University of Huddersfield Repository

Fraser, Claire, Lewis, Kiara and Manby, Martin

Kirklees Young Pals Evaluation: Final Report

Original Citation


This version is available at http://eprints.hud.ac.uk/id/eprint/10930/

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

http://eprints.hud.ac.uk/
1. Introduction

Martin Manby and Claire Fraser are researchers at the Nationwide Children's Research Centre, based in Huddersfield. Those involved in the evaluation will probably have seen them at Fusion sessions. Also behind the scenes the report was supported by Kiara Lewis from Huddersfield University.

They were all set the challenge to find out:
1. What children and young people think of Young PALS
2. What parents think of Young PALS
3. Finally does Young PALS work? Does Young PALS help children and young people to get active and feel better about themselves?

2. How we did it

• Questionnaires were filled in by the Young PALS at their one to one appointments. Below is part of a self esteem questionnaire you may recognise!

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BMI was recorded at 12 week intervals

• Interviews/focus groups were carried out with Young PALS and parents who attended Fusion sessions to find out their thoughts on the scheme.

3. Facts and figures

• 72% of Young Pals increased their self esteem

<table>
<thead>
<tr>
<th>Increases in Self Esteem</th>
<th>No Change</th>
<th>Decrease</th>
</tr>
</thead>
<tbody>
<tr>
<td>72%</td>
<td>28%</td>
<td>0%</td>
</tr>
</tbody>
</table>

• Almost 50% of Young PALS increased their range of physical activities
• 60% of Young PALS became more active after they joined the scheme
• 57% of Young PALS decreased their BMI this after being more active and eating healthier


What the parents told us:

“I was relieved that there was such a thing where they could come and they’d be treated equally, regardless of their size or their issues; to know that there was someone there that could help.”

What the Young PALS told us:

“A 10 year old boy told us “I’ve got more fit. I eat less and I’m just more active”

A 10 year old girl told us “I have made more friends. I was slow at running and now I can run faster”

A 11 year old boy told us “the aim (of Young PALS) is to... lose weight, do more activities. It’s fun, energetic, it tires you out, and it’s healthy”

What the Young PALS would like to thank everyone who took part in the evaluation.

5. What happens next?

• We would like to help more children and young people to get more active and have a healthier lifestyle
• To add more activities to our Fusion sessions
• Improve the quality of our delivery and the information you receive
• Focus on what works