

FAST

Families Active, Sporting Together

Issue 3
September 2020



COVID-19 update:

With kids returning to school, we are continuing to make our FAST sessions as accessible and beneficial as possible. We have learnt a lot about what we can successfully run over the past few months while still adhering to Government guidelines set out to deal with COVID-19.



We will continue to run socially distanced exercises and games in our school groups while our FAST sessions will involve a mixture of the above as well as special activities to boost wellbeing and mental health. We will be working with each school to make each session inclusive and enjoyable.

We are continuously monitoring everything COVID-19 related and will adapt our sessions accordingly to allow us to offer as much as possible to schools and families.



Summer sessions:

This summer has been a very different and challenging for everyone. It was a big change from our usual summer sessions where we would go to different parks across the district and put on lots of fun and active games for everyone.

Due to coronavirus, we had to adapt our sessions to make sure that the families and Youth Activators all maintained social distance and remained safe. But we still managed to have loads of fun, introducing circuit training as well as other enjoyable active games.

Over the holidays we ran **two sessions a day across Cherwell**, working with Oxfordshire County Council Family team **as well as running our Youth Activator and FAST sessions**. We have lots of great families who have worked really hard every week.

“These sessions have been a great way to get out and be active after lockdown”



“They (the Youth Activators) managed to make exercises fun and enjoyable”



“The exercises were great and meant that my kids could all take part”



Cherwell

DISTRICT COUNCIL
NORTH OXFORDSHIRE

For more information contact FAST@cherwell-dc.gov.uk
www.cherwell.gov.uk/youngpeople [cherwelldistrictcouncil](https://www.facebook.com/cherwelldistrictcouncil) [YouthActivators](https://www.instagram.com/YouthActivators)

FAST Pick 'N' Mix

Throughout lockdown, our FAST pick 'N' mix programme helped kids stay active at home. Families dropped the Youth Activators an email, explaining what items they had in the house to play with. The team then emailed back, offering a tailor-made game using the bits they had access to. A sort of ready-steady-cook but with activities!



1

Email us what equipment you have at home, this can be anything from bats and balls to soft toys and household items. Also let us know how much space you have, big or small garden or living room.

2

We can then email or call you back with suggestions of games and activities which you can play with your family.

The programme proved so popular that we're still running it. The email address is FAST@cherwell-dc.gov.uk and you need to include your FAST card membership number within the email.



YouTube Channel and Instagram:

Did you catch us on our [YouTube channel](#) over the school holidays? We're still uploading videos, so keep taking a look to see what we're up to! **All the activities are suitable for the whole family** so why not challenge each other to see who can do the most?!



Follow us at YouthActivators and on YouTube to be in with a chance to win. We would love to hear from you, what activities you are doing and how you are staying active.

20
to choose
from!

Flash card challenge

Challenge the Activators. There's 20 different challenges to choose from on our [YouTube channel](#).

Let us know which is your favourite and how you did.



Activity and wellbeing hub

When we were all asked to stay inside to help prevent the spread of COVID-19, we helped to develop Cherwell's Activity and Wellbeing hub. At first, there was loads of specific info to help keep you active while staying in your home or garden. Now lockdown restrictions are easing, there's even more stuff on there, including things you can do whilst out on a walk.

We've even got our own section! [Take a look](#)

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

You said we did!

A big thankyou to the 150 families who completed our COVID lockdown survey! We know these things can be a bit of a bore, but the results have helped us to adapt the FAST programme so we can continue to offer you the best deals to keep you active and healthy.

From what you said, it appears families were finding it difficult to stay active, although the kids did better than the parents! You told us you were enjoying cycling and walking and wanted more opportunities to carry on doing these after lockdown. That's one of the main reasons we set up our Cherwell Street Tag. Check out all the details below!

We also rolled out a number of activities this summer, working with our partner organisations to safely introduce offers such as family swimming, table tennis, gym, clip 'n climb, canoeing and kayaking.

