



OXFORDSHIRE PLAY
ASSOCIATION
ANNUAL REPORT
2019

For the Period 1st April 2018 to 31st March 2019

OPA is a Charitable Incorporated Organisation
Registered Charity Number 1160320

OPA's Vision is to improve lives through play

OPA's mission is to champion and to support the rights of all Children and Young People to have access to high quality, inclusive Play opportunities to improve their Physical, Mental and Spiritual Wellbeing

OPA ORGANISATIONAL DETAILS

OPA TRUSTEES

Chair = Anda Fitzgerald O'Connor

Treasurer = Meryl Smith

Trustees = Anne Bissell and Roger Beattie

OPA STAFF

Manager = Martin Gillett

Training Officer (Full Time) = Brid Muldoon (until August 2018)

Training Officer (Part Time) = Wendy Boone (from November 2018)

Play Promotion Officer = Julia Graw (until April 2018)

Finance Officer = Jade Jarvis

Oxford Therapeutic Playwork Staff = Jane Gallagher

Sessional Playworkers = Tracy Rampton, Sharon Derbe, Tara Branston
and Sayema Monam

BANKERS

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19
4JQ

ACCOUNTANTS / AUDITORS

SPX Oxford, Peace House, 19 Paradise Street, Oxford. OX1 1LD

OPA FINANCE – 2018/19

Income	£139,886
Expenditure	£139,035
Surplus	£851
Reserves	£42,424

(A full copy of our Audited Accounts are available on request)

Trustees Annual Financial Report

In view of the end of year budget deficits recorded in the previous 3 financial years, due to the challenges of public sector cut backs and changes in the play sector operational environment, the OPA Trustees undertook a full structural and staffing review of the organisation in late 2017 / early 2018.

It was clear that in order to become sustainable as an organisation we had to reduce staffing levels and costs. After much consideration and consultation this unfortunately led to a decision that we (and the significantly reduced play training market) could no longer support a Full Time Training Officer post. Consequently our well-respected and exceptionally- skilled member of staff performing that role was made redundant but thankfully was able to move on to another training-focussed role in a larger organisation offering greater scope for using her skills and experience.

We intend to continue to offer play training and have made arrangements for a demand and funding responsive sessional post to give us more flexibility.

When our valued Play Promotion Officer left to pursue a consultancy role, we discontinued this post with promotional tasks being included in the responsibilities of the OPA Manager.

Reluctantly, due to lack of funding, we have also had to cease to play our former role of providing supportive infrastructure services to the play movement in the county, such as the Inspiring Play Newsletter, OPA Membership Services and servicing the County and Local Play Partnerships.

All unfortunately another sign of the challenging times being experienced by the play world both nationally and locally at a time when there is general

recognition of the vital importance for children of having positive outdoor and indoor play experiences to help them meet the challenges of later life.

The OPA Trustees and OPA Manager are pleased to see that these difficult but very necessary decisions have resulted in OPA's achieving a small surplus this year, which will help to start replenishing our unrestricted funds, which have suffered worrying reductions in previous years.

Financial highlights this year are as follows;

- Income was at a 3 year high at £139,886
- Expenditure of £139,035 was at its lowest level for 9 years since financial year 2008/09
- Unrestricted Reserves grew slightly to £42,424
- Our core Organisational Operational Costs (including unfunded salary costs) reduced from £55,260 in Financial Year 2017/18 to £40,740 in Financial Year 2018/19 (this represents a reduction of over 26%)
- Our total wage bill reduced from £85,327 in Financial Year 2017/18 to £74,750 in Financial Year 2018/19, a reduction of over £10,000

The Trustees are grateful to the OPA Manager and other remaining staff for their sterling work to enable the organisation to continue to provide quality services in response to local need in as a financially sustainable way as possible.

OPA STATEMENT OF PUBLIC BENEFIT

OPA and its Trustees confirm that they have complied with the Statutory Duty in Section 17(5) of the 2011 Charities Act to have due regard to Public Benefit guidance published by the Charity Commission. We work on a fully inclusive basis across Oxfordshire taking into account all relevant legislation and guidelines.



Do you share our belief that PLAY is vital for the lives of Children and Young People?

Help us to make Oxfordshire the most play-friendly county in England.

Become a 'Friend of OPA' – and support us to continue our work across Oxfordshire.



play 4 life



Did you realise that the biggest 4% of UK Charities receive 80% of all the donations whilst the remaining 96%, some 159,169 local organisations receive only 20%!

