



Energise YOUNG & Active
Communities Network

**TRANSFORMING
LIVES IN
HAMPSHIRE**



“I enjoy the boxing because I can get out some of my anger in a good way and it keeps me active. This is the first sport I’ve tried that I actually enjoy so I want to keep it going” – Male, aged 14

Working in partnership

Energise Me has supported Active Communities Network to launch 12 projects since 2017.

Half of the projects are based in Havant, half in Portsmouth. Some are in schools, and some are in community centres - wherever is best for the young people.


Four years of partnership has seen

Over 400
young people
supported to
move more


2017- 2019
~**225** young
people engaged
with 4 projects

2020 - 2021
~**223** young
people engaged
with 8 projects


Why did we create these projects?




Just 44.6% of the nation's children and young people are meeting the recommended level of physical activity. Those in Hampshire and the Isle of Wight are even less likely to do the recommended level of physical activity.



Both Havant & Portsmouth have areas that are among the 20% most deprived in the country. And we know that low-income families are less likely to be active than those with more money.



ACN has been working in Hampshire since 2014, building strong relationships with schools, communities, and people.



By providing affordable, accessible, and welcoming activities, Energise Me and ACN have supported young people to improve their mental wellbeing, and to better engage with school.



Transforming Lives with Multi sports at Charter Academy

Charter Academy school identified a group of young people to ACN who were struggling to perform in the mainstream school environment.

The 'CONNECT' group programme aims to have a new cohort every half term, to encourage students to re-enter mainstream school. The young people involved in the programme might struggle socially, have poor mental health, or need help with anger management.

The students and school decided on a multisports club. This means each new cohort has lots of choice.

The school also requested a weekly workshop, after each activity session. These topics included: teamwork & communication, coping mechanisms, resilience and understanding emotions.

In response to pupil feedback, ACN adapted the workshops to be more active, involving movement exercises and fun drills.

School staff have said that the multisports club has helped pupils concentrate in the classroom, and that behaviour has improved.

Transforming Lives with Multi sports at Charter Academy

Outcomes

-  15 young people engaged over 13 sessions.
-  Two young people went on to attend the weekly boxing session in the community.
-  An increased positive attitude towards sport and physical activity.
-  On average, self-reported confidence increased by 30%.

"My favourite bit was definitely the boxing, but it was proper fun leading my mate through an obstacle course when he's blindfolded. It felt good to get 2 medals as well." – Young person

"It was amazing to see O and F at the community session, it is clear the relationships ACN staff have built and the fun activity provided at the school has improved the young people's attitude toward sport..." – ACN staff member

Transforming Lives with Boxing at Key Education

The Key Education Centre offers education for children who are temporarily unable to attend mainstream school, often because they are emotionally vulnerable or at risk of permanent exclusion.

The young people who took part in this project said they didn't enjoy or care about sport. The school and ACN thought that by offering boxing, the young people might find an activity they could enjoy.

At first, young people were reluctant to get involved in the session. But by building positive relationships with young people and offering multiple ways to become involved in the activity, ACN have seen increased attendance and engagement.



Transforming Lives with Boxing at Key Education

Outcomes



16 young people engaged over 6 sessions.



4 of the participants have joined the weekly community session to carry on their boxing and 2 have joined the weekly football.



61% of participants "dramatically improved their in-school behaviour".



8 young people achieved boxing awards.

"We cannot thank ACN enough for the work they have done with the young people. We have seen such a significant improvement in their behaviour and participation..." – Neil Williams, Assistant Headteacher

"I enjoy the boxing because I can get out some of my anger in a good way and it keeps me active. This is the first sport I've tried that I actually enjoy so I want to keep it going" – Male, aged 14

Transforming Lives with Boxing at Key Education

Erica's story

Erica is 16 years old, and lives in Leigh Park. She "absolutely hated" sports, so would not take part in P.E.

Erica had lived with domestic violence, and said that sport was never part of her childhood, as her family couldn't afford it. Erica was using alcohol and drugs, and was removed from mainstream education when she was 14 and placed at the Key Education Centre.

Erica left the first session after 5 minutes, refusing to take part. ACN staff encouraged her to come back for a chat the following week. She decided at the end of the second week to put on a pair of gloves for 10 minutes and give it a go. Over the next 3 weeks, she participated in the full sessions and earned both her preliminary and standard GB Boxing Awards.

Erica would attend the school day just to take part in boxing. Her behaviour throughout the school day has also improved.

Erica says that boxing is the only sport she has ever enjoyed. She wants to join the community sessions, gain her Bronze Award, and wants to learn how to spar.

"I'm a bit shocked in myself that I actually enjoyed it to be honest, you get a good feeling when you've done a full hour of the session and I feel like I've worked hard. I definitely want to carry it on. I would be open to trying other sports with ACN cause I feel like the staff make it easier to get involved than at other places. I would try dodgeball and maybe football." – Erica

Key Ingredients

Sport England's and The National Lottery provided vital money for this project to take place.

Energise Me, the Active Partnership for Hampshire and Isle of Wight, provided advice and support to access the funding.

The ACN staff's commitment to creating positive relationships with the young people produced sustainable clubs that have helped to transform lives.



What is Energise Y0Uth?

Energise Y0Uth exists to help young people become and stay active.

The Energise Y0Uth programme exists to help children and young people across Hampshire and the Isle of Wight to move more.

We want to support those who are at risk or facing disruption in their lives. We also want to support those who are underrepresented in sport e.g. girls and young people with disabilities.

We aim to:

- **provide positive experiences**, designed with young people, that make them feel good about physical activity and sport
- **change behaviour** by supporting young people to exercise at a moderate intensity and to build regular activity habits
- **influence the sector** by supporting activity providers to adapt and tailor their offer to deliver what their group of young people want and need

<https://www.energiseme.org/funding-support/finding-funding/energise-youth-funding/>