

# A SPOTLIGHT ON HORSE RANGERS



18/09/2024  
#ActiveEssexFoundation

# A SPOTLIGHT ON YELLOW DOOR

---



Yellow Door

# A SPOTLIGHT ON FLEX YOUTH AND COMMUNITY GROUP

---



18/09/2024  
#ActiveEssexFoundation

# A SPOTLIGHT ON BAR 'N' BUS

---



18/09/2024  
#ActiveEssexFoundation

# WELCOME

# CHANGING LIVES HARLOW

---

Young people's voices are heard



18/09/2024  
#ActiveEssexFoundation



# WELCOME

# THE PICTURE IN ESSEX, SOUTHEND AND THURROCK

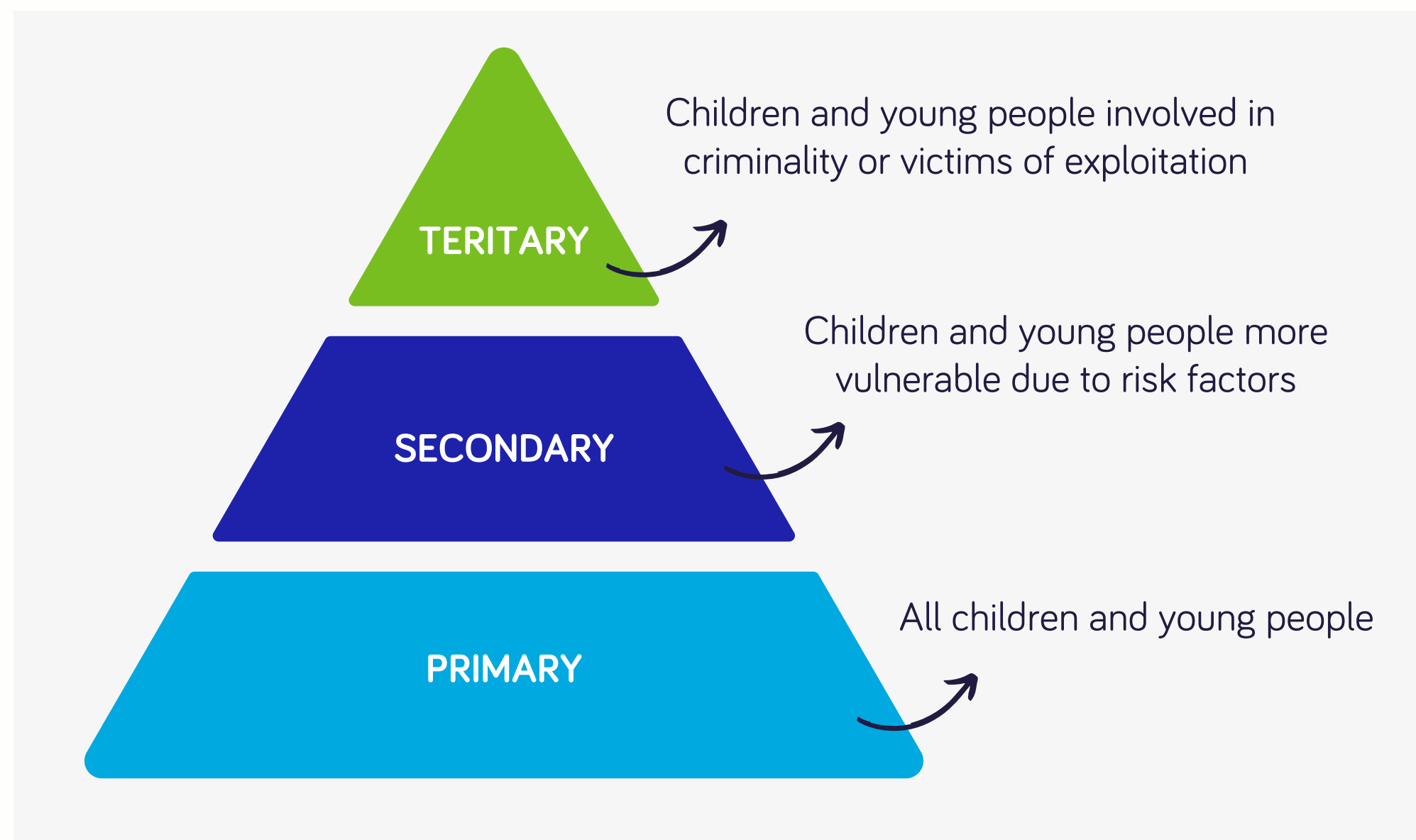
---

Dr Rowena Hawkins

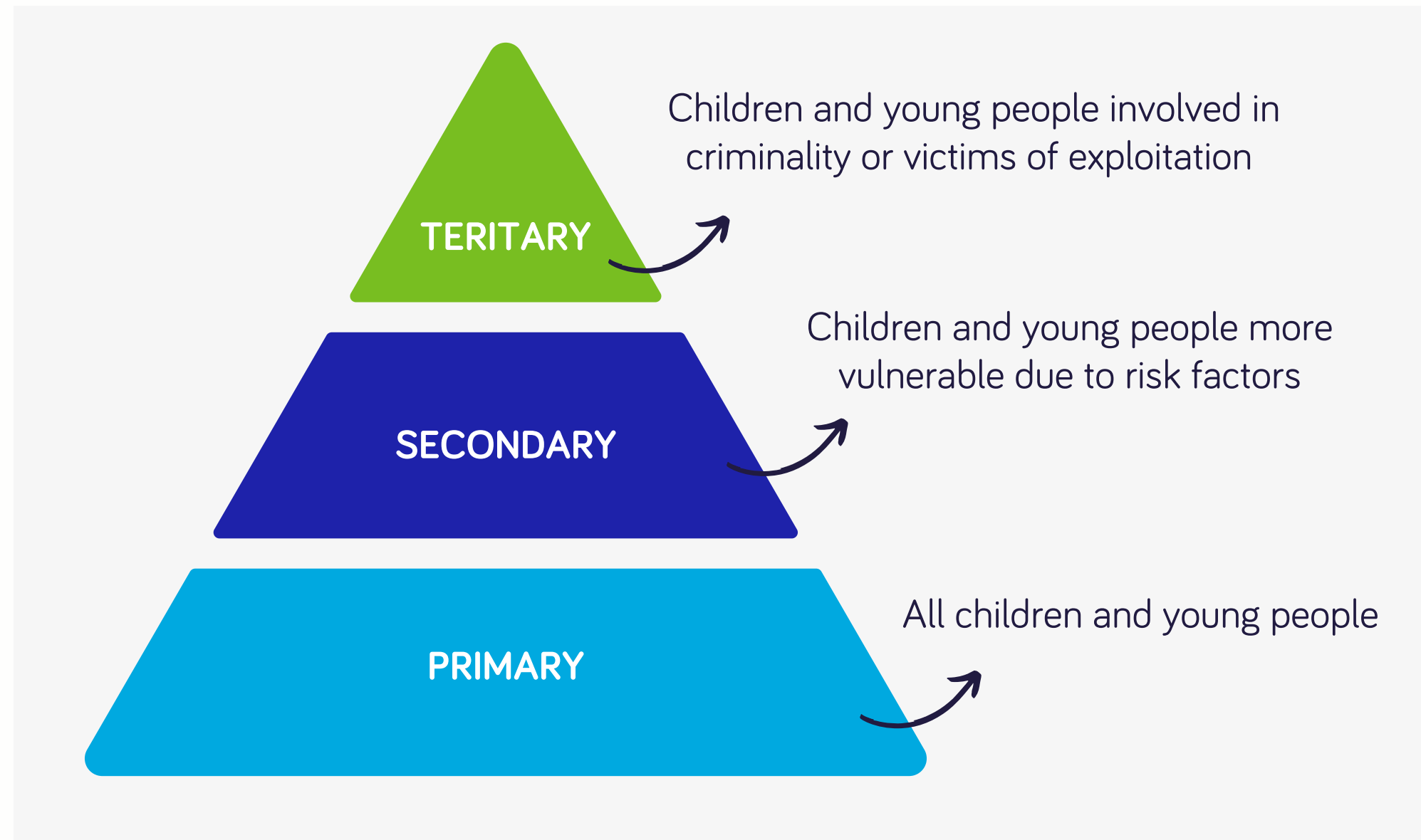
18/09/2024  
#ActiveEssexFoundation



# 'Sport Plus' and 'Plus Sport'



# 'Sport Plus' and 'Plus Sport'



It's those one-on-one conversations that they have with young people ... they talk to them about their problems. So it's a mentoring programme as well that's in place. **It's not just about the sport.**