What does OPA do? We:

- ❖ Help play providers to offer high quality play opportunities for all
- ❖ Run user-friendly training on all kinds of play-related topics
- ❖ Campaign for national and local play-friendly policies and decisions

We are a Charitable Incorporated Organisation (Registered Charity Number 1160320) and have been working with, and for the Families and Communities of Oxfordshire since 1974.

For just £1 per month you can ensure that this work continues into the future by becoming a friend of OPA. **Come and play with us!**
Contact us now to see how you can make a difference!



THE HISTORY OF THE OXFORDSHIRE PLAY ASSOCIATION

October 1974 – OPA is ‘born’ following a meeting convened at the Community Centre in Lake Street, Oxford.

November 1978 – OPA is officially registered with the Charity Commission, Registered Charity Number 276706.

1977 / 1978 – First recorded set of Accounts showing Annual Income of £69.92 against Annual Expenditure of £72.66

September 1992 – Working party established towards creating the OPA that exists today.

January 1993 – First public meeting held at Yarnton Village Hall of OPA, the County Play Forum.

July 1993 – First Play Newsletter is produced by OPA who are based at Osney Day Nursery in Botley Road, Oxford.

1994 – OPA continues to grow very quickly, services now offered include the Oxfordshire Playcare Foundation Course, Management Training Course and the Playcare Promotion Unit. The first OPA Playbox Catalogue is issued and OPA launch its own Payroll Service.

1994 – OPA moves to Agriculture House in Eynsham after outgrowing its old premises.

1995 – With funding support from the Heart of England TEC, OPA launch the Oxfordshire Childrens Information Service – this service went live on 1st July 1996.

July 1999 – OPA celebrates its 25th Birthday with an event at Weston On The Green.

August 2000 – First recorded Playday event held at Blackbird Leys Leisure Centre with 2000 Children & Young People in attendance.

September 2001 – Childrens Information Service becomes independent of OPA and moves to Long Hanborough.



December 2003 – OPA is awarded 3 year funding of £186,000 from the Learning and Skills Council to deliver Playwork Training across Oxfordshire.

October 2006 – OPA moves to Thorney Leys Park in Witney.

2006 – First County and District Play strategies written.

2007 – OPA moves to a new office location in Cowley, Oxford.

2008 – First National Play Strategy is issued by the Department for Children, Schools and Families as part of a Commitment from the Childrens Plan.

Summer 2008 – First Countywide, Oxfordshire Playday takes place at Florence Park in Oxford, attended by 5000 people.

2008 – West Oxfordshire Play Ranger Project is launched.

February 2012 – OPA secure the County Council contract to deliver Playwork Training across Oxfordshire.

Spring / Summer 2012 – First Armed Forces Playdays are delivered at the 6 Armed Forces bases in Oxfordshire.

2013 – Countywide Play Conference is reborn, delivered at Brookes University.

2013 – Twelve Playday events are delivered across Oxfordshire, attracting a record audience of 23,100 Children, Young People and their Families.

October 2014 – First Autumn / Winter Playdays are delivered at Witney and Sonning Common in October Half Term.

April 2015 – OPA changes its legal structure from that of a Registered Charity to a Charitable Incorporated Organisation, Registered Charity Number 1160320

February 2016 – OPA secures 3 Year Funding from BBC Children In Need to deliver Play Ranger sessions on the Rose Hill Estate in Oxford

2017 – Pilot 'Oxford Therapeutic Playwork' project is delivered at Bayards Hill School in Barton in partnership with renowned Playwork Theorist Gordon Sturrock

November 2017 – OPA moves to Littlemore to share office space with Innovista / Thrive in order to share / reduce office and operational costs

Friends of OPA are now able to support the Charity via 3 of the local Council Lotteries in South Oxfordshire, Cherwell and Oxford City



WE'VE LAUNCHED OUR LOTTERY PAGE

Buy Your Tickets From Our Page - We Get 50%

- We now have a Oxford Lottery page!
- Support local causes and win prizes of up to £25,000!
- 50% of all tickets sold from our page go to us!
- PLUS 10% goes to other local good causes!
- Tickets only cost £1 per week!
- Support us and win prizes - WIN WIN!

To Start Supporting, Visit:
www.OxfordLottery.org
And Search For:
Play Association



Supporters must be 16 years of age or older



WE'VE LAUNCHED OUR LOTTERY PAGE

Buy Your Tickets From Our Page - We Get 50%

- We now have a Cherwell Lottery page!
- Support local causes and win prizes of up to £25,000!
- 50% of all tickets sold from our page go to us!
- PLUS 10% goes to other local good causes!
- Tickets only cost £1 per week!
- Support us and win prizes - WIN WIN!

