

Welcome

Welcome to the January issue of the Children's Play Update, a monthly round up of news, information and events for the play sector in England. It is produced by the Children's Play Information Service in coordination with Play England.

To subscribe, or unsubscribe, to the update please email playupdate@ncb.org.uk

Play in the news

A snapshot of the month's news relating to children's play from play organisations and from *Children in the News*, a daily and weekly abstracting service published by NCB's Library and Information Service. *Children in the News* covers the key stories and events relating to children and young people, as reported in the national daily press.

<http://www.ncb.org.uk/library>

Play

Don't be distracted from the importance of play

Adrian Voce, the director of Play England, writes about the importance of the national Play Strategy in response to a comment by John Harris in the online edition of the Guardian 4 January 2010.

<http://www.guardian.co.uk/society/2010/jan/06/importance-childrens-play-strategy>

Research shows obesity causes more illness than smoking

American scientists warn that obesity is now a bigger threat to health than smoking, causing as much or more disease than tobacco and doing as much or more to shorten healthy life spans. Researchers from Columbia University and the City College of New York calculated the Quality-Adjusted Life Years (Qalys) lost due to both obesity and smoking. Smoking was found to cause more deaths but obesity caused more illness. Experts have warned that the rise in obesity could cause the first decline in life expectancy in 200 years. The study will be published in the American Journal of Preventive Medicine, vol. 38(2) February 2010.

<http://www.independent.co.uk/life-style/health-and-families/health-news/obesity-now-a-bigger-threat-than-smoking-1857994.html>

Lower speed limits show reduction in child fatalities and injuries

Speed limits of 20mph have reduced the number of children killed or seriously injured on London's roads, according to a report published in the British Medical Journal. Researchers from the London School of Hygiene and Tropical Medicine found that between 1986 and 2006, road casualties were reduced by 41%. They claimed

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that if 20mph speed zones were extended, nearly 700 deaths or injuries could be prevented.

http://www.bmj.com/cgi/content/full/339/dec10_3/b4469

(Mirror, 11 Dec 2009, p30; Telegraph, 11 Dec 2009, p12; Times, 11 Dec 2009, p29)

Health survey on children and adults' physical activity levels

Figures from the Health Survey for England, published by the Department of Health, show that 94% of men and 96% of women do not achieve the amount of exercise recommended by the department - 30 minutes of moderate exercise five days a week, although 38% of men and 29% of women believe they do. Of the 7,500 children surveyed, half of the boys aged two to 10 (51%) and a third of the girls (34%) did an hour's moderate exercise every day. But in the 11 to 15 age group, only 7% of boys and no girls met the target.

<http://www.dh.gov.uk/en/Publicationsandstatistics/PublishedSurvey/HealthSurveyForEngland/index.htm>

(Guardian, 18 Dec 2009, p20)

Study shows decline in children's fitness over last ten years

According to new research published in the Archives of Disease in Childhood, children have become less fit over the last ten years. The study by the Centre for Sports and Exercise at Essex University found that boys were nine per cent less fit than they were 10 years ago, with girls' fitness having declined by seven per cent. The researchers used "shuttle runs" to test the cardiovascular fitness of 300 10-year-olds in 1998 and another 300 in 2008. Over the decade there was no change in the body mass index (BMI) of the girls and a small increase among the boys. But both boys and girls in 2008 were markedly less fit than their predecessors in 1998. Gavin Sandercock, one of the authors, said he believed there were two reasons for declining fitness - lack of physical activity and increasingly sedentary behaviour.

<http://adc.bmj.com/content/95/1/46.abstract>

Express, 22 Dec 2009, p34; Guardian, 22 Dec 2009, p9; Mail, 22 Dec 2009, p31; Mirror, 22 Dec 2009, p11; Telegraph, 22 Dec 2009, pp1-2

Play England Update

Baroness Morgan to deliver four nations keynote address

Baroness Morgan will deliver the keynote address to *Playing the long game*, a four nations meeting which will review recent policy developments for children's play. The Parliamentary Under-Secretary of State for Children, Young People and Families will join speakers from the Local Government Association (LGA), think tank Demos and leading thinkers in play, planning and urban design, to debate how to sustain the momentum for change. The meeting, hosted by the four national play agencies and the LGA, will have an invited audience of senior representatives from organisations whose work impacts on children's play and wellbeing.

<http://www.playengland.org.uk/events>

Play England national conference

23 March 2010 - Central London

After four years of unprecedented national investment in children's play, this major conference will consider its impact, explore how to sustain the momentum for change, and ask 'what next for play provision, playwork and playable public space?' The conference will celebrate the achievements to date and share learning for the future, including the impact that investing in play can have on a range of outcomes for children and families. We will hear how partnership working can embed planning

for play within local decision-making and put play at the heart of child-friendly communities.

Booking will open in January 2010. To register your interest and to be the first to receive offers and information, please email playengland@ncb.org.uk.
<http://www.playengland.org.uk/events>

New guidance on improving children's access to play through local area planning

Play England has published *Better Places to Play Through Planning*, new guidance that supports planning and transport authorities to ensure children and young people can access high quality playable spaces close to where they live and spend their time. The publication, funded by the Department for Culture, Media and Sport (DCMS), gives detailed guidance on setting local standards for access, quantity and quality of playable space. The steering group includes representatives from government departments, including Communities and Local Government, as well as CAGE Space.

<http://www.playengland.org.uk/resources>

Latest edition of PlayToday

The latest edition of PlayToday magazine features news on the latest lottery discussions about funding for play, as well as articles on the UN Convention of the Rights of the Child 20th anniversary and a photographic exhibition about memories of childhood play. It also features updates from Play England projects including Quality in Play, and a contribution from SkillsActive about latest developments in playwork. Registered subscribers will receive their copy shortly.

<http://www.playengland.org.uk/playtoday>

Community play seminars

Various date and locations until February 2010

Play England is hosting a series of regional seminars for voluntary and community sector organisations which promote play, to support the delivery of local play strategies. The seminars will focus on the role of the voluntary and community sector in supporting the delivery of the national Play Strategy at a local level and how they can encourage more community-led involvement in play. They will also look at the strategic role of the sector in local play strategies and play partnerships.

<http://www.playengland.org.uk/events>

Policy

Consultations

Children's Trust Guidance and Children's Plans Regulations

This document brings guidance on Children's Trusts and Children and Young People's Plans together into one piece of statutory guidance. It includes further advice arising from the recent changes to the *Children Act 2004* made by the *Apprenticeships, Skills, Children and Learning Act 2009*. The document also includes the draft new Children and Young People's Plan regulations. The consultation is on both the draft new statutory guidance and the draft new regulations. The closing date for responses is Friday 29 January 2010.

<http://www.dcsf.gov.uk/consultations/index.cfm?action=consultationDetails&consultationId=1670&external=no&menu=1>

Early years

How do they do it in... Sweden?

A Teacher TV film that explores the Swedish approach to nursery education, which has a strong emphasis on play.

<http://www.teachers.tv/video/12090>

Funding

Working with children and young people

Children in Need is offering small grants of up to £10,000 a year for three years for third sector organisations working with children and young people. The scheme is designed to reach organisations that have not previously considered applying for Children in Need funding. Grants will be allocated in four tranches, with application deadlines on 15 January, 15 April, 15 July and 15 October.

<http://www.bbc.co.uk/pudsey/grants/smallgrants.shtml>

Speaking Out Small Grants Programme

The Speaking Out project has opened a third round of the Small Grants Programme for 2009-10. This funding is aimed at enabling voluntary and community organisations working with children and young people (aged 0 to 25) in England to apply for small grants of up to £1,000 to deliver one-off projects or activities in their local communities. Any voluntary or community organisation working to support children and/or young people in England that is a member of either NCVYS or Children England can apply for a grant. Application deadline: 22 January 2010

<http://www.childrenengland.org.uk/speakingout/420>

Housing

Shelter's Children's Service

Shelter's Children's Service has published a report promoting joint working between housing departments and children's services. The report highlights how local authorities can, and should, better integrate their services for children living in bad housing, overcrowded or temporary accommodation. The report focuses on how integrated governance arrangements, strategic planning, processes and procedures and service delivery can ensure that homeless or badly housed children's support needs are met, improving their long term outcomes.

http://england.shelter.org.uk/_data/assets/pdf_file/0016/226402/Improving_outcomes_for_children_and_young_people_a_guide.pdf

Participation

Youth Participation Growing Up?

The Children's Services Network and the Local Government Information Unit has published a report that examines approaches to youth participation adopted by local authorities in the context of UK policy. It makes a series of recommendations to local authorities.

<https://member.lgiu.org.uk/whatwedo/Publications/Documents/Youth%20participation.pdf>

Playwork

Play in prisons

The Prison Advice & Care Trust (PACT) has created guidance for playworkers in prisons to engage more with children when planning play provision to ensure it better meets their needs. The guidance offers a step-by-step approach to providing a child-friendly environment in prisons, based on regular consultation. According to PACT, it is easily adaptable to be used by any professionals working with children, although it focuses particularly on prisons.

<http://www.prisonadvice.org.uk/childrenstoolkit>

Conferences and events

Below is a selection of forthcoming conferences. Please have a look at the CPIS website for the full listing, *Play Conferences & Events*, which is published at the beginning of each month: <http://www.ncb.org.uk/cpis>

If you would like to receive an email alert about this listing please email cpis@ncb.org.uk

12-31 January 2010, London

A String of Beads: An exhibition of play memories

Photographer and play activist, Penny Wilson, spent a year talking to children, young people, parents and older people in the East End of London about how they play now and how they used to play. Their stories are integrated with a series of images on play.

Mile End Art Pavilion, Grove Road, London E3 4QY.

Tel: 020 7729 3306.

28 January 2010, London

6th Annual Conference: Inspection and regulation in early years 2010

The conference will bring together senior childcare and early years practitioners and managers to hear the latest policy direction from government. Speakers include Bob Reitemeier, the Children's Society, and Adrian Voce, Play England.

<http://www.neilstewartassociates.com/kd178>

17 February 2010, London

Play Into the Future: Embedding inclusion beyond 2010: KIDS annual conference

Key themes will include celebrating the successes of the Play Strategy and Aiming High for disabled children.

http://www.kids.org.uk/information/100208/103761/copy_of_pip_conference_2010/

23-26 February 2009, London

Adventure Playground Structure Building Course

Organised by SkillsActive Playwork – London in collaboration with Design and Build (Play), the course is underpinned by the playwork principles and will cover safe use of hand power tools, play structure design, children's involvement, health and safety and an actual build.

<http://www.playworklondon.org.uk>

Email: ncpelondon@aol.com

2-3 March 2010, Eastbourne

8th National Playwork Conference

<http://www.playworkconferences.org.uk/1.html>

10-13 March 2010, Atlanta, Georgia

Urban Play: IPA USA 25th Anniversary Conference and TASP 36th Annual International Conference

<http://www.ipausa.org>

13 March 2010, Chertsey, Surrey

Spirit of Play

The SkillsActive Playwork Southern team will be hosting its annual regional play conference. Practical and theoretical workshops, exhibitors and speakers.

<http://www.skillsactive.com/arounduk/southeast/playwork>

23 March 2010, London

Play England National Conference

The conference will celebrate the achievements to date of the government's Play Strategy and the Big Lottery Fund's Children's Play initiative. Bookings will open in January 2010. To register your interest please email

playengland@ncb.org.uk

<http://www.playengland.org.uk/events>

5-6 May 2010, Cardiff

Spirit of Adventure Play

Bookings for the annual Play Wales conference starts from early 2010. If you are interested in running a workshop or giving a presentation email

kate@playwales.org.uk

13-24 May 2010

20th International Play Therapy World Congress

The theme of the conference is 'Making a difference – innovations in the use of creative arts and play therapies'. Speakers from all over the world and a number of workshops.

<http://www.playtherapy.org.uk/WorldCongress/WorldCongress2010home.htm>

25-26 June 2010, Birmingham

British Association of Play Therapists Annual Conference

The title of the conference is 'Integrating approaches to trauma in play therapy with children'. Key note speaker is Dr Eliana Gil, and the conference includes a number of workshops.

<http://www.bapt.uk.com>

Play resources

Below is a selection of new books, reports and journal articles relating to children's play and added to the CPIS library in the past month. Please have a look at the CPIS website for the full listing, *Play Abstracts*, which is published at the beginning of each month: <http://www.ncb.org.uk/cpis>

If you would like to receive an email alert about this listing please email cpis@ncb.org.uk

AMERICAN JOURNAL OF PLAY (2009)

The importance of fantasy, fairness and friendship in children's play: an interview with Vivian Gussin Paley

Article in *American Journal of Play*, vol.2, no.2 (Autumn). pp121-138. Interview with Vivian Gussin Paley, a teacher, writer, lecturer and advocate for the importance of play for young children.

BRAY, J (ed), and others (2008)

Memories of the playgroup movement in Wales

Aberystwyth: Wales Pre-school Playgrounds Association.

The Playgroup Movement, which began in Britain in the early 1960s, made a great difference to the lives of many children and their parents. The Playgroup philosophy was that children learned through play and that parents and children learned together. This book records the experiences of those involved in the Playgroup Movement in Wales and the effect it had on their lives and their families.

The book can be downloaded from

<http://www.playgroupmemorieswales.org.uk/>

COLE, B., and others (2006)

Do playworkers' childhood play experiences affect their playwork practice?

Cardiff: Cardiff Council Play Services Section.

Presents the views and experiences of playwork professionals regarding their childhood experiences of play and the impact these experiences have on them in their life and playwork practice.

DEPARTMENT FOR CHILDREN, SCHOOLS AND FAMILIES (2009)

Learning, playing and interacting: good practice in the Early Years Foundation Stage

London: DCSF.

This guidance addresses what learning through play actually means, and what the adult role is, reflecting the guidance contained within the Early Years Foundation Stage (EYFS) materials and the EYFS Profile Handbook. It demonstrates how pedagogy, provision and assessment are interwoven, and aims to assist practitioners to understand how evidence about children's attainment can be drawn from a wide range of contexts.

<http://nationalstrategies.standards.dcsf.gov.uk/node/242798>

FROST, J.L. (2009)

A history of children's play and play environments: towards a contemporary child-saving movement

London: Routledge.

Traces the history of children's play and play environments from their roots in ancient Greece and Rome to the present time. Explores the changing nature of children's play in both natural and built play environments, consider the benefits of

play, and identifies barriers to play and playgrounds. The author proposes a child-saving movement to preserve children's free, outdoor play, playtime, and natural and built play environments.

HOWARD, D. (2009)

A playground accessible for all

Article in *London Play News*, no.46 (Winter). pp4-5.

Describes the transformation of a playground in a special school in Tower Hamlets, London, and the impact of the re-design on the children.

KILVINGTON, J. (2009)

Playwork and gender

Article in *Ip-dip*, no.13 (Nov).

Discusses gender and playwork.

LEARNING THROUGH LANDSCAPES (2009)

Speaking up for breaktimes

Article in *Outlook*, (Nov). pp6.

Interview with Adrian Voce, director of Play England on playtime play at school.

LONDON PLAY (2009)

Fallen trees as climbing structures in playgrounds

London: London Play.

This guide shows how to incorporate fallen trees into playgrounds, and how to manage any safety issues long-term.

<http://www.londonplay.org.uk/file/1469.pdf>

MACINTYRE, C. (2010)

Play for children with special needs: supporting children with learning differences, 3-9. 2nd ed

London: Routledge.

Aims to enable practitioners to understand the benefits of play and to adapt different scenarios to support children who find it difficult to play; to observe children as they play in order to quickly identify any difficulties; and to analyse different areas of play so that the different kinds of learning can be appreciated.

MASTRANGELO, S. (2009)

Theories of play and autistic spectrum disorder: how can theories of play help our understanding in children with autistic spectrum disorder?

Article in *British Journal of Play Therapy*, vol. 5 (Winter). pp40-53.

Examines theories of play and applies them to children with autistic spectrum disorder to conceptualise how they experience play. The stages of play are presented along with the view that children on the spectrum do not necessarily fit into any specific play stage at any given time, but instead may exhibit play behaviours that belong to multiple stages.

MAY, L. (2009)

Recess and child development

Article in *Play Review*, vol.33, no. 3 (Fall). pp4-7.

Provides an overview of the importance of recess (playtime) for children, and looks at reasons for decreasing playtime.

NAVIDI, U. (2009)

Article 31: emerging from the shadows

Article in *London Play News*, no.46 (Winter). pp14-15.

Reports on the work of the International Play Association (IPA) in promoting Article 31 of the United Nations Convention of the Rights of the Child, which includes the right to play.

PERRY, J. and BRANUM, L. (2009)

'Sometimes I pounce on twigs because I'm a meat eater': supporting physically active play and outdoor learning

Article in *American Journal of Play*, vol.2, no.2 (Autumn). pp195-214.

Considers the important role of physically active, outdoor play in children's social and cognitive development, and the role of adults in supporting this type of play.

Describes the concept of play ecologies to highlight how children experience the environment. Using two episodes of physically active play, the authors discuss the purpose and sequence of play in the context of children's peer culture.

PLAY ENGLAND, and SKILLSACTIVE (2009)

Play provision, the Early Years Foundation Stage and the Ofsted early years registration process in England: policy summary

London: NCB for Play England.

This briefing is aimed at those offering play provision for children in the early years.

It is a summary of the legal requirements as set out by the Department for Children, Schools and Families (DCSF) that came into effect from September 2008.

<http://www.playengland.org.uk/resources/eyfs-ofsted-childcare-register-summary.pdf>

About us

Children's Play Information Service (CPIS)

<http://www.ncb.org.uk/cpis> ▪ cpis@ncb.org.uk ▪ Tel. 020 7843 6303/6026

The Children's Play Information Service (CPIS) is the national information service on children's play based at the NCB library. CPIS holds information on all aspects of children's play, including play theory, research and practical guidance.

Services include:

- enquiry service
- reference library
- free factsheets and student reading lists
- contact details of play consultants and play organisations
- details of play conferences and events

CPIS is funded by the Department for Culture, Media and Sport, and the Big Lottery Fund through Play England.

Play England

<http://www.playengland.org.uk> ▪ playengland@ncb.org.uk ▪ Tel. 020 7843 6300

Play England promotes excellent free play opportunities for all children and young people. Play England provides advice and support to promote good practice, and works to ensure that the importance of play is recognised by policy makers, planners and the public.

Services include:

- resources and information
- training, conferences and seminars
- networking and referrals
- advocacy and campaigning support

Play England is part of NCB, and is supported by the Big Lottery Fund.

Contact us

If you have any news about your organisation, including conferences, that you would like to be included in the next *Children's Play Update*, email us at playupdate@ncb.org.uk

Copy deadline Friday 5 February 2010, publication date Thursday 11 February 2010

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