- SYSTEM PARTNER TESTIMONIAL



# Why sport?

**50.4%**

of children and young people across Essex want more sport, especially opportunities to take part in non-competitive sports.

- THE VVU LISTENING PROJECT, 2023-2024

# Sport and Life Skills in numbers



unique young people were registered for Sport and Life Skills programmes



increase compared to 2022-2023



sessions held by LTOs in 2023-2024



children and young people received mentoring

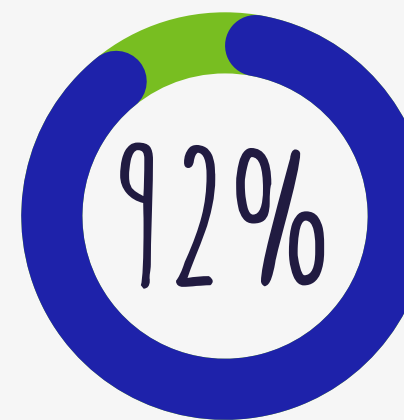


children and young people volunteered



children and young people undertook a form of training, qualification or work experience as part of their Sport and Life Skills programme.

↑ from 31 in 2022-2023



of young people were observed to be engaged or highly motivated learners at their latest session.

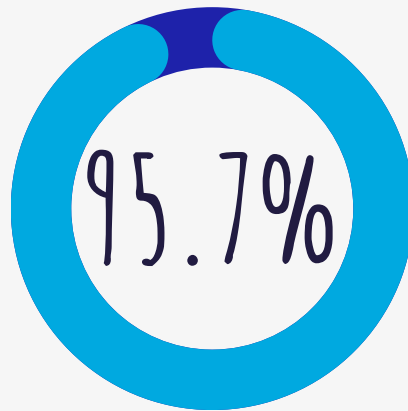


**425**

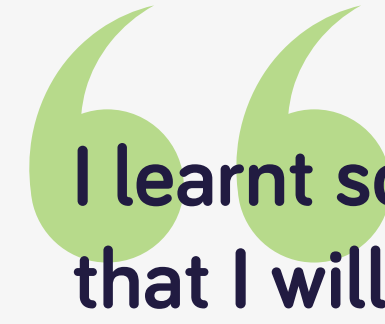
attendances at training  
courses in 2023-2024



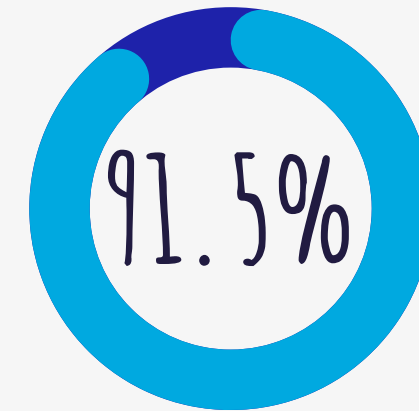
The course developed  
my skills.



Agreed or  
Strongly Agreed



I learnt something new  
that I will put into practice



Agreed or  
Strongly Agreed



# LTOs



6

core Sport and Life Skills  
LTOs in 2021-22

9

in 2022-2023

16

in 2023-2024



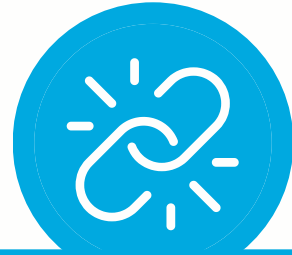
# CHILDREN AND YOUNG PEOPLE

352

reached by LTOs  
in 2021-22

754

in 2023-2024



## Sports Enabler

Worked closely with Essex County Council's Involvement Service to serve children and young people across the county who were vulnerable to exploitation. The Enabler matched referred young people to an LTO provision that suited their interests.