To Start Supporting, Visit:
www.CherwellLottery.co.uk
And Search For:
OPA



Supporters must be 16 years of age or older



WE'VE LAUNCHED OUR LOTTERY PAGE

Buy Your Tickets From Our Page - We Get 50%

- We now have a SO Charitable Lottery page!
- Support local causes and win prizes of up to £25,000!
- 50% of all tickets sold from our page go to us!
- PLUS 10% goes to other good causes in South Oxfordshire!
- Tickets only cost £1 per week!
- Support us and win prizes - WIN WIN!

To Start Supporting, Visit:
www.SoCharitable.co.uk
And Search For:
OPA



Supporters must be 16 years of age or older

PROJECT	ROSE HILL PLAY RANGERS – YEAR 3
FUNDED AND SUPPORTED BY	 
PROJECT DETAILS	<ul style="list-style-type: none"> • Increased physical activity for children and young people living on the Rose Hill Estate. • Children and Young People from the Rose Hill estate will have more positive relationships • Children and Young People from the Rose Hill Estate will be positively empowered <p>Sessions delivered in School Holidays</p>

<u>Sessions Delivered</u>	<u>Attendance Numbers</u>	<u>Average Attendance</u>
2016 = 18	453	25.2
2017 = 27	774	28.6
2018 = 27	909	33.7

Our project outcomes will link directly to the BBC Children In Need ‘Building Blocks’ for Children:

- Being Physically Safe
- Being Physically Well
- Being Emotionally Well
- Having Strong Self Belief
- Having Positive Relationships
- Having Essential Skills
- Being Positively Empowered



<u>PROJECT</u>	<u>OXFORD THERAPEUTIC PLAYWORK</u>
FUNDED AND SUPPORTED BY	 <p>Supported by BBC Children in Need <small>© BBC 2017. Reg. Charity England & Wales no. 810212 and Scotland no. SC039103</small></p> <p>SUPPORTED BY UNIVERSITY OF OXFORD COMMUNITY GRANT</p>
PROJECT DETAILS	<p>To support Children & Young People faced with challenges to increase their resilience, develop a positive sense of self and improve their self confidence</p> <p>Developed in partnership with the late, Internationally renowned Playwork Theorist Gordon Sturrock</p>

Following our successful pilot project at Bayards Hill School in Barton we have received 3 year funding from BBC Children In Need to deliver this project across 3 further schools in Oxfordshire.

Our work in Year 1 has also been supported by the University of Oxford via their Community Grant scheme. The project started in early March 2019 and a full report will appear in our next Annual Report

- We will be working with 2 Cohorts of 6 x Children to deliver 10 x 1 hour Therapeutic Play sessions within School Hours over 1 Full term
- 12 Children in total – 6 from Key Stage 1 and 6 from Key Stage 2
- We have sufficient funding to work at Rose Hill Primary School over 2 Full Terms (24 Children in Total)
- The Therapeutic Play sessions will be delivered by 2 Therapeutic Playwork specialists from OPA with extensive experience of working in this environment
- The Therapeutic Playwork sessions will offer a safe and secure, Child led Play Environment with an empathetic approach to Play that centres around clear and consistent boundaries to enable Children to express and act out emotions in a safe way



PROJECT	<u>Cherwell and South Northamptonshire</u>
FUNDED AND SUPPORTED BY	 
PROJECT DETAILS	Supporting Play Infrastructure, Projects and Services across the 2 District Council Areas

Working with our partners at Cherwell District Council we co-Chair the Cherwell Young People, Play and Wellbeing Group and are also involved with the 'Grimsbury Network' working in the 'Brighter Futures' areas of Banbury.



In South Northamptonshire we have been involved with the development and launch of the new groups working across the District.



All these groups act as a focus point to co-ordinate service delivery, reduce duplication and share best practice as well as increasing delivery capacity across both districts.

Our work in these areas will link into the main themes of the Cherwell Play Strategy which include;

- Increased Participation
- To Improve Play Spaces
- Community Cohesion
 - Inclusivity
- Develop Play in both Urban & Rural Areas
 - Promote Managed, Risky Play
- To Introduce more Play into, and out of School

<u>PROJECT</u>	<u>Armed Forces Support Project</u>	
FUNDED BY		
PROJECT DETAILS	Deliver project work at both RAF Benson and Dalton Barracks to include; Weekly Stay & Play session at each location Bi-weekly Saturdads session at each location A Community Play and Activity Day event at each location	

Oxfordshire County Council was the first local authority in England to sign up to the Community Covenant and through its network of Childrens Centres delivered Outreach services to all of the Armed Forces bases across Oxfordshire.

