

Evaluation

Independent research is done to:

- assess the programme against the target aims
- identify specific impacts and outcomes
- pick up any need for change as the programme rolls out

There is continuous monitoring through session records, periodic surveys and the gathering of Stakeholders views. This enables the project to adapt to participant's needs as required. The findings are discussed with the participants to ensure that interpretations of the outcomes are accurate in their eyes.

Indicators from the Pilot Programmes

Last year, the Homeless Football World Cup was used as a pilot for using Street Sport as an intervention. The main conclusions were:

- sport is a catalyst for positive change
- the programme is valued and respected by the participants
- there is a feeling of responsibility to "pay back" the input with thanks and an attempt to perform well on the field
- participants believed it's a real chance to make something of themselves
- within the 'at risk' networks, there is no stigma attached to self-improvement, and there is every opportunity for the team members to be positive role models
- individuals were identified who have the capability to be guided out of the "homelessness trap" and into careers in sports coaching

Stakeholder's Quotes - Anonymous from Pilot Evaluation

"The area has been missing this. Good to get on board with some health issues, a more active lifestyle. Gets them away from alcohol and drugs. Builds social skills. Gives them more confidence".

"It gives them something to do, a bit of a focus. Something to aim for. There's nothing else. They need something academic and physical to keep them from stagnating. They're capable, but don't have any goals or aims".

"It was a good experience for them. We saw their self esteem improve. They were doing something perhaps for the first time in their lives. It improved their social skills. This was quite obvious from their body language and behaviour in conversation with team workers".

"One 17 year old said it was the first time in his life he had been given praise".

"I see money wasted all the time. This is not wasted".

In the current Street Sport Programme we have tracked participants attitudes and the results to date are in line with the findings from the pilot. For the new programme a survey of behaviour to track changes in the use of tobacco, alcohol, cannabis and Class A drugs has been added. Indications are that the programme is having a positive impact on healthy eating, alcohol and drug use.

Steering Group Members Comments

Brian Capaloff, Homelessness Strategy, Clackmannanshire Council - "Street Sport works with and for its participants, to empower them and give them a confidence that goes well beyond participation in sport, potentially leading to a much greater and positive contribution to their local communities and to society".

Margaret Brown, NCH Path Project, Alloa - "Involvement with Street Sport has had a positive impact on the personal development of our service users. The growth in confidence and self esteem has contributed to the development of the skills needed to live independently and gain stability for the future".

Sheena McHugh, YMCA Hostel, Falkirk - "All of the residents who participated in Street Sport have benefited in several ways. They became less depressed and more open to new ideas. In all cases self esteem improved. I highly recommend Forth Valley Street Sport".

Jane Alcorn, Project Leader (Group Learning), Stirling Compass for Life Partnership - "Young people have overcome territorial barriers and forged new friendships in other areas across Forth Valley. Potential for achievement through Street Sport is fantastic".

Jim Brown, Social Development Director, Big Issue Foundation Scotland - "As an organisation dedicated to fostering personal and social development through experiential learning, we had no hesitation in agreeing to be a partner in Street Sport. The pioneering and innovative approach that is Street Sport is to be welcomed and encouraged".

Tom Elliot, Community Coach Falkirk Football Club - "Street Sport is making a significant difference in young people's lives and in some cases it's been life changing, it continues to break down barriers by bringing young people from different communities closer together. If we all contribute a little we can achieve much greater things".

Elaine Cochrane, Health Promotion Officer, NHS Forth Valley - "The success of Street Sport lies in the commitment and dedication of all the partners, the most important of which are the participants themselves; their many achievements act as an inspiration to us all".



If you, or someone you know, would like a DVD giving you more information on Street Sport please contact 01786 431106.
November 2006

Forth Valley Street Sport



Street Sport is a programme of sport, education and health activities for people from marginalised sections of society.

Its main aims are:

to provide an opportunity to participate in activities which promote self-esteem, build confidence and develop motivation

to support participants to make positive life choices, providing a route out of social exclusion and back into mainstream society

The vehicle for Street Sport is regular, coached participation in a range of team and individual physical activities.

At its simplest it provides a reason for getting out of bed! It can help participants address the barriers they face in life and ultimately it can go as far as enabling them to get a job.

The combination of personal discipline (e.g. attending regular sessions on time) and personal development (e.g. building fitness and gaining skills) leads to constructive change in their daily life as well as a focus on a positive future.



