



# STREETGAMES YOUNG VOLUNTEERS







## INTRODUCTION

Launched in 2007, StreetGames is a national sports charity which aims “For the most disadvantaged young people and communities to enjoy the benefits of sport and participate at the same rate as their more affluent peers”. It is the only national charity in Great Britain dedicated to developing sport within disadvantaged communities and making sport accessible to young people regardless of their social and economic circumstances.

StreetGames is a network organisation, working together with a wide range of local partners, including: third sector community organisations, local authority leisure departments, leisure trusts, housing associations and hostels.

## BACKGROUND

StreetGames places great emphasis on social action and volunteering within its network of projects. The StreetGames Volunteer programme, which was established in 2007, offers volunteering opportunities for 16-25 year olds – helping them to make a positive difference in their local community. The StreetGames Young Volunteer programme, was initially supported by The Co-operative who provided funding and resources to support doorstep sport projects to engage, support and up-skill 16-24 year olds in areas of high deprivation.

## CABINET OFFICE SOCIAL ACTION FUND

In 2011 StreetGames was successful in securing funding from the Cabinet Office Social Action Fund (SAF) and Social Action Fund Follow-On (SAFFO) in 2013 to help develop new social action volunteers amongst young people living in areas of high deprivation in England. Building on this investment, StreetGames was subsequently awarded Social Action Fund Accelerated Scaling Funding (ASF) in January 2015 to scale up the programme and engage 3,400 new social action volunteers in 140 disadvantaged neighbourhoods.

The StreetGames ASF programme had three specific areas of focus:

- To enhance Youth Potential – via increasing the number of disadvantaged young volunteers gaining improved knowledge, skills and increased self-confidence.
- Reducing Worklessness – via volunteers attending training and achieving qualifications at Level 1 and Level 2 and via full-time volunteer placements to provide experience, training and qualifications.
- To improve health and Wellbeing - amongst the volunteers via their social action and improved levels of physical activity amongst the beneficiaries of the sports opportunities they deliver.

## STREETGAMES YOUNG VOLUNTEERS

Local projects within the StreetGames network identify and engage the young volunteers (usually from their existing pool of participants) and provide them with volunteering and leadership opportunities within doorstep sport sessions together with mentoring and support.

The young volunteers can be involved in a wide range of different aspects at their doorstep sport sessions, such as helping with the coaching/refereeing, helping to organise events/tournaments, helping to set up/put away equipment, administrative tasks linked to the sessions, such as taking registers and monitoring attendance, helping to promote sessions and use of social media, fundraising and mentoring new participants/volunteers.

StreetGames provides support and training for volunteer mentors, access to training, development and qualifications for volunteers, opportunities to volunteer outside their local area at events and festivals, recognition and awards – including a Volunteer Conference, resources/kit, financial support for example with expenses, networking and best practice sharing opportunities and opportunities to attend residential leadership courses.



By contributing in this way, the volunteers increase resources in their local community and provide more young people with the opportunity to participate in sport. The programme also assists with developing their confidence, self-esteem and community leadership skills and they have the opportunity to gain recognised awards and qualifications.

## EVALUATION

The programme has been monitored and evaluated using a range of different means, including:

- The collation and analysis of volunteer and participant monitoring data
- Undertaking a volunteer survey with a sample of over 300 StreetGames Young Volunteers
- Undertaking interviews with a sample of volunteers and volunteer mentors
- Use of the Youth Outcomes Star impact assessment tool with full-time volunteers
- In-depth life grid interviews with 18 long-term volunteers and an over-arching summary analysis undertaken by Dr Carolynne Mason and Caron Walpole from Loughborough University.

This document provides a summary of the findings from this programme based on the monitoring and evaluation work detailed above - more detailed evaluation reports are available on request.



## HEADLINE DATA

The ASF funded StreetGames Young Volunteer project has proved to be extremely successful – all of the targets set at application have been achieved:

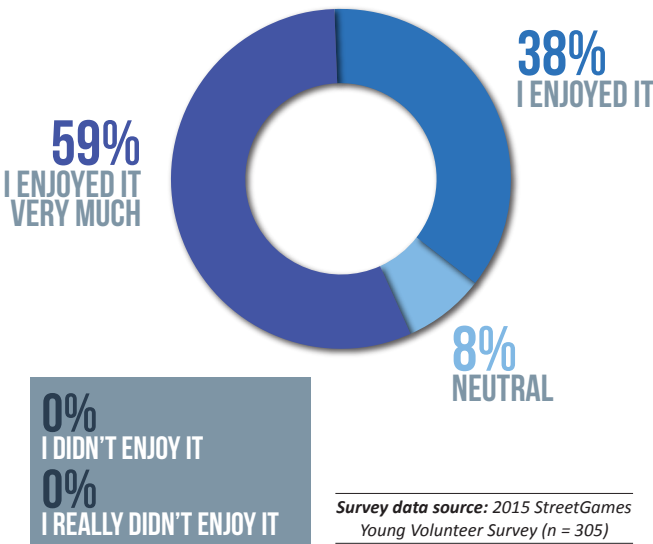




# IMPACT

But more than just the achievement of targets, the programme has provided significant benefits to the young volunteers themselves, the beneficiaries they work with and the communities they work in. Most importantly - **the volunteers enjoy what they do!**