Here's what's on offer for FAST card holders:

Banbury

◆ Family swim *

Woodgreen Leisure Centre
(two adults and up to three children)
£3 normally £13. Lane swimming only.

◆ Gym offer *

Spiceball Leisure Centre
£2 for adult and child together,
off peak only, Mon-Fri 12 - 4pm.

Bicester

◆ Gym offer *

Bicester Leisure Centre
£2 for adult and child together,
off peak only on-Fri 12 - 4pm.

◆ Clip 'n Climb offers

- 10% discount Mon to Fri on standard climbs.
- £2.95 per climber instead of £12.95
Tues 4pm (term time) and Thurs
5.15pm (all year).

See www.cherwell.gov.uk (search FAST) for details on how to book.

◆ Bicester Tennis Club

£8 a session but first four lessons free. Contact Bianca Pallet to book on - biancapallatt@hotmail.com 07938145736 Mon, Weds, Friday and Saturday.

◆ Table tennis

Bicester Leisure Centre -
£1.50 a game normally £6.80.

◆ Everyday Active

Whitlands Farm Sports Ground.
- 30 minute outdoor classes.
Monday, Wednesday and Friday
at 8am. Family sessions available.
Book via www.everydayactive.uk

◆ Family Boxing sessions

Bicester Boxing Club £1 per person. Sundays 9am-9.45am to book or more info contact 07501 351385 or bicesterabc@gmail.com

* FAST members MUST book, quote FAST membership number and pay in advance by telephone

Kidlington

◆ Family swim *

Kidlington and Gosford Leisure Centre (two adults and up to three children) £3 normally £13. Lane swimming only.

◆ Gym offer *

Kidlington & Gosford Leisure Centre.
£2 for adult and child together,
off peak only Mon-Fri 12 - 4pm.

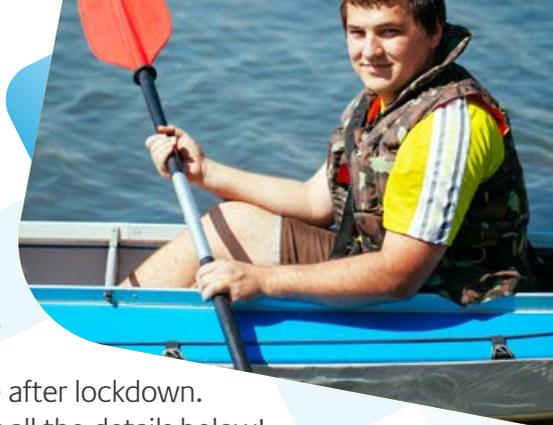
◆ Table tennis

Kidlington and Gosford Leisure Centre. £1.50 a game normally £6.80.

◆ Thrupp Canoe and Kayak Hire

50% off any canoe or kayak booked for a half-day or full-day. Monday and Friday only. Bookings can be made over the phone at 01865 376176.

Family swim
**ONLY
£3**
with your
FAST card



Have you joined the Street Tag craze?

There's a new virtual game in town. We've created our own Cherwell Street Tag, which you can play on your smartphone whilst cycling, walking and running around Banbury, Kidlington and Bicester. Once you've downloaded the Street Tag app, a virtual world of digital markers will be uncovered, planted at different locations in the areas. It's your job to hunt them down and collect points to push you up the leader board. You can play in groups or on your own and with the new school league about to be launched this autumn, you can team up with your classmates to get to the top!

There's loads of wellbeing and activity prizes to be won, so why not download the app today? Here's how:

1. Search for the 'Street Tag' App on your smartphone.
2. Create a username (FAST families can get a bonus 1,000 points by using the last four digits of their membership card as their name)

3. Select the Cherwell leader board to be in with a chance of winning the seasonal prizes.
4. Get searching and challenge your friends!

➔ **Find out more about Street Tag**



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