



PARTICIPANT SURVEY

2019 / 20



INTRODUCTION

At StreetGames we are always keen to learn more about the most important part of our work: the young people. As such, we look to gather feedback from young people through a variety of methods, including undertaking visits to sessions to observe activities and speak informally with young people, volunteers and coaches, undertaking interviews and surveys.

Conducted throughout 2019 and early 2020, these surveys were designed to capture information across a wide range of aspects including: Impact on activity levels; personal well-being; Self-efficacy and Social Trust; participant likes and dislikes. Furthermore, we also looked to capture information re participation patterns and demonstrate impact.

METHODOLOGY

Unlike with participant surveys carried out in the past, this time we used a baseline and follow up survey approach, allowing us to see the impact on participants over time.

Both questionnaires used with participants were designed with the aim of making it as easy as possible to complete. Most of the questions were closed 'tick box' style questions, with a small number of questions added to enable participants to provide comments and feedback in their own words.

Based on previous experience, we have found that hard copy printed surveys work better with doorstep sport participants, therefore, we sent all organisations delivering funded doorstep sport activities during 2019 with a small sample of (circa 20) baseline surveys and asked them to support a sample of their young people to complete the survey and send it back to StreetGames via freepost envelopes. Three months after receiving the completed baseline surveys, we would then send out a pack of 20 follow up surveys to the Locally Trusted Organisation to complete with the young people in the same way they did with the baseline.

This summary report provides an overview of the results gleaned from this survey, with a particular focus on the differences in responses when comparing the cohort of baseline replies to the cohort of follow up surveys received.



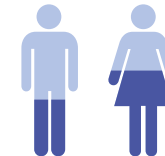
RESPONDENT PROFILE

BASELINE

FOLLOW UP

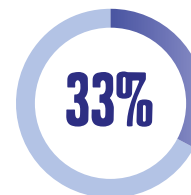


Respondents

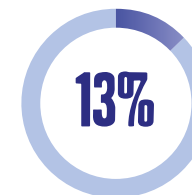


45%

55%



BAME



Disabled

WHEN YOU COME TO THESE SESSIONS IS IT...



78%

To take part in the sport and fitness activities



5%

To volunteer/help out

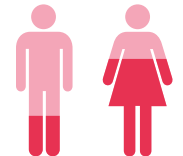


17%

Both!



Respondents

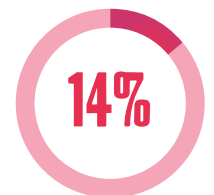


38%

62%



BAME



Disabled

WHEN YOU COME TO THESE SESSIONS IS IT...



76%

To take part in the sport and fitness activities



4%

To volunteer/help out

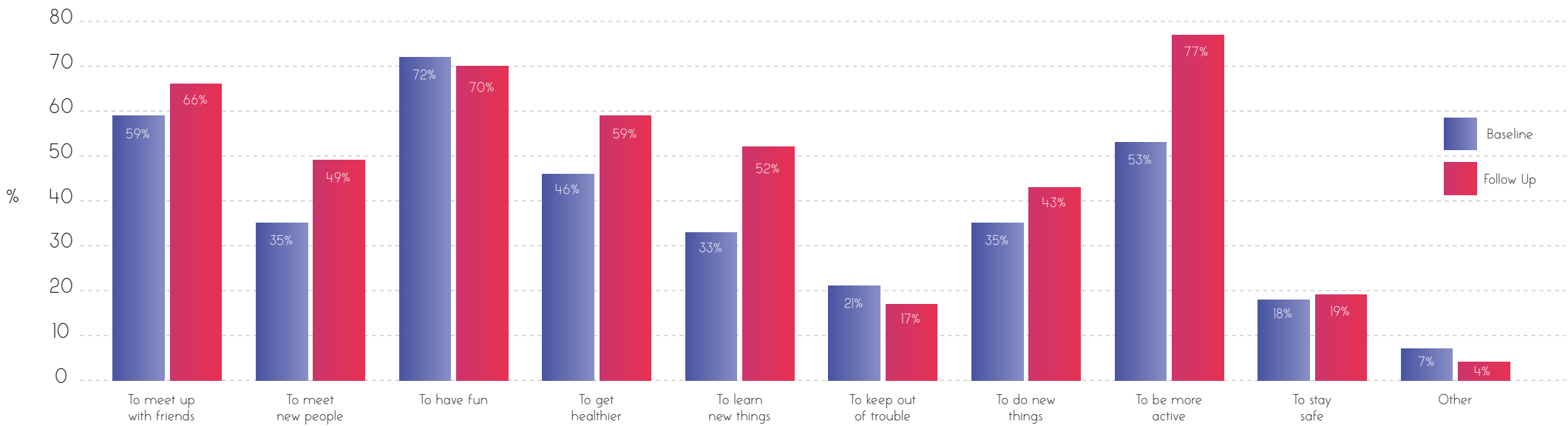


20%

Both!