Thinking about the last time you were volunteering, please rate your level of enjoyment with the activity.



Volunteers - most commonly describe volunteering as:

- FUN
- REWARDING
- HELPFUL
- ENJOYABLE

A significant proportion of the volunteers said that they feel connected to their local community, with 54% stating that they 'completely' did and 40% saying that they 'mostly' did.





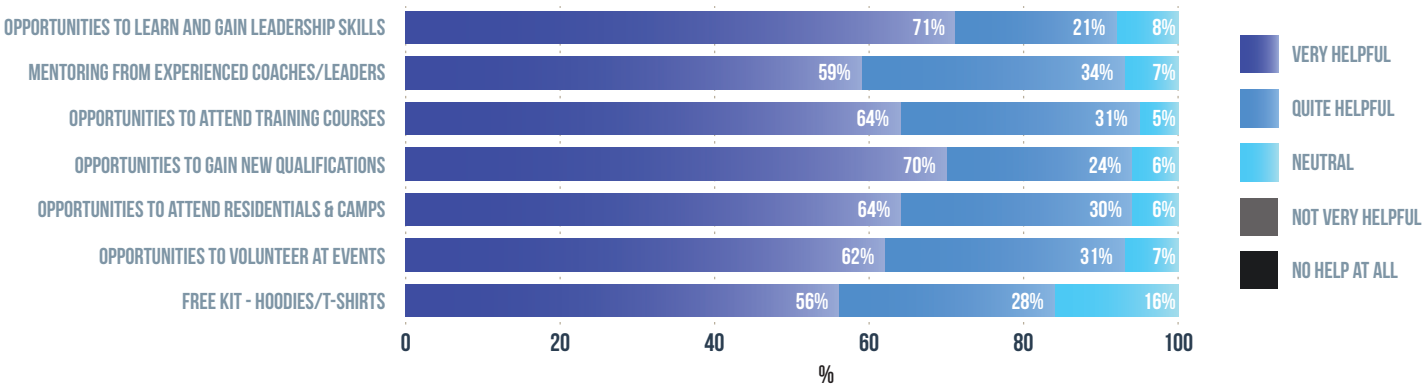
Youth Potential

The young volunteers value the opportunities which volunteering provides for: **having fun, making friends, giving back, providing a sense of belonging and self-development.**

- Volunteers value the opportunities to learn, gain leadership skills, attend training courses /qualifications and attend camps and residential.



How useful are the following to you as a volunteer?



- Interviews conducted with volunteers and their mentors highlight the importance of volunteering as a means of personal development – with numerous references to:

