

GOAL GO-WOMAN!
ALLIANCE CIC



A.L.F

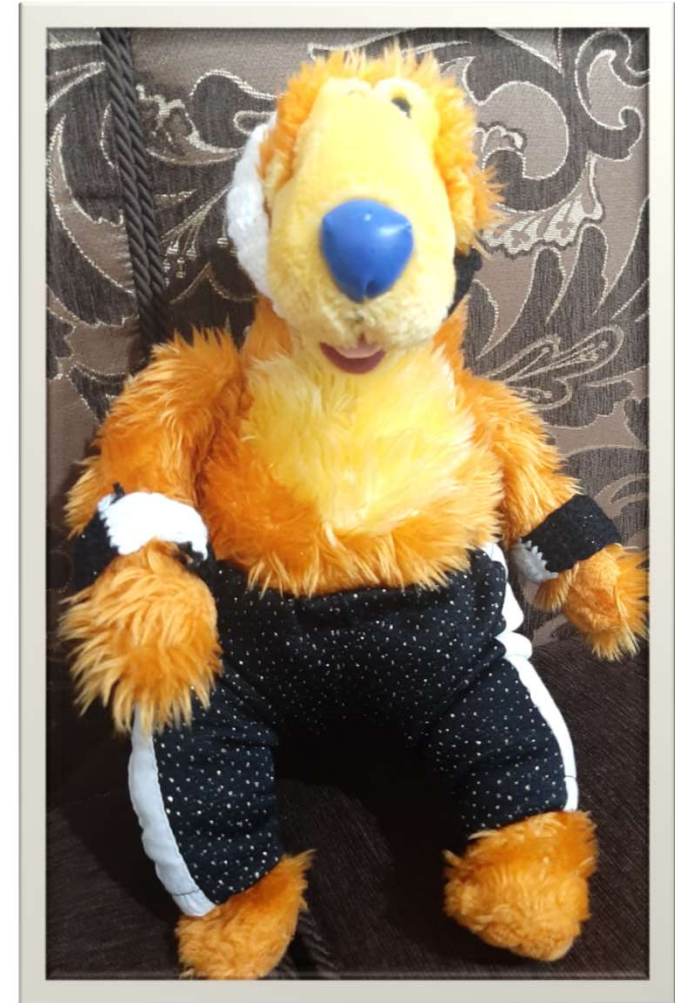
Active Learning Families

A.L.F project - objectives

The A.L.F (Active Learning Families) project was delivered from a centre based in the heart of the community in Alum Rock. An area suffering high deprivation, predominately made up of south Asian community (Pakistani, Bengali and Pushto).

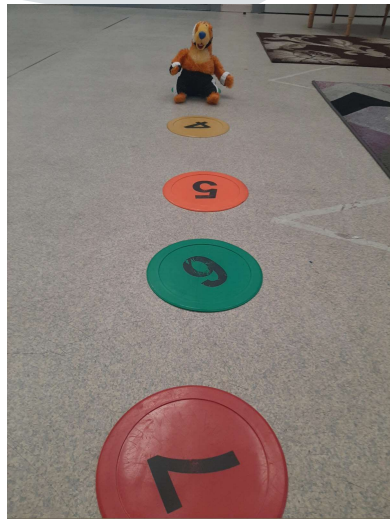
The target beneficiaries of this project were women from south Asian background that due to cultural and social barriers did not engage in physical activities; ultimately affecting the children and their health and wellbeing.

The outcome of the A.L.F project is the production of a Toolkit containing a recipe book showcasing simple, cost effective and nutritious recipes that a parent and the child both could work together to prepare and enjoy. It also contains a scrapbook containing learning from parents.



