



# Playworks - the 'invaluable resource' helping to support children as life gets tougher for Nottingham families

Every parent wants their child to have a happy, healthy childhood but providing play opportunities for children can be hard work for families struggling with the rising cost of food, transport and household bills for example.

According to The Campaign to End Child Poverty, more than one in three children in Nottingham are growing up in poverty.

To help, Nottingham charity Playworks, the city's leading resource centre for play, is offering to help parents who want to set up their own community play projects.

Playworks has been supporting children's play in Nottingham for over 30 years and it's already helped to set up play projects in communities around the city.

One of these projects is Kidz United, an after-school club in the Meadows that provides play activities and support for local children, particularly children from asylum-seeking families in Nottingham.

## **Helen Coppins from Kidz United says:**

*"Kidz United has been running since 2010, after local parents decided to set up a project offering play and support to children in the Meadows. Playworks has been involved from the start and has helped us to make our ideas a reality.*

*For instance, Playworks has provided free training for our volunteers and low-cost craft materials as well as an abundance of ideas. They've also helped us to research funding options and to complete funding application forms.*

*Today, Kidz United runs between two and three sessions a week, providing play and support to around 80-100 children, with a workforce of over 20 volunteers. Playworks continues to support our project and has been an invaluable resource to us."*



Playworks can help new projects to start up or provide support to develop existing ones.

For example, the charity provides free training for play project staff and volunteers so that they can learn practical and useful skills around play including arts and crafts, therapeutic play, first aid, group development and safeguarding children.

Playworks can also provide projects with trained, CRB-checked volunteers.

It runs a Scrapstore too offering affordable recycled arts and crafts materials and an Art Shop. Play projects like Kidz United can buy a basketful of recycled arts and crafts materials for just £1, enabling them to run creative activities for children without having to worry about the cost.

**Laura Summers, Playworks' Group Development Worker, explains:**

*"We understand that times are hard for many families in the city, which can mean that parents have less time or resources to put towards playing with their children.*

*Setting up a play project may be the last thing on people's minds but as Kidz United has shown, it can be a great way to provide children in your community with a way to play safely and independently.*

*By coming together in this way, parents can help one another, rather than struggling alone.*

*Plus of course, Playworks can give you all the help and support you need."*

**Liz Asher, Project Director at Playworks says:**

*"Play is vital to children's physical and mental health and wellbeing and being able to play in your local neighbourhood is especially important. It helps children to form emotional links to their own community and is a great way to improve community cohesion."*

If you're interested in starting a community play project for children, young people or families - or you already run one and would like more support, please contact:

**Laura Summers at Playworks on 0115 958 9199, email [laura.summers@playworks.org.uk](mailto:laura.summers@playworks.org.uk) or visit Playworks website at [www.playworks.org.uk](http://www.playworks.org.uk)**

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