INCREASED CONFIDENCE

RAISED ASPIRATIONS

ACTING INDEPENDANTLY



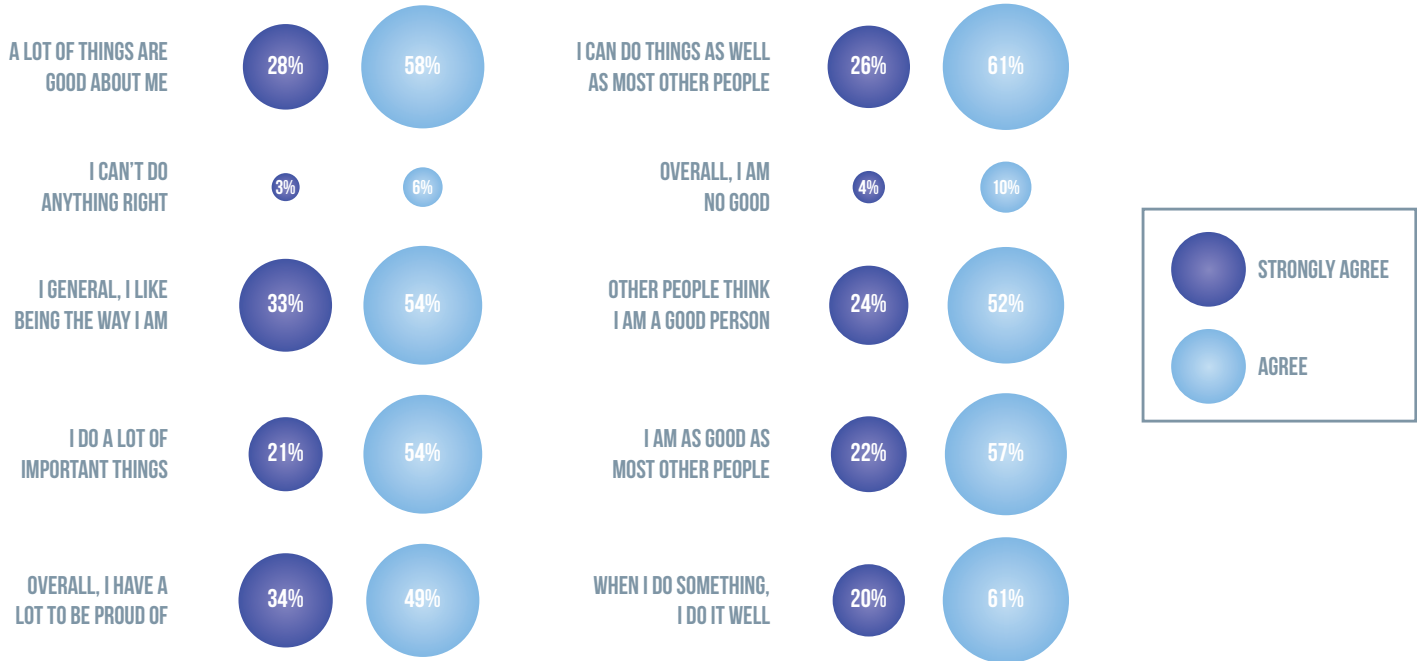
- The Residential provide opportunities for young people involved in the StreetGames Volunteer Programme to attend a three day young leader development programme. Evaluation shows that those attending gain valuable new experiences and develop their personal, social and leadership skills.
- The life grid research evaluation highlighted that:

*‘For many young people, the national StreetGames residential experience established itself as a significant part of their volunteering journey. For some of them, it was the first time that they had been out of their local area and taken part in outdoor adventure activities. The experience of taking part in adventurous activities was important to develop their positive self-concept as well as introducing them to a new residential experience, meeting new people and overcoming new challenges in a safe environment. The experience gained by becoming a young advisor was sought after by the young volunteers, not just as a source of recognition but also as an opportunity to take responsibility at national events such as Camp Glasgow and Camp Birmingham, providing them with memorable moments in their volunteering journey. This wide range of experiences helped young people to develop their confidence and the opportunity to develop their skills in different situations. The positive experiences from volunteering were also used by some young volunteers to change their career pathway if their original career choices became unattainable or didn’t meet their expectations’.*

- The life grid research revealed that volunteering can play an important role in supporting young people to make the positive transition to become a young adult, in many cases also developing new reflexive skills to support their own personal growth.
- Results of the volunteer survey showed that the majority of volunteers think positively about themselves and they perceive others to think positively of them too (self-esteem).



Self Esteem: Percentage that agreed that...

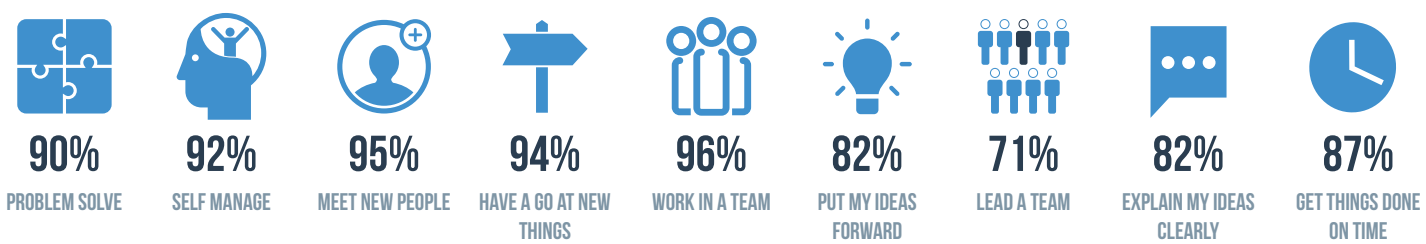


REDUCING WORKLESSNESS

Through volunteering opportunities, the young people involved **gain opportunities to attend training courses, gain qualifications and develop key transferrable skills** for future employment such as leaders, decision making, teamwork, time management, problem solving, communication and having a positive attitude

- During the ASF period **3,549 qualifications were achieved by young volunteers.**
- Most volunteers who completed the survey felt they had work related skills including being able to problem solve (90%), work with others in a team (96%) and have a go at things that are new (94%).

