



Young People Forward Project

Project Aims: To use sport to improve the physical and mental health, self-efficacy and resilience of young people who are homeless or at risk of homelessness across the North of England and Scotland.

Overview of the Project:

Active Partnerships will work directly with 570 young people and with 42 specialist community organisations already engaging with the target group to embed sport and physical activity sessions into their programme.

Sport and activity will be used as a positive intervention to help address the challenges the young people face and improve their physical and mental wellbeing.

Additional support will also be given to help some of the young embark on a journey out of homelessness. This approach will also benefit the community organisations to enhance their support offer to young people leading to sustained community provision.

Active Partnerships are strategic organisations that work collaboratively with local partners to create the conditions for an active nation, using the power of sport and physical activity to transform lives.

A programme model will be developed that can be rolled out to inspire activity in many more areas.

Funding:

The London Marathon Charitable Trust awarded a £600,000 grant to Active Partnerships which was made possible from money donated by Virgin Money.

The funding will be distributed to seven delivery partners in the North of England and Scotland in 11 areas: Merseyside, Lancashire, Greater Manchester, Humber, South Yorkshire, West Yorkshire, Tyne & Wear, Northumberland, Edinburgh, West Lothian and Glasgow.

For further information please contact:

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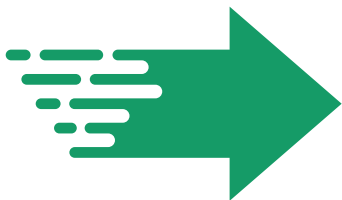
Active Partnerships involved in the project are:





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These offers will be developed through consultation with the young people to provide weekly physical activity opportunities at a time and place to suit them.



Active Lancashire's CSI Team are really pleased to be working with six partners that work with young people who are either homeless or at the risk of homelessness. The aim is to develop and embed a physical activity offer for the young people they support with bespoke additional support being offered for some. The CSI Support workers, who all have lived experience, understand the challenges the young people are facing and they will be working closely with them to achieve their goals and increase their activity.

These offers will be developed through consultation with the young people to provide weekly physical activity opportunities at a time and place to suit them. Running alongside this and in partnership with each organisation there will be support offered to some individuals to help set goals to improve their mental health and resilience to support them in addressing the multiple challenges they face.

Staff from each organisation and some of the young people will be offered training to qualify as coaches/tutors/activators so that they may continue to promote and deliver physical activity to improve other young people's health and wellbeing within their organisations and community.

Any organisation interested in being involved in this programme in the Humber to support the young people they work with can **contact Active Lancashire** for further information **ghughes@activelancashire.org.uk** or **07732 163149**