



**Community
and Education
Trust**
Registered Charity No: 1130773

SafeSpace Review

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Introduction

This document will display and highlight key information and successes relating to the SafeSpace programme delivered by Preston North End Community and Education Trust (PNECET) within the school summer holidays.

The Coronavirus outbreak has affected our community in ways we could never have imagined, for young people this affected their education, personal and social skills including their physical and mental health. Whilst circumstances have been unprecedented throughout the year, this programme allowed PNECET to positively engage with young people in our most vulnerable areas of community. The young people who accessed this provision are from some of the most deprived households in Preston and its wards, whom without this provision could have gone without regular meals, physical activity and stimulation throughout summer.

Illustrated throughout this document are case studies and data demonstrating the positive impact this programme has had on young people in attendance and their families. It is our intention to collect sample data from our partner schools to capture their return to school to monitor the impact of the programme.

Background Information

Preston has a population of approximately 141,000, with over 17.9% of children living in low income families and over a quarter of households (10,820) are recipients of free school meals. Preston is a very diverse community with over 10% being from a BAME background, which is the second highest across the county (Lancashire). Average income across the city is below the national average, with crime and deprivation also following a similar trend.

Preston is ranked in the top 40% worst postcodes for crime, with a number of wards situated in the top 20% most deprived in which the above data is a common theme.

Alarming, during the pandemic research from the Mental Health Centre found children from low income backgrounds showed elevated mental health difficulties throughout lockdown. This includes feelings of worry and anxiety, feeling isolated, demonstrating obsessive thoughts and compulsive behaviours.

As a community organisation situated at the heart of the Preston community, Preston North End Community and Education Trust is very familiar with the impact COVID-19 and national lockdown is having physically, mentally and emotionally on the young people and families within our community. Our Physical Education in Schools programme and Alternative Education programme, targeting the most vulnerable young people in Primary and Secondary schools, have found some concerning trends throughout the pandemic which has highlighted the need for **SafeSpace**. These include:

- Limited parental support at home
- Poor nutrition as a result of financial difficulties within the household
- No access to essential educational/sports equipment
- Impact on educational attainment
- Impact on young people's mental health with over 80% of our participants aged 10-14 saying they felt COVID-19 has had a negative impact on their mental health.
- Retention of participants' engagement was poor digitally.

Our partner schools have supported our concerns, highlighting the need to support now more than ever young people from disadvantaged backgrounds who, without intervention, are at risk of falling into the 'widening gap' between vulnerable and non-vulnerable young people. This crisis may impact society for years to come (Children Commissioner 2020). Currently, the impact of the pandemic has resulted in up to 80% of pupils being behind academically as a result of no physical activity, poor diet and the reduction of in school learning. When we take into account lockdown, and the impact this has had on vulnerable young people, it is a major cause for concern.

For this reason we have designed **SpaceSafe** to address the nutritional, mental and physical health needs of some of our most disadvantaged children and young people during the school holiday period when they are most vulnerable. As well as physical activity sessions, **SafeSpace** will provide each child with a nutritional lunch and an activity work pack which will allow them to capture their thoughts, feelings and emotions whilst completing activities which will support them in dealing with challenges and in developing coping mechanisms and emotional resilience.

SafeSpace Overview:

SafeSpace was delivered across four days offering a minimum of 4 hours of fun and engaging activities, meal & refreshment, and should consist of the following:

- A timetable of sports, arts, STEM and life/character skills building activities each day
- Free time to play and connect with friends to reduce social isolation outside of the daily provision
- Range of 'non sporty' activities to create a wide appeal to those not into physical activities
- Daily classroom mental health and wellbeing workshop focusing on exploring emotions, managing mental health and supporting friends and family.

SafeSpace provided a free activity and food provision for **217** primary school children with 81% of these being eligible for Free School Meals over a 4-day period for four weeks. The programme aimed to address the compounded disadvantage experienced by young people living in poverty who are unable to access developmental activities and nutritious meals during school holidays. It has been identified that families, are often left without support for the whole of the summer holidays, struggle to meet the additional food requirements, find affordable childcare (one in three children with a working single parent are living in poverty) and provide meaningful sports, arts, social and educational experiences affecting long-term outcomes and perpetuating the cycle of poverty.