## Sports Connector

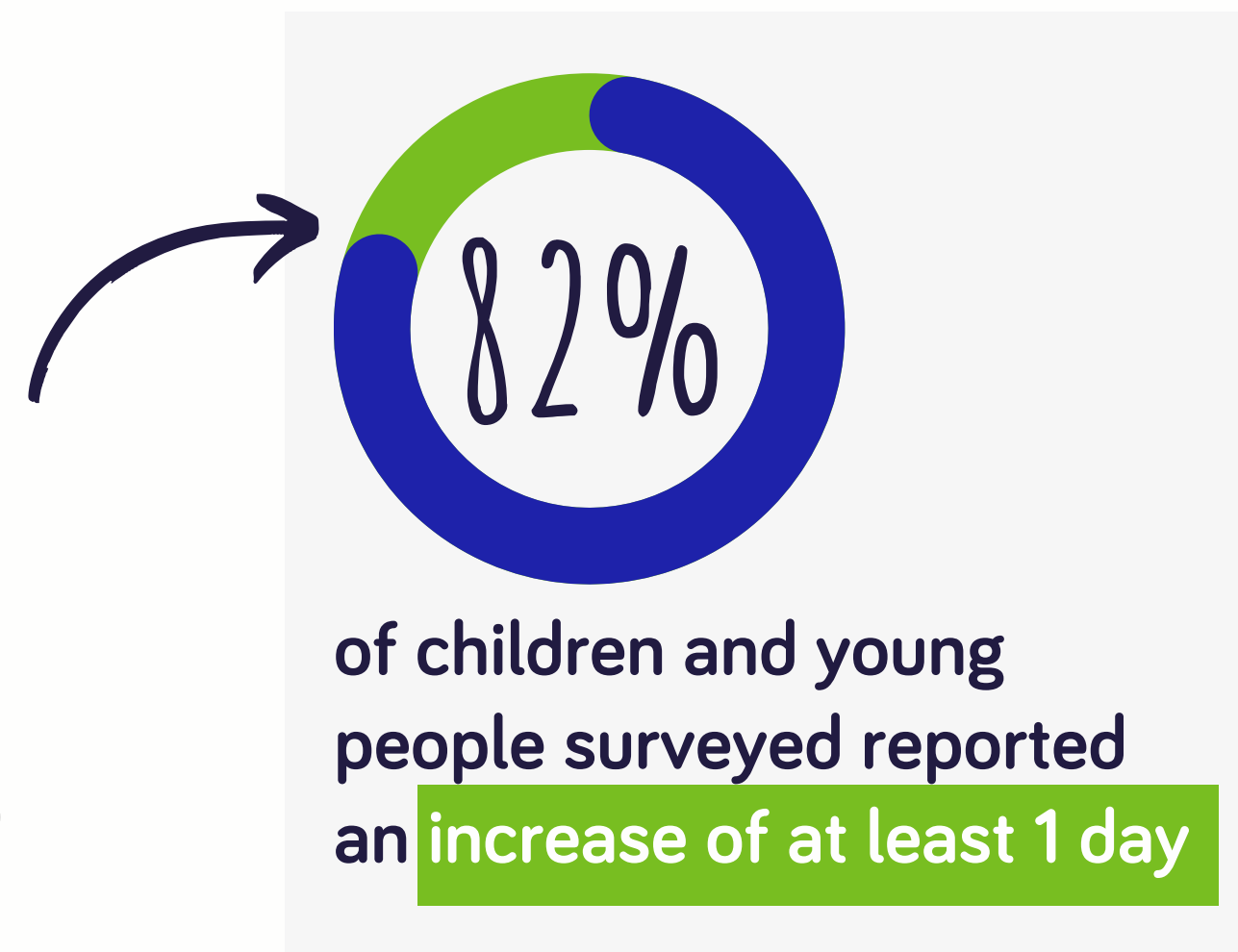
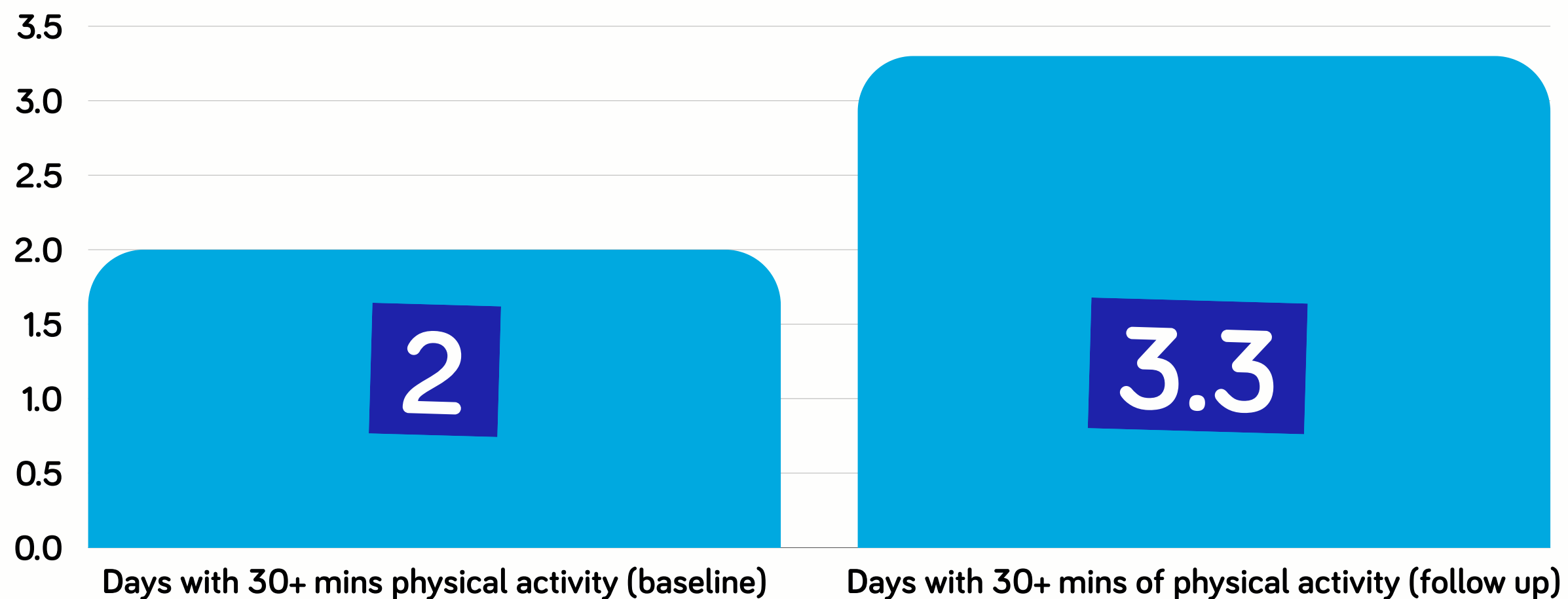
Worked closely with Youth Justice Service teams across Southend, Essex and Thurrock to support referrals to the programme. The Connector attended meetings, liaised with YJS workers, parents/carers and young people, and identified suitable LTOs for each referred young person.



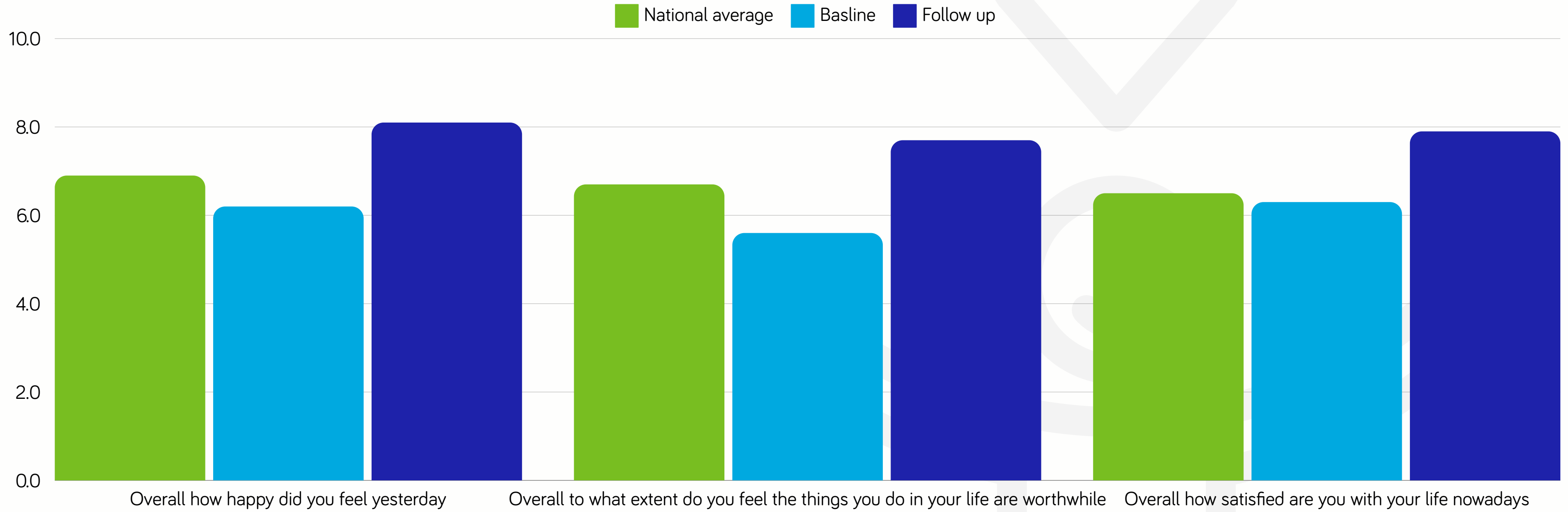
## Sports Navigator

Worked with the Tertiary cohort, supporting young people up to the age of 25 who had been arrested for an offence but not yet charged. The Navigator worked closely with young people, LTOs and various agencies including Essex Police.