However due to budget cuts Oxfordshire County Council has reduced many of its services across Oxfordshire and its Children & Young People directorate will now only work with Young People in the most need.

All of the County Council run Childrens Centres were closed in April 2017. They no longer deliver any 'Universal Services'. This means that there were no outreach services being delivered by any 3rd party provider at either RAF Benson or Dalton Barracks.



Our project works with Armed Forces Children & their Families to not only provide Open Access, Play based sessions but to also provide guidance and services across the local area so that they are able to participate fully in local activities.

Session Attendance Numbers;

		Children	Parents Carers
Dalton Barracks	Stay & Play	326	264
Dalton Barracks	Saturdads	61	36
RAF Benson	Stay & Play	417	264
RAF Benson	Saturdads	87	52

"I don't go to any other play groups on camp. I love this one because you do so much and we have such a lot of fun."



PROJECT	Level 2 Diploma in Playwork
FUNDED AND SUPPORTED BY	 
PROJECT DETAILS	To deliver a QCF Level 2 Diploma in Playwork qualification to learners who were Over 50, Work Programme Returners, Long Term Unemployed or were in a Cycle of Low Skilled Employment

This qualification is an introduction to the primary aspects of working with children and young people in a play environment and support the government's wider children's workforce development strategy.

The Knowledge (Classroom based) section of the course was delivered in Banbury whilst the Skills based section of the course was delivered at various settings where the learners has secured Volunteer Placements.

10 Students Undertook the Course to improve their future Employment Opportunities and they all gained valuable Volunteer experience during the course.



PROJECT

OPA Play and Activity Days / Playdays 2018

FUNDED BY



Cumber Family Charitable Trust - Martha Louise Jackson Bequest –
Headington Action – Risinghurst & Sandhills PC

PROJECT DETAILS	Deliver a series of Community Events across Oxfordshire and South Northants using the ethos of National Playday. All events will offer both FREE Entrance and FREE Activities to ensure an inclusion for ALL
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In 2018 we delivered 15 large scale, Community Play & Activity days across Oxfordshire.

This means that in the last 7 years (2012 to 2018 inclusive) we have project managed across Oxfordshire a total of 77 events which have been attended by 104,250 'guests' at an average of 1,354 per event

ALL of these events offered both **FREE** Entrance and **FREE** Activities to ensure an inclusion for **ALL**

Saturday 26 th May 2018	Towcester
Friday 1 st June 2018	Brackley
Saturday 23 rd June 2018	Didcot / Vauxhall Barracks
Saturday 30 th June 2018	Carterton / RAF Brize Norton
Saturday 7 th July 2018	Wood Farm
Saturday 14 th July 2018	Dalton Barracks
Saturday 21 st July 2018	South Abingdon
Thursday 26 th July 2018	Banbury (Peoples Park)
Friday 27 th July 2018	The Leys
Wednesday 1 st August 2018	Bicester (Garth Park)
Tuesday 21 st August 2018	Banbury (Princess Diana Park)
Tuesday 28 th August 2018	Bicester (St Edburgs)
Friday 31 st August 2018	Faringdon
Saturday 1 st September 18	RAF Benson
Sunday 11 th November 2018	Witney

An individual event report and evaluation is available for each separate event upon request



OPA PLAY AND ACTIVITY DAYS 2018

KEY AIMS AND OBJECTIVES

For Children & Young People

- 1) Promote Positive Behaviours & Activities
- 2) Promote Increased Levels of Physical Activity
- 3) Promote Healthy Weight Management

For Parents / Carers

- 1) Provide an Event offering both **FREE** Entrance & **FREE** Activities to Ensure an Inclusion for **ALL**
- 2) Demonstrate how Play can be achieved on a Zero / Minimal Budget using Natural & Recycled materials
- 3) Provide information on services and activities available in the local and wider area

For Communities

- 1) Encourage a greater sense of belonging to promote Active & Engaged Communities – ‘Love Where You Live’
- 2) Promote local clubs, groups and societies
- 3) Involve local groups, communities and Children & Young People in the planning and delivery of each event

TOWCESTER FREE EVENT For everyone

Community Fun Day

love where you live

Saturday, 26 May 2018, 11am - 3pm
at the Recreation Ground

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

BRACKLEY FREE EVENT For everyone

PLAY DAY

love where you live

Friday, 1 June 2018
Brackley Leisure Centre
11am - 3pm

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

Didcot / Vauxhall Barracks Play & Activity Day

Saturday 23rd June 2018 11.00am - 3.00pm

Edmonds Park, Didcot, Oxon. OX11 8QX

FREE Entrance and FREE Activities for Families, Children and Young People of all ages.