The programme provided disadvantaged families, children and young people access to:

- Quality social, health and educational opportunities alongside advantaged peers improving wellbeing, reducing social isolation and raising aspirations and attainment;
- Healthy food - alleviating hunger, contributing to improved learning around food and nutrition in order to improve longer term health outcomes; It will reduce parental financial stress
- To engage disadvantaged young people currently receiving FSM, and who would otherwise be at home and inactive, in enrichment activities over the summer holidays to build their skills, learning, confidence and levels of physical activity each day;

SafeSpace Key Objectives

- To provide nutritious meals for young people whose families struggle to feed them through the holidays because they cannot access free school meals;

- Increase the number of disadvantaged children and young people benefiting from a fantastic range of enrichment activities offered in our holiday provision by funding free places; to raise attainment, increase levels of physical activity and address holiday hunger;
- To engage with a number of parents and carers who would benefit from attending any one of our fun and engaging food education and nutritional sessions from any of the 16 delivery locations, to improve and change thoughts and habits around food and cooking;
- Better understand the barriers to accessing our provision and work to address them;
- Offer signposting and support to access additional support services at a local level to maximise long term impacts on food security and eating habits;
- More vulnerable young people physically active during holidays and beyond;
- Improvements in physical, mental and emotional health and wellbeing;
- Improvements in education attainment in school;
- Improvements in targeted behaviours (attitudes to physical activity, confidence, self-esteem etc.);
- Increase in number of vulnerable young people accessing our alternative provision.

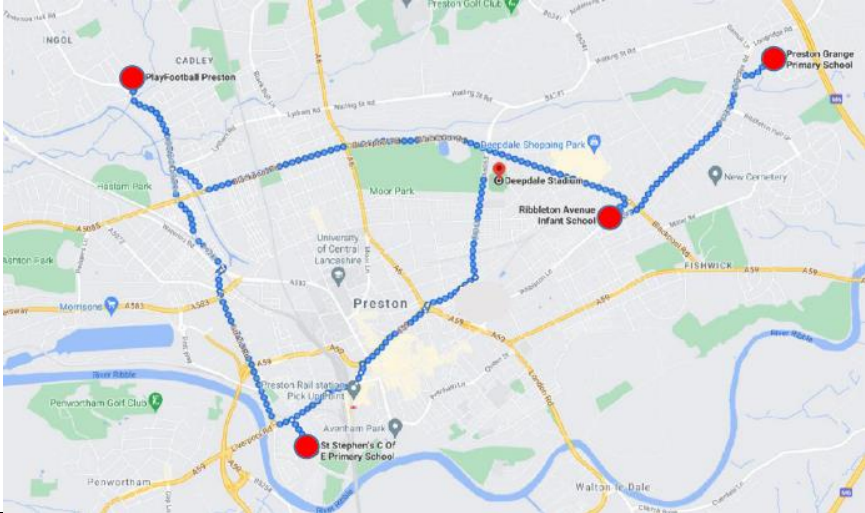
SafeSpace Delivery Model

Preston North End Community and Education Trust (PNECET) utilised its existing relationships with three Primary Schools across Preston which are situated in areas of high deprivation and also have a high volume of young people families relying on free school meals. It was considered that the familiarity of the environment would provide a suitable and comfortable venue for children to access this service.

SafeSpace Delivery Venues

- Ribbleton Infants School
- Grange Primary School
- Playfootball
- St Stephens Primary School

Attendance Data



Venue	Number of YP who attended	Number of YP that identify as Male	Number of YP that identify as Female
PF 9-11	36	42%	58%
PF 5-8	18	58%	42%
Grange 9-11	36	53%	47%
Grange 5-8	18	47%	53%
Ribbleton 9-11	36	54%	46%
Ribbleton 5-8	24	65%	35%
St Stephens 9-11	25	71%	29%
St Stephens 5-8	14	41%	59%
Total	217		

Case Studies and Outcomes

SAFESPACE Programme Puts A Smile On Children’s Faces

St Stephen’s Primary School was among the sites at which SAFESPACE was delivered where Junior and Grace, brother and sister, enjoyed a fantastic summer.

Grace said: “I have enjoyed the teachers always being there. If I ever feel sad they’re always there for me. It’s nice to be able to play with my friends and teachers and I like being here because I get to play sports like football, basketball and gymnastics.

“I have learnt that I can draw, and to keep trying and to never give up. I think the dinners here are the best. I eat healthy when I’m here and it makes me feel better.” Junior added: “I like to come here because I get to play with my friends and play sports like football and basketball.

