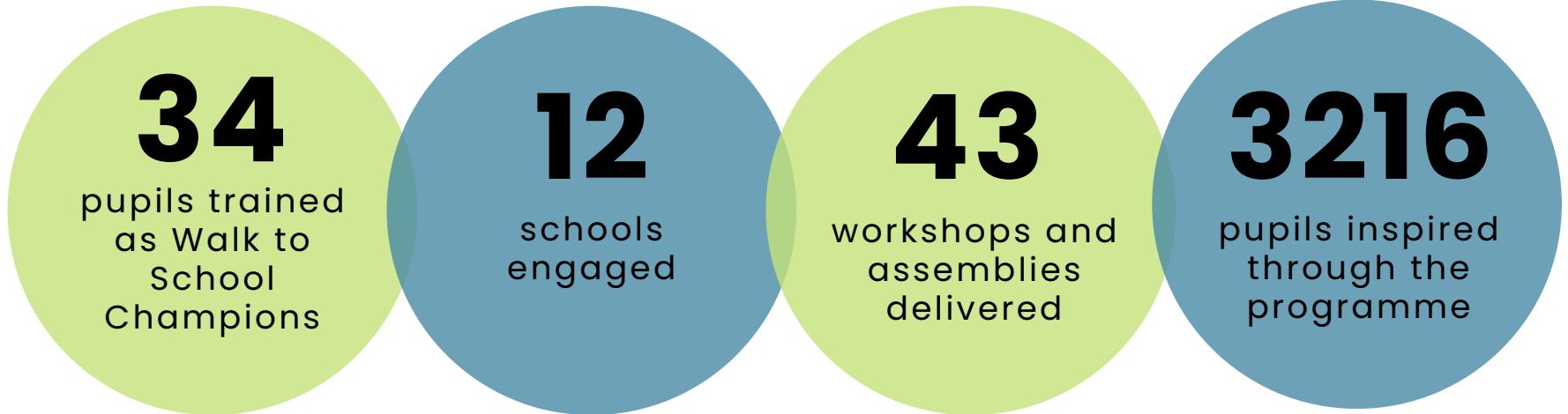
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...to deliver free activities and interventions to children, young people and their families, across Herefordshire, including Here Girls Can activities, Active Families and Walk to School.

This is in addition to the £60,000 we are awarded for the delivery of our core services - FA Girls and the localised School Games programme. All of which offer free opportunities to schools and young people.

Walk to School

Our work against this goal encompasses both financial and environmental sustainability. We are committed to uniting physical activity and environmentally friendly practices, highlighted through delivering Herefordshire Council's Walk to School programme.



"We really appreciate you taking the time to deliver such engaging and valuable sessions. Your enthusiasm and the thoughtful way you led the activities made a real impact."

GOAL #4

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

This area of our work involves developing and implementing a programme of events and interventions, alongside supporting the networks around children and young people, such as schools, teachers and families.

6508

Young people took part in competitions, festivals and interventions.



101

FAMILIES

Supported through Active Families

68%

of children

increased their physical activity levels as a result of Active Families.

84%

of adults

"Since starting this programme I've noticed that we are spending more time together as a family. The children are more eager to make up their own games. I've found that we're now more active."

Active Families if funded by  Herefordshire Council

61%

of young people were perceived to have improved wellbeing through their involvement with Active Families.

104

EVENTS, ACTIVITIES AND TRAINING SESSIONS DELIVERED

These directly benefit young people aged 4-18 and school staff including PE Co-ordinators, Headteachers and Lunchtime Supervisors. It includes:

39

opportunities for young people to represent their school in inter-school events and competitions, many of which are values-based, targeting the least active.



GOAL #4

We continue to deliver the local School Games programme and are commissioned by Active Herefordshire & Worcestershire to also design and deliver the county School Games offer.



“ [We brought a] highly dependent student with quite severe autism. [It was] excellent to see this student flourish and full of confidence engaging with staff and peers throughout the event. Typically in a classroom setting this student would not answer a register verbally so it was incredible to see the difference the event brought out in them.

”

2547 Individual opportunities through local School Games events

2677 Individual opportunities through county SG events

The School Games adopts a targeted approach to reach less active young people. To continue maximising opportunities for every young person, our Stride Active competitions have provided a further

791 INDIVIDUAL OPPORTUNITIES

75

TEACHERS & SCHOOL STAFF

Accessed professional development, including PE Co-ordinator meetings, PE support for ECTs and gymnastics CPD.

136

SCHOOL STAFF

Took part in Workplace Challenge bowls and netball to support staff wellbeing.

100%

of teachers who accessed the 'teaching PE for Early Career Teachers (ECT)' now feel more confident in teaching PE.

“ Because of these tailored events, more of our less-able, less motivated or low socio-economic children gain vital life skills and values. For example, we have one child who had never been to an event, after this he began to show signs of development in regards to behaviors and values. He shows kindness and support to others.

”



GOAL #5

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

261

Young leaders have received training to help inspire and deliver physical activity. Girls' Champions, playground leaders and School Games young leaders have all helped to create positive experiences of physical activity for younger peers.

1

leadership conference for primary school students

1

School Games leadership training day

4

Girls' Champion training sessions

5

Playground Leaders' sessions



98%

said the conference has given them more confidence to be a young leader

89%

said they would definitely use the things they had learnt at the conference

“The Year 5s from Kington loved it! They were really motivated and can't wait to get going with our KS1 children”



“

Our sports leaders here at Marden have been very enthusiastic and motivated to use the skills they learnt on your course. Every Wednesday they set up an obstacle course for children at lunchtime and it's been a great success! They plan what they would like to do and are aware of the children they would like to participate. We will continue running Sport Leader clubs but it has also generated interest from other pupils and we are now running other clubs along side it so the course has proved to have a very positive impact on our school.

”

GOAL #5

Through creating positive experiences of physical activity, we have changed young people's attitudes. This year, two participants from one of first Here Girls Can festivals in 2022 were selected by their school to return as Girls' Champions, showing sustained impact.

"When I was in year 8, I came to Here Girls Can. I felt alone when with my school but the girls champions really brought me out of my shell and made me feel safe and comfortable. After the experience I became more confident in sport and took up many new activities. The experience was good and I'm even more glad that I could come back and be a girl champion and that I could offer the same support along with making the children feel comfortable and free to do what they want."

Our apprenticeship programme, delivered in partnership with Riverside Training continues to provide opportunities for young people at the start of their career, whilst leaving lasting impact on the pupils they support.

13

apprentices
trained at Level
3 and Level 4

100% said they had a greater understanding of how to engage the least active

86% said it supported their personal conduct in a workplace / school

71% saw improvements in their personal confidence



“

I just wanted to take a moment to express my heartfelt gratitude to the amazing young student helpers at the event. Their compassion, understanding, and friendliness towards the children with (SEN) special educational needs was truly inspiring. I arrived early to collect my son and had the privilege of witnessing some of the events. It warmed my heart to see one young man and others engaging with my son and praising his efforts. Thank you to all the student helpers for making a difference! You were noted and appreciated!!

”



THANK YOU

For more impact, visit www.strideactive.org

Stride Activity is a not for profit Community Interest Company. Company number: 12556873