PHYSICAL ACTIVITY • INCLUSION • WHOLE SYSTEM APPROACH • ENGAGE • PARTNERSHIPS • FAMILIES •

Active Schools and Communities Partnership Officer

Progress Report

February - September 2021

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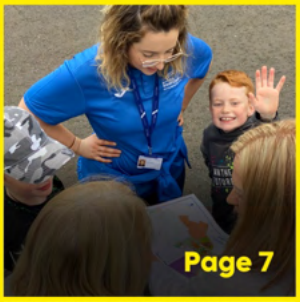

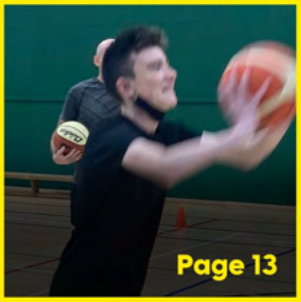

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Our Aim

To work with Key Partners/Stakeholders to remove/reduce the barriers for the young people and families of North Ayrshire to take part in sport and physical activity using a Whole Systems Approach to allow them to lead a Healthier Lifestyle.

Introduction

Active Schools aims to provide more and higher quality opportunities to take part in sport and physical activity before school, during lunchtime and after school, and to develop effective pathways between schools and sports clubs in the local community.

Active Schools coordinators work with primary, secondary, and additional support needs schools to increase the number and diversity of children and young people participating in Active Schools activities. Coordinators also have a key role in developing a network of volunteers to deliver activity sessions. These volunteers consist of teachers, parents, school staff, students, sports coaches, and senior pupils who are central to the success of Active Schools.

In February 2021 funding was secured from sportscotland to create the new and exciting post of Active Schools and Communities Partnership Officer (ASCPO) within the North Ayrshire Active Schools Team. The approach adopted will be the first in Scotland and create new ground for both sportscotland and North Ayrshire. The key areas of work will be shared with partners locally and nationally.

The work undertaken by the ASCPO aims to support and strengthen understanding of inclusion in sport and through sport. It forms part of a programme of ongoing change to embed diversity and inclusion within the system for sport and physical activity, by providing insight and learning to help continuously improve practice within Scotland's world class sporting system.

At a strategic level, the work carried out by the ASCPO will align to sport for Life and sportscotland's new Equality, Diversity, and Inclusion (EDI) approach and will contribute to outcomes identified in the Active Scotland Outcomes Framework.

At a local level, the work will focus on contributing to meeting priorities outlined in North Ayrshire Council's Children's Services Plan 2020-2023. This plan aims to mitigate child poverty and includes priorities dedicated to providing support to children and young people affected by a range of challenges, including, but not limited to, children and young people with poor mental health, disengaged, or at risk from disengagement from education and those supported by the care system.

continued...

The geographic scope of the post has been informed by SIMD data and aligns with the North Ayrshire Council Plan 'Fair for All' which focusses on making North Ayrshire a fairer and more equal place for residents and communities.

Deprivation is concentrated in The Three Towns and Irvine locality areas, with Kilwinning also having above average deprivation. As a result the geographical areas of focus are the 3 Towns: (Saltcoats, Ardrossan and Stevenson) Irvine and Kilwinning (light touch via Kilwinning sports Club).

The key role of this post is to work with Stakeholders using a Whole Systems Approach, and developing a rich relationship with Health and Social Care Partnership will be imperative to ensure the role evolves and develops. The Active Schools and Community Partnership Officer (ASCPO), remains at the centre of embedding inclusion to remove the barriers for the young people and families within the Care Experience Services to take part in sport and physical Activity to lead a healthier lifestyle across North Ayrshire. The work of the ASCPO has linked directly in to the 5 priorities of the Promise - A good childhood, Whole family support, Planning, Supporting the Workforce and Building Capacity. The post-holder has also taken in to consideration and applied the fundamentals of the Promise - What matters to children and families, Listening, Poverty, Children's Rights and Language. This has allowed the young person to be at the heart of the decision-making process and allowed them to shape the work of this post.

A focus on relationship building for effective collaboration is at the heart of supporting inclusion in North Ayrshire. During the first 6-months in post, the ASCPO has strengthened existing relationships and established new and effective relationships with a range of public sector services and third sector providers that support vulnerable children, young people, and their families.

