

# street games case study



**Report Subject:**  
**Laura Platt - UsGirls  
Alive, Chorley**

**Title:**  
**StreetGames Young  
Volunteer Programme**

**SOCIAL  
ACTION  
FUND**

FUNDING BIG IDEAS,  
INSPIRING SOCIAL ACTION

Laura Platt has been a StreetGames Young Volunteer, a Young Advisor, an Us Girls Motivator and is now part of the StreetGames Young Volunteer Alumni programme.

Laura Platt is 22 Years old. As well as being a Mum to her son, Kai, Laura works part time in an office, and has been volunteering weekly at Chorley Council UsGirls Alive sessions since 2012.

Laura began volunteering as a way to 'keep involved in sport' after leaving college and going into office based employment. When Laura initially began volunteering she thought that she would like to gain experience in sports coaching. She was then introduced to and became involved in the Us Girls Alive Project in Chorley, and became passionate about working with non-sporty girls and getting them involved in sports and fitness activities in a fun way. Laura says when she first began volunteering at the UsGirls Alive sessions, 'I wanted to make girls aware of other sports besides the regular ones.'

When Laura first started volunteering, her confidence was



fairly low. Laura was naturally a very shy person, and at the first session felt completely out of her comfort zone. Laura felt that she learnt a lot from the more experienced coaches that she volunteered with, who supported and mentored her, and over time her confidence grew. 'I was very nervous at that first session, but I learned a lot from the coaches.'

Within UsGirls Alive sessions, as a motivator Laura uses her bubbly and friendly personality to connect and build trust up with the participants, 'I get everyone involved,



# Background Facts for Doorstep Sport

*demonstrate, encourage, and build confidence. I plan some of the non-sporty sessions such as body awareness, drink and drug awareness. I plan schedules of the sessions and promote by word of mouth and social media.'*

Laura has to be adaptable and think on her feet within session, and as a result of volunteering the UsGirls Alive Club works with a fairly targeted group of young women, who can have issues ranging from emotional issues, to personal troubles and body confidence issues. *'I feel as though through volunteering I have developed communication skills which enable me to deal with different people in different ways....'. Laura has learnt to maintain professional boundaries with participants at the session, although they may be similar to Laura in age, she understands the importance of, 'being friendly but remaining professional at the same time'.*

## **StreetGames Residential 2014 - StreetGames Young Advisor**

In October 2014 Laura applied and was selected to be a Young Advisor at the StreetGames Young Volunteer Residential at Brathay, Cumbria. Laura had attended her first Residential in April 2012 and her second in October 2012, and aspired to be a young advisor, *'After being on two residentials and loving both of them, I wanted to try something new and be on the other side and help to plan an amazing residential that other young volunteers could enjoy.'* Laura, felt that she had developed a lot more volunteering experience and confidence since the first residential and wanted to take on the role of young advisor to push herself out of her comfort zone, develop new skills and learn more about StreetGames.

*'I also wanted to improve my knowledge of what it takes to plan such a big event for so many people and work on my confidence in talking to large crowds of people. Most of all I wanted to have fun and meet some amazing people that I could possibly learn from and also create links with for the future.'*

Within her role as a young advisor at the Residential, Laura helped a variety of tasks including:

- Planning and delivering a national residential for young volunteers from across the StreetGames network, within which Laura helped to come up with the theme for the residential and selected appropriate team names, mascots, games and resources to match this.
- Liaising directly with Brathay Hall staff to come up with a varied and challenging programme of activities for the young volunteers to enjoy.
- Travelling independently to/from the Lake District in her own time.
- Setting up of the Residential including putting up StreetGames branding and marketing materials
- Being responsible for social media updates including uploading pictures onto various StreetGames social media accounts including Facebook and Twitter
- Motivating and encouraging young volunteers to participate in activities and sessions.
- Ensuring the needs and aspirations of all young volunteers at the residential were met, and that young people are able to participate in activities in a safe and fun environment.
- Planning and hosting her own social activity for the volunteers to enjoy during their down-time.
- Writing and hosting her own special round in the quiz.



# Background Facts for Doorstep Sport

- Laura also Presenting a number of speeches, sessions and key message in front of over 100 young volunteers and staff at various points throughout the Residential.
- Helping to evaluate the programme after the residential.

Laura rated the Residential and her experience of being a young advisor as 10 out of 10, *'it was interesting, challenging and enjoyable'*. Laura felt that she had developed skills such as problem solving, using her initiative and adapting to situations. Laura is also pleased to have gained invaluable experience of event management, and feels more involved with StreetGames as a result of coming on the trip. *'I feel valued, praise makes you feel appreciated.'*

Laura's experience of being a Young Advisor has supported the development of a number of transferable skills which will be applied within her in her role as a Motivator at her UsGirls Alive project in Chorley. *'As an Us Girls Motivator I need to know how to approach different people and need to understand how to communicate with and engage them. My role as a Young Advisor at the Residential has really helped me to see how people with certain attitudes and goals need to be approached and spoken to in different ways in order to engage them. That is a key part of being a motivator - getting people to face there fears and try something new out of there comfort*

## StreetGames

StreetGames is a national partner of Sport England and a centre of expertise for developing doorstep sport in disadvantaged communities.

The charity supports community based sports projects that deliver sport and volunteering opportunities to young people living in the 20% most deprived wards in the UK.

StreetGames works with National Governing Bodies of Sport to establish and develop links between community and mainstream sport. Recognised by the London 2012 Olympic & Paralympic Games Inspire Mark, StreetGames is creating a lasting legacy of doorstep sport in the UK.

*zone and being there to help them if they are worried or nervous.'*

Further to the development of key transferable skills, Laura feel one of the best thinks about being a young advisor is the experience and the memories. *'Seeing all the young volunteers having a brilliant time and smiling at an event you have planned. Also meeting all the volunteers and creating long lasting friendships and memories.'*

Laura feels that her aspirations have been raised through her experience of being a young advisor. In addition to her work as an UsGirls Motivator, Laura would like to continue within her role as a young advisor, aiming to continue to learn, improve and develop her communication skills, confidence and knowledge of working within a sport development setting. Laura is hoping this will get her closer to her key ambition of, *'working for StreetGames one day.'*

*'I really enjoyed my time as a young advisor and would love to do a similar role again in maybe a different event. It gives you the best feeling when young volunteers come up to you and want to say thank you and have a picture with you because you know then you'll be a big part of their memories of the event.'*

