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Kirklees Young Pals Evaluation: Final Report

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## 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

# Young PALS

## Evaluation Report 2006-2008

### What the parents told us:



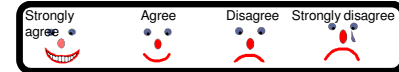
"I was relieved that there was such a thing where they could come and they'd be treated equally, regardless of their size or their issues; to know that there was someone there that could help."

"My son and daughter both enjoy Young PALS. They're all eager, ready and waiting"



## 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!



BMI was recorded at 12 week intervals

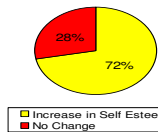
BMI = Body Mass Index is a measure of someone's weight in relation to their height



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



self esteem reflects how you feel about yourself



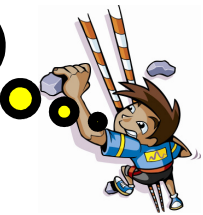
- Almost 50% of Young PALS increased their range of physical activities
- 60% of Young PALS became more active after they joined the scheme
- 57% of Young PALS decreased their BMI this after being more active and eating healthier

### What the Young PALS told us:



A 8 year old girl told us "I have made more friends. I was slow at running and now I can run faster"

A 10 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"



A 10 year old boy told us "I've got more fit. I eat less and I'm just more active"



## 4. 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



Evaluation supported by:



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

