**Figures for 2018-20**

**Participants**
- **5,563** Individuals (adults and children)
  - **2,990** Females
  - **2,573** Males
  - **2,462** Children (0-11)
  - **2,426** Adults (20-65+)
  - **1,547** Families
  - **650** Young people (12-19)

**Physical activity levels**
- **55%** increase
- **30%** increase
- **29%** increase

- **34%**
- **85%**
- **78%**

**Baseline** July 2018

**Follow up** March 2020

- Children classed as “Active” doing 60 minutes of physical activity a day
- Adults classed as “Active” doing at least 150 minutes exercise a week

**Attitudes toward physical activity**
- **88%** increase
- **17%** increase
- **27%** increase

- **78%**
- **51%**
- **87%**

**Baseline** strongly agreed with the statement

**Follow up** March 2020

- Do you like playing sport/physical activity?
- It’s important to do sport/physical activity regularly

**Community activities**
- **2,307** Youth Activator sessions
- **263** Community sessions

**Experience with the programme**
- **100%** of children either liked or loved taking part in FAST activities
- **83%** of children agree FAST has helped their family be more physically active together
- **96%** of adults have enjoyed attending the programme
- **87%** of adults agree FAST has helped their family be more physically active together

**Targeted approach**
- **42%** of participants live in the 10-30% most deprived areas of Banbury
- **18%** of Banbury participants are from BAME communities

* data received from follow up surveys

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Shabena – Parent

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

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Caz – Parent
Feedback for 2018-20

“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

“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

“FAST has changed our after school programme at school and has enabled us to engage with families we have struggled to do so in the past.”

Neil - Headteacher

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

Caz – Parent

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

Shabena – 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 that it’s a good way to encourage time together to get active while not costing money”

Karleen - Parent

“The best thing about FAST is that it’s families can come together and play games together”

Charlie - 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”

For more information contact FAST@cherwell-dc.gov.uk
www.cherwell.gov.uk/youngpeople  cherwelldistrictcouncil  YouthActivators