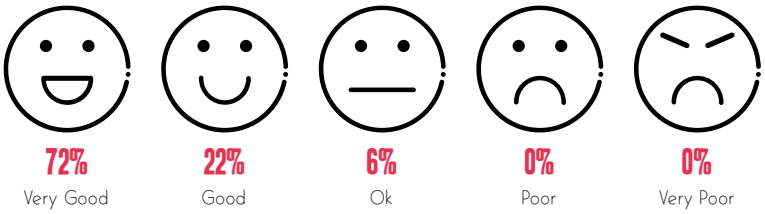
THE SESSIONS

WHICH OF THE FOLLOWING ARE REASONS WHY YOU CHOSE TO ATTEND?

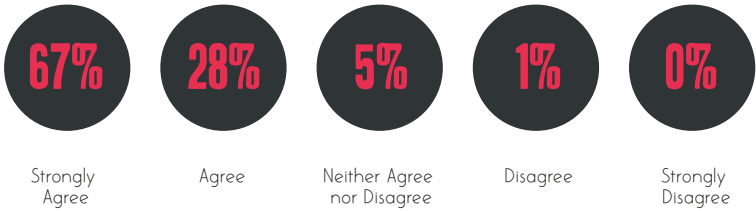


The chart above demonstrates that when asked in the follow up survey, participants stated that they attend sessions 'To be more active', 'To get healthier' and 'To learn new things' at a much higher rate than they did in the baseline survey. Suggesting an increased value in being active now compared to when the young people were first asked.

OVERALL, HOW WOULD YOU RATE THESE SESSIONS?

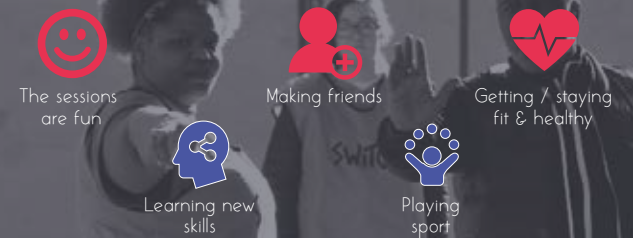


I FEEL SAFE AND CARED FOR WHEN I'M AT SESSIONS HERE



WHAT DO YOU LIKE BEST ABOUT THESE SESSIONS?

Common Responses include:



"Playing sports, being in a safe environment, and making new friends."

"They help you learn how to keep fit, and get you active and try sports you wouldn't normally do outside of the sessions."

"I get to meet up with my friends and talk and have fun but exercise and get fit and healthier at the same time."

WHAT DO YOU DISLIKE OR LIKE LEAST ABOUT THESE SESSIONS?

Common Responses include:



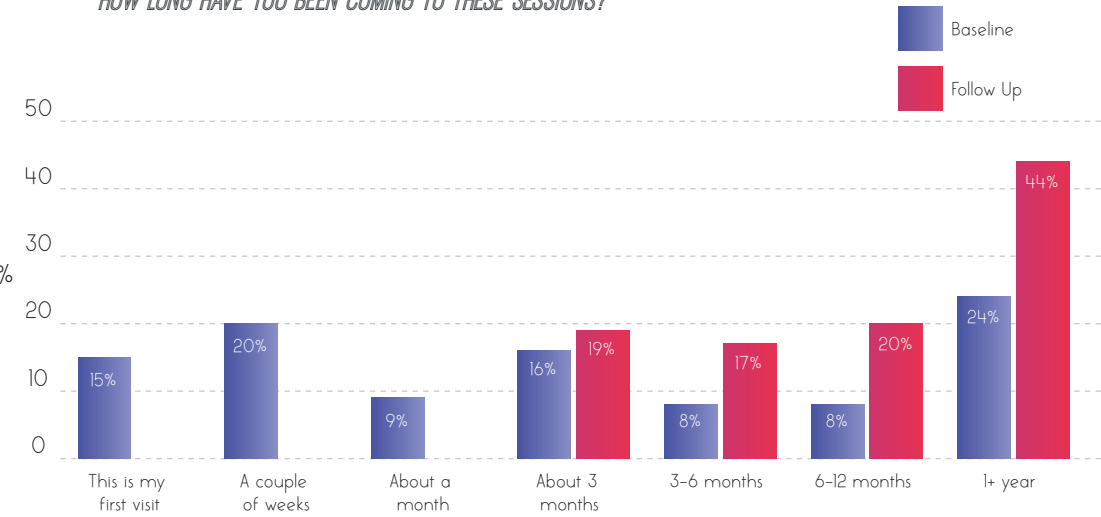
"The sessions are late in the evening on a Sunday. I would prefer it if they were earlier."