“If I wasn’t here I would just be bored at home. I enjoy playing catch with my friends and having races.

“I have learnt that every time something is hard, to still have a go and to be braver and to help other people.”

Children were awarded with prizes for their efforts and behaviour over the four weeks.

A number of those accessing the provision were awarded with SafeSpace hoodies and activity packs to help them remain active and engaged at home.

We were also able to reward some young people on the last week of the programme with tickets to our recent home fixture against Swansea City!

SAFESPACE Programme Aiding Positive Behavioural Changes In Children

PNECET’s delivery of the SAFESPACE programme throughout August has allowed one child to improve both their behaviour and their relationships with the rest of their family, while also becoming more active and eating more healthily.

The SAFESPACE programme supported 217 young people August with the provision of free meals, educational workshops and physical activity sessions, primarily reaching children who would ordinarily access free school meals in termtime.

The programme provided support for children of all ages and in all areas of Preston, with SafeSpace being delivered at four sites across the city, and clubs running both for five to 11-year-olds.

Children were able to learn with empowering educational workshops normally delivered on the Primary Stars programme, focusing on areas such as racism and mental health, while remaining active and engaged by playing a range of sports and games.

As well as that, though, one child accessing the Trust’s SafeSpace programme at Ribbleton Infants and Junior School has become noticeably better behaved – both by PNECET staff and the boy’s parents – and as a result has seen an improvement with his family at home.

“He wasn’t listening at home and a friend told me about the SafeSpace programme,” said the boy’s mother.

“A staff member rang me to say he had a place, and I got off the phone and cried because he’s that bad at home, so much hard work at home, that I was ready for losing it. It was a massive weight lifted for him to come and for him to have a break from me as well.

“We don’t do many ball activities at home. We’ve not got a big garden, there’s not much for them to do at home. If he was at home, he’d be playing on his computer constantly. I’d rather him be here and be out than sat cooped up in his bedroom. He’s getting to know more adults as well.

“Although he still pushes his boundaries, I’ve noticed a change in him since he’s been coming. He’s not been as hard work and he’s listening more.”

By attending the SafeSpace provision, which ran for four days during August, the child’s family also had some pressure relieved at home, as it allowed for his parents to care for his brother’s needs.

His mother added: “It gives his brother a break from him here as well. It gives us all a break from each other.

“It lets me do more with his brother, who is very limited with what he can do. It gives me the chance to tidy up and do more things for his brother like arranging and taking him to appointments.

“It’s hard work taking them together to appointments because he messes around.

Whilst he’s here, if his brother has an appointment, we can go without him messing.”

The child, who is being assessed for ADHD and autism, said: “I definitely like coming here. I’ve liked coming and drawing, I enjoy everything. I do things here that I don’t do at home.”

The provision aims to help children eat more healthily with the provision of fruit as part of their daily lunches.

The child’s mother added: “He’s a very fussy eater and wouldn’t normally eat tuna at home but he loves it here. He eats more healthily here because he doesn’t eat fruit at home.

“He comes home with grapes, apples – even his brother gets something on the way out and he doesn’t eat fruit either, but it’s helping him as well.

She agreed that overall the programme has been a positive experience for her son.

“I’m so grateful for him coming here,” she added. “If he was at home and not doing anything, his behaviour would be really bad. I think we feel like the more he does things, the better it is for him.

“The minute he gets up in the morning, he is on the go. Whilst he’s here, it’s burning some energy, so when he comes home he’s not as full on. He’s a bit more chilled when he comes home.”

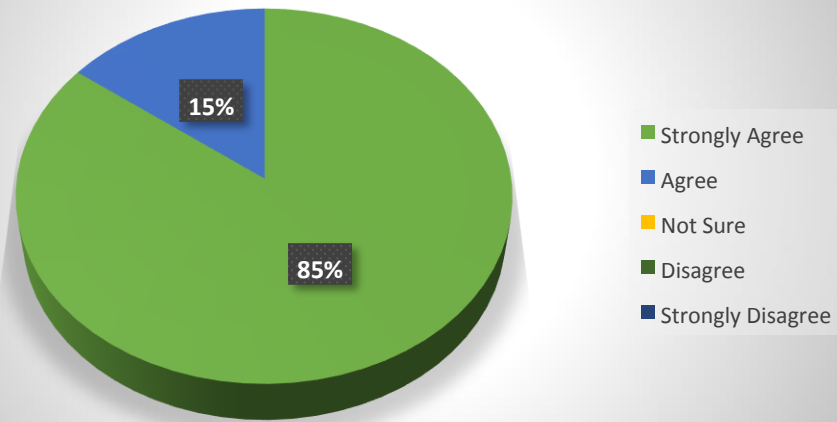
SafeSpace Outcomes

202 participants completed the pre and post course outcomes wheel. The following figures were highlighted:

