

Active Families

Overall project outline

The Active Families project aims to increase physical activity in lower socio-economic groups across Leicestershire by supporting families to be active together through positive experiences. Funded through Sport England, it is a collaboration between Leicestershire County Council (Public Health department and Children and Families Wellbeing Service, formerly Supporting Leicestershire Families), Leicestershire and Rutland Sport, Homestart and Local District and Borough Councils.

Eligible families will be receiving intensive support from the Leicestershire County Council Children and Families Wellbeing Service (LCC CFWS) team and assessed as being inactive and with at least one child aged 5-10.

All families will have an LCC CFWS Intensive Family Support Worker. This worker will introduce families to their local Home-Start Scheme to be matched with a Peer Mentor volunteer and supported by a Coordinator. The Peer Mentor will aim to support their families Physical Activity journey for a period of 6 months. The LCC CFWS worker will remain involved to support with other family challenges. Local Physical Activity Development Officers (PADOs) will make available a range of physical activity options suited to, and wanted by families to enthuse them and support sustainable long-term change.

Oadby and Wigston

In Oadby and Wigston, there have been 9 Active Families referrals in total this (financial) year. Of these 9 families, 6 of them have either been supported, are currently being supported, or their support is pending. The 3 remaining families were contacted and did not wish to continue with the Active Families process.

Due to staffing issues, Homestart Horizons have been unable to recruit the number of volunteers necessary to fully support the identified families. Also due to staffing issues, Oadby and Wigston Borough Council have sub-commissioned the Physical Activity element of the Active Families programme to Blaby District Council until the end of the financial year. These families have been taking part in the Positive Activity Referral Scheme (PARS), a similar initiative aimed at engaging families in Physical Activity.

As of January 2020, Homestart Horizons have hired a new Co-ordinator for the Oadby and Wigston and Blaby areas. This co-ordinator will lead a volunteer drive and will act as the Peer Mentor themselves in the absence of volunteers, meaning that families should be receiving the desired level of support. Additionally, Oadby and Wigston Borough Council have hired additional staff and are looking to support Homestart Horizons with their volunteer drive moving forward and are also looking into taking over the managing of the Physical Activity aspect of the programme when the contracted sub-commissioning of Blaby District Council ends in April.