"I don't know how to use some of the equipment and I wish it could be longer"

"There is not enough room to do our activities we want to do"

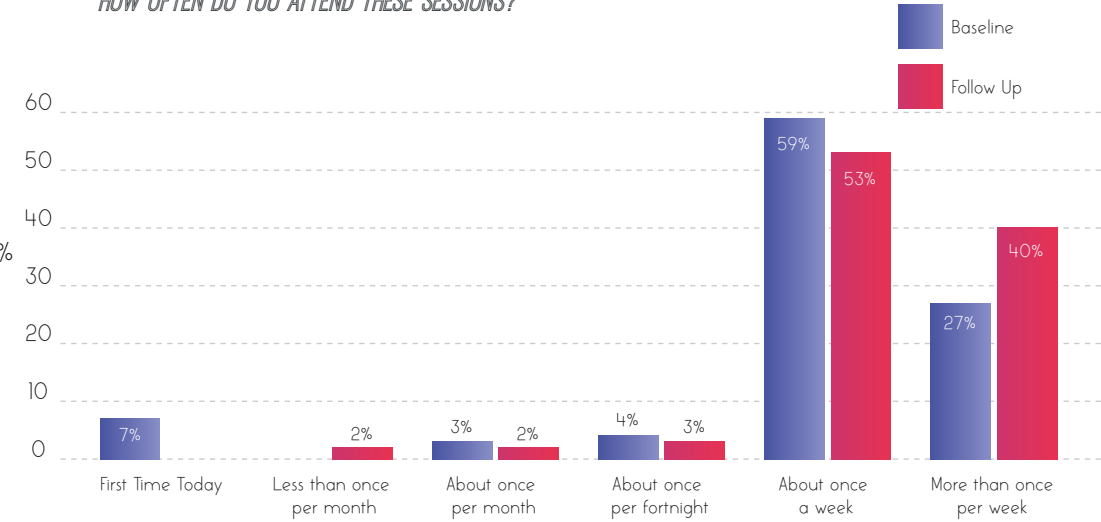
PARTICIPATION PATTERNS

HOW LONG HAVE YOU BEEN COMING TO THESE SESSIONS?



Whilst the baseline questionnaires are designed to be used when people first join, this isn't always possible. However, it can be seen that the majority (60%) of baseline participants have been attending for less than 3 months, whilst the majority (64%) of follow-up participants have been attending for 6+ months.

HOW OFTEN DO YOU ATTEND THESE SESSIONS?

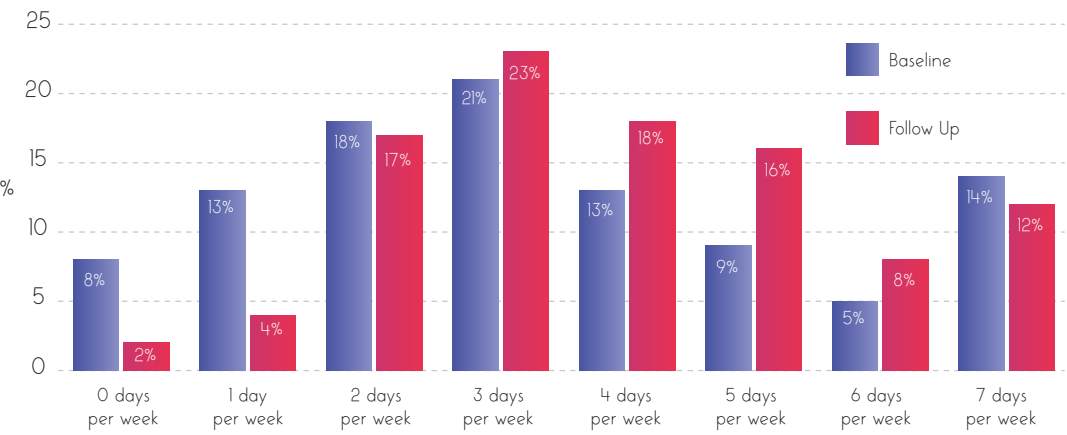


The majority of participants attend their doorstep sport session about once a week. There was also an increase in the proportion of respondents in the follow up survey stating they attend sessions more than once per week.



