

Andover Young Carers partnered with the local leisure centre with the intention of increasing the health awareness of the young carers in the town aged between 11 and 14. Healthwatch's grant of £2000 from the Community Cash Fund allowed the organisers to provide a set of activities based around healthy diets and physical activities that could inform and inspire the future choices of the young participants.

The activities based on diet used cooking and tasting opportunities to discuss the components, costs and techniques involved in sustaining a healthy diet. The chance to eat and cook with ingredients that the young people had never used before opened up new opportunities. Responses from the young people included: "Well worth doing, and you get to eat everything in moderation" and "I now like couscous and avocado".

Physical activities, arranged with the support of the local leisure centre, included swimming, the use of a climbing wall, abseiling, archery, go-karts and inflatables, a roller disco, Zumba and strength training. Having taken part in these activities, the young carers said that they would like to try yoga, archery, strength training, swimming and climbing outside of the setting of the young carers' group. Responses from young carers included: "Go Karts was amazing", "Bouncetastic", "Amazeballs", "Fabularse", "I got to the top 3 times" (climb regarding the climbing wall), "Enlightened me to fitness", "Helped me to know that getting fit is okay" and "It's got me more interested in sports".