

Plymouth School of Creative Arts wins National Lottery funding from Sport England to help families get active together

PLYMOUTH SCHOOL OF CREATIVE ARTS is celebrating after being awarded £199,208 of National Lottery funding from Sport England to help families; especially those on low income in Plymouth get active with their children.

Four out of five primary school children do not get the recommended amount of daily exercise of 60 minutes a day, and are missing out on the benefits it brings. Children from low income families are most likely to do very little physical activity.¹

Plymouth School of Creative Arts is one of the first projects to receive investment from a £40 million National Lottery funding pot that Sport England has dedicated to helping families get active together.

The fund is a key part of Sport England's focus on helping young people have an enjoyable experience of sport and physical activity so they develop a positive attitude towards being active at an early age and continue being active in later life.

Sport England are funding organisations that help families get active together, because parents and close family members can have a big impact on children's experiences. As well as giving children direct access to sporting opportunities, Sport England research² shows that they are also significant role models in helping their children get active – because how a parent behaves impacts what a child sees as important.

Parents who are active themselves, and enjoy it, can encourage positive feelings about exercise and its value in their children. Yet many parents lack the skills or confidence to take part in sport with their children as they fear they cannot keep up. For example, if adults don't know how to swim or lack confidence on a bike, this has a knock-on impact on the activities they feel they can do as a family and how much they encourage children to take part.

Each of the funded projects will work to address this by building adults' confidence around getting active with their children, and by providing experiences for families that are enjoyable, convenient and low cost.

¹ The Chief Medical Officer recommends that children and young people do at least 60 minutes of moderate physical activity every day. Currently, just 23% of boys and 20% of girls meet the national recommended level of activity. 47% of children from the households with the lowest incomes do low levels of activity. Health Survey for England 2016: Children's health information

² Sport England commissioned-research conducted by The Behavioural Architects 2017

Our Project is a partnership between the School and:

- Red 22 CIC
- Plymouth Youth Sailing
- The Mountbatten Centre
- The Lynher Barge CIC
- Cornwall Surf Academy

We will create a meaningful pathway to water-based activities and sports for families whose children attend our Waterfront School; as well as other families living in our vicinity. We will also support individuals and families in volunteering and becoming part of social action projects.

Sport England's Director of Children and Young People Jayne Molyneux said:

“It’s not right that four in five children don’t get enough exercise and are missing out on the health benefits it brings. Just by seeing their parents being active, children can be inspired to do the same, and if they have an enjoyable experience they’re far more likely to continue as an adult.

“Parents have many demands on their time, and often lack the confidence to get active with their children. That’s why Sport England is working hard to make getting active with your children an easy choice.

With this new National Lottery funding, Plymouth School of Creative Arts (located within a stone’s throw of the waterfront) will be running a mix of day tasters focusing on:

- Sailing (Dry/Wet)
- Surfing
- Swimming
- Canoeing/paddle boarding

Followed by a 12-session structured programme and, for several families, an opportunity to spend 3 days crewing on the Lynher Barge as well as linking in with other water-based activities.

These activities will also provide “inclusive” and “sensitive” activities for family members who may feel very unfit or self-conscious.

Plymouth School of Creative Arts Headteacher Dave Strudwick said:

“When this school was created 5 years ago we were determined for it to be valued as a hub within our community and to act as a catalyst for opportunities, not just for our students but all those living locally. So as a result of receiving this wonderful funding from the National Lottery we now have a brilliant opportunity to offer informal pathways to a range of water-based activities that are both inclusive and fun. In addition, we will support families overcome any barriers they may have to ongoing participation; and ultimately assist individuals to maintain water-based activity habits way beyond their involvement in our project”

About Sport England

Sport England is a public body and invests up to £300 million National Lottery and government money each year in projects and programmes that help people get active and play sport.

It wants everyone in England, regardless of age, background, or level of ability, to feel able to engage in sport and physical activity. That's why a lot of its work is specifically focused on helping people who do no, or very little, physical activity and groups who are typically less active - like women, disabled people and people on lower incomes.

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