



PRESS RELEASE

FOR IMMEDIATE NEWS RELEASE

Contact Jemima 0208 912 5839

Join 60 Brent Families, getting Fit for FREE



Eight local community organisations, members of Young Brent Foundation, have joined together and offering FREE places to families with inactive 5 to 10-year-olds on the Fun Fit Families programme funded by Sport England and the National Lottery.

Families signing up to the 12-week programme, are fully supported to suit their needs and lifestyles and get FREE access to sports equipment, new ideas for fun and prizes.

Figures show that four out of five primary school children are not getting the recommended amount of daily exercise of 60 minutes a day, and are missing out on the enormous benefits it brings.

The initiative, supported by Sport England, works closely with parents as significant role models helping them to build confidence and help their children

get more active with access to shared experiences that are enjoyable, convenient and FREE.

60 families have already signed up to FunFit Programmes operating in Harlesden, Kilburn Stonebridge, Sudbury Willesden Green, Barnhill and Dollis Hill. There are still places left so sign up for your FREE place today.

If this is for you, or someone you know, who you think would benefit from taking part, just get in touch by contacting a member shown below and on YBF's website or get in touch on 0208 912 5839 Join a FunFit Families Programme today or spread the word!

For more information visit www.youngbrentfoundation.org.uk
Get in touch on 0208 912 5839 / info@youngbrentfoundation.org.uk

Ends
233 words

There are opportunities for local interviews with families taking part or photographs

Organisation Name	Venue	Ward	Contact
Two Da Stage	Ark Academy	Barnhill	twodastage@yahoo.co.uk
Greater London Youth Foundation	Harlesden Methodist Church	Harlesden	ypbaker@gmail.com,
Catalyst Housing/Phenomenal CIC	Unity Centre Church Road	Harlesden	unitycentre@chg.org.uk
OK club	OK Club	South Kilburn	admin@okclub.org.uk
Youth Engagement Solutions	Vale Farm	Sudbury	info@yes-ltd.org.uk
Sport at The Heart	Roundwood Youth Centre Leopold Primary School	Kensal Green Stonebridge	nary@sportattheheart.org
Jumpstarters	Capital City Academy	Willesden Green	admin@jumpstarterstc.co.uk
Hilltop Circle	Crest	Dollis Hill	hilltopcircle@hotmail.com

More About Young Brent foundation

Young Brent Foundation is an infrastructure charity collaboratively working with over 100 locally rooted, youth voluntary organisations. As a membership charity, they assist organisations in supporting children and young people in Brent access a range of exceptional services and activities, to enhance their social and emotional well-being, enrich their experience of life and make a positive contribution to society.

Young Brent Foundation provide small grant funding opportunities, encourage partnership working, facilitate consortia bids and assist members access fit for purpose venues and spaces.

Young Brent Foundation was one of the first projects to receive the investment from a £40 million National Lottery funding pot that Sport England dedicated to helping families get active together.

Matt Band, CEO at Young Brent Foundation said;

“The Young Brent Foundation is delighted to receive this funding from Sport England on behalf of its Members, and it will make a significant difference in the lives of children, young people and their families in Brent in helping them to enjoy physical activity and sport for many years to come”.

For example, if adults don't know how to swim or lack confidence on a bike, this has a knock-on impact on the activities they feel they can do as a family and how much they encourage children to take part.

More about Sports England

Sport England is a public body and invests up to £300 million National Lottery and government money each year in projects and programmes that help people get active and play sport.

Sport England wants everyone in England, regardless of age, background, or level of ability, to feel able to engage in sport and physical activity. That's why a lot of its work is specifically focused on helping people who do no, or very little, physical activity and groups who are typically less active - like women, disabled people and people on lower incomes.

Sport England's Director of Children and Young People Jayne Molyneux said: “It's not right that four in five children don't get enough exercise and are

missing out on the health benefits it brings. Just by seeing their parents being active, children can be inspired to do the same, and if they have an enjoyable experience, they're far more likely to continue as an adult.

“Parents have many demands on their time, and often lack the confidence to get active with their children.

The fund is a key part of Sport England's focus on helping young people have an enjoyable experience of sport and physical activity, so they develop a positive attitude towards being active at an early age and continue being active in later life.

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