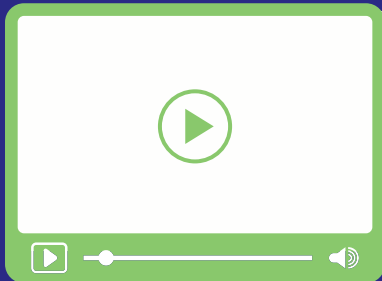


Sports & Life Skills Project

6

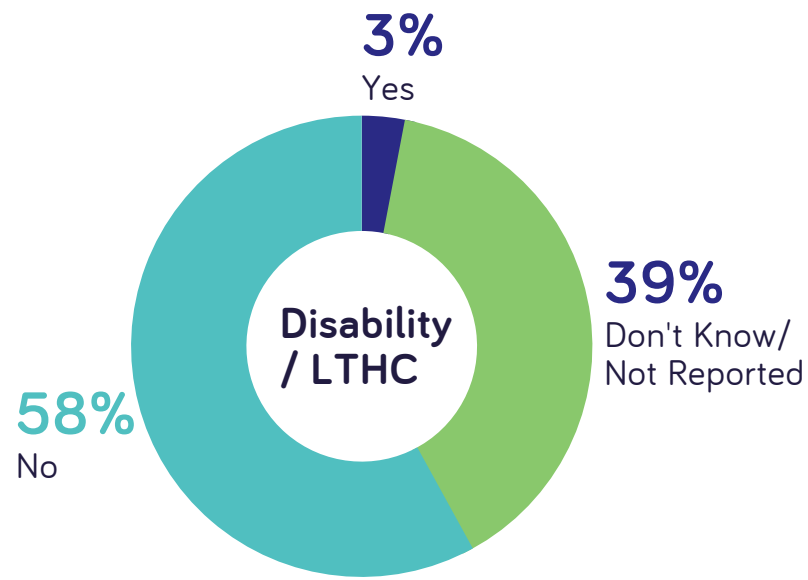
organisations are involved Active Essex Foundation's Sports and Life Skills project



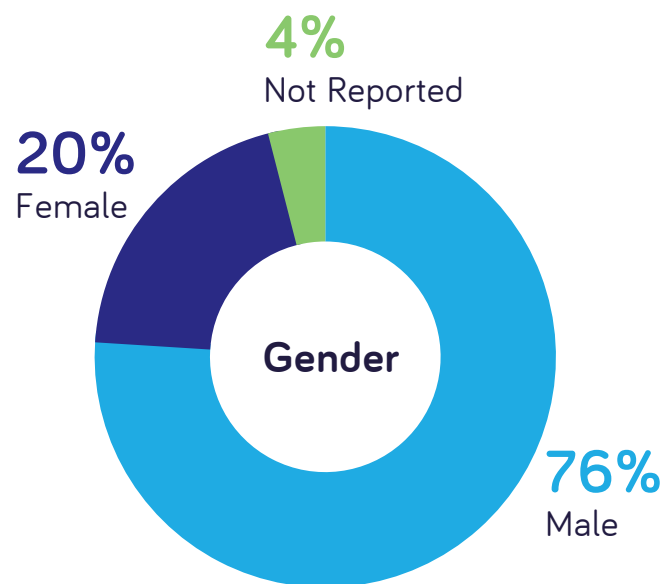
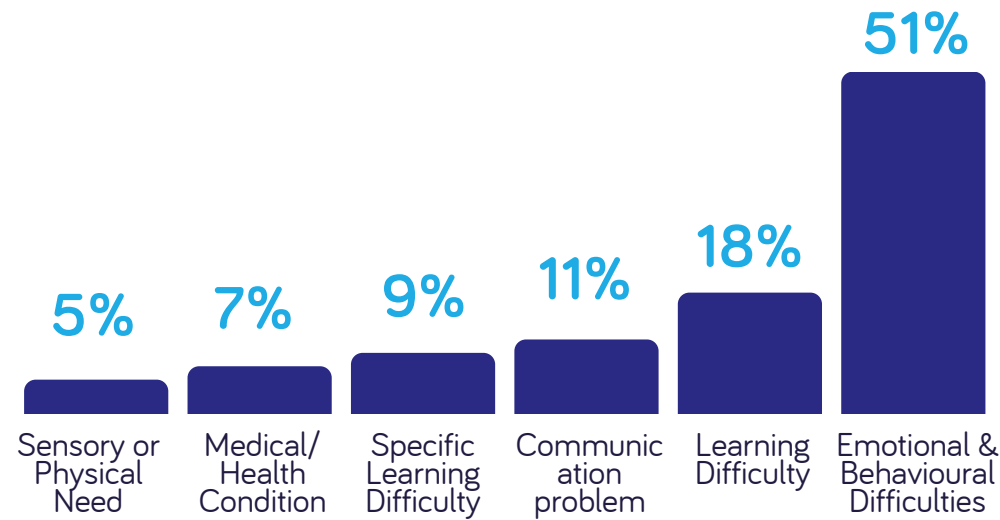
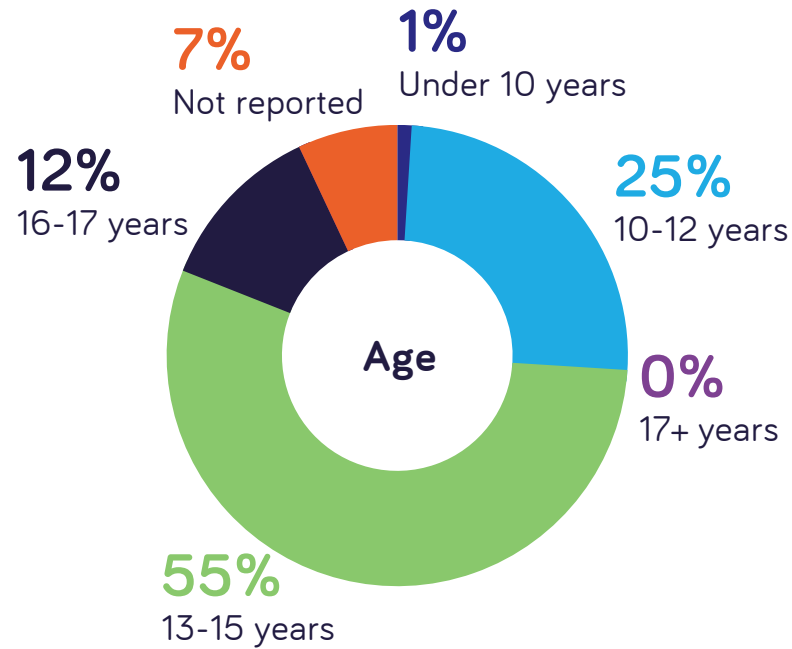
[Take a look at 1Up Basildon discussing the project here.](#)