The A.L.F project was delivered with a 3-prong approach:

- Weekly physical activity
- Healthy eating sessions
- Exercise sessions with parent & child



Weekly walks / physical activity

The first element of the A.L.F project involved an organised weekly walks to the local park to utilise green spaces. The walks included activities for parent and child to include:

- Language development for both parent and child
- (discussions around flower's Trees looking for insects and talking about them)
- Early maths, recognition of numbers through everyday activities
- Opportunities to socialise in different settings, appreciating the natural environment in terms of green spaces and meeting unfamiliar faces in a unthreatening way for children.
- Social and emotional well-being.
- Knowledge and understanding of the world
- (Looking at leaves, trees, insects, birds.) photographs
- Spiders were released back to their own environment encouraging children to respect wildlife
- Flower's utilised within the centre.





Due to the adverse weather in the first part of 2023, the physical activities element part of the A.L.F project was re-designed to ensure continuity of the physical activity, even through the extreme weather.

Indoor physical activities were designed to ensure that exercise could be incorporated on weekly basis. Resources bought through the fund were specifically sought to meet the need of the children. This included a balance bike for a child with undiagnosed needs who through observations it was felt would support motor and cognitive skills.





The physical activity involved early maths through identifying and introducing children to numbers on doors and cars, counting the number of adults and number of children on the walk.

The children got the opportunity to meet and play with other children.

The outside environment provided children with an opportunity to explore green spaces and see and explore the natural habitat of common insects. (Early Years Foundation Stage Curriculum (knowledge and understanding of the world) EYFS.

The children also got the opportunity to meet others; unfamiliar faces in a non-threatening space; helping to improve their social and emotional well-being through discussions about how they feel and demonstrating with smiley faces, sad faces. Early Years Foundation Stage Curriculum (Social and) EYFS.

Healthy eating sessions - Recipe in a Box

The objective of this element was to redesign traditional recipes to ensure they were economically cost effective yet healthy to enable nutritional changes to lifestyle coupled with the opportunity to introduce children to new foods and textures.

The project would create 5 meals costing approximately £10 for a family of 4.

Each recipe would be cooked at the centre and samples shared as a snack. At the end of the session, each family would take 'Recipe In a Box' home. Each box would contain a recipe card that could be reutilised, plus ingredients for the families to take away and trial at home, encouraging and introducing concept of creating cost effective healthy meals which would supplement the physical activity as whole lifestyle change.





Recipe in a Box

As the cost of living hit record high in January, the recipe element of the project was re-engineered, taking into consideration the high cost of gas. The basic principles remained, including each recipe being:

- Cost effective
- Nutritional

Each new recipe chosen was;

- Nutritional: using healthy ingredients
- Cost effective:
 - less use of gas
 - cheap ingredients sought from range of shops/supermarkets
 - Families could explore and enjoy less traditional foods introducing non-traditional recipes but with familiar ingredients.
- Simple: where children could actively get involved

Parent's Feedback - Stir Fry Noodles

This recipe in a box was simple, delicious and nutritious. Me and Unais had an amazing time putting it all together. This simple cooking activity showed me how I can involve Unais in the preparation of our dinners more often. We did tweak the original recipe slightly as Unais doesn't like red kidney beans which we replaced with scrambled egg. Unais absolutely loved preparing the bowls and utensils to begin cooking. His favourite part was using the tongs to mix the noodles around. It was a challenge explaining to him that he can't come near the hot stove, he felt left out at that stage but had lots of fun dishing up the noodles once they were cooked and ready to be served for everyone to enjoy





