THE FUTSAL STARS FOUNDATION (CHARITY NO. 1194598)
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FUTSAL and FOOTBALL NEWHAVEN HOLIDAY CAMP CASE STUDY

The Futsal Stars Foundation x Active Sussex

Written by:

Dr Miriam Bouchiba

RATIONALE

The Futsal Stars Foundation is currently run by me and a team of volunteers. We collaborate with and sub-grant to The London Futsal Stars, a team of London-FA affiliated coaches to provide holiday camps to children aged 4-12 years. Our aim is to help improve the mental and physical health of young people in our community.

As a healthcare professional myself, this seems to be ever more important since the Covid-19 pandemic, where increasing numbers of young people have faced prolonged periods of isolation and loneliness. Research by UCH shows that young people suffering from poverty or groups affected by social exclusion (i.e. young people from the BAME community or those with disabilities), are most susceptible to mental health issues, ranging from anxiety to depression. There is a plethora of research that supports the mental health benefits of regular participation in football and futsal.

Newhaven in East Sussex has a high proportion of young people living in poverty. Active Sussex sponsored our summer camp in Newhaven from 26th July 2021 – 25th August 2021.

AIMS

- To provide a football/ futsal camp to young people from the target groups detailed below
- To enable equal opportunities and social inclusion in young people within Newhaven communities
- To provide a safe and enjoyable environment for young people to socially interact with one another through sport
- To improve the physical and mental health of the young people participating
- To develop healthy habits in young people that they can carry through in their later years
- To develop the skills of young people in football and futsal, which in turn translates into enhanced confidence across other areas in life
- Evaluate the participants' levels of physical fitness and general well-being before and after participation in our camp.

OBJECTIVES

The participants will:

- Commit to the sessions and maintain attendance
- Interact with other young people
- Work together in a team environment
- Engage in all aspects of the session
- Arrival/ warm up activity
- Skill related practice
- Match practice

TARGET GROUPS

- Young people aged between 4-11 years
- Young people living in poverty, this includes: free school meals, children whose parents receive universal tax credit, child tax credit, job seekers allowance)
- Children from the BAME community
- Girls
- Young people with a disability such as autism and dyspraxia
- Any other cohorts (i.e. permanently home-schooled children) that face social exclusion to encourage community cohesion and tackle social issues such as crime in Newhaven

PROJECT STRUCTURE

Monday –Tuesday – Wednesday

10am-2pm

Number of children reached 38 children

Venue: Fort Road Recreation ground

Each day, children were split into two groups based on age and ability (4-6 years, 7-11years)

38 different children in total attended our camps with the majority of children coming from socially and economically disadvantaged backgrounds i.e. free school meals or their parents receive benefits.

We also targeted children from the BAME community with 32% (or 1 in every 3) children attending the camp from the BAME community.

Age group	Free School Meals	Universal credit/ child tax credit	BAME	Disability (autism)	Permanently Home schooled
4-6 years (14)	11 (79%)	6 (43%)	3 (22%)	2 (14%)	0
7-9 (13)	9 (69%)	8 (62%)	3 (23%)	1 (8%)	1 (8%)
9-11 (7)	5 (71%)	5 (72%)	4 (57%)	0	1 (14%)
11-13 (4)	3 (75%)	3 (75%)	2 (50%)	0	0
∑ 38	23 (61%)	22 (58%)	12 (32%)	3 (8%)	2 (5%)

Table 1: % breakdown of target groups in the summer camp 2021

Newhaven Town Mayor Visit

The project drummed up significant community support, even reaching word back in London. We had 30 children signed up by day 3 of marketing! The Newhaven Town Mayor, Lesley Boniface, kindly visited us on the morning of day one. See below for the press releases about the project in the Sussex Express and the Islington Gazette:

Sussex Express .co.uk

– SINCE 1837 –

NEWHAVEN · SEAFORD · PEACEHAVEN · TELSCOMBE

Friday, 30 July 2021

Visit us online for breaking news

'Through sport we believe we can make a change to young lives'

India Wentworth

A new summer camp has started for children in the Newhaven area which helps to improve mental and physical health through sport.

The Futsal Stars Foundation provides financial assistance to young people from economically disadvantaged backgrounds to access futsal and football coaching to help improve mental and physical health.

The free summer camp for children aged between 5-11 started on July 26 and runs every Monday-Wednesday until August 25.

Founder of the organisation, Dr Miriam Bouchiba said the camp targets young people from the BAME community and/or who receive free school meals.

She said: "The project is funded by Active Sussex and Sports England. We also have a young person's mentor, Sky sports presenter, Ade Oladipo.

"As a healthcare professional, I am in regular contact with young people from economically disadvantaged backgrounds and there is an abundance of research that shows these individuals are more susceptible to mental health issues.