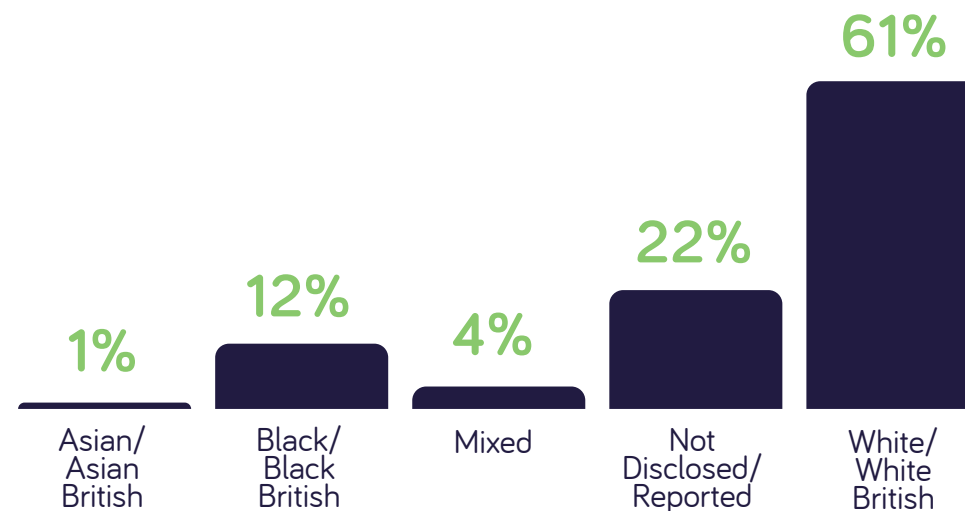
Who was engaged?



Upon 57 young people (20%), who registered a learning difficulty, below states the percentage of participants registered with a learning difficulty.