This work is building the infrastructure required to support inclusion in sport and through sport, therefore helping to create a better connected and more diverse sporting system locally.

Embedding Inclusion within the Active Schools wider team has been at the forefront of all the work carried out across all six localities. The team have diversified and have included work with inclusion groups and targeted key young people within the school environment. The team have started a robust evaluation process to make sure all programmes are inclusive by design. This work will continue to evolve and progress moving forward.

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KEY THEMES

Below is a diagram that represents the key themes that have been developed in the last 6 to 8 months.

Partnerships & Relationships

Whilst Inclusion has driven the work of the North Ayrshire's Active Schools Team it was identified that we needed to broaden our sphere of partners who are 'not a natural fit' or have not influenced Active Schools work in the past. The ASCPO has dedicated time to building new partnerships and form positive working relationships to create opportunities for young people across the Care Experience world.

The next section of the report will look at the partnerships that have been created and also highlight the work that has been covered to date.

Extended Outreach

Partner Profile

Extended Outreach is a specialist North Ayrshire Education service for young people who need extra support to complete their education. Extended Outreach works in partnership with North Ayrshire schools to ensure each young person can maintain links to their secondary school, achieve to their full potential and secure a positive post-school destination. Extended Outreach works with each young person and their parents or carers to put in place a personalised education package, which supports transition back into secondary school or maximises achievement opportunities.

Joint Partnership

Having formed a new partnership with Extended Outreach, it was identified that the role of the ASCPO can play a major part in complementing the existing work of this team. By supporting positive sport and physical activity experiences, the young people could develop their skills, overcome barriers, and face new challenges. Furthermore, the opportunities that have been presented to this group have enabled them to create an environment where they can succeed.

Working closely with teaching staff within the organisation, allowed us to create a plan for the academic year 2021-22 where the young people would be supported through several activities.

Consultation with the young people has played a major part of the planning process which has allow us to shape a bespoke programme for the Academic year –

- **Team Building Day**
  Tree Top Trails, Archery, Crate Stacking
- **Ardrossan Community sports Hub**
- **Golf Lessons**
- **Inverclyde Away Days**
- **Individual Support**
  Gym Memberships, Resources, Community Clubs, Signposting

continued...

"Gary met with our young people and spoke to them about the upcoming Tree Top Trial / Activities visit. He asked them what activities they would like to do on that day and asked them more specifically about any activities they would like to do themselves and explained that he could help them to realise any objectives".

Extended Outreach teacher Sam explains the impact both experiential and weekly community sessions have on the young people.

"The partnership has extended what we at Outreach can offer to our young people in the sense that we have access to facilities and experiences that would have taken a lot of time to organise and that would have been expensive for us. We are not really in a position to ask parents to contribute to experiences like this, as finances are a barrier to participation for our young people and families."

"Also, Gary's knowledge of what is available, and his connections have allowed us to utilise facilities and resources that would have otherwise taken time to 'track down'."

"Gary is an extremely positive person and clearly has a lot of experience of working with young people, so it has also made a difference to our young people to see him turning up for the events to check everything is going well and asking their opinion and generally getting involved in a very 'hands-on' way."

Co-creation has been a real focus throughout this partnership and is explained in more detail below from staff.

"I would also comment that the fact that the events have been organised by Gary and that there are instructors and coaches who are leading the activities, have meant that accompanying staff have felt able to participate as 'group members' rather than as teachers, and this has had a positive impact on the relationships we have with our young people. They can see us as 'co-creators of' and' participants in' these experiences with them, rather than just as teachers as they might normally. In this sense we feel (from consulting staff) that it has improved relationships all round."

"In general, I feel all these activities have created a real 'buzz' and have affected participation and attendance. We certainly feel that there is a correlation between this improved attendance and the Crauferdland activity day."

Final thoughts from Extended Outreach

"The partnership has benefitted the wider educational experience of Extended Outreach. The young people have a more rounded experience, because they participate better in and attend their subjects such as English and Maths more, knowing that they are going to have these other experiences."

Extended Outreach Case Study

"I am more proud that I tried something new and now I am out of my shell more. I am less shy because I have been talking to people I wouldn't normally talk to in my group".