# Physical Activity Levels

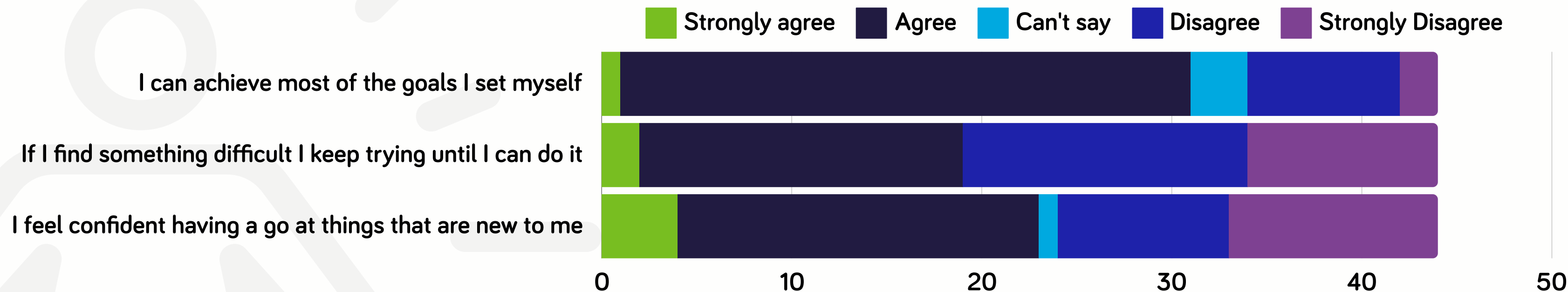


# Wellbeing

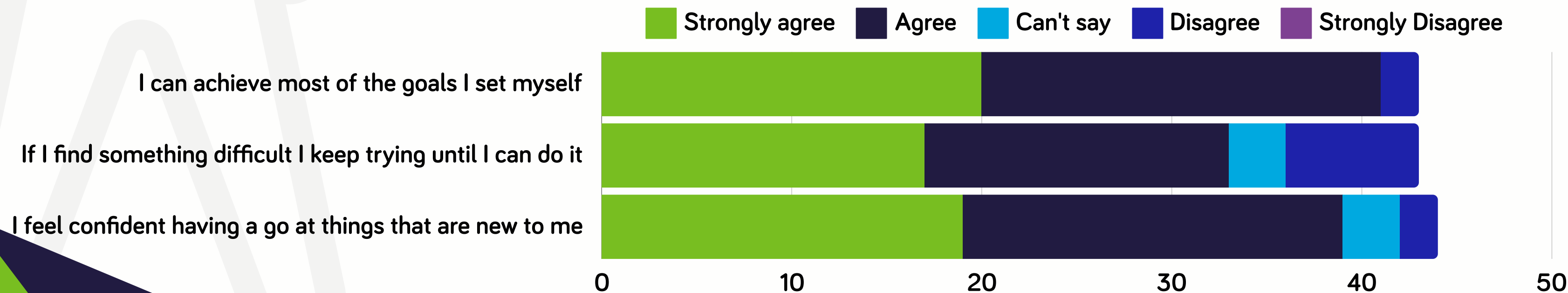


# Confidence and persistence

## Baseline



## Follow Up





# Trust and safety

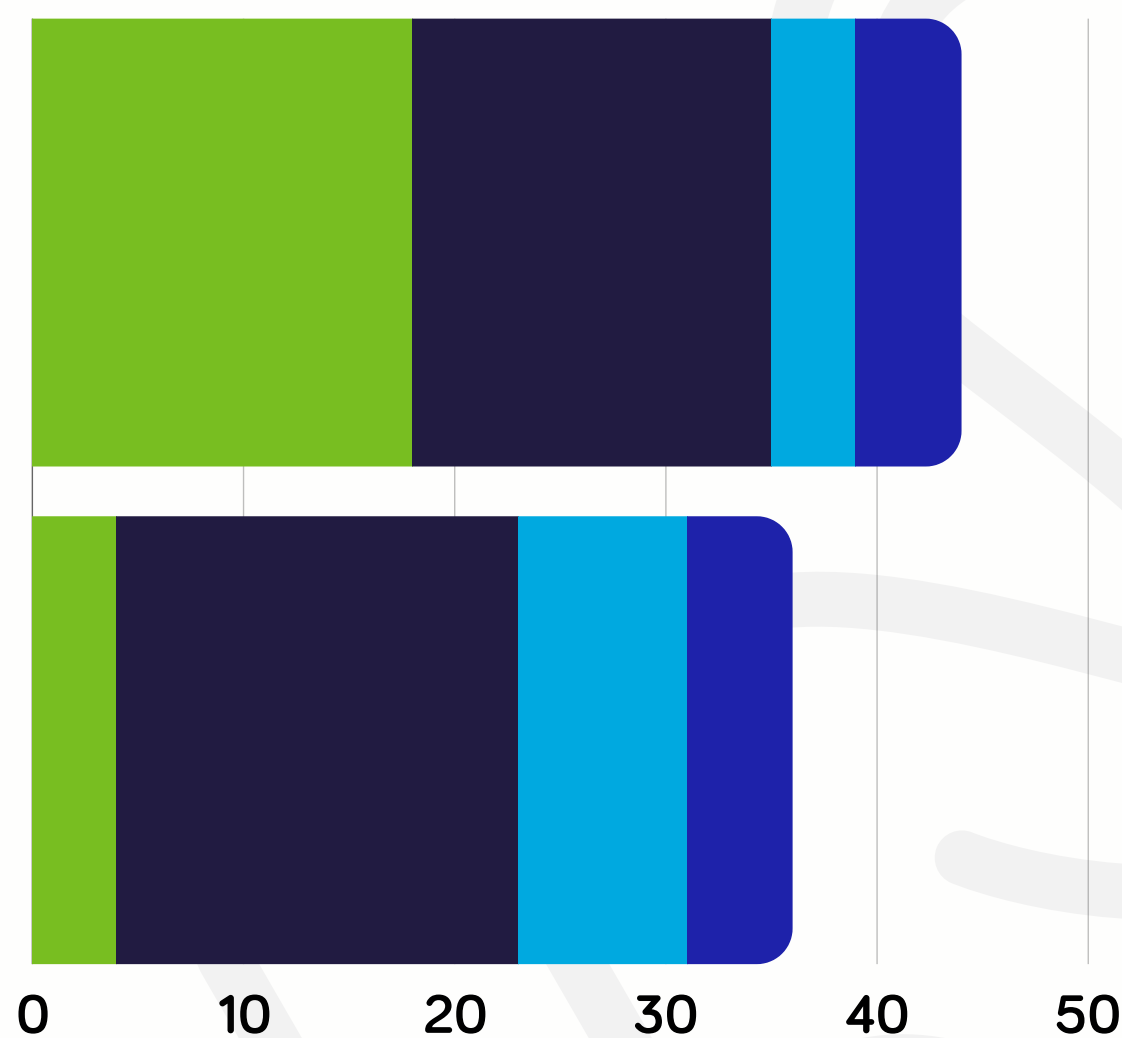
**Baseline**

**Follow Up**

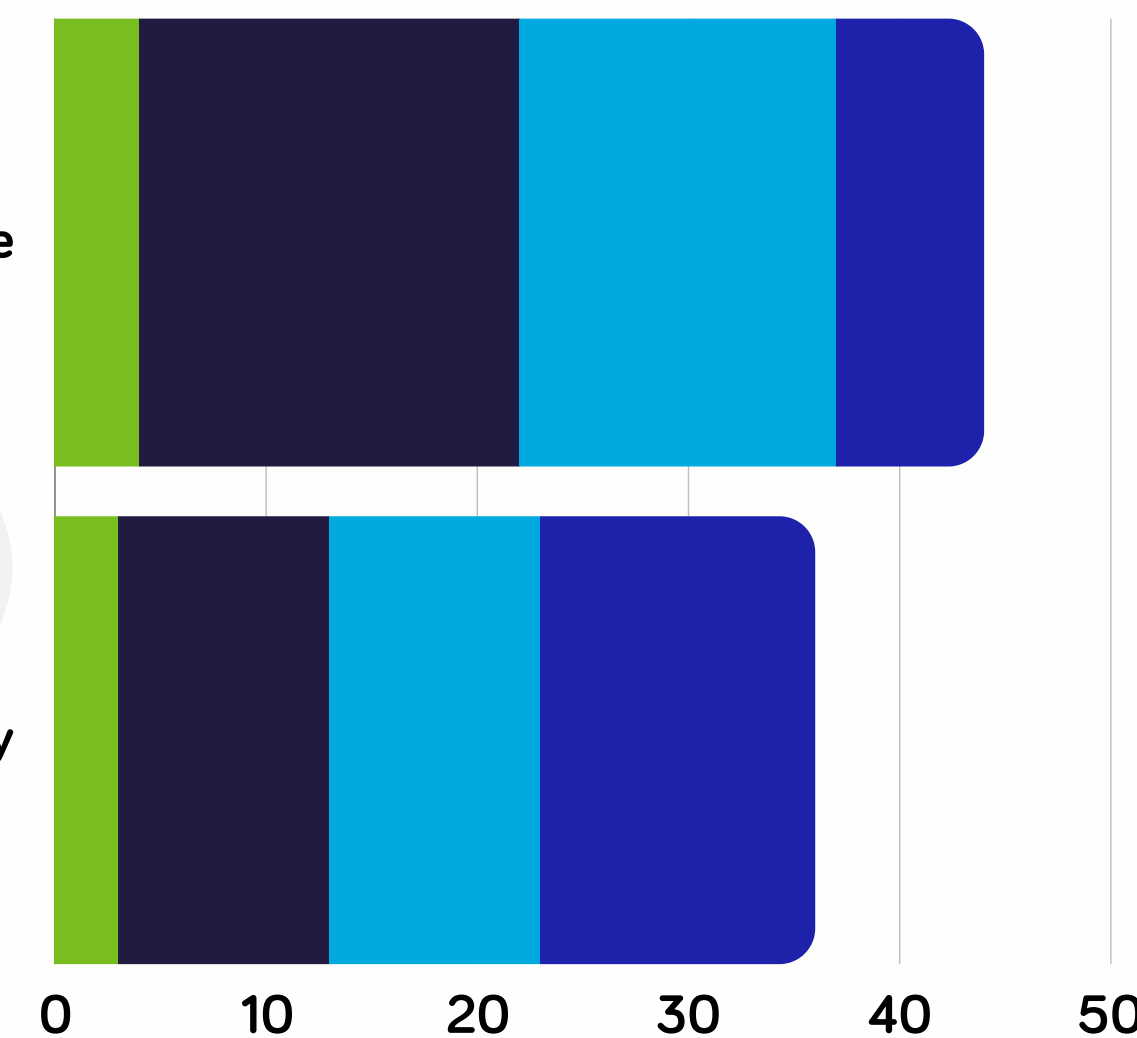
■ NOT like me    ■ A BIT like me  
■ QUITE like me    ■ A LOT like me