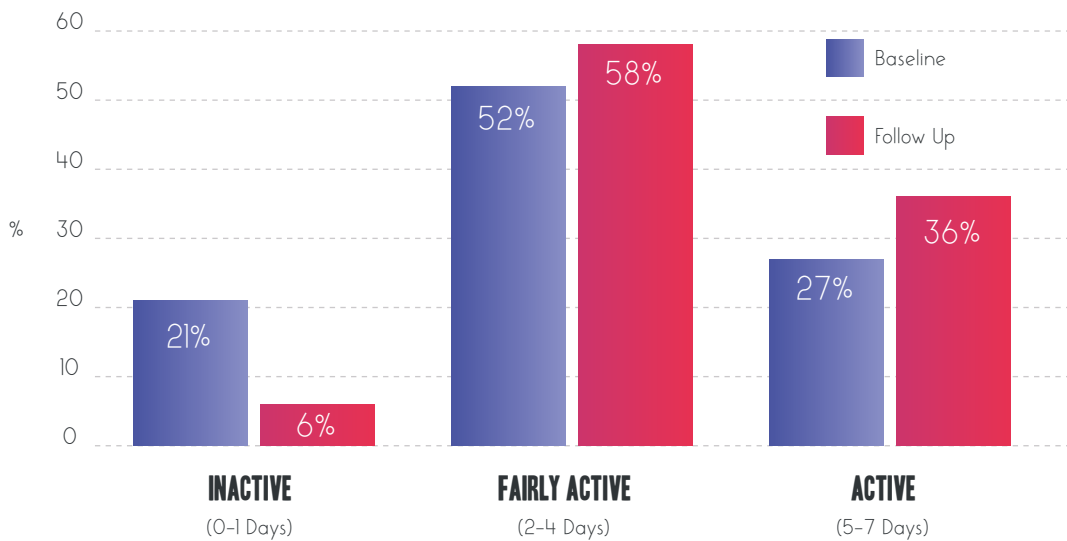
ACTIVITY LEVELS

As part of this survey, we were keen to explore the change in participant's activity levels, we therefore asked participants in both the baseline and follow up survey **IN THE PAST WEEK**, on how many days have you done a total of 30minutes or more of physical activity [i.e. through use of the single item measure].



The chart above demonstrates a positive increase in the number of young people stating that they are active on more days in the follow up survey compared to the baseline survey.

When grouped into activity level thresholds, data from the baseline and follow-up questionnaires supports the above in showing that in response to the single item question (to record the number of days active 30+ minutes in the past week) the proportion of young people becoming more active has increased:

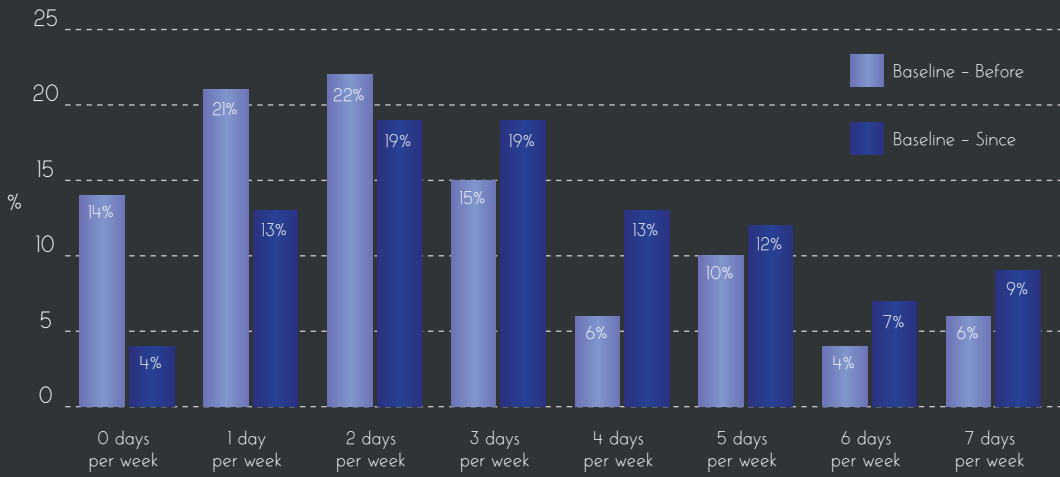


This data clearly shows positive behaviour change amongst attendees, with a clear reduction in the proportion of participants that are 'inactive' and a clear increase in the proportion of participants that are 'active'.

