

Bryson's Story

Active Fusion's impact on the South Yorkshire community



The Active Fusion coaches and participating in after school clubs have both had such a positive impact on my son, he is now far more confident in himself.

Bryson's Mother

In March 2020, schools closed their doors to many of their pupils, with further restrictions introduced with lockdowns two and three imposed in November 2020 and January 2021 in response to the Covid-19 crisis.

These measures not only affected children's education, but they also meant that they missed out on many other aspects of school life such as; seeing their friends, taking part in sport, accessing support services, and experiencing key milestone events in their lives. It is understandable then that, aside from the obvious economic and health impacts, the restrictions have the potential to have significant repercussions on children's mental, physical and social wellbeing.

Due to the pandemic 83% of children and young people's physical fitness got worse. Throughout this period, Active Fusion has supported over 71% of children and young people, in South Yorkshire, who had put on weight as a result of the lockdowns. .

Never has there been a bigger calling in our charities history to use the power of physical education, sport, and physical activity to help children overcome their challenges and to support them to re-build, re-connect, and recover.

Following the third lockdown in March 2021, survey results from teachers highlighted concerning issues relating to children's health and wellbeing. Reporting that 83% of children and young peoples' physical fitness had got worse; 60% of children's overall wellbeing had declined and 66% had put on excessive weight.



Parents and children have benefitted from the resources we have provided both during and after the pandemic. Providing a supporting hand to all who are in need of it. Our holiday camps and after school clubs play a big part in inspiring children to develop, learn something new and find enjoyment in a range of activities that could possibly lead to more than 'just an after school club'.

Bryson, who has benefitted from our after school clubs and holiday camps, was always a very timid and shy child, he struggles to make new friends and was often deemed as antisocial, choosing to spend his time alone rather than asking to play with others due to a lack of confidence.

Being in an after school club has proved to have done nothing but positive things for him. Bryson is now far more confident in himself and is a completely different child from the last two years since having started extracurricular school activities.

Bryson grew accustomed to just sitting in his room playing games, encouraging him to play with his family members became challenging to do. He is now able to do a lot more running about and gaining strength and speed.



Bryson has a great relationship with his coach and often comes home to tell me positive comments



The crisis of the pandemic made it clear that the provisions we provided were a staple and a lifeline for families. The impact of sport is more than just physical. The mental stress that children and young people faced, have had a great impact on their overall health.

The effect our sports clubs and holiday camps had on Bryson, is similar to almost all children who join us. The increase in confidence, the development of new skills, building relationships, and of course the physical benefits. It is our biggest motivator to grow and reach as many children as we can.

Never has there been a time in our generation when children and young people's physical activity levels and mental wellbeing have seen such a major decline. With our charity first approach, we have delivered front-line support to reach out and support children and young people to be healthier, happier, and more active.

Over the last 12 months, Active Fusion has influenced the lives of 26,908 children, young people, and their families in a time when they have needed us the most.



Discover more at activefusion.org.uk