

Case Study

Active Angels

Equity focused
- women

What were our objectives?

To contribute to the health of 14 to 16 year olds by encouraging and sustaining their participation in sport and physical activity



Project description

Sport England awarded £156,500 revenue funding through its Active England programme to the London Playing Fields Foundation to develop the Active Angels project. Partnership funding of £62,000 covered the remaining cost of the project. The project employed a part-time activity co-ordinator to organise and manage the sessions and to recruit part-time coaches to deliver the sessions. The project started in March 2005 and finished in March 2008.

The project worked in partnership with the School Sport Coordinator programme, Rushcroft Specialist Sports College, four secondary schools within walking distance of the centre, the Health Club, Waltham Forest Primary Care Trust, LB Waltham Forest Leisure Services, North and East London Sports Network and Leyton Orient Community Sports Programme.

The programme initiated crosscutting themes such as personal safety, smoking cessation and a new referral scheme, "activate an angel".

The project provides a number of sports including netball, volleyball, badminton, football, aerobics, spinning, boxercise, street jam and junior gym.

Rationale

This project came about in response to the recognised decline in participation in sport and physical activity by girls once they leave school. The theory being that identifying a problem is a step closer to finding a suitable solution.

Project aims

The project aimed to increase and sustain participation in sport and physical activity by young girls who are likely to adopt sedentary lifestyles on leaving school.

Project origin

About 30 girls from each of the four target schools were surveyed on the type of activities they would like to participate in an after school. From the results an activity programme was drawn up and a taster session was organised.

Project performance

The project successfully attracted 235 young girls into physical activities. The project had a total throughput of 7,040 and used 14 regular coaches.

Sessions took place between 4 and 6pm on Mondays and Thursdays. Girls could take part in up to four activities each week. The project used instructors from local clubs. This meant that girls got to know them and may be more motivated to continue coming once the pilot project ends. The project offered a supportive and non-threatening environment. Participants have seen other benefits including weight loss and increased confidence through attending sessions.

The project was visited by Minister for Public Health, Caroline Flint, on 1st December 2005 who said: "Active Angels is a fantastic project targeting teenage girls at a time when they might otherwise lose interest in physical activity. By encouraging teenagers to stay active we are setting a sound base for their future health. I'd like to congratulate everyone involved in this excellent scheme."

The future

The Active Angels co-ordinator post will be funded by Waltham Forest Youth Support Service up to March 2009. London Playing Fields Foundation are currently sourcing funding to continue current activities and to deliver an extended Phase 2 beyond March 2009.



To get active visit
[www.lpff.org.uk/
active-angels.htm](http://www.lpff.org.uk/active-angels.htm)
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