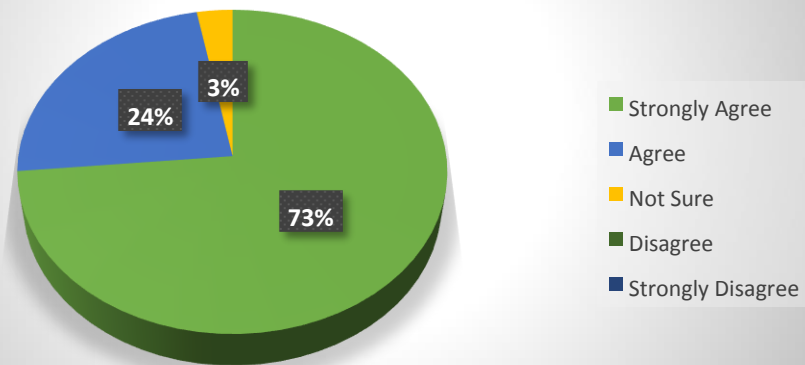
	+ Value added	No Change	- Value added
I am a happy cheerful person	91	112	6
I think lots of things are good about me	78	120	4
I am proud of myself	69	126	7
I know who to talk to if I feel sad	129	73	0
I like being in school	96	85	21
I am doing well at school	88	97	17
I like playing sports and being active	32	164	6
I am fit and healthy	55	115	32
I know how to make a healthy choice	112	82	8
I like trying new things	78	110	14
I am well behaved	97	86	19
I like making new friends	34	164	4
I can talk to different people	79	109	14
I will try again if I find something hard	97	103	2

Data collected from parents/guardians that attended PNECET SAFESPACE provision.

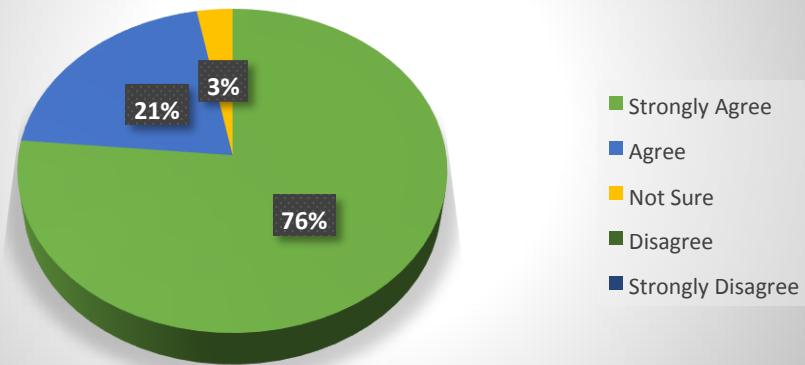
Whilst on camp my child had fun?



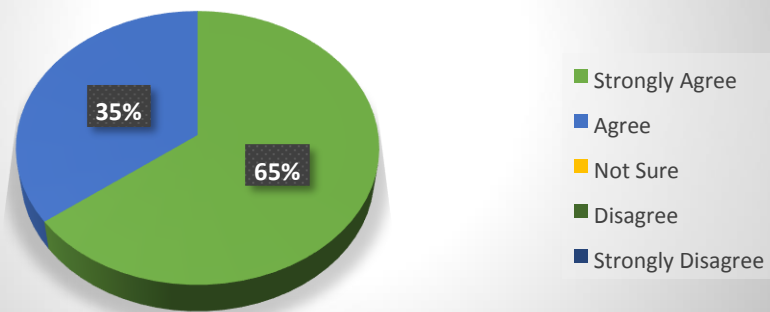
My child had access to healthy, Nutritious meals?