As stated earlier, we know that it isn't always appropriate /possible for baseline questionnaires to be completed prior to attendance / or at the very first session(s). Consequently, the baseline survey also included questions asking respondents to tell us how active they were prior to attending sessions and since attending sessions.

We asked participants to think back to **before** they started attending these sessions and on how many days would they have typically done a total of 30 mins or more of physical activity. Then we asked, **since attending** these sessions, on how many days do they typically do a total of 30 minutes exercise.

(Using wording from the 'single item question' which asks: On how many days per week would you have typically done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job).



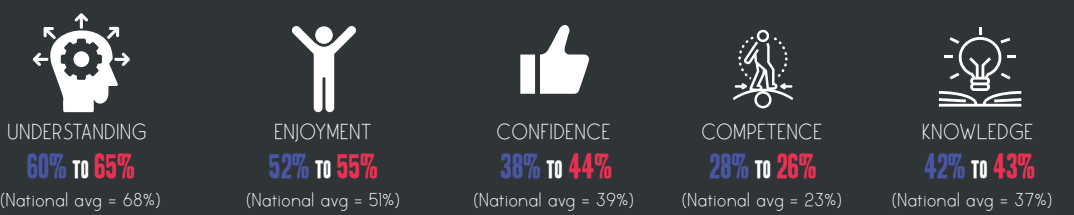
As with the results overleaf, the chart above again demonstrates a positive increase in the number of active days reported by the participants since they started attending sessions.



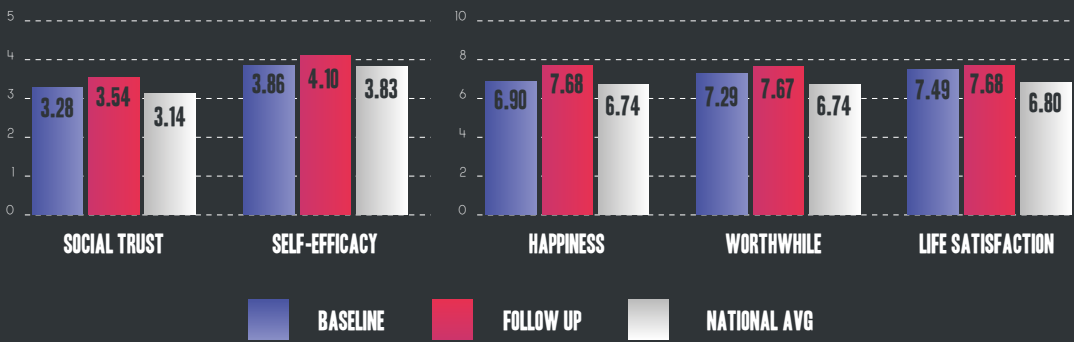
ATTITUDES TO SPORT & PHYSICAL ACTIVITY

The participant surveys included questions from the Active Lives Children & Young People Survey that relate to physical literacy, mental well-being, individual and community development.

In terms of physical literacy — the proportion of respondents that 'strongly agreed' on the five key statements increased from baseline to follow-up across four of the five statements.



