



# F.A.S.T.

Families Active, Sporting Together



## What was FAST?

- Made it easier for Families to be physically active together **3250 families on programme 7290 individuals**
- Provide families with positive experiences of physical activity and connection community
- Targeting areas of inequalities
- Wider messages around health and wellbeing to large audience
- Evidence based evaluation and insight to adapt programme
- Sport England funded **£590k external funding**
- Changed family provision across Oxfordshire rolled out Countywide “You Move”



## How FAST worked

- Accessible and Affordable
- Post code checker & online registration
- Targeted referral from partners
- FAST card & incentives
- School & Community delivery



## Impact / Results

- **3250 Families, 7290 Individuals**
- 115 different opportunities available – Eg Swimming 5000 attendances , Climbing 2200 attendances
- 4800 FREE activities in schools and parks
- 38% increase in physical activity in young people on FAST
- 28% increase in physical activity from Adults on FAST
- 83% of Adults and Children agree FAST has helped spend time together as family
- 48% said their wellbeing was much better due to sessions.



“FAST has changed how we think about physical activity. My little girl especially, she is only 4 but she enjoys exercising a lot more now where she didn't really before. She sees it more like playing. Harry and Hayley they made it fun. I think she sees it more as a positive rather than working out.”

Laura - Parent

“I was surprised by the variety of games and how involved my children have got- they love it!”

Caz - Parent



“The sessions work really well with the adults and kids, the games and everything we did was simple enough for the kids to understand and also there was enough variety to make it really interesting. My son absolutely loved it and looked forward to it every week.”

James - Parent

“Sessions were great for me and my daughter enjoyed it as well. I think the Activators really managed to get the balance right for kids and parents.”

Stuart - Parent

“Love our FAST card. It's helped me to teach my children to swim and I'm very grateful”

Shabena - Parent



“The best thing about FAST is that it's a good way to encourage time together to get active while not costing money”

Karleen - Parent



“I think it's the best programme around and great for the kids. Can't praise enough!”

Samantha - Parent



“The best thing about FAST is families can come together and play games together”

Charile - Parent



## Engagement of families and wider messaging

- Excellent engagement with families
- Evaluation required for project
- Additional insight – eg BAME community, Mental Health
- Insight informed change and improved provision



## New Steps and Opportunities

- FAST expanded into You Move – Public Health Funded
- 550 families 1947 individuals
- 26% of You Move participants live in one of the priority wards
- 46% increase in physical activity of children
- Target most in need communities
- **Expand You Move & Move Together - External funding ICB focus on inequalities**