"There is also research, in equal measure, that supports the mental and physical health benefits of regular participation in football and futsal. The foundation decided to affiliate with the London Futsal Stars because of the amazing work they are already doing in the local community.

"Mental health is an increasingly big issue amongst young people, due to increased social pressures and this can manifest in a number of ways, such as anxiety, depression etc.

"Together we feel a huge responsibility to protect children as much as possible from the latter and through sport we believe we can make a change to the lives of many young people with whom we work with."

More pictures online at www.sussexexpress.co.uk or find us on Facebook

The camp in Newhaven is the most recent project the foundation has launched. To find out more about our

the seagulls and support

tre traders

Islington Gazette

LOG IN

Meet the foundation using futsal to help young people

IG Maryam Zakir-Hussain

Published: 8:24 AM August 12, 2021 **Updated:** 8:42 AM August 12, 2021

The London Futsal Stars Foundation hosted a 3-a-side league this summer – Credit: The Futsal Stars

MENTORSHIP

We also encourage mentorship of the young people we work with. Our lead mentor is Sky Sports presenter, Ade Oladipo. For the young people who also want it, further resources are made available through the Positive Mental Attitude Foundation Trust.

The teams' subjective assessment was that after the camp:

- Many children developed increased confidence with social interactions
- Increased motor skills in the younger age group
- Improved speech development in the younger age group

REFERRAL PROCEDURE

- Collaboration with local schools such as Highcliffe Academy
- Social media platforms
- Collaboration with Newhaven youth centre
- Collaboration with Making It Happen, SCDA

PROJECT EVALUATION

Evaluation forms were distributed to the young people aged 7-11 years at the start and end of the camp.

QUALITATIVE FEEDBACK FROM PARENTS

*"*The coaching staff is friendly and approachable. The Futsal Stars are very understanding when it comes to my autistic son's needs, making him feel at ease and feel like one of the group. Thank you for helping my son's game improve, we hope to come back for the next one, would highly recommend for any child with autism and other learning needs. Thanks to Shaz for always putting a smile on Ryan's face.

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"He is excited to go as he has met new friends and says he really likes his coach Shaz. His skills are developing as he comes home and has to demonstrate his new moves he learnt that day. I feel it's helping his emotional and social skills massively as he isn't the strongest of kids in these areas, as previously flagged by his school. Whilst enabling him to have some fun whilst his development continues."

"With everything that's happened this last year it's been a god send for both our mental health."

"As a mother of two young children, trying to get back into the workplace, I have been able to take on an extra project at my new part time workplace, this project is very likely to lead to me being offered further work in the autumn, so having the time to work on this project now, will not just benefit us over the summer, but likely help the family income for the future.

My son really enjoys the activities and from the descriptions he is giving me on the games and exercises they are doing, they seem specifically designed to work on and improve his skills at. This is very important to him, as he came to me earlier in the year, asking "why am I not as good at football as the other kids at school", sadly a large reason for this is that his father passed away 4 years ago and in all female household, there happens not to be anyone with the know-how to teach him, or discuss with him. My son having this opportunity is therefore important to me, as I feel this is one of the things he has missed out on, having lost his father."

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"I have 2 children in the camp and they absolutely love it! I signed them both up for different reasons. My son finds it hard in new settings and surroundings but the coaches are so super friendly he hasn't thought twice about it. My daughter is an outdoorsy and active girl; spending time indoors doesn't always suit her. This camp is allowing her 4 hours of exercise for body and mind 3 times a week over the summer holiday. I really couldn't be more grateful."

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"It has really helped us this summer! Both my husband and I work full time. We have hardly any

disposable income. I am so grateful. Thank you all so much. All the staff are wonderful and the camp is so professionally run. I never worry about the kid's safety whilst they are there."

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"Rory said he loves the camps and gives it five stars! He loves the outdoor fitness and always comes home full of excitement and energy after and likes to tell me all he's been doing. It's good for the kids and parents as it keeps them entertained as finding things for the kids to do can be costly so it takes pressure of parents - great work guys!!"

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"I do sometimes struggle with my son's weight as the more he is home, the more he snacks and the less exercise he does. Since covid, weight gain has become much more of an issue, so having a physical, sporty activity that covers 5 weeks of the holidays has been an absolute life saver and helped keep him physically active and staving off weight gain. It also allows me to know he is happy and enjoying himself as well so I don't have to worry about any recluse issues!

I am eternally grateful and feel very lucky and fortunate that this scheme is running in our home town. Long may it continue. I think local authorities up and down the country should be pumping some money into schemes like this as the past 18 months has caused havoc with our children's daily lives and life enjoyment. I feel bad for my son and he has working parents and extended family, for those children that don't, they will need all the support they can get and this scheme is a great start."

Certificate day!

For more photos and also video interviews with some children, please visit our Instagram page: @futsalstarsfoundation