Ethnicity of Participants



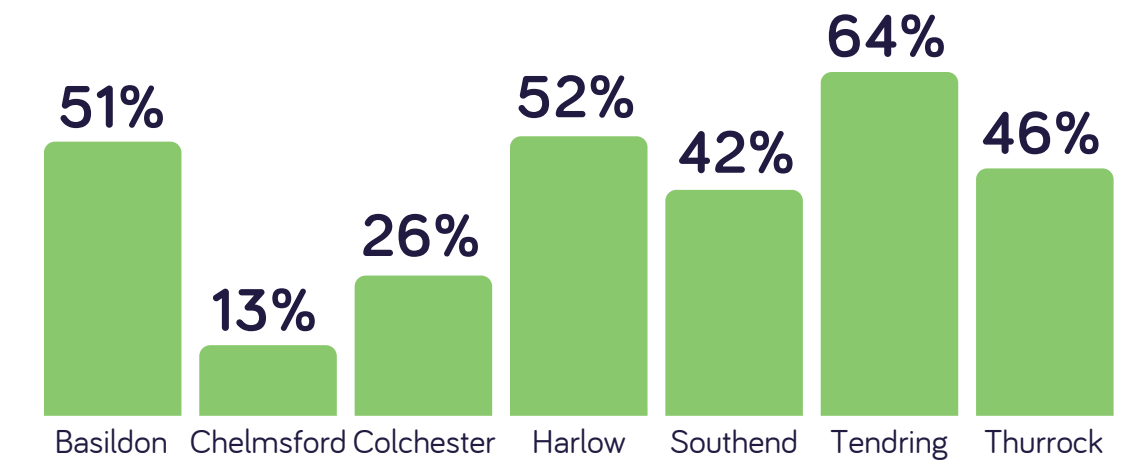
Delivery of project:



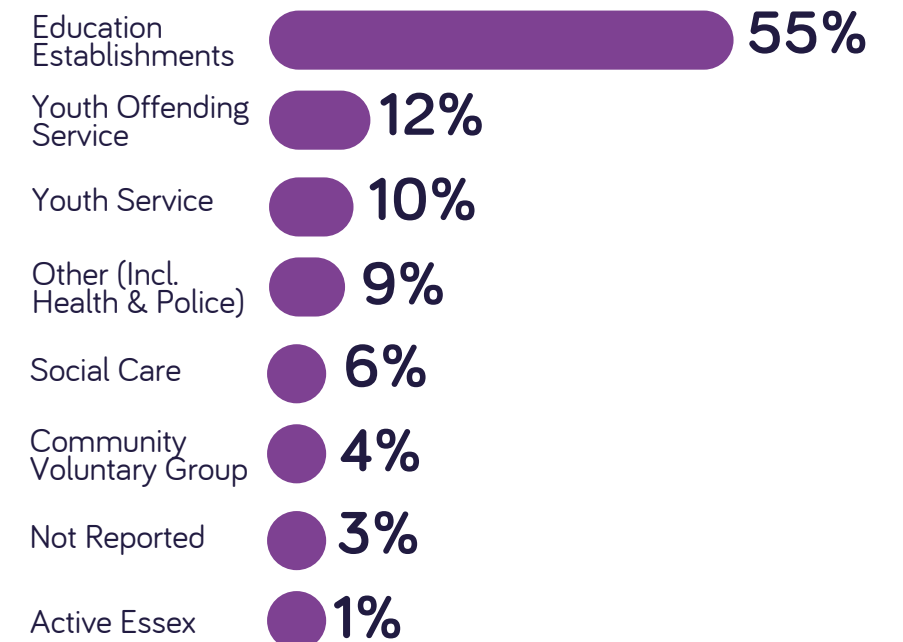
These organisations deliver the Sports and Life Skills project across Basildon, Southend-on-Sea, Harlow, Colchester, Chelmsford, Thurrock, Tendring.

Within each local authority, there are neighbourhoods with high levels of deprivation. The chart below shows the percentage of neighbourhoods within each district or authority that are known to be highly deprived i.e., IMD decile 1 - 4.

Percentage of neighbourhoods within each borough/authority that are highly deprived



Referrals from Statutory Agencies



Sports & Life Skills Project

The young people have participated in a range of sports and activities during the Sports and Life Skills projects, these include:

- Football
- Boxing
- Tennis
- Basketball
- Rock Climbing
- Golf
- Fishing
- Dance
- Gardening
- Parkour
- Mindfulness

