

## Case Study

Equity focused  
- BME

# Bolton Lads and Girls Club

### What were our objectives?

To engage hard to reach youth of Bolton in sport and physical activity



#### Project description

Sport England awarded Bolton Lads and Girls Club £111,000 revenue funding through the Active England programme, 67% of the total project cost. This revenue funding supplements the £4m capital funding already received through the Sport England Community Investment Fund. This revenue funding is to engage young people from across Bolton and increase their participation in sport and physical activity.

Bolton Lads and Girls Club was established in 1889 to provide a safe, positive environment in which young lads, especially those working in the local mills, could spend their leisure time. The club opened to girls in 1991. By the late 1990s the original, small mill premises had become too limited to meet the needs of the members. In 2002 a new club building was opened and now includes a fully equipped gym, sports hall, café and a chill-out recreation area with pool tables.

#### Rationale

When the new club was built a needs assessment and in-depth research was carried out on young people and people with disabilities in the area. The assessment identified the opportunity for young and disabled people who would normally not have access to such facilities to be able to participate.

#### Project aims

The Club's motto is "helping the youth of today become the citizens of tomorrow." The capital funding provided larger premises for the club to engage as many young people as possible.

#### Results and achievements

The project achieved:

- A throughput of 72,000;
- 50 regular coaches, coaching at least one hour a week;
- 48 regular volunteers, volunteering at least one hour a week; and

- Participation among girls has increased with over 120 attending the culturally sensitive Sunday all-female 'Just for Girls' sessions. This is four times more than were attending in the old club building.

In addition, the project has been successful in attracting disadvantaged groups:

- Up to 65% of members come from the four innermost wards of Bolton, all of which are in the top 10% most deprived wards in the UK;
- As many as 50-60 young people with physical disabilities and learning difficulties are mixing with another 200+ members taking part in the evening youth club's sporting and other activities; and
- An increase in the number of members from black and minority ethnic communities, from 256 in 2002 to 1,110 at end of 2006.

The club uses subsidised meals, high quality finishes, easy access and modern design to attract youth and make them feel valued.

#### Project activities

The 'Just for Girls' sessions offer opportunities ranging from sports and dance to recreation and socialising. The sessions are facilitated by female staff and provide sessions in a safe and culturally sensitive way so girls from the Town's Muslim community can enjoy sessions.

All youth club sessions are disabled friendly, ensuring that all young people with disabilities can join in. A successful group for deaf people, drawn from across the region, has been developed. This group meets every Friday evening but its young people are also integrated into the other youth club sessions and the sport programmes.



To get active visit  
[www.boltonladsandgirlsclub.co.uk](http://www.boltonladsandgirlsclub.co.uk)  
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