Young person – Extended Outreach

During the partnership with Extended Outreach the young people have experienced several opportunities ranging from experiential days to weekly sport and physical Activity within a community setting. The programmes have been a success due to the relationships formed with the Extended Outreach staff and the ASCPO. Furthermore, a two-way communication stream has been developed which has increased the level of respect and value of both parties. The partnership has already shown increased school attendance by the young people who have been supported through this collaboration.

Having attended Crauferdland Estate Tree Top Trials and Team Building experiential day the sense of accomplishment by the whole group was evident creating a bond between both staff and young people to achieve.

"The best part was the crate-stacking because I did something that involved heights and I did it".

Young Person – Extended Outreach

Sam White, Pupils Support Teacher has been one of the key staff who has supported the ASCPO to deliver a comprehensive programme throughout the academic year.

"An initial introduction and consultation with Gary Moore with interested members of our team in which he outlined what Active Schools can offer".

Sam has pointed out the importance of communication between staff, young people and the ASCPO and how vital it is to ensure the young people feel involved in the decision-making process and comfortable within new environments.

Fostering, Adoption and Kinship Care

Partner Profile

The Families for Children Team provide family based alternative care for children in adoption, foster and kinship care. Children who require alternative care have encountered high levels of adversity and trauma and are impacted upon by their previous experiences. Children within these placements have experienced Adverse Childhood Experiences and this can impact on their emotional and behavioural development. The service assesses and supports carers to care for children and assists them to enable children to recover from trauma. The parents and carers who look after these children must parent them in a particular way and so require a high level of support and input from the workers in the Families for Children Team and from external agencies. The children often struggle to cope with traditional group settings and will often find difficulties when interacting with their peers. As a result, the team must seek out ways of providing activities and opportunities that encourage positive interactions and boost the children's self-esteem. Such activities have included outdoor and sporting opportunities that have proved to be of benefit to all of those involved, in the past year.

Joint Partnership

After consultation with the Kinship Management Team, it was decided that the key focus would be around the following areas.

- **Signposting**
  Community Partner and Club Sessions
- **Holiday Programmes**
  K:A Leisure, Active Schools and Water sports Projects
- **Residentials**
  Young Person & Families
- **Experiential Activities**
  Skiing, Bounce Nation

Internal discussions with both the Kinship Manager and Inverclyde sports Centre were carried out. Both parties have extensive knowledge of the target group and residential programmes. From this, a two-day family residential experience at Inverclyde National sports Centre was developed and was the first of its kind. The purpose of this visit was to enhance family connection, meet likeminded people and experience a range of new sports and activities in a safe and inviting environment.

Furthermore, this allowed the ASCPO to engage with young people who do not normally take part in our 'conventional programmes'. Overall, this experience was positive for families involved.

This partnership has seen several young people access holiday programmes supported by the Active Schools Team and K:A Leisure. On the lead up to holiday programmes spaces have been reserved for the young people to access the camps and remove any barriers they or the families may face. This can range from transport, clothing and food provision.

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Joint Partnership Fostering and Adoption

After meeting with the key staff in the Fostering and Adoption Team we identified a programme that would naturally allow us to support and complement the work already carried out at the Ghillie Dhu Project.

The key role of the ASCPO was to work with partners to create a sustainable delivery model which allowed sport and physical activity to be at the heart. Consultation was carried out with the young people; this gave us an opportunity to listen to ideas and suggestions to plan and prepare multiple activities across the visits.

A partnership was formed with Scottish sports Futures to be the delivery agency for this programme. This allowed a bespoke 6-week initiative to be created with a focus on a range of varied activities for the 5-12 year old young people such as.

- Athletics Circuits
- Multisport Circuits
- Tug of War
- Fitness Sessions
- Football
- Basketball
- Indoor Curling
- Boccia

We also used the above activities for the older group of 12-15 year olds, but this included a focus on the below:

Learning Zone Model - comfort zone, stretch zone, panic zone. Giving different scenarios and deciding which zone we are in, e.g. meeting new people, presenting in front of others. Discussing how we move beyond our comfort zone to develop skills and stretch our abilities without being too overwhelmed.

Social interactions
The importance of sport and PA on mental, physical, and social health. How we communicate with others. Barriers to communication. The social benefits of participating in sport and PA, e.g. making friendships, increased confidence.

