

Case Study

Aspire project

What were our objectives?

To help young people with mental health or behavioural problems take part in physical activity

‘Soft indicator’
focus



Project description

Sport England awarded Crewe and Nantwich Borough Council £189,500 revenue funding for the ASPIRE project through the Active England programme. This covered 97% of the total project cost. The Active England funding finished in January 2008 but the project will continue as they have sourced funding from elsewhere.

This project worked with young people, aged 11 to 19 year olds, with mental health problems and behavioural problems, who do not engage in sport or active leisure pursuits. These young people are socially isolated because of their personal problems. The project had a multi-sport, physical activity and active leisure approach. The project based their activities on what the young people wanted to do. They delivered traditional sports such as swimming and football as well as archery, horse riding and golf. The project targeted young people living within the Borough of Crewe and Nantwich through referrals from various agencies.

The project worked to raise motivation, confidence, self-esteem, improve physical, mental and emotional health, reduce the likelihood of taking illegal drugs, help in anger management, and provides access to training courses and qualifications.

Project aims

The aims of the ASPIRE Project were:

- To create an environment that will enable young people with mental health problems to join in physical activity;
- To provide valuable experience in team building and developing social skills;
- To enable young people to engage in activities outside their usual environment, helping to break down barriers with travel and gaining an appreciation of the wider area in which they live;

- To help young people identify and create alternatives for lifestyle changes; and
- To provide crèche for single young parents or young people who care for younger sibling to enable them to take part in activities and work alongside their peers.

Project performance

The project engaged with 327 young people during the period of the Active England funding up to January 2008. The project has been successful and will continue through other funding streams.

The project used various methods to evaluate the project including the Rickter scale, consultations, questionnaires and referral agency involvement. This will measure and track soft outcomes. The project met the targets set for participation levels and is continuing to produce improvements in the young people referred.

The feedback from the young people themselves, their parents or guardians and referral agents shows that all the young people have and are continuing to enjoy their time on the project. They feel the project is making them healthier and is helping them in various ways.

In particular Aspire has improved their confidence. Young people feel that by taking part in the activities they feel better about themselves, feel more able to mix with others and more confident in attending sessions in unfamiliar environments. Feedback from various local sources suggests the young people on the project have improved their behaviour as well.

There has been an increase in activity levels of the young people since starting on the Aspire Project. This is due to the support of project officers and coaches, the venues delivering sessions, relevant activities and the exit strategy into community sessions.



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