The Youth Sport Trust has been funded by People’s Health Trust using good causes money raised through society lotteries operated by the Health Lottery to support the health and wellbeing of communities in Brent, Hull, Dorking, Milton Keynes and Swansea.

The Local People Project aims to engage and empower five targeted neighbourhoods to genuinely design and lead physical activity-based interventions that make their area better places to grow, live and work.

We are collaborating with five local community partners to engage people in creating and implementing physical activity interventions to impact upon the knowledge, understanding, influence and confidence of the neighbourhood. Our community partners are: The Hill Community Development Trust in Swansea, Community Action MK in Milton Keynes, Active Sporting Communities in Brent, Southcoates Primary School Association in Hull and YMCA East Surrey in Dorking.

HULL

The project has helped to develop the skills and confidence of two young people who have been volunteering at a local youth club. Through a Community Activation Grant, Alex and Luke have been supported to attend a Youth Leader qualification which will help them pursue a career in youth work.

Luke says: “I have been volunteering since June 2017 at SSNC Youth Club. I have been doing activities with the young people and I want to do this qualification to help the young people and guide them onto the right path to help them and to provide a place where they feel safe and comfortable. Also, I came to the youth club and it helped me through difficult times so I want to give some help back to them.”

Alex added: “At youth club, I have been leading activities since June 2017. I want to do this qualification because I have the chance to help the children if they need it and by doing this I may be able to change someone’s life for the better and my own.”

SWANSEA

Lilly is 14 years old. She lives with her mother on the estate. When she was 11 years-old Lilly tragically lost her father, something that she struggled to come to terms with.

Lilly’s mother was a member of the projects steering group and thought that it would help them both if Lilly became part of the group to get involved in creating activities for the community. Her first involvement was attendance at the project’s netball sessions - this really helped Lilly and her mother spend positive time together.

Since then Lilly volunteered at the local playschemes and slowly became involved in other activities in the area. Through her involvement in activities and leadership training, she decided that she would like to lead her own community event to provide opportunities for young people. She empowered adults on the steering group with her ideas and gained their support to deliver the event. Through her efforts and the support of those around her Lilly organised and led ‘Lilly’s Physical Activity Easter Egg Hunt’ this year. This was a great achievement for Lilly and it is clear to see her confidence increase as a result.

Thanks to the continued investment from the People’s Health Trust the projects have been extended into 2019, to continue to create physical activity opportunities for the local neighbourhood’s. At the heart of the project is the provision of opportunities for young people to develop skills to support them to grow, live and work.

For more information about the Local People Project: www.youthsporttrust.org/localpeople or see our video at bit.ly/local_people