Families for this service were also involved in the aforementioned Inverclyde residential. The residential allowed young people to expand their skill set including confidence and communication. Parents and carers noted that their young person thrived within the environment.

Further support has been provided to work with key individuals and families who have been identified to attend Holiday Programmes, Community Clubs, and wider Scottish sports Futures initiatives.

The partnership is in its infancy, but most certainly has a vision and focus for the future.

Fostering, Adoption and Kinship Care Case Study

"For me the most enjoyable thing was seeing all the young people interacting with each other in a very positive way with no barriers."

Parent – Fostering & Adoption

The partnership has already seen many benefits for both the young people and families across North Ayrshire. Whole Systems Approach has been at the heart of the partnership supporting both residential experiences and target programmes. Third sector organisiations have contributed to the success so far.

On the very first family residential to Inverclyde National sports Centre the focus was on making memories and encourage family connection through sport and physical Activity.

When asked what memories of their visit one young person noted, simply, "Happy Ones" (Child's quote).

One parent explains the importance of this experience for those within Care Experienced.

"This main impact this experience had on me was / is the realisation of just how important these events and experiences are for all young people in particular young people in care who may otherwise not get the opportunity to take part in such events for one reason or another either with other care experienced young people or not" (Parent Quote)

Pamela Adrain, Social Work Assistant within the Fostering and Adoption team has summarised the impact our collaboration work has achieved so far:

"I had initial contact with Gary on a training course and after the training we had a meeting to discuss what Gary could offer in terms of supporting our group called The Ghillie Dhu Group."

"We were keen to use sports and fitness to work with the children and Gary was able to offer this support."

The partnership working between Gary and the Scottish sport Futures has complimented the work we do with the children and given them new and exciting opportunities.

"Working together has benefited the children and has allowed them to develop life skills as well as the opportunity to take part in a wide range of sport and physical activity opportunities"

"The three-way partnership has allowed joint working and a structure to be created which has allowed the young people to form new relationships and kindness at the heart of weekly sessions.

Final Thoughts from Fostering and Adoption services

"Further discussions have taken place to make the programme more sustainable involving all partners to make sure sport and physical activity is embedded into their weekly practise at the sessions"

"Long may the work of the ASCPO continue and develop as time progresses which will enhance wider community sport and physical activity"

Children 1st

Partner Profile

The Children 1st team aim to support children and families who have been impacted by trauma and or adversity. Support and approach are focused on whole families, and places relationships at the heart of all connections with and for children and families. The hope is that the organisation can support children and families to create and maintain their own networks of support that will help them to recover and repair from their individual journeys, some of which are complex. The staff are trained in trauma recovery, which enables them to help children and families establish the potential route cause of their trauma symptoms, explore and create new pathways of support that promote positive, sustainable and long-lasting outcomes.

Joint Partnership

The ASCPO has built on the current relationship that already exists within North Ayrshire Council.

After consultation with the Children 1st Team, it was easy to identify where the ASCPO work would complement their programmes and initiatives.

It has been critical to liaise with the Family Support Workers who assist with target families daily in order to remove any barriers to sport and physical Activity opportunities.

In partnership with key staff, we co-designed an 'Arran Away Day' which was organised by Arran Outdoor Centre. This was an experience out with their local community with the chance to meet new families from across North Ayrshire and broaden their relationships, which in turn increased family connections. They took part in a range of activities such as Kayaking, Sailing and a trip on a speed boat. This also gave the ASCPO an opportunity to consult with the group on next steps, and what support is required to continue similar experiences within their own community. Part of the consultation focused on what barriers must be removed to make this happen.

Children 1st Case Study

The ASCPO has worked alongside the team to help several vulnerable families break down the many barriers that they face when trying to access sport and recreational opportunities. Activities such as the Arran Away Day during the summer holidays was, for the families that came along, an experience that they had never considered taking part in, nor had the capacity to do so.

One of the young people who took part in the Arran Away Day attended with a view of a stronger family connection and a shared experience.

"It was a nice day from beginning to end and the best part was when I took part in Kayaking. I gained more confidence"

Young Person – Children 1st

Kirsty Aitken, Service Manager at Children 1st gives us her view on the work carried out by the ASCPO to date.