Transferrable Skills: Percentage that feel they can...





- 54% of the volunteers said that they had used their volunteering experience to take up other qualifications and roles outside their project - with the proportion rising 76% amongst respondents who had been volunteering for at least two years. For many this included securing paid coaching roles, further training and qualifications (including University places) and wider volunteering roles, including international placements – as illustrated by the selected comments from volunteers below.

**“Gained a job”**

**“Coaching outside of StreetGames”**

**“My volunteering experience helped me get my job and other volunteering places”**

**“I now get paid sometimes so my volunteering helped me gain experience and for them to trust me”**

**“Got three jobs coaching one taking a ladies under 20s football team also as volunteer coordinator within my area and one as a sport ambassador”**

**“I'm now working as a coach for the larger coaching company”**

**“Work placement out coaching in Zambia and also for work as a multi-sport coach”**

**“Youth Worker and Sports Coach”**

**“Degree and coaching qualifications”**

- The in-depth life grid interviews indicated that volunteering can provide young people with the building blocks for future employment, developing the positive attitude, skills and experiences that help them to gain employment in the future.

## **Full-Time Volunteers**

In addition, to the opportunities for young people to volunteer at their doorstep sport sessions and/or one-off events, the ASF funding also provided the opportunity for 30 full-time volunteer placements.

Full-time volunteers are involved in an intensive social action opportunity contributing 25-30 hours per week for 24 weeks. Those recruited are typically NEET prior to their involvement in the placement.

In total there were 30 full-time volunteers during the ASF period comprising 10 males and 20 females.

StreetGames encourages each placement to follow a similar programme where young people are supported through an induction programme, undertake at least one qualification, attend project meetings and support and learn more about the daily running of a project.

Each full-time volunteer is also supported and encouraged to plan their own social action project. This can be a one-off event or festival, or the implementation of a new StreetGames session as part of the projects’ timetable of activities.

Full-time volunteer placements have involved the young volunteers in a range of activities, which have typically included:

- Organising and delivering sports and activity sessions
- Setting up a project website
- Planning and delivering the summer activity programme
- Organising youth groups
- Setting up and running a healthy living programme
- Working with the day to day running of a project – involved with the admin, invoices etc of a project
- Supporting other young volunteers and helping with recruitment of volunteers.





- Interviews with both the full-time volunteers themselves and the project staff that mentor them highlights evidence of clear progression in terms of:

**PERSONAL DEVELOPMENT**
such as increased confidence, raised aspirations and acting independently,

**SOCIAL SKILLS**
such as meeting and interacting with new people

and **RAISED ASPIRATIONS**

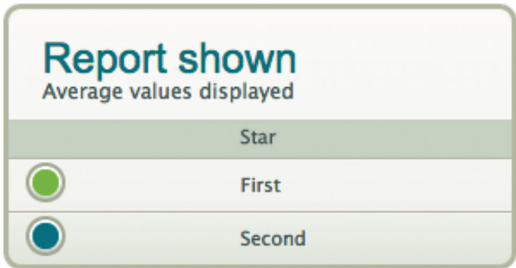
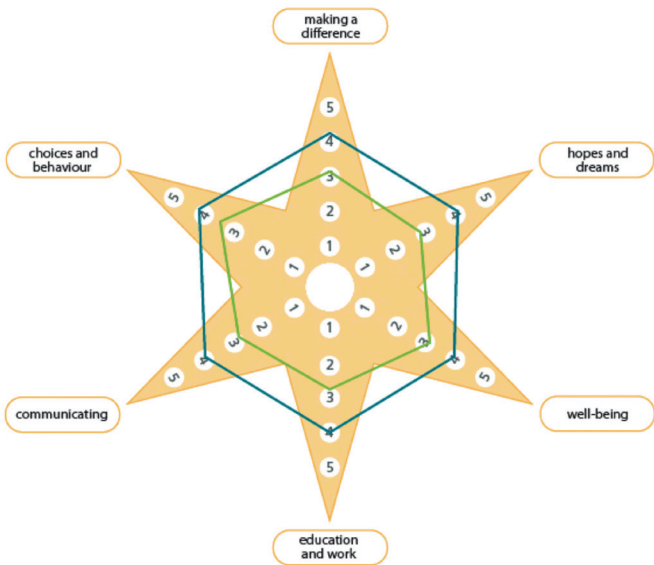
The Youth Outcomes Star, impact assessment tool was used with the full-time volunteers to chart their ‘distance travelled’ on a scale of 1-5, on a range of aspects including: education and work, making a difference, hopes and dreams, choices and behaviour, well-being and communication.

