

## COVID - 2021 Emergency Response and Recovery – Current Status

The rapid emergence of the COVID variant and subsequent third lock down has had a significant effect on the communities we serve. They had already been severely impacted over the last few months, and many have exhausted their savings and have not found new employment. All the communities are situated where social deprivation is rife, and poor physical and mental health is prevalent. Many live in tower blocks which add to the sense of overcrowding and vulnerabilities in the physical environment. There is also a feeling of “isolation” for many of the young people from their traditional networks i.e. schools, clubs, friends etc, now everything has closed, and many are experiencing considerable mental and physical distress.

Given the scale and scope of the current restrictions we are looking to enhance the activity and food provision. We would look to run this for 10 weeks, Feb to April. We have seen an increase in demand for the Boxes, and an increase in food costs as a consequence of the restrictions that some key suppliers eg Fareshare have had to introduce. We estimate that our food costs are about £1 to £1.50 per box per week higher.

Our recent impact work (see attachment) showed that many children were doing no activity, had seen material weight gain, and large drops in agility and confidence. We would look to spend an extra £1 per week per box on activity items eg skipping ropes, balls. We can source at low cost and will tie into any school on-line provision.

**Update on the Programs;** We will expand and enhance the emergency response programs in the 6 cities and 10 hubs (London, Birmingham, Leeds, Hull, Peterborough and West Mids). The infrastructure is in place and we have been supporting over 1,000 families a week (with approx. 20,000 meal equivalents), complemented by In-school activity delivery since last summer.

- **COVID – 2021 Enhanced Lock Down Emergency Response** – We will provide enlarged weekly deliveries “Community Boxes” containing
  - Activity; Indoors sports and activity eg skipping ropes, ball, games, table tennis
  - Healthy Food; fruit and veg, pasta, rice, tuna, soup etc.
  - Education; reading, other educational books and materials
- **COVID Activity Recovery In- School** Given the COVID restrictions prevent out of school activity, we will run 3 one hour sessions at each school, targeting 25 children per session per week (750 children per week.). This is additional activity based around cardio and fun tennis and will run once schools re-open.

**Beneficiaries;** We partner with primary schools in areas of high disadvantage eg in a representative London program we have 50+% children eligible for free school meals, 80% BME, many different ethnic groups and c. 75% having English as a second language. Our partner schools carefully select the participants.

**Objectives;** Our primary objectives is “improving mental and physical health and well-being”, however we are looking to impact multiple areas

- **Local Community Strength** build Integrated “cross community” partnerships and strengthened Community Integration and Cohesion. Local residents and community members are involved in the planning and provision to ensure community ownership of the project. Increased local connectivity and community capacity is fundamental to our way of working.
- **Supporting Healthy and Active Lives;** at the core we look to combine sports and nutrition. We are looking to establish long term habits and work with the schools re support
- **Gather Impact Reports and Evidence;** We have created impact reports in partnership with leading academic institutions and FIT Media (see Impact Study in attachments)
- **Evolve and Build Longer Term Sustainability;** We also have a credible track record of attracting new funding into the Community programs. Since January 2019 Rackets Cubed has received funding grants for our programs from
  - National Lottery, HM Government (DCMS), London Marathon Charitable Trust, Sport England, Wandsworth Council, St James Place, Sir John Cass, The Coop, City Bridge Trust, AETLC, Bridgepoint, The Elliot Foundation, Nurture-a-child, Tim Henman Foundation and Allegra’s Ambition.

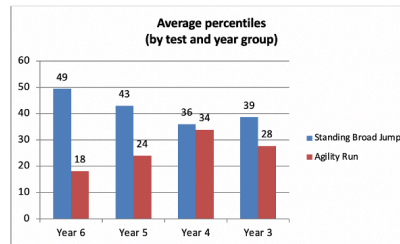
# COVID 19 – Activity and Well Being Impact Study Findings

## COVID Impact and Recovery – 1,000+ children – Key Insights

### Overview – Executive Summary

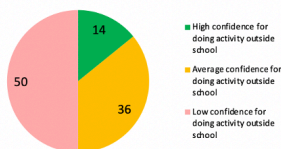
- **Study design, scale and scope;** Partnered 7 primary schools in areas of low income across Years 3, 4, 5 and 6
  - 1000+ participant study
  - Physical Literacy and Well Being measurements
- **Selected Observations from the Study**
  - Majority of children had done very little sport / activity in March to August period
  - Reduced confidence re activity outside of school
  - Impact appeared greater in the older year groups
  - Parents and teachers observed significant weight gain

### 1 Large impact on agility, less on strength



### 2 Reduced confidence for activity

Year 6:  
Confidence levels for doing activity outside school



### 3 Sharp drop relative to previous “similar” groups

Year 4 Average Percentiles		Year 5 Average Percentiles	
Standing Broad Jump		Standing Broad Jump	
November 2018	64	November 2018	77
October 2019	52	October 2019	54
September 2020	36	September 2020	43
Agility Run		Agility Run	
November 2018	44	November 2018	66
October 2019	51	October 2019	43
September 2020	34	September 2020	24

# Overview of the UK Emergency Response Community Boxes

## Community Boxes - COVID Response; Health & Activity at Home

### The Community Box Programs

- COVID 19 response to Support Young families
  - 7 Cities, 12 hubs, 1,500+ families, 6-7,000 people, 25,000+ meal equivalents per week
  - Need & pilot had been identified prior to COVID
- Partner with local organisations for local capability
  - Schools to target delivery and support
  - Business, Council, Foundations, Unis and Clubs
- National sourcing partnerships to bring efficiency
  - FareShare and Supermarkets around food
  - IN Kind Direct re hygiene, NGBs re Sport

### Integrated Food, Toiletries, Activity, Educational Content and Support



### Support Young Families



### Building Scale – Range of Sports / Activities

