

Background

The Satellite Clubs programme has been set up by Sport England to support more 14 to 19 year olds in becoming regularly active.

What do we mean by a Satellite Club?

A local physical activity or sport opportunity focused strongly on 14 to 19 year olds and designed with them so that it meets their needs and provides them with a positive experience that builds their confidence and makes it appealing for them to become and stay active.

A Satellite Club must either be linked to or have potential to be developed into a regular activity. The Satellite Club, once set up, might turn into an established session that is sustained and continues to take place. Or, alternatively, it might run for a finite length of time with participants then being supported to transfer into a linked local activity that is already well-established.

Who is the target audience?

The programme is seeking to benefit inactive and vulnerable young people aged 14 to 19 years who may be facing disadvantage, disruption or inequality in their lives and who may be from a group under-represented in sport.

Aims

The **three aims** of the programme are to:

1) Provide positive experiences

- Creating enjoyable and fun experiences that are shaped with and tailored effectively to young people to help ensure they have a positive attitude to physical activity and sport and feel confident in their ability to take part.

2) Change behaviour

- Encouraging young people aged 14-19 years become active.
- Helping young people to form regular activity habits, particularly those who are vulnerable or from groups under-represented in sport, by supporting them at points of disruption when attitudes to and engagement in sport and physical activity often change.

3) Influence and improve delivery

- Offering support, advice and training to those delivering sport and physical activity (coaches, instructors, activators, leaders, etc) to help them more effectively reach out and engage with young people and to make sure that the activity packages they're offering are appealing and relevant to teenagers.

Expressions of interest

Funding is available to support local organisations in setting up and running a Satellite Club for young people in their area.

Each project should be able to show how their satellite club proposal has been designed with and by young people and based around the aims of the programme so that it will be providing them with a positive experience of physical activity or sport and helping them to build a habit of being regularly active.

Organisations interested in setting up a club should complete and submit the [Expression of Interest form](#), which is available to download from the Energise Me website. Proposals should not only look at provision of the activity but also the wrap-around services and support that participants will need to enable them to start and then to continue taking part.

Sport England will be consulted on all proposals with decisions regarding funding subject to their final approval.

Satellite Club proposals

Sport England has set out a number of core principles that it is looking to see at the heart of every Satellite Club. Important questions for organisations to ask themselves as they start to shape their proposals for a Satellite Club application are listed below.

1. Are they already in contact with inactive 14 to 19 year olds or are there organisations locally who do that they can work with?
2. How will they involve young people in designing and creating the Satellite Club?
3. How will they make sure that young people continue to be involved in decisions relating to the club and are listened to so that it continues to be a club that they own and want to be a part of?
4. What types of support will the young people they are targeting need not only to become active, but to build regular activity into a habit?
5. How will they ensure the Satellite Club is either linked to or can be developed into a regular activity opportunity. The Satellite Club might run for a finite length of time with participants then transferring into an established local activity. But, the project must be designed with young people's interests at the centre and ensuring that the objectives of the programme are being met.
6. What will they charge participants to attend? How will this income be used to sustain young people's participation?
7. How will they make sure that appropriate safeguarding standards are met?
8. How will they support their coaches/instructors/activators/leaders in working closely with young people and offering activities and sessions that are engaging and appealing and keep young people coming back.

Targets and funding

We anticipate that each Satellite Club will:

- Recruit at least 12 and 15 participants from the start.
- Apply for a grant up to a maximum of £5k.
- Consider, not only the costs associated with delivering the activity itself, but the wrap-around support and assistance that vulnerable young people might need to become and to stay active.

Measuring success

Each organisation receiving funding will be expected to provide data for monitoring and evaluation purposes, which will be managed in accordance with the Data Protection Act 1998.

Linked to the programme outcomes the required information will be as follows:

1. Number of individual young people aged 14 to 19 years (unique participants) who register with the satellite club and take part in at least one session.
2. Profile of participants. On registration, each new participant (14 to 19 years) must be asked to provide their age, gender, ethnicity, any disability and recent level of physical activity (excluding PE).
3. Attendance registers showing weekly attendances for all participants (14-19 years) over the funded period.
4. Evidence of successful engagement of young people in decision-making and design that has resulted in a satellite club that participants own and want to be involved in since it meets their needs, interests, expectations and motivations.
5. Gauge of changes in participants' attitude to physical activity or sport and their level of confidence in their ability to take part.
6. Gauge of perceived changes in the wellbeing, resilience and personal development (e.g. skills) of participants.
7. Tracking of individuals to show whether participants are continuing to be regularly active either within a sustained satellite club session or in another established local activity.
8. Summary of project expenditure..
9. End of project feedback/case study.

Timescales

The programme will run for an 18 month period, split across two financial years:

- 1 October 2017 to 31 March 2018
- 1 April 2018 to 31 March 2019

Further information

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Or, visit our website:

www.energiseme.org/funding/satellite-clubs-funding/