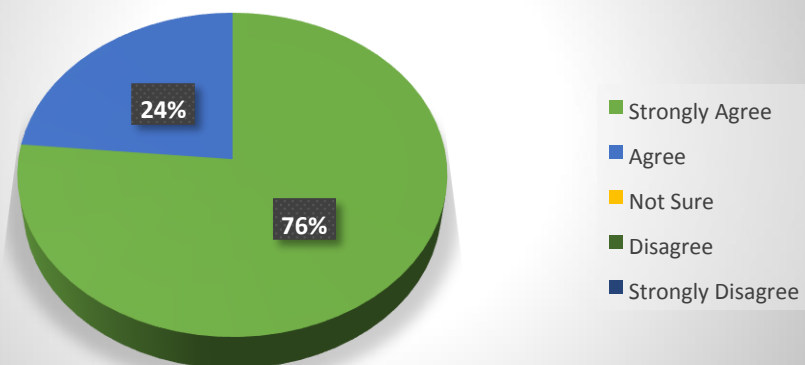
I am satisfied with the meals provided during the programme?



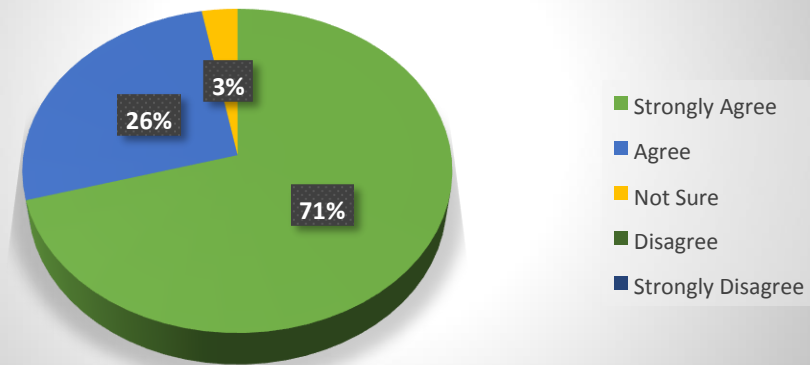
The SafeSpace programme has improved how physically active my child has been during summer?



I am satisfied with the activities my child participated in?

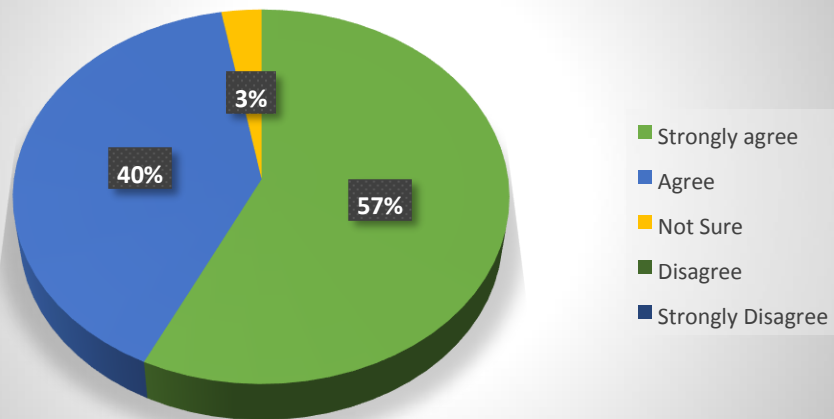


The programme helped prepare my child for their return to school?

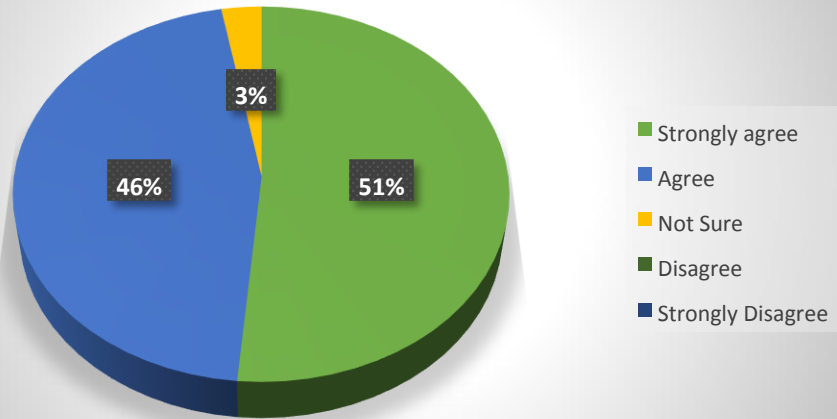


Thinking about your child's participation in the SafeSpace programme, how much do you agree with the following? The SafeSpace programme has supported my child in developing their;

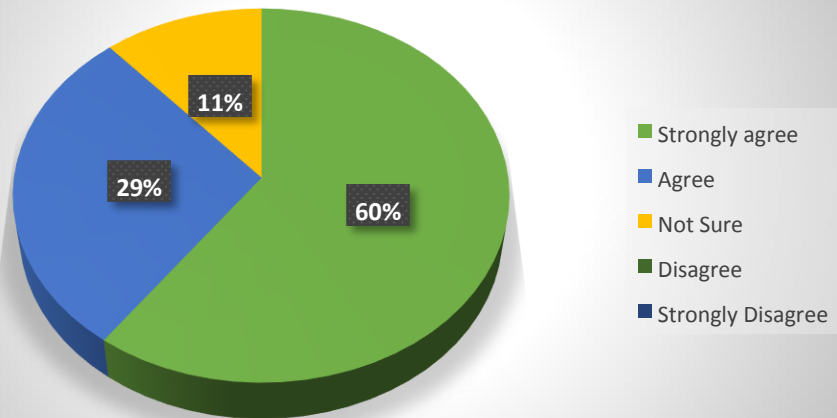
Character



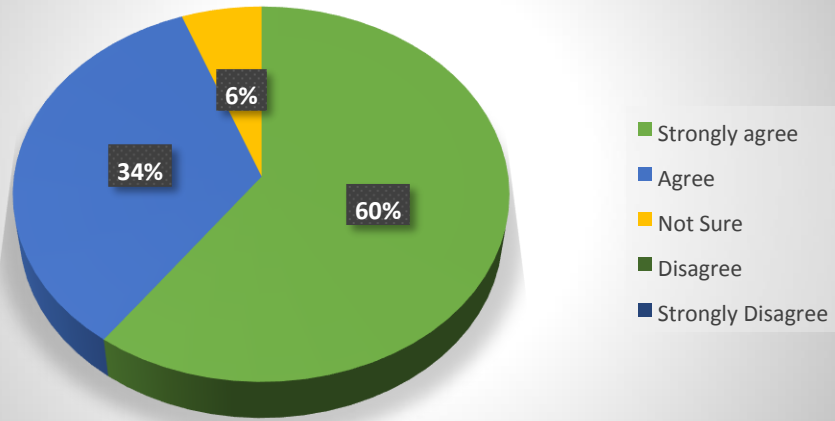
Resilience



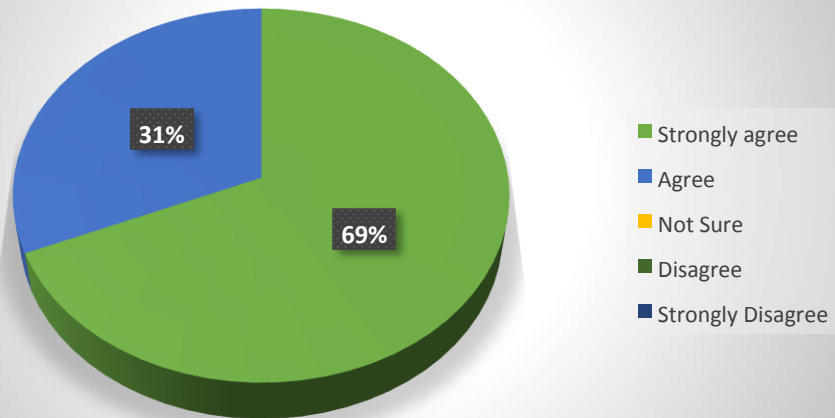
Mood



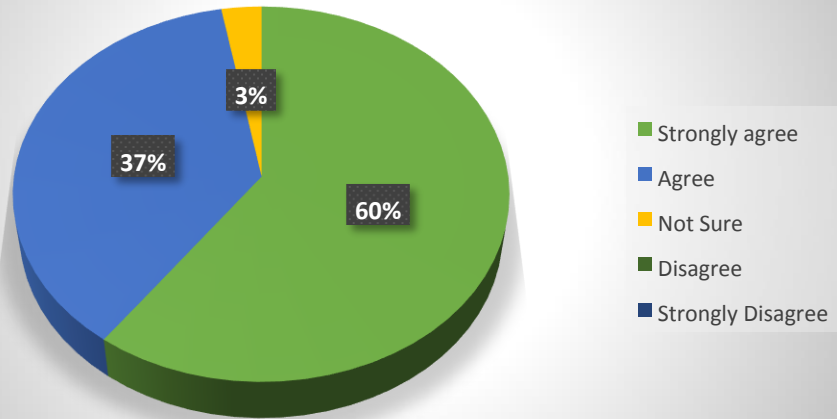
Mental Wellbeing



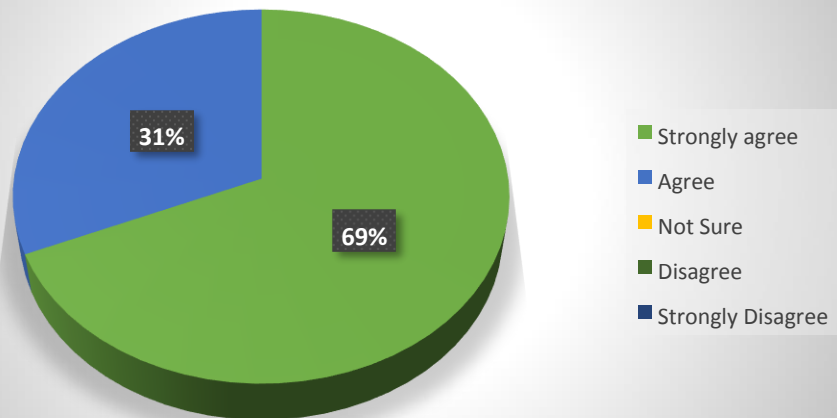
Happiness



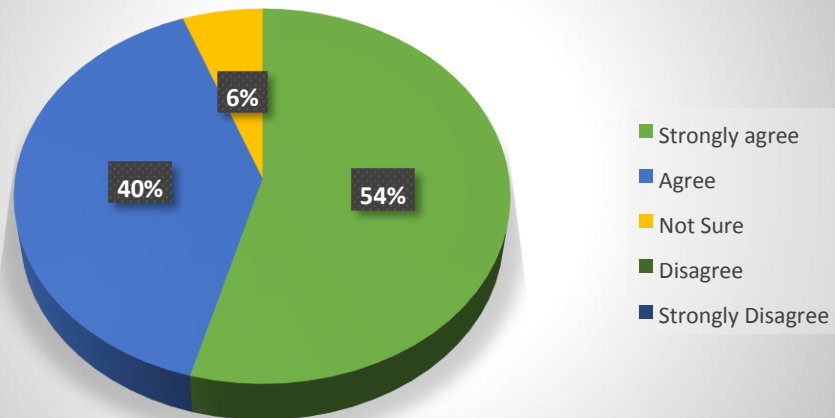
Confidence



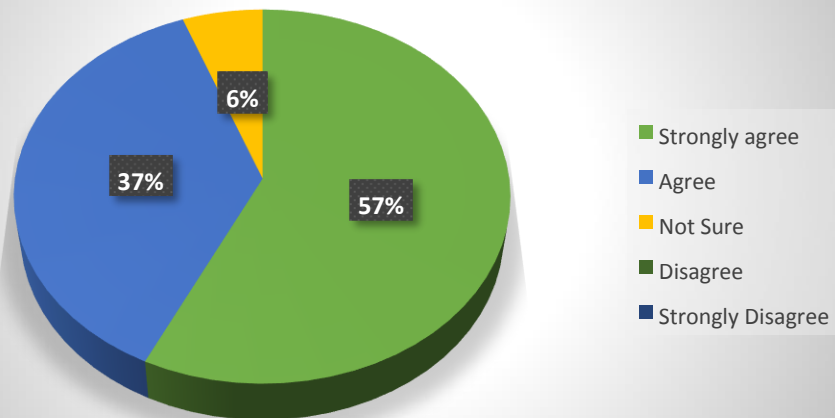
Social Interaction



Attitude and Behaviour



Understanding of Healthy Choices



Please add any comments which you feel may be beneficial to the SafeSpace programme...

'Evie had a very good time, she loved seeing friends and liked all the staff members.'

'Thankyou all so much for having Marshall.'

'The scheme has been a big help, more so in Williams interaction with others.'

'Staff were extremely caring and approachable.'

'My son has really enjoyed his club and it has been brilliant to be able to keep his routine which is really important for us.'

'Well done, please keep it up!'

'Safely and pleasantly conducted.'

'A great help to me.'

'Amazing club, all the staff have been great! Hopefully my daughter can come again.'

'My child is scared of new situations and has absolutely loved attending!'

'Absolutely loved it!'

'Both children have enjoyed taking part and hope to come back soon. Thankyou for everything.'

'Well done to everyone! I hope Solange and Rejoice would be welcome back next summer, thankyou!'

'This programme has helped me keep my child busy and I really appreciate it, thankyou!'

'Brilliant for the kids, thankyou.'

'Great provision. Great site and staff.'

'The staff were helpful, kind, polite and my children loved the programme. They'll be missed and I really hope the programme returns.'

Would you recommend or attend the SafeSpace In programme again in the future?

100% said yes.

Please explain your answer below...

'We really appreciate all of your help and support.'

'Annabelle really enjoyed it! Fantastic Staff!'

'Fun friendly staff, the kids really enjoyed themselves.'

'Thankyou for all the hard work!'

'So enjoyable for the kids.'

'This has helped relieve boredom during the holidays.'

'Evie loved all the staff and their energy for all the activities. She would absolutely love to do it again!'

'Yes, most definitely will attend in the future. My son is very active at home, so the programme has really benefitted him with him having access to all the physical sports and activities.'

'Declan loved every single minute of the programme, thankyou. He has learnt so much.'

'Best holiday club he has ever attended.'

'Everything was great, excellent job by all.'

'It is a great project to keep kids fit and not stuck in on their devices all the time, thankyou'

'Keep being you and thankyou all so much for the programme this summer.'

'My child has had so much fun over these holidays thanks to the great team.'

'Excellent staff.'

Follow up Questions

1. Please can you be clear that the CCIN funding was to Preston City Council who subsequently commissioned the project from the Preston North End (PNE) Community and Education Trust

PCC contacted ourselves outlining there may be some funding available to deliver work supporting and addressing young people's mental health. After discussion with Ben Hunt and Rachel Stringfellow the SafeSpace initiative was developed in order to support young people controlling and managing their emotional and mental health and was endorsed by PCC.

2. What exactly did the CCIN funded? Were there any other funding partners?

The funding was used for the design and delivery of the SafeSpace programme. Two members of staff delivered one, two hour session per week across four delivery venues. PNECET also delivered a Holiday Activity Fund Programme in partnership with Spring North's Get Stuck In programme. The SafeSpace initiative was embedded into this programme as an extension. The HAF provision was expanded one hour per week at each delivery venue so the SafeSpace programme could be delivered. This not only compliment the Get Stuck In programme it enabled us to utilise the relevant cliental/ audience and ensured the experience these young people received could be sustained and extended beyond the holiday provision.

3. How exactly did the project support the CCIN's Statement of Values and Principles: <https://www.councils.coop/policy-labs-prototypes-2021/> - what was the Co-operative Difference in this project?

Preston North End Community and Education Trust utilise the power and appeal of Preston North End Football Club and football as a whole, we situate ourselves at the heart of the Preston community, providing a high-quality service to improve people's lives. We pride ourselves on being forward thinking as we embrace innovation in order to break down barriers and maximise opportunities for young people in the area. Our approach to deliver the SafeSpace programme in venues of familiarity and comfort in local schools using sport as a hook to capture the target audience, meant challenges such as travel, cost and accessibility were eradicated. Through this social partnership with schools SafeSpace received a number of referrals from those members of the community most in need, ensuring these most vulnerable members of society were catered for and supported.

The programme supported and addressed concerns which are prominent during the lockdown for low income families ensuring we were able to maximise social value for these individuals. Most notably the growing impact of the pandemic and the lockdown on the mental health of young people. SafeSpace targeted those who are

most vulnerable and who would be unable to access any holiday provision for which there would be a charge. We provided an environment which ensured these young people had the opportunity to take part in social interaction, physical activity, a nutritional meal and workshops encouraging young to manage their mental and emotional health. This strategy not only provided excellent foundations for reflection but also ensured these young people were better placed to help themselves (self-help) and could be accountable, responsible and forward thinking when dealing with and sharing any problems they may have (Self-responsibility). The feedback received from young people and parents alike was overwhelmingly positive and demonstrated the need for such a programme.

4. Please add contact details at the end as we will be publishing this report on our website.

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