■ NOT like me    ■ A BIT like me  
■ QUITE like me    ■ A LOT like me

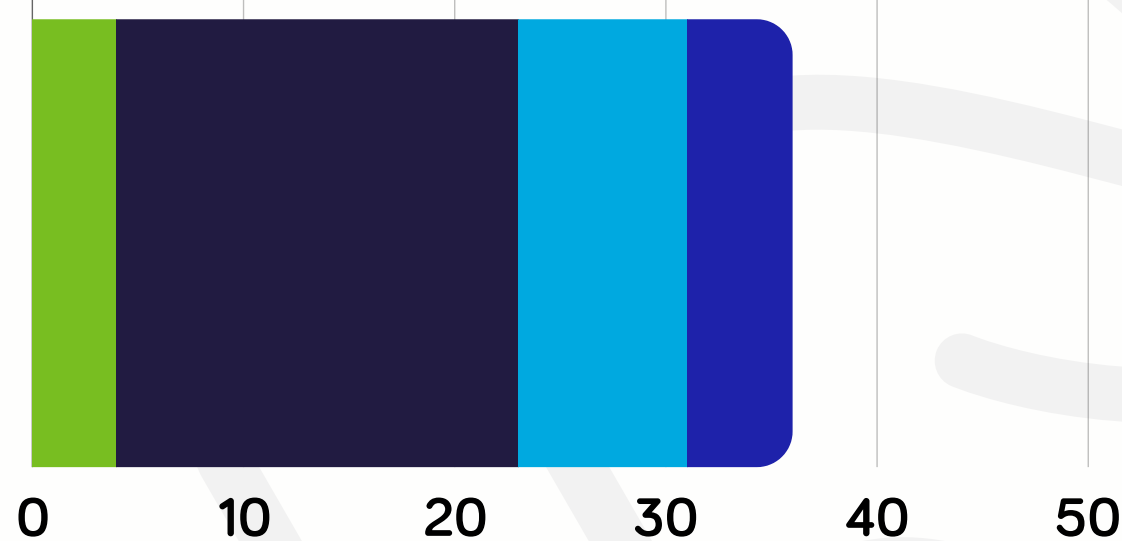
Trust people of a similar age



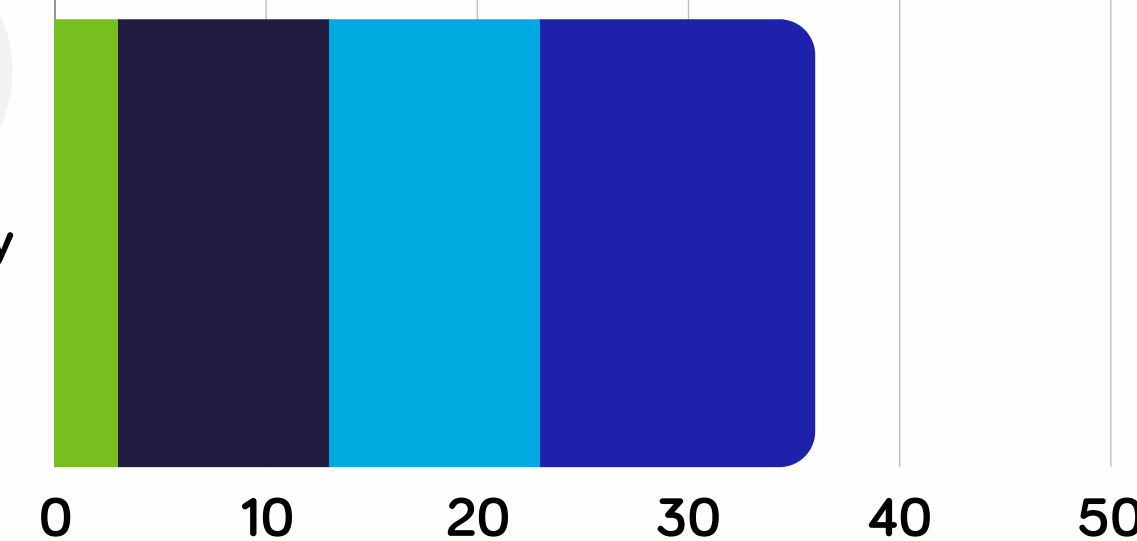
Trust people of a similar age



Feel safe in their community



Feel safe in their community



