

Wythenshawe Community Weightlifting Club receives Marcus Rashford backed funding

Wythenshawe Community Weightlifting Club has been running since 1964 and is situated in one of the largest council estates in Europe. The club has produced 3 Olympic medallists, 3 Commonwealth Champions, and over 52 junior British Champions. The club is dedicated to providing opportunity to everyone in the local community and is the UK's only weightlifting club to have developed a programme specifically for individuals with Autism/Asperges.

Following Marcus Rashford's appeal and nationwide lobbying on free school meals, the government has made funding available to sport and activity providers to put on free holiday clubs for children that receive free school meals. The Holiday Activity and Food (HAF) programme runs nationwide and aims to support families throughout the holidays. The grant guidelines make sure that all holiday clubs give children a safe space to be in the holidays, taking part in fun activities and receiving a hot meal.

Considering the huge impact the club has on the surrounding community, it is no surprise they have been awarded the Marcus Rashford-backed funding to put on a holiday provision. As a welcome addition, occupational health company Express Medicals LTD matched the HAF funds in the way of sponsorship so the club could help more children.

After receiving the HAF funding, Wythenshawe Community Weightlifting Club has been able to offer 40 children a place at the club over the Christmas period. The club is already fully booked and will consist of a 3-day activity programme. The children attending can expect to be taught weightlifting technique, have guest speakers come in to deliver nutrition education and they get to design and choose their meal for the day before it is cooked for them.

How does the HAF funding work? Local authorities receive grant funding to deliver the holiday activities and food programme in their area. Upon filling out an application with costings, activity providers receive funding to run a holiday club. The clubs must offer enriching activities, some physical activity, supply the children with a good hot meal, along with offering nutritional advice and signposting to other local services.