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

RAF Brize Norton / Carterton Play & Activity Day

Celebrating Armed Forces Day

Saturday 30th June 2018, 11am - 3pm

Alvescot Road Recreation Ground, Carterton, Oxon. OX18 3BS

FREE ENTRANCE AND FREE ACTIVITIES

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

WOOD FARM PLAY AND ACTIVITY DAY

OPAs CORNER PLAY ASSOCIATION

BUILDING COMMUNITIES THROUGH PLAY

FREE ENTRANCE AND FREE ACTIVITIES

SATURDAY 27th JULY, 11AM UNTIL 3PM

WOOD FARM RECREATION GROUNDS (BEHIND A145/6 ROAD SHOPS)

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

Dalton Barracks Play and Activity Day

OPAs CORNER PLAY ASSOCIATION

BUILDING COMMUNITIES THROUGH PLAY

FREE ENTRANCE AND FREE ACTIVITIES

Saturday 14th July 2018
11.30am - 3.30pm

Dalton Barracks Sports Field, Long Tom, Sligoan, OX11 4JH

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

BACK FOR ITS 4TH YEAR!!!

FREE ENTRANCE AND FREE ACTIVITIES!

OPAs CORNER PLAY ASSOCIATION

SOUTH ABINGDON PLAY AND ACTIVITY DAY

SOUTHERN TOWN PARK, LAMBROCK WALK, OXF
PRESTON ROAD, ABINGDON, OX14 5TJ

SATURDAY 21ST JULY 2018
11AM UNTIL 3PM

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

BANBURY FREE EVENT For everyone

PLAY DAY

love where you live

Thursday, 26 July 2018
People's Park
11am - 3pm

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

THE LEGS PLAY AND ACTIVITY DAY

OPAs CORNER PLAY ASSOCIATION

BACK BY POPULAR DEMAND FOR A 2ND YEAR!

FRIDAY 27th JULY 2018 - 11AM UNTIL 3PM

FISHERS HILL PARK, GREAT LIDS, OXFORD, OX4 2PW

FREE ENTRANCE AND FREE ACTIVITIES!

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

BICESTER PLAY AND ACTIVITY DAY

OPAs CORNER PLAY ASSOCIATION

FREE ENTRANCE AND FREE ACTIVITIES

WEDNESDAY 1st AUGUST 2018 @ GARTH PARK, BICESTER, OX26 6PS

11AM UNTIL 3PM

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

Summer FEST 2018

The Sunshine Centre is hosting a

PRINCESS DIANA PARK
21ST AUGUST 2018
11AM - 3PM

Free play and activities including:

- Smoothie bike
- DIY face painting
- Tricky Trails biking
- Bouldering wall

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

BICESTER FREE EVENT For everyone

OLD SCHOOL RE:PLAY DAY

love where you live

Tuesday, 28 August 2018
St. Hubert, Conventry Rd, Bicester, OX26 6PS

11am - 3pm

No children provided!

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

FARRINGTON PLAY AND ACTIVITY DAY

OPAs CORNER PLAY ASSOCIATION

FRIDAY 3rd AUGUST 2018 - 11AM TO 3PM

(INCLUDES A BIRTH HOUR FROM 10AM TO 11AM FOR CHILDREN WHO FIND THE MARCH EXHIBIT TOO NOISY A BIRTH)

FREE ENTRANCE AND FREE ACTIVITIES - FUN FOR ALL THE FAMILY AND FOR ALL AGES!

BUILDING COMMUNITIES THROUGH PLAY

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

RAF Benson Play & Activity Day

Saturday 1st September 2018 - 11am - 3pm

RAF Benson Sports Field, OX10 5AN

PLEASE USE THE SECURITY GATES ON THE DOORSTEP CLOSE TO 200M

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

Witney WW1 Centenary Play & Activity Day

Sunday 11th November 2018, Midday - 3pm

The Lego Recreation Ground, Station Lane, Witney, OX18 4AR

FREE ENTRANCE AND FREE ACTIVITIES

Activities include: Football, Basketball, Badminton, Table Tennis, Tennis, Archery, Golf, Horse Riding, Canoeing, Kayaking, Climbing, and more.