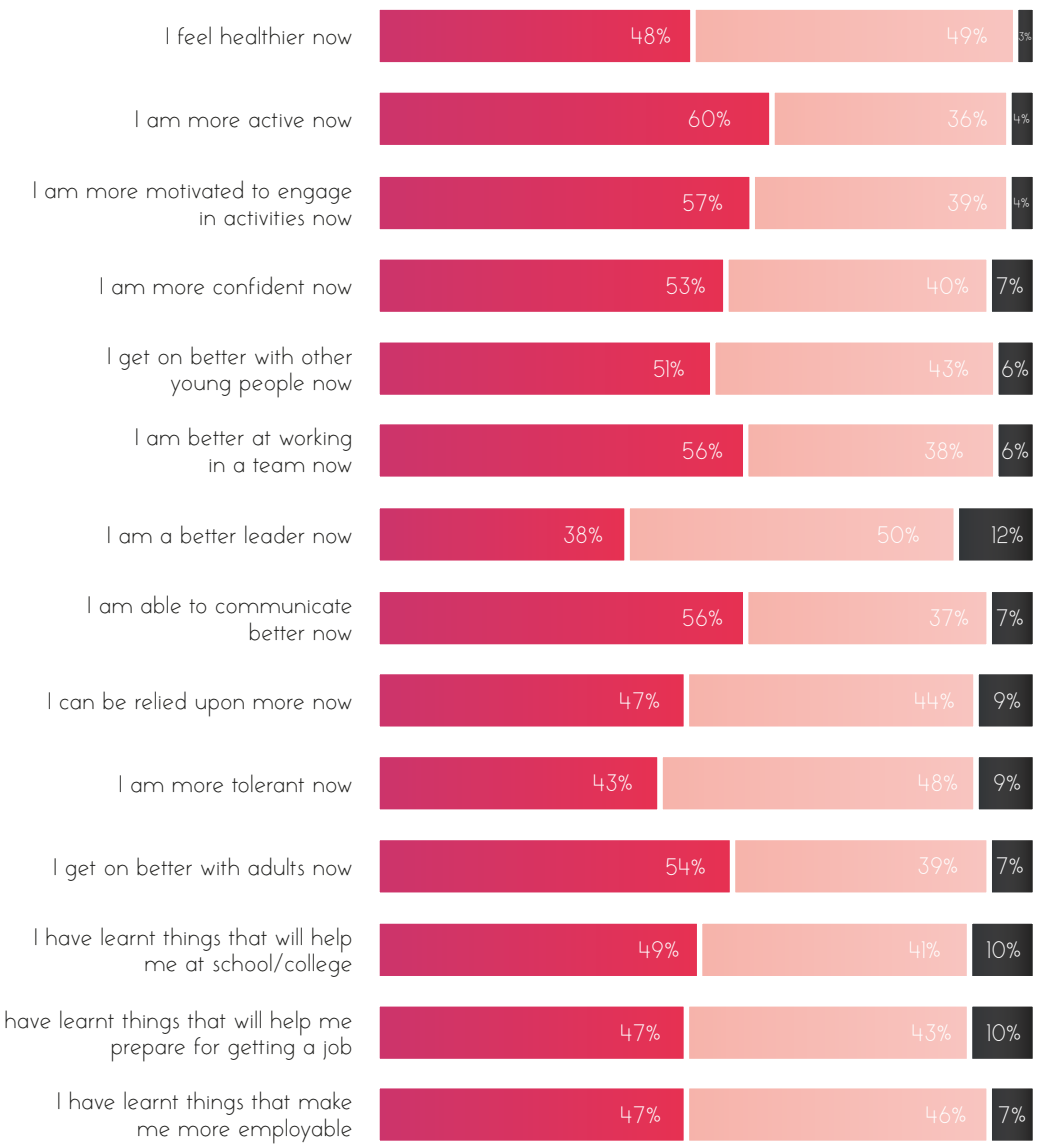
When looking at participant's mental well-being and individual & community development, the results show an increased mean score from baseline to follow-up and scores that are above national averages for young people in terms of:



KNOWLEDGE & SKILLS DEVELOPMENT

We asked participants to think about these sessions and what has changed as a result of them attending

HOW MUCH DO YOU AGREE WITH THE FOLLOWING STATEMENTS?



Doorstep sport sessions not only aim to promote regular attendance and retention at the sessions, but also aim to build activity know how. By this we mean their confidence, competence and a connection with sport. By helping young people to try different activities, go to different places, meet new people and spectate at live sports events we can help to grow their activity know-how. This is important as it helps attendees feel more confident and knowledgeable about being active in wider community settings in the future.

The figures below show the percentage of respondents who said they are very/quite likely in the future to:



WHAT DO YOU LIKE BEST ABOUT THESE SESSIONS?

“ the environment and the support that you get. The staff make the gym more enjoyable and help a lot ”

“ I have gotten a lot fitter. I enjoy doing the sport. I also enjoy making new friends, which has boosted my confidence in talking to new people. I have more energy than before! ”

“ I am getting more confident at trying things that I did not think I could do. I have also made new friends. I look forward to coming as well as I would otherwise just be sat at home on Saturday nights. ”

“ I get to talk to my friends. They help me relax and calm me down if I get worried ”

“ I have lost weight and feel much healthier now ”