"Gary has worked alongside the team at Children 1st – North Ayrshire Family Wellbeing HUB to support several children, young people, and their families to access sport and recreational opportunities available across the authority. In addition to this, Gary has arranged and supported young people to access holiday programmes that have enabled them to engage in a more active and healthier lifestyle, reduce their feelings of isolation, and for some, contribute significantly to a more positive mental health and wellbeing".

"Gary has acted as a "go-to" for the staff team when there has been a focus on creating networks of support for children and families – Being at the end of the phone to offer solutions and potential opportunities for families to access, whilst always being mindful that the families had additional needs that required to be considered for them. This has opened several new opportunity pathways for families to connect with a more active and healthier lifestyle has been reflective in their overall progress with regards to their individual journeys".

Kirsty emphasises the impact the role has played on the organisation

"Gary has established effective and supportive relationships with the team that essentially breakdown the barriers for vulnerable families who would typically not access existing sport and recreational activities available to them".

"The partnership has brought opportunities to think differently what families impacted by trauma and or adversity need, explicitly, in order to access sporting programmes and or activities. I have observed several moments where Gary will take time to seek solutions with the team, with the sole outcome of connecting a child, young person and his or her family to a planned event or programme. There is a level of fluidity with how the partnership works, a key feature required when working alongside children and families whose lives have been impacted by Trauma and or adversity".

Final thoughts from Children 1st

"For children and families, it has given them something to look forward to and as a result of taking part in several of the activities that have been made available to them, we have observed an improvement in their overall emotional wellbeing and can recognise that for some families, their relationships have strengthened as a result of spending good quality time together".

Residential Houses

Partner Profile

Residential care provides short or long-term accommodation and support to safeguard children.

As a corporate parent, they have a legal duty to safeguard and promote the welfare of children. Children may be looked after in residential care when:

- Family crisis occurs
- Abuse or neglect in the parental home
- Parents are unable to care as a result of substance misuse
- Special care because of a disability
- They are involved in offending behaviour

Joint Partnership

The partnership with Residential Houses and ASCPO was created during the summer 2021 with an 'Away Day' at Newmilns Dry Ski Slope in East Ayrshire. The purpose of the day was to work with young people who are currently disengaged and introduce them to sport in a fun and safe environment. The structure of the day allowed the young people to experience success, a sense of achievement and formed relationships with new partners both internal and external.

Future work with the Residential Houses is at consultation stage with young people and staff to plan and develop next steps.

Family Learning Team

Partner Profile

The Family Learning Team work in partnership with schools across North Ayrshire to provide opportunities for family learning. They have developed their own website using information from the partners we work with, to provide ideas and links that they believe support fun learning at home. The team organise and deliver workshops in schools throughout the year and in the community during school holidays.

North Ayrshire Active Schools currently have a working relationship across all localities to complement the work with the Family Learning Team. But more recently the ASCPO has increased this partnership working on key programmes with targeted groups in specific localities.

Joint Partnership

After consultation with the Senior Staff and Locality Officers they were keen for the ASCPO to support a new pilot which supported several families across the Ardrossan Cluster for a 6-week Family Fitness and Cooking Programme. This programme would provide information, recipes, and activities to help families to promote healthy lifestyles within their own family unit.

Families were invited to participate where food parcels, provided by the Whitelees Quaint Larder, and supporting recipe cards were delivered by the Family Learning Team to each family home. Families were then asked to join a virtual meet up, engaging in a range of healthy topics, taking part in live cook-a-long sessions with Chef Campbell, using the delivered ingredients. Each family was also gifted a range of sporting equipment along with activity cards from ASCPO which allowed the families to utilise during the activities. North Ayrshire Active Schools Young Leaders demonstrated and delivered these activities weekly which in turn allowed the family to work together within their own home with the resources provided.

The activities designed encouraged parent and child interaction to work together on several cognitive skills, and achieving outcomes such as Nurture, Active, Healthy and feel Included.