Organized by: OPA, OPA Youth Activities, The Smoothie King, Body Trax, Healthline, and more.

Play

**Children's Play Policy
Forum statement**

builds children

A crisis in childhood is happening every day, all around us.

Almost 80% of 5 to 15 year olds aren't getting enough physical activity to keep themselves healthy.

Evidence shows that children are physically weaker than previous generations.

10% of children and young people are affected by mental health problems.

Fewer children are allowed to travel on their own to places within walking distance other than school. The figure has reduced from 55% in 1971 to a maximum of 33% in 2010.

More than 20% of children are overweight or obese when they begin school. This increases to more than 30% by the time they leave primary school.

The cost to society of allowing these trends to continue is huge. It includes the human cost of ill health (physical and mental), an increased demand on public services, and damage to the economy through lost productivity and skills gaps.



Modern life is squeezing play – especially outdoor play – to the margins of children’s lives

Our everyday environments and lifestyles mean that the natural growth and development that occurs when children play isn’t happening. Although children in the UK are now generally taller and heavier, their physical strength is decreasing. The mental health of a generation is at risk. Obesity in children is at epidemic levels and increases in life expectancy have stalled.

When everyday play is replaced by highly restricted lives – indoors, on screens and under the constant surveillance of adults – children’s bodies, brains, muscles and minds simply cannot do what they are designed to do. Lack of play leaves children mentally and physically unprepared to cope with life. This affects them in childhood and throughout the rest of their lives.

It is a matter of urgency that play is prioritised – for two important reasons:

- the significance of the harm caused by this lack of play
- the huge benefits that will be gained if we develop environments and everyday lifestyles that support children’s play.

Children need play to survive and thrive

It’s difficult to imagine a childhood without play. When we remember our own childhoods, many of us recall having the freedom to play outdoors in streets, parks and playgrounds, getting up to mischief and enjoying all sorts of adventures.

Building dens and sandcastles, spending hours on swings, slides and roundabouts, even making campfires – all of these helped build our confidence, cement our friendships and encourage us to have a go at things and persevere.

Many of our most important life lessons came from the experiences we had playing – and the ones that involved a few bruises or a good laugh possibly taught us the most. The freedom to take risks is crucial to children’s development.



The Children’s Play Policy Forum
A collective voice for children’s play
childrensplaypolicyforum.org.uk
©CPPF, 2019



Why has play changed since we were children?

The fun we have when we play – and the motivation to play in the first place – comes from being able to choose what to do, how to do it, when to start and when to stop. Playing is very different to sport and other adult-organised activities, even though they may seem similar. Freedom and choice are what make playing unique. When children play, the rules aren’t set by adults and there is freedom to explore, discover and learn from mistakes. However, for today’s children, playing is different than it was for previous generations.

So, what has changed?

- The volume of traffic has increased.
- Technology and social media are replacing real-life activities.
- Public playgrounds are being neglected and closed.
- Educational pressure, homework and organised activities have increased.
- Parents’ anxiety about children’s safety has intensified.

More play is part of the solution

When they play, children drive their own development. Play has a critical role in building:

- the structures of the brain
- stronger, healthy bodies
- resilience – children’s ability to cope with stress, challenges and setbacks
- skills such as creativity, problem-solving and critical thinking.

Playing also builds:

- children’s sense of identity
- close family relationships
- strong connections within communities.

Our vision for children

All children are entitled to play every day. In fact, it is essential. Playing is a fundamental and vital part of being a child, as recognised in the UN Convention on the Rights of the Child.

Governments have a responsibility for play and leadership is needed. Children’s play deserves a broad and comprehensive approach, involving cross-departmental collaboration and accountability.

Government, the devolved administrations and local authorities can together make sure that children and society are not fundamentally damaged by the lack of play in children’s everyday lives – and that we all gain the unique benefits of children playing more.

Play is a powerful builder of happy, healthy, capable children. It also benefits families, communities and society.



OXFORDSHIRE PLAY ASSOCIATION

☎ 01865 779474

🖱 www.oxonplay.org.uk

🖱 enquiries@oxonplay.org.uk

💻 Facebook = Oxfordshire Play Association - OPA

💻 Twitter = @oxonplay

Oxfordshire Play Association

Suite A, First Floor

Meridian House, East Point Business Park

Sandy Lane West, Littlemore

Oxford

OX4 6LB