Mentoring



285

of mentoring provided to 101 young people between November 2022 and March 2023



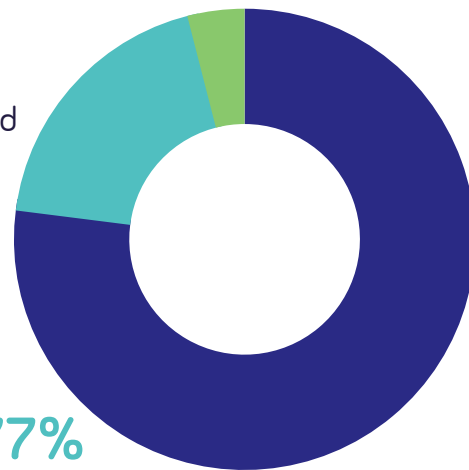
1H

of mentoring per person

4%

Both types of mentoring received

19%
received group-based mentoring



77%
received 1-2-1 mentoring

Participation, engagement and achievements



1149

recorded attendances



5

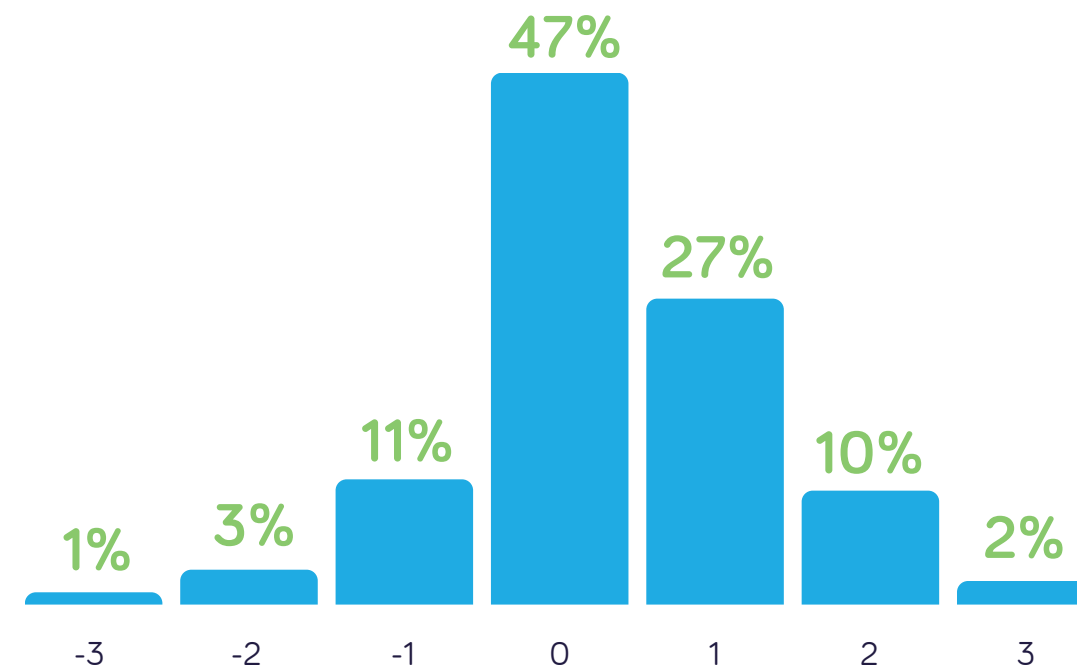
attendances on average per participant

Young people's engagement during their sessions was assessed out of five (see ladder) by the organisations. Comparing the average first and latest recorded scores for all young people, engagement level scores have increased but remain on the same level which is Involvement.



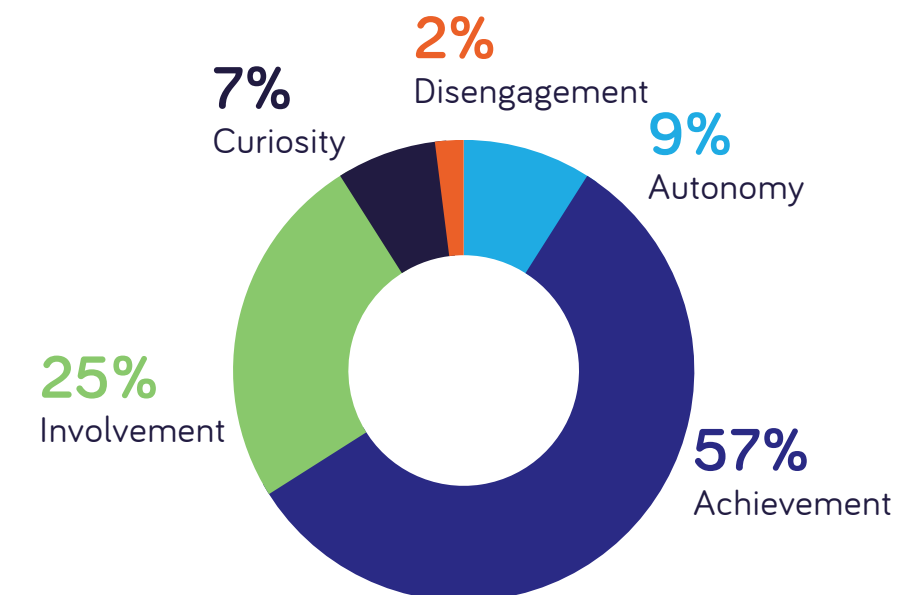
Engagement Level

Each young person's engagement was assessed by an organisation. The difference between their first and latest score was calculated to gain insight into engagement level movement.