Parent/Carer Quotes:

"Unfortunately, I couldn't participate due to my mobility, however the children have been using the bat and ball and the dodgeball and have been out playing with their friends using the kit" (Auchenharvie)

"The kids have been using the basketball and go the allotments in Ardrossan to play with their friends" (Stanley/Ardrossan Academy)

Child quote

"My dad came round and made a circuits course for my daughter. She loved it!" (Ardrossan/Dykesmains)

KA Leisure

The already strong and established relationship with KA Leisure has been extended through the work of the ASCPO. Both partners adapted systems and processes to ensure a simple and effective method to register young people and families within care experience. Consideration was given to deadlines for sign up, form content and work with key partners to support young people and families with the above. This change in process has allowed a smooth transition of sign up for summer camps, community programmes and joint initiatives.

Further discussions around Community Club Inclusion Champions, bespoke family engagement evening and consultation to shape the work moving forward is at the forefront of the partnership moving forward.

Summer Programmes

Over the course of the summer, we worked closely with key partners across North Ayrshire to provide an opportunity/ experience for our young people and families within care experience. This was a chance to take part in several activities that they wouldn't normally experience. This allowed them to meet new peer friendships and create stronger connections within their own family setting. For this to happen, barriers were removed to allow the young people to participate. Some of the barriers addressed during this time were, specialist clothing, transport, food provision as well as simplifying the sign up processes.

Through consultation and partnership meetings with key stakeholders, a full and robust alternative programme of activities was created which are summarised below:

- Water sports Project – Kayaking, Canoeing and Climbing Wall
- Arran Away Day – Kayaking, Sailing and Speed boat
- Newmilns Ski Centre – Tubing and Skiing.
- Active Schools Summer Camps – Multi sports
- KA Leisure – Multi sports and Football

The impact of the aforementioned programmes was evident by the positive feedback that was collated through evaluation after each activity. Working with stakeholders and harnessing meaning relationships across the Health and Social Care Partnership were vital to the success of each individual programme. This provided several opportunities for our Care Experience young people to take part in sport and physical activity. For many this was the first time they have engaged or experienced any of these activities or have left their own community setting.

Looking Forward

Partnerships, relationship, and a Whole Systems approach will still be paramount in the role of the ASCPO. During this reporting period it has allowed the post holder time to identify the key areas which will allow them to focus their work on the below services and organisations.

- Foster and Adoption
- Kinship Care
- Residential Houses
- Social Work at Home
- Extended Outreach
- Third Sector organisiations – KA Leisure and Children's First

The ASCPO will continue to develop the partnerships while sustaining current experiential opportunities and link young people to community provision. It is imperative that evaluations are gathered pre and post to help with the design of the programmes and initiatives moving forward. This will be encapsulated into all work moving forward. The use of quantitative data will be used to gather this including case studies, interviews, video montages, focus groups and scale evaluations. Key personal impacts such as positivity, motivation, confidence, and independence will be some of the factors that will be collated.

Furthermore, the post of ASCPO will support the wider Active Schools team within a school environment to work with key target groups to encourage more participation in sport and physical activity. This could be through extra-curricular provision; experiential offers or community provision. This will be done in partnership with Senior School Staff, Area Inclusion officers, Campus Police Officers and Youth Workers.

Finally, the work of the ASCPO will support the North Ayrshire Promise to work with organisations to support shifts in policy, practice and culture so Scotland Can #KeepThePromise it made to care experienced infants, children, young people, adults, and their families – that every child grows up loved, safe and respected and able to realise their full potential.

As a proud corporate parent, we have made two promises to support our care experienced young people by:

'Supporting, mentoring and engaging with young people to remove any barriers they face to participating in sport or physical activity opportunities across North Ayrshire.'

'To change 'normal' working practise across Active Schools to make sure our work is inclusive by design and open to all.'

In Conclusion...

Themes that are emerging from the work to date that has allowed more young people and families to be involved in sport and physical activity include:

- Establishing a stronger partnership with HSCP to work jointly.
- Building relationships with key stakeholders and young people.
- Formation of new partners both internal and external with a variety of organisations to allow more young people to gain access to sport and physical activity.
- Introducing sport and physical activity on an experiential level before finding a more sustainable activity for them to continue with.
- Work with partners to remove any barriers to participation.
- Review systems and processes with key partners to make sure all activities are accessible and inclusive by design.

To date it is evident and can be concluded that more young people from across North Ayrshire care experience have had more access to multiple sport and physical activity opportunities. Partnership working has been key; having a shared understanding of partners' expectations, as well as having the young people at the centre of decision making has allowed barriers to be removed and more young people taking part. The ASCPO looks forward to continuing this work and focusing on supporting more young people to enjoy more frequent sessions of activity leading to them having a healthier lifestyle.