# Self-esteem and value

**Baseline**

**Follow Up**

■ NOT like me   ■ A BIT like me  
■ QUITE like me   ■ A LOT like me

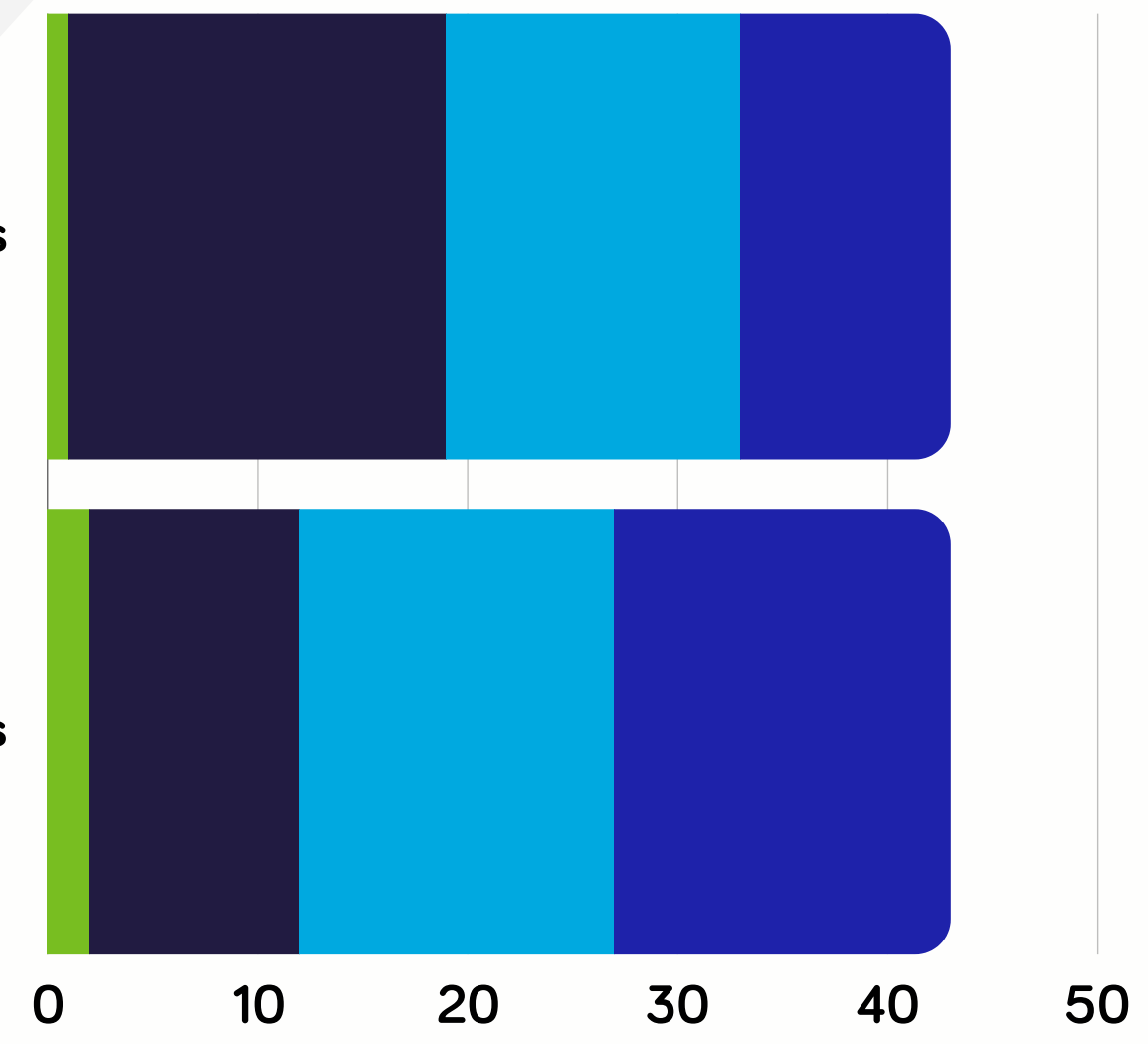
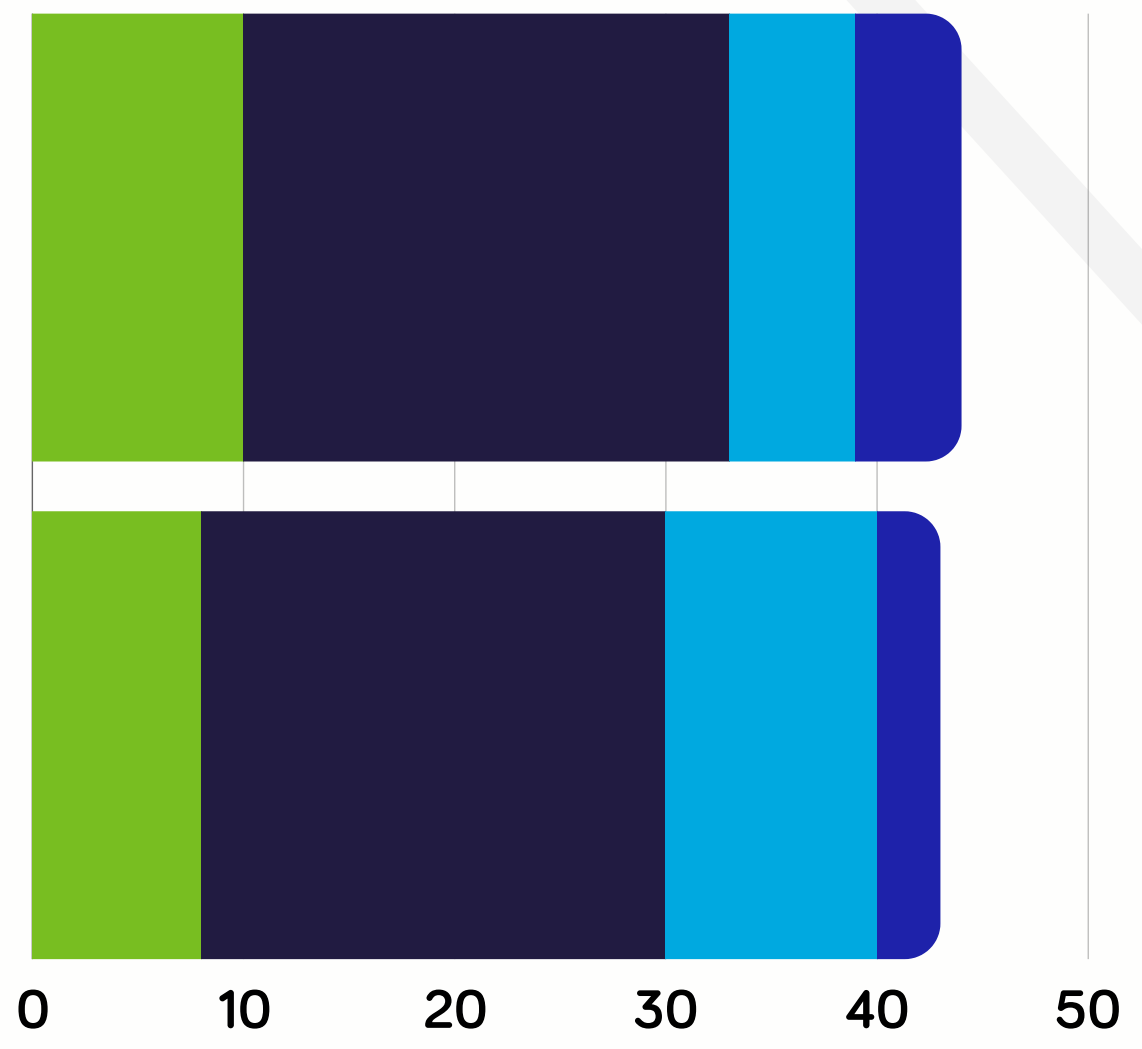
■ NOT like me   ■ A BIT like me  
■ QUITE like me   ■ A LOT like me

Feel valued by adults

Feel valued by adults

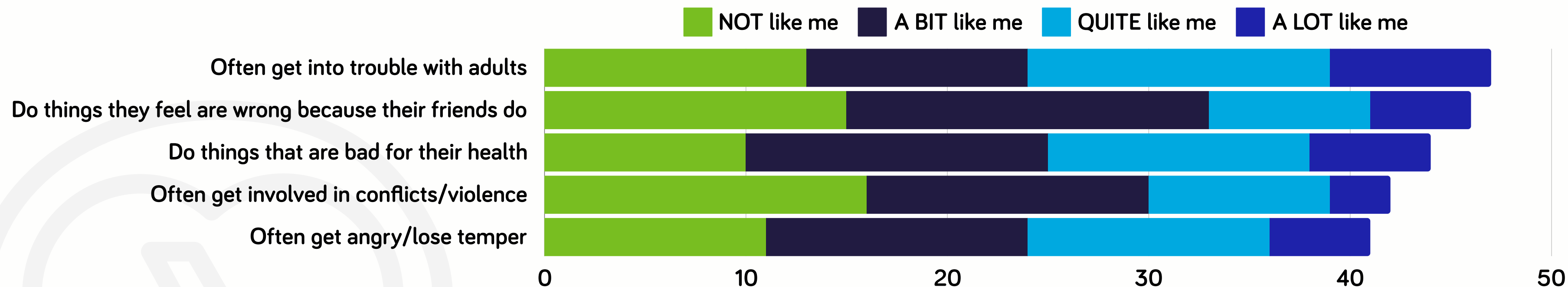
Feel good about themselves

Feel good about themselves

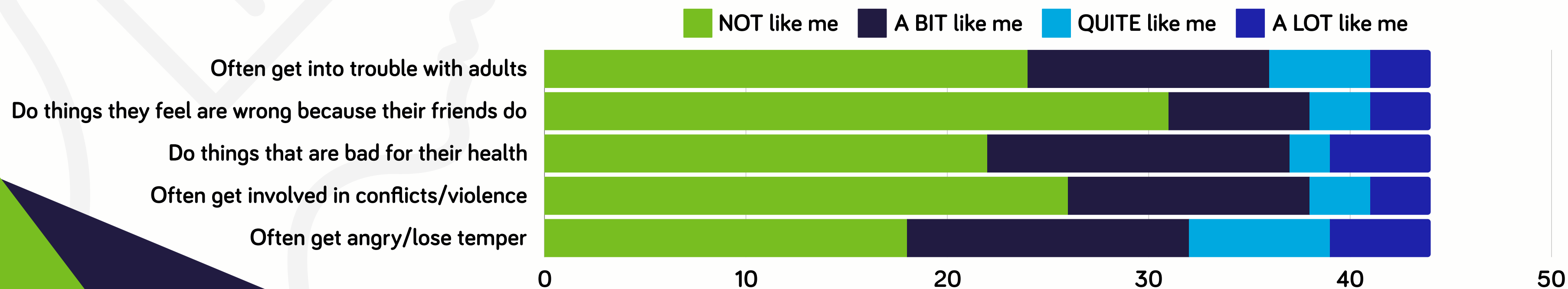


# Negative behaviours

## Baseline

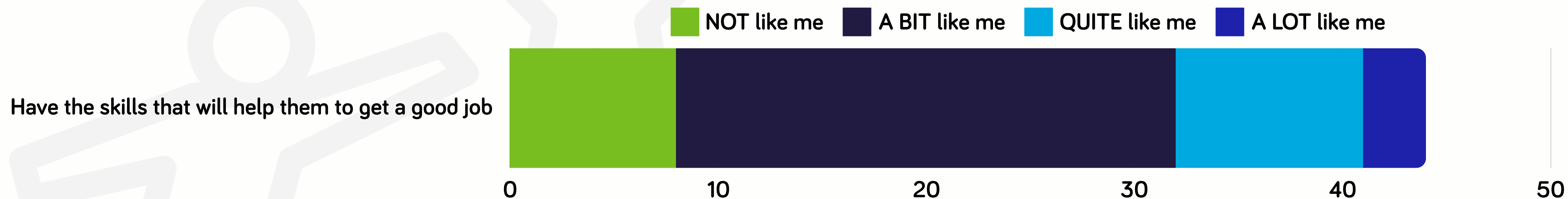


## Follow Up

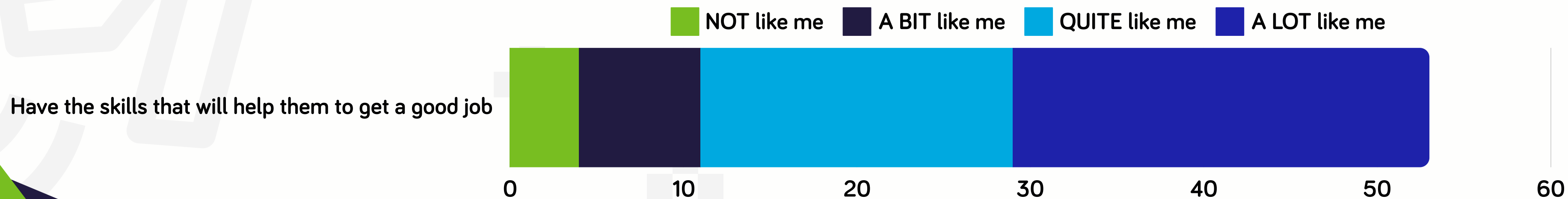


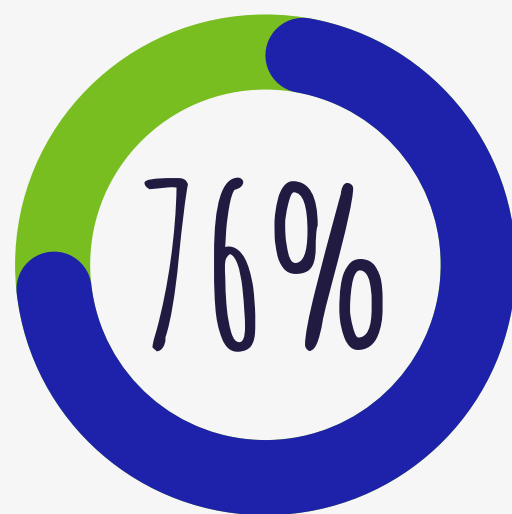
# Aspirations and self-belief

## Baseline

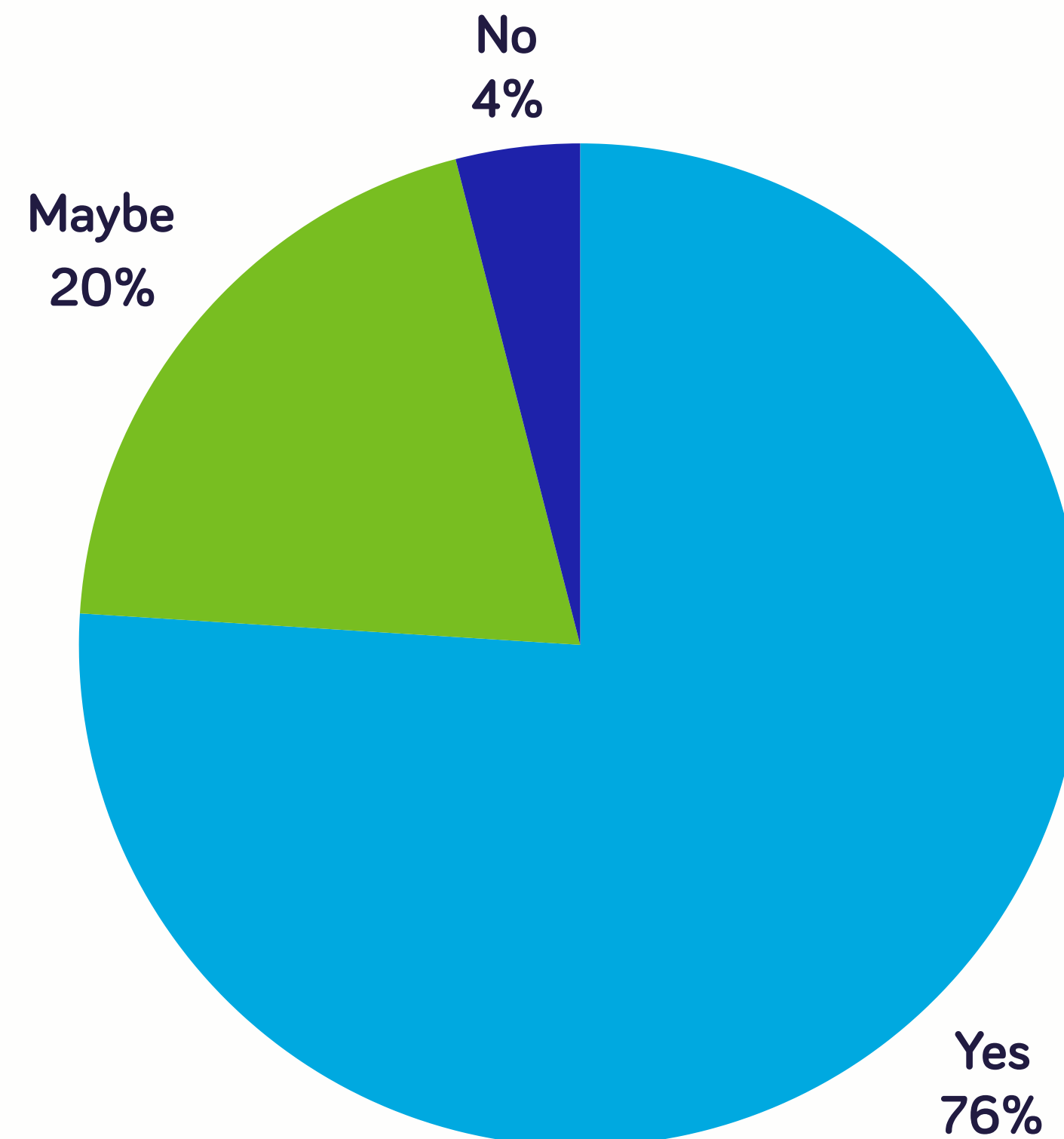
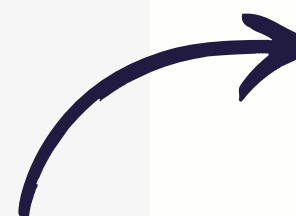


## Follow Up





of children and young people surveyed reported that they felt their sense of things that they do are worthwhile, and their overall life satisfaction had been positively impacted by involvement in a session/project delivered by an LTO.



# Power Statements

“ I am getting on better at school/college because of this session or project.

**69%** agreed or strongly agreed

“ I am able to communicate better now.

**73%** agreed or strongly agreed

“ I feel healthier now.

**79%**  
agreed or strongly agreed

“ I get on better with other young people now.

**62%**  
agreed or strongly agreed

“ I am more motivated to take part in activities now.

**85%**  
agreed or strongly agreed

“ I can be relied on more now.

**62%**  
agreed or strongly agreed

“ I get on better with adults now.

**66%** agreed or strongly agreed



## Our ask

There is a growing need for the impactful work that LTOs across Essex, Southend and Thurrock are doing to support some of the county's most vulnerable young people through sport.

To sustain this work - and to extend it - we need significant commitment from partners across the system, and long-term funding models.





[www.activeessexfoundation.org](http://www.activeessexfoundation.org)



[rowena.hawkins@essex.gov.uk](mailto:rowena.hawkins@essex.gov.uk)

# AFTERNOON WORKSHOPS

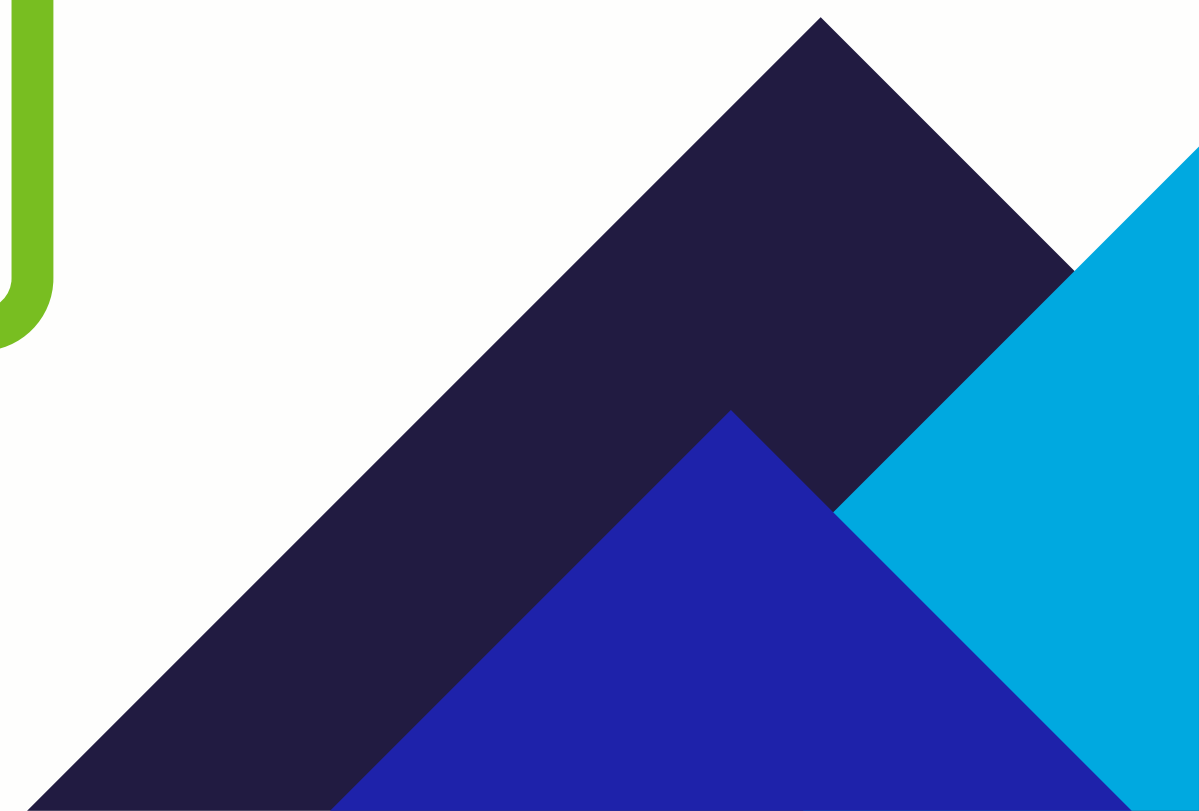
18/09/2024

#ActiveEssexFoundation

# GIVE US SOME FEEDBACK

# SCAN

# ME



THANK  
YOU