Forth Valley Street Sport

This innovative Project began in May 2006 and evolved from the success and expansion of Street Soccer, a pilot project in 2005. The project picked up a metaphorical ball and ran with it using a model that, evaluation has shown, has a profound impact upon many participants.

Street Sport is a multi-agency

initiative that has been successful due to strong and extensive partnership working and the involvement of participants at all levels of decision making. It is evaluated on an ongoing basis, allowing adjustments and adaptations to be made based upon the needs and demands of the current participants. It is supported by the Scottish Drugs Challenge Fund and the major partner agencies.

Participants in the programme include people who are homeless or at risk of homelessness, those with drug and alcohol issues, mental health problems or involvement with the criminal justice system.

Negative factors in the lives of potential participants can interact, causing vicious circles that are difficult to break. Success requires starting with an easy first step, using the motivator of free, enjoyable sport to attract participation.

Active participation in Street Sport, brings immediate positive reinforcement on 2 counts - through the release of endorphins leading to a "natural high" in the body and through the integral and positive social interaction within the group, leading to a sense of belonging, improved body image, self esteem, confidence and social skills.

As physical fitness and mental well-being improve, many participants begin to take a greater interest in their health. Health information and education is offered, but only when requested by participants. This includes a free smoking cessation service and/or support through partner agencies to address alcohol and drug issues.



Participants Quotes

George Hutchinson - "It's helped me slow down on my drink and my future is looking more positive".

David Futter - "I've met more people and it's helped me get my life back on track".

Grant Kerr - "I've gone from being homeless to becoming employed as a Support Worker and being able to help other people".

Andrew Parker - "Street Sport has given me leadership skills & helped me work with others. I can also play football much better now. I've cut back on my drinking and I've become much fitter".

Mark Lawrie - "Street Sport has changed both the way I think and the way I act. Before I would have flown off the handle at anything and I treated my health badly. This has all changed".

George Fisher - "I'm getting out and meeting new folk, before I used to just sit around the house playing the computer. I'm also eating much healthier since the woman gave us a talk".



Future Developments

WISH (Women in Sport & Health)

The Street Sport partnership has been awarded the maximum funding of £50,000 from the Scottish Executive Innovation Fund to extend the programme to meet the specific needs of marginalised young women in Forth Valley. The new programme is called 'WISH' and aims to use the very successful Street Sport model to improve the lives and health of women at greatest risk of becoming homeless. Women who are 'at risk' often live within socially excluded sections of society, having very limited opportunities for positive personal and social development and consequently risk living in a perpetual cycle of poor health and deprivation.

WISH will concentrate on involving the women in the running of the programme. The views of the participants will be sought throughout and adjustments made if necessary. Firstly it will focus on identifying physical activities of interest to women. Advice, support and guidance will be available on the range of health, council and voluntary services available and how they can be accessed. The programme will later offer learning and personal development opportunities and encourage coaching or voluntary work.

Clackmannanshire Sports Coach Training Programme

Street Sport has developed a Training Programme through Choose Life Funding. It provides people, who would normally not have the opportunity to become sport coaches a pathway to employment in community sports coaching. Appropriate candidates identified within Street Sport undertake a two year staged development involving both theoretical and experiential learning that prepares them for independent working lives. Voluntary coaching opportunities will be offered to participants initially within Street Sport and then within the wider community. Participants who successfully complete their training will be offered paid coaching sessions within Street Sport, leading to paid opportunities within the community. It is envisaged that the final outcome will be coaches who not only have the relevant qualification but also have a proven track record of work experience, robust references and a work ethic.



The experience gained through Street Sport identified that the clients on the programme have wide-ranging additional support needs.

- They need support and encouragement to believe in themselves and to manage the day-to-day organisation of attending training.
- They need to have the training delivered in bite size chunks, which allows for constant praise and a sense of achievement.
- Personal equipment, access to facilities and transport must be provided.

How to refer:

Participants can refer themselves or their friends and can simply turn up at any of the venues. If an organisation is referring and they know of any specific needs their clients may have, it is highly recommended that contact is made with Grant or Richard and their needs are discussed before the client joins the programme. It may still be appropriate for them to turn up at the next session, but alternatively it may be suggested that they come to the next induction day.

Richard Fox, Forth Valley Street Sport Co-ordinator
01324 624121 (Select Option 3)

Grant Kerr, Clackmannanshire Street Sport Support Worker
07792 530762

For more information on Street Sport please contact:
Elaine Cochrane, Health Promotion Officer 01786 431103

www.forthvalleystreetsport.org.uk