Thank You.

Thank you to all partners and key stakeholders who have supported the work of the ASCPO and the wider Active Schools Team to enable partnerships to flourish allowing us to remove the barriers to participation for our North Ayrshire Young people and families.

If you wish to follow more work of the Active Schools and Partnership Officer, please follow @NA_ASCPO

Impacts:

- Increased confidence
- Visited community facilities for the first time
- Overcome fears
- Built relationships with both staff and pupils
- Overcome challenges
- Increased attendance
- Introduced to new sports
- Improved the mindset of sport & physical activity

Extended Outreach

Next Steps:

- Residential
- 6wk skiing lessons
- Weekly community engagement
- Regular community club links
- Individual support to sustain frequency of activity
- Develop evaluation tools to monitor impact, before, during and after programmes and initiatives
- Support young people families with vouchers to have more opportunities over weekends and holiday periods

Impacts:

- Increased confidence
- Built relationships with both the young people and parents/carers
- Created new friendship circles
- Introduced new sports
- Visited community facilities for the first time

Fostering & Adoption

Next Steps:

- One off team building events
- Regular community club links
- Individual support to sustain frequency of activity
- Weekly community engagement
- Develop evaluation tools to monitor impact, before, during and after programmes and initiatives
- Support for holiday programmes and initiatives

Impacts:

- Increased confidence
- Introduced new sports
- Created new friendship circles
- Built relationships with both the young people and parents/carers
- Removed unwanted stress
- Visited community facilities for the first time

Children 1st

Next Steps:

- Support the process to increase inspire memberships
- Provide bespoke programmes and initiatives for both Individual young people and families
- Regular community club links
- Individual support to sustain frequency of activity
- Weekly community engagement
- Develop evaluation tools to monitor impact, before, during and after programmes and initiatives
- Support for holiday programmes and initiatives
- Support families with vouchers to have more opportunities over weekends and holiday periods

Impacts:

- Created new friendship circles
- Built relationships with both the young people and parents/carers
- Introduced new sports
- Increased confidence
- Visited community facilities for the first time

Kinship

Next Steps:

- Regular community club links
- Individual support to sustain frequency of activity
- Weekly community engagement
- Develop evaluation tools to monitor impact, before, during and after programmes and initiatives
- Support for holiday programmes and initiatives
- Support families with vouchers to have more opportunities over weekends and holiday periods

Impacts:

Introduced new sports

Built relationships with both the young people and parents/carers

Visited community facilities for the first time

Residential Houses

Next Steps:

- Residential and one-off day visits to the national sports centre
- Team building opportunities
- Individual support to sustain frequency of activity
- Develop evaluation tools to monitor impact, before, during and after programmes and initiatives
- Support young people families with vouchers to have more opportunities over weekends and holiday periods

Impacts:

Created new friendship circles

Introduced new sports

Built relationships with both the young people and parents/carers

Enhanced partnerships to provide more opportunities

Provided rest bite for carers when young people access holiday programmes and initiatives

Visited community facilities for the first time

KA Leisure

Next Steps:

- Support internal and external partners with the new launch of KA Leisure inspire membership
- Regular community club links
- Individual support to sustain frequency of activity
- Weekly community engagement
- Develop evaluation tools to monitor impact, before, during and after programmes and initiatives
- Support for holiday programmes and initiatives

Impacts:

Built relationships with both the young people and parents/carers

Playing with friends in the local community with new resources

Family interaction

Enhanced partnerships to provide more opportunities

Introduced to new Sports

Family Learning Team

Next Steps:

- Individual Support to sustain frequency of activity
- Develop evaluation tools to monitor impact, before, during and after programmes and initiatives
- Support young people families with vouchers to have more opportunities over weekends and holiday periods
- Family Nights to increase Health & Wellbeing

PHYSICAL ACTIVITY • INCLUSION • WHOLE SYSTEM APPROACH • ENGAGE • PARTNERSHIPS • FAMILIES •

Active Schools and Communities Partnership Officer

sportscotland activeschools NORTH AYRSHIRE

sportscotland the national agency for sport