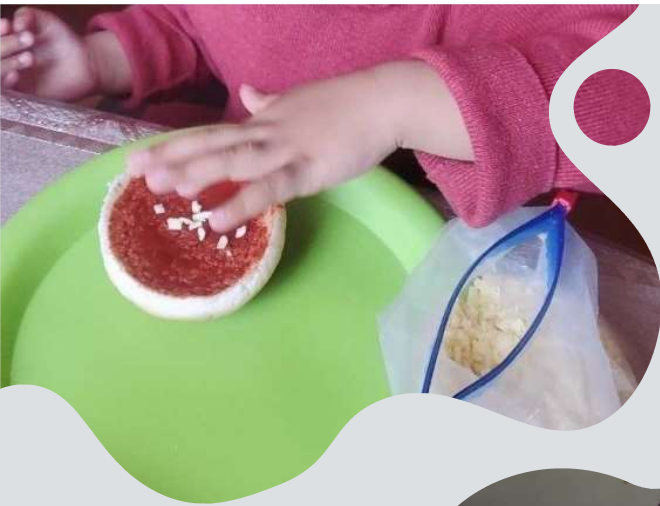
Parent's Feedback - Pizza

The pizza recipe was so much fun and simple to put together. Unais loved being a little chef in the kitchen once again. Squeezing and spreading the tomato puree all over the pizza base was his favourite part. The sweetcorn was a lovely addition in the recipe. Another fun part that Unais enjoyed was sprinkling the cheese he had a little taste in between hehe. Once the pizza was cooked Unais was very proud of his hard work and kept offering everyone a slice.

Parent's Feedback - Pizza

Ayyub really enjoyed making pizzas at home. He used his skills he learnt from last weeks cooking session to make his pizzas. Ayyubs favourite part was spreading the tomato puree on the wraps. We both enjoyed eating them for our lunch.





Parent's Feedback - Pizza

Khalisa really enjoyed this homemade tasty pizza. She was intrigued in the way the cheese and sauce sets when in the oven. Khalisa also learnt the base of a pizza along with adding any type of toppings. Khalisa prefers homemade than takeaway pizza! The cooking process was overall a huge success with Khalisa due to her learning the way things work. She enjoyed cooking from scratch and learning the step by step instructions. She was very proud to have learned the steps.

Parent's Feedback - Pasta salad

This had to be by far the best thing Aiyla had really enjoyed! Will definitely be looking at this recipe again with different twists to it. A simple and easy recipe which was loved by all. Aiyla loved the red onion touch to the pasta as well as the sauces. Aiyla chose mayonnaise as her sauce and I had chose Algerian. It gave a real kick to the whole pasta.





Parent's Feedback - Bun Pizza and Krispie Cakes

Zaynab helped mummy make bun pizzas for lunch today. She loves helping to spread the tomato puree, sprinkle the cheese while helping herself to some and adding the vegetables. Zaynab had just cheese and tomato for herself. Once cooked,, She tried it however didn't seem too keen on it. We paired it with homemade pakoras which she enjoys.



Parent's Feedback - Bun Pizza and Krispie Cakes

Deen was very excited to make his pizza for his lunch. He thoroughly enjoyed eating the ingredients whilst cooking the pizza!

Deen enjoyed making his chocolate rice krispie cakes. We accidentally made too many, and so he shared them, with a drop off to Grandma's house and dropped some off to his cousin's. Everyone enjoyed Deen's cakes.

Parent's Feedback - Chickpea Salad and Coleslaw

My husband really liked the sweet potatoes, he goes to the shop to get them all the time now. He likes them cos they are tasty, healthy for us and they can help me with my medical condition.



