

Mytime Active

In Sport We Trust



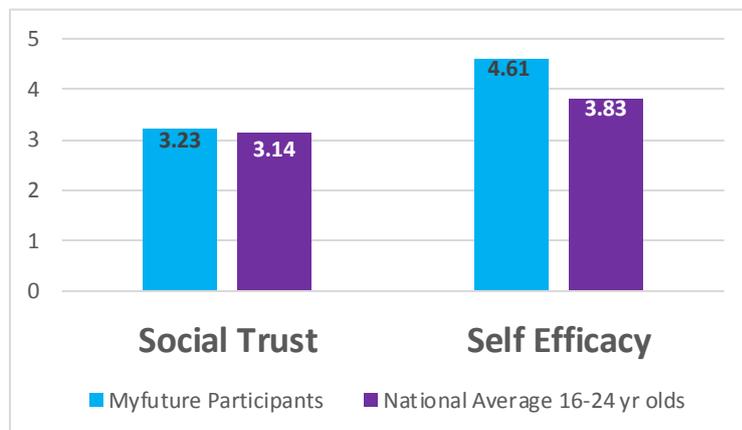
This month national sports charity ‘Sported’ published their recent research paper ‘[In sport, we trust](#)’, a ground-breaking study looking at the impact of community sport groups on young people, community development and social cohesion.

The research evidences a worrying **trust deficit that is dividing the UK**: young people from lower socio-economic groups are [23% less likely to trust their neighbours](#) compared to those from higher socio-economic groups.

Importantly, those from disadvantaged backgrounds have the most to gain. When young people are part of a local sports club, those from low socio-economic groups report a [ten-time higher increase in trust](#) and a [three-time higher increase in life satisfaction](#) compared to those from higher socio-economic groups.

Since the launch of Mytime Active’s community sports programme ‘Myfuture’ we have advocated the power of sport – and in particular within community settings – to transform young people’s lives and build stronger, safer communities

Despite the majority of Myfuture participants living in areas of high deprivation, our recent research mirrored Sported’s findings. Evidence showed that Myfuture participants are reporting higher levels of Social Trust when compared to the national averages for 16-24 year olds.



“Our Ramsden Estate is situated in one of our most deprived neighbourhoods in the country, Mytime Active’s Friday football session plays an important part in giving local young people access to quality facilities and coaching that they wouldn’t normally be able to afford, it also acts as an excellent diversionary activity for young people who might normally be hanging out by the parade of shops and exhibiting nuisance behaviour which we get a lot of reports about on the days the session doesn’t run”

(Neighbourhood Investment Officer, Clarion Future Communities)

MYFUTURE CASE STUDY

Frankie, aged 16



"I feel more comfortable coming onto the Ramden Estate now I know so many more people that live on the estate from the sessions.."

Meet Frankie aged 16, he lives in the Cray Valley West area and has been attending the Myfuture project every week for 3 years. Frankie attends the sessions to improve his health, be with friends and have fun. But as with any interview when we scratch below the surface, it is about so much more.

How did you first hear of the Myfuture?

"I heard about the project from a mate that asked me if I wanted to come along to football. I said, yes! Is it free? Once I found out that it was free I went for the first time about three year ago and I not stop since."

Why do you attend Myfuture and what do you expect from the session?

"I love playing football, it's my game and I get to do what I love, with my mate's last thing on a Friday night, so it's alright for me! We can also develop our skills, get stronger and have a laugh at the same time."

Do you feel a stronger sense of belonging to your community since attending the sessions?

"Yes, defiantly! I've met lots of people from the area since coming to the Myfuture session. I feel more comfortable coming onto the Ramden estate now I know so many more people that live on the estate from the sessions."

What are the main problems/ issues in your local area?

"Hanging out on the streets and getting into trouble with the police and mucking around. I'm not into that, it's just stupid."

What challenges do young people face locally?

"Keeping out of trouble and trying to stay focused and healthy."

Do you feel you have established a greater sense of trust from the other participants since joining the project?

"Yeah! We come together as team players and when we leave we stay together as friends."

How do you think the Myfuture project has benefitted you?

“My social group has got bigger and I see them weekly at the session and we develop together.”

What are your plans for the future?

“I want to go university and get qualified to be a personal trainer in the future.”

How do you think the Myfuture project has benefitted the local community?

“It keeps the kids off the street and I know it must help when it comes to tackling crime.”

What one thing would you change to improve how young people are viewed locally?

“I would give young people more hands on skills at schools to prepare them for a better adulthood. Things like carpentry, mechanics or plumbing would give them more opportunities.”