The full-time volunteers together with their mentors discuss each aspect, how they feel they score and develop SMART action plans they can undertake during their placement to further develop their skills.

- The Youth Outcomes Star results show the clear progress of the full-time volunteers during their placements from an average starting score of 3.0 to 4.1.



**Youth Outcomes Star Assessment: Full-Time Volunteers**



- Outcomes Star data shows the largest increase in score in ‘making a difference’ which increased on average from 3.0 to 4.4 followed by ‘communication’ which increased on average from 2.8 to 4.0 and ‘education/work’ which on average increased from 2.9 to 4.0.
- 21 of the 30 young people (70%) who completed full-time volunteer placements achieved successful exit routes into employment education and training.





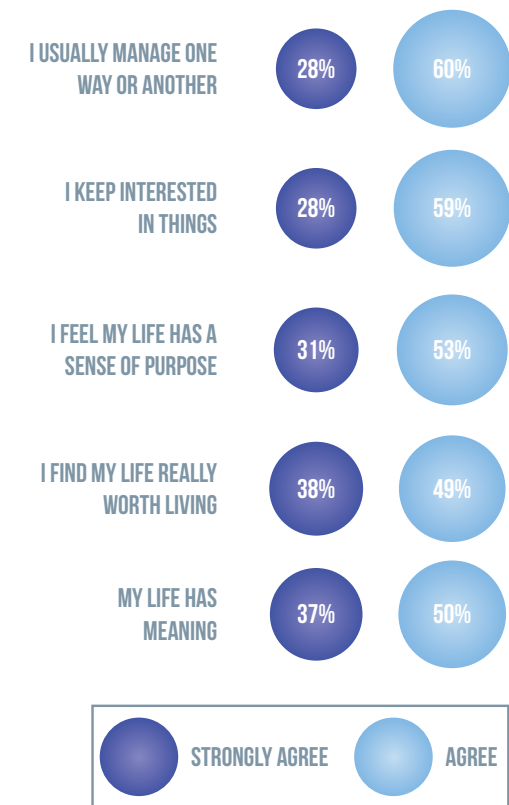


# IMPROVED HEALTH & WELLBEING

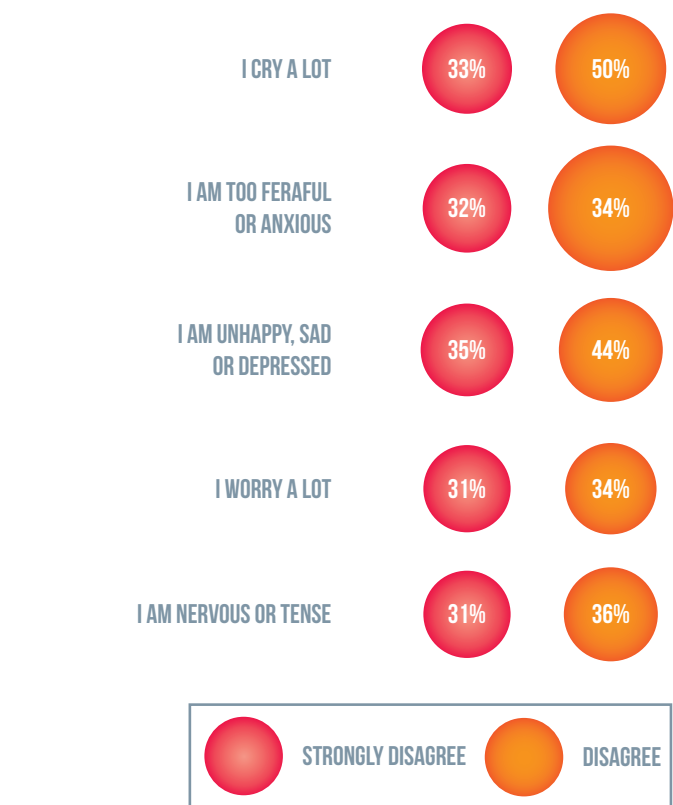
- The programme has provided benefits for the health and wellbeing of more 30,500 participants that take part in the doorstep sport activities which the volunteers support.
- There have also been health and wellbeing benefits for the volunteers – with 97% reporting that they had enjoyed their last volunteering experience.
- Volunteers responded positively to survey questions relating to their emotional well-being and resilience.
- The life grid research showed that volunteering provides young people with a structure to help them move forward from crisis points in their lives, often providing emotional and practical support as well as a foundation of positive experiences which can lead to new positive aