



› INSPIRING FUTURES ›



# INSPIRING FUTURES

## OVERVIEW

Using the power of sport, Inspiring Futures will engage young people aged between 11 and 14 years who have been identified as being vulnerable & likely to engage in risky behaviours, Anti-Social Behaviour and/or crime in an innovative intervention programme.

Working in partnership with the Rugby Football League & the Youth Endowment Fund, 7 professional Rugby League Club Foundations will deliver the project in local schools/communities to promote positive, aspirational messages to youngsters using person centred approaches.

The aims of Inspiring Futures are;

- To build resilience, self-confidence and character in young people
- To support positive choices and provide young people with the ability to engage positively with society
- To improve critical thinking skills
- To provide a healthy, stable and supportive framework at home and in school

## WHAT IS IT?

- Inspiring Futures involves 3 components;

### 'EDUCATE'

Experienced coaches with lived experiences will deliver an assembly programme to young people in years 7, 8, and 9 in identified secondary schools using an issues-based approach. The assemblies will promote self-esteem, communication, teamwork, and wellbeing and will incorporate key messages from professional Rugby League athletes who have faced adversity in their lives. Focused on early intervention, Foundation coaches will subsequently work alongside school's pastoral and leadership teams to identify/recruit young people to participate in a 12-week mentoring programme within the school environment.

powerful as a diversionary activity to distract youngsters from becoming involved in Anti-Social Behaviour, violent and criminal activities. Furthermore, sport acts as a hook to bring young people into contact with opportunities for achieving wider goals such as furthering their education or finding employment.

Inspiring Futures recognises that the factors affecting young people's involvement in Anti-Social Behaviour, youth violence and crime are complex and as a result, Foundations will seek to work within the existing local crime prevention infrastructure to avoid any duplication, adding value to other initiatives where appropriate.

## WHAT DO WE WANT TO ACHIEVE?

Sport, in its role as a positive activity, is well placed to take a universal, preventative role and develop developing young people's resilience and enhance protective factors. In the initial 2-year pilot phase, Inspiring Futures will engage with over 8000 young people across the 7 Foundations and it is anticipated that wider scaling will occur in other Rugby League communities thereafter. Using data and insight from the Department of Education and the local crime agencies, each Foundation will seek to work with a minimum of 5 secondary schools in their locality using a series of agreed metrics. As the lead academic research partner, Manchester Metropolitan University will support the development of the project as well as providing academic guidance about measuring the anticipated social outcomes. The creation of a theory of change model will assist in the evaluation of the project, enabling progress towards the achievement of longer-term goals to be measured, beyond the intervention outputs.





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## **'ASPIRE'**

In collaboration with the local community safety networks and the national Street Games charity, 3 community-based opportunities to participate in Doorstep Sport activities will be created. Doorstep Sport Clubs are fun, informal sports clubs that operate at the right time, place, price point and in the right style to suit the needs of disadvantaged youngsters. The Doorstep Sport Clubs will provide a vibrant and varied wellbeing offer to the beneficiaries to increase their motivation and help develop positive habits for life. Through the Aspire element, young people in socially deprived communities will be empowered (through participation & leadership opportunities) to take greater control of their lives, and to embed lasting changes within their communities.

## **'CONNECT'**

The creation of strong family relationships is recognised as a key protective factor in supporting the emotional development of young people and helps to divert individuals away from criminal activity. Working in partnership with a multitude of appropriate stakeholders, 'Connect' will support the family unit to develop additional resilience and coping strategies to overcome challenges. Using the Club's resources (e.g. Stadium, training ground), identified families will engage in twelve, 80-minute sessions that provide a safe and supportive environment to ensure that the right support is provided to enable youngsters to succeed in school, work and life.

## **THE OPPORTUNITY**

The funding is initially available for a 2-year period and the Rugby League community is in a unique position to influence change and prevent individuals from becoming involved in youth offending at a later stage. Research highlights that the mechanism of sport is.

## **WHO IS ALREADY ENGAGING?**

Each of the Foundations is already connected with local community safety partnerships either as a lead partner or supportive agency but the initiation of the Inspiring Futures project will serve to strengthen existing relationships.

It is widely recognised within overarching crime reduction agendas that sport can make an important contribution to early intervention programmes as part of a holistic approach to working with targeted young people. Targeted delivery requires an appropriate level of expertise of both strategic sport and delivery staff e.g. coaches, leaders and volunteers which is already in place as part of the Foundation's outreach portfolios.

As a national charity and pioneers of the Doorstep approach to community engagement, Street Games will provide access to advice, training and additional networks. The ethos of Street Games is to make young people and their communities healthier, safer and more cohesive whilst providing opportunities for physical, social and emotional development.

## **WHAT NEXT?**

Inspiring Futures will seek to work alongside local, regional and national partners to ensure that current interventions specifically aimed at vulnerable young people likely to engage in risky behaviours, Anti-Social Behaviour and/or crime are enhanced. At a local level, Foundations are establishing relationships with key stakeholders to ensure that existing provision is complimented to ensure a clear, joined-up, integrated approach is established. Inspiring Futures will publish its outcomes and respond to the needs of at-risk youngsters placing their needs at the heart of the decision-making process.