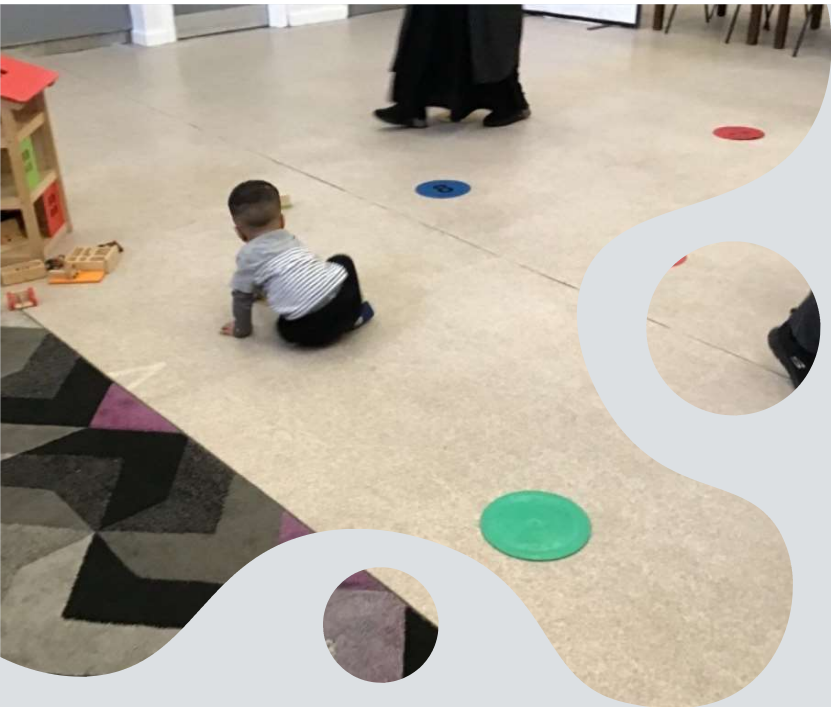


The recipes were enjoyed by the whole family. Children joined in with the cooking at the centre and at home, encouraging them to eat what they cooked.

The texture, the colour, the smells and an opportunity to eat with their friends all helped to encourage them to try new foods that children are often reluctant to explore.

Our recipes were extremely cost effective ensuring that we were able to share more than the 5 original recipes thus our families were able to further expand their culinary skills.

The choice of the recipes enabled families to buy non-perishable ingredients in bulk to enable greater cost saving.



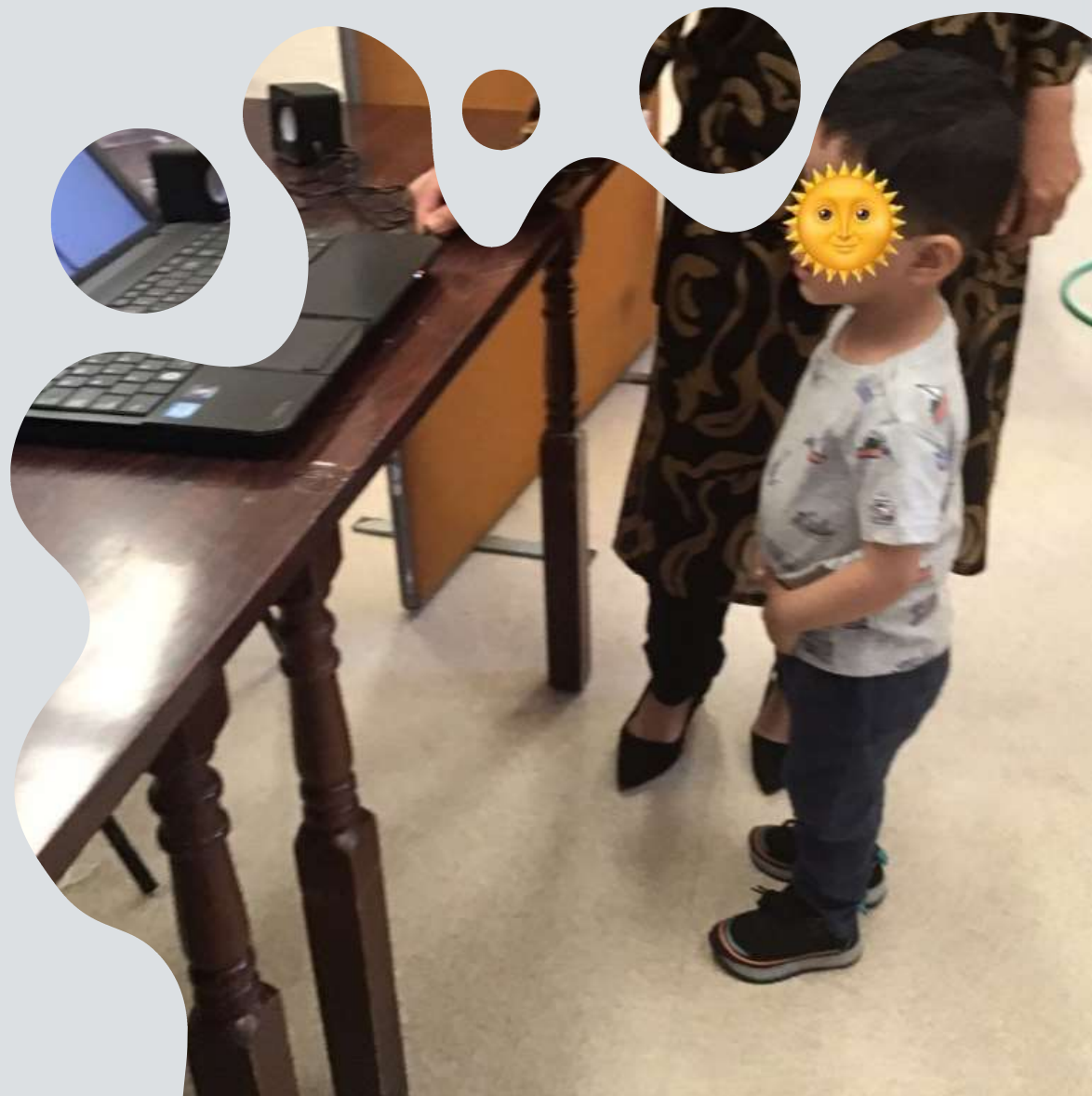
Exercise session with parent & child

The objective of this element of A.L.F project was to introduce light exercise sessions for parents and their children. This would include physical games such as Wake Up Shake Up, hopscotch, walking lines, balancing to improve their gross motor skills.



Weekly **Wake Up, Shake Up** sessions with parent and child took place, helping to improve both children's gross motor skills and improving parent's confidence to enjoy Physical movement with their children and the transference of this learning to the home setting for all the family.

Wake Up Shake Up proved to be as successful with the adults as it was for the children. Initially parents were very reluctant to join in but by the end of the ALF Project our parents totally lost themselves with both the singing of all the words and very well coria graphed moves. Both parent and child had the opportunity to practice and master their English language skills in relation to the Wake Up Shake Up session.





Parachute

The ALF funding enabled the purchase of a Parachute which also has proven to be a very successful tool for supporting both physical and many areas of developmental areas for both parent and child. Children enjoyed the bright colours of the parachute and became very excited when they were able to run under it.

Our children were soon able to take their position on the parachute and it became obvious that they felt a sense of belonging recognising how their part of the parachute was sagging if they were not holding it. Parents when children were running one side to the other were fully engaged and excited to call their and other children to complete the 'to and back' to their own space ensuring loud praises on their completion.

Parents were able to recognise this praise increased confidence for children thus this produced multiple outcomes for both parent and child.

Trip to the Park

We have been excited for sienna to go all week. Me and my husband just finished preparing her first ever packed lunch.

My mother in law said you all had such a good time. Thank you so much for all your organisation and efforts. Can't wait to see the photos





Physical activities enabled parents and children to work together to learn and play. The session encouraged many of the parents to pursue the physical activity outside the session including:

Parents shared that they had enrolled their children into local physical/sports groups.

Many of our parents requested cost of the versatile bikes that were purchased through the project, as parents discussed the flexibility of the bikes; ability to to fold flat, reducing valuable storage space that often families lacked.

One parent shared that she was unable to get her young child to play in the garden but following the purchase of the bike her child wanted to go in the garden despite the rain.

Due to the fun, repetitive and the structured sessions of the ALF project we are delighted with the positive outcomes that both our families and the team have been able to observe.

The recipes were:

- low cost
- were 'low cook', which aimed to ease financial constraints and build families confidence in cooking

A.L.F project included healthy eating and physical activity challenges and information to support childrens learning and being active at home.





GOAL through Early Years sessions are very much aware that when programmes are fun, repetitive and structured, often produce more wonderful outcomes than we can ever imagine, especially when we support all of our learners from the very young to our senior learners to develop a strong sense of self, a love for learning, to support confidence to ensure a path for continuous learning.

A.L.F project will leave a legacy for all of GOAL's service users and staff not just for the resources that will be utilised for all, but the re-enforcement of just how powerful needs-led programmes delivered in a fun way have the potential to exhilarate learning.

The toolkit containing recipes and scrapbook can be found on GOAL's website: www.gwacic.com under Early Years