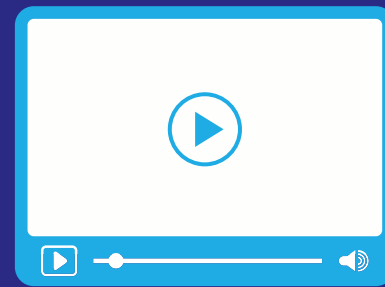


Young people may attend many sessions during the Sports and Life Skills project and be assessed by the organisation at any point. The recorded first and latest scores may not be reflective of their engagement during the project therefore, their highest score was also identified. The table and chart below show the percentage of young people (=248) that achieved each engagement level.

Percentage of Young People - Highest Engagement Recorded by Level



Sports & Life Skills Project



Hear from the young people who attend the 1Up Basildon project, to see how it is positively impacting them. [Click here.](#)

To read more about the Active Essex Foundation visit:

www.activeessexfoundation.org

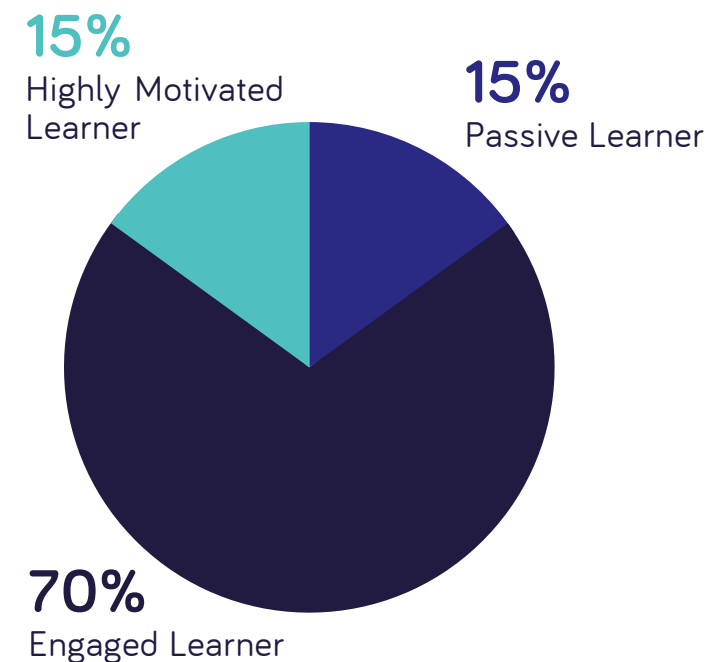
Training and qualifications



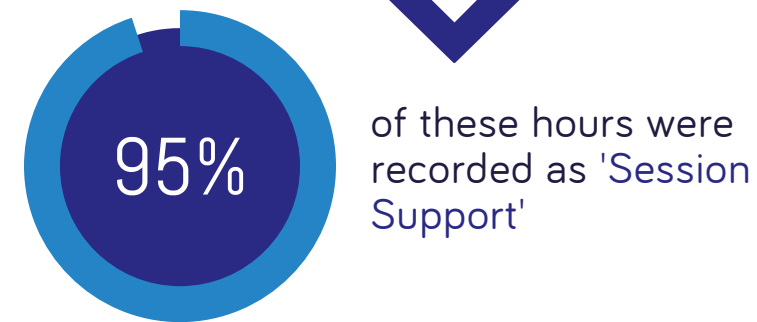
Based on latest engagement score, 70% of the young people were engaged learners whilst completing their training, qualification or work experience.

The chart below shows the highest attitude to learning scores achieved.

Attitude to Learning



Volunteering



A male participant referred by their school

This young person was referred by their school to attend a 1:1 mentoring programme at one of the organisations and then referred onto their gym programme. This young person has engaged exceptionally in the gym programme and has attended every week. The young person has started to open-up and is able to participate in challenging conversations with others.

A male participant referred by the Youth Offending Service

Despite being reserved in the first session, they now engage with positive input to the group and has shown great progress, resilience and is willing to try new things e.g., boxing.

The young person has expressed interest in managing a football team, which the organisation would like to support them with via a coaching apprenticeship. They are also considering a variety of employment and education options such as a construction-based apprenticeship or working at the community hub. The organisation hopes to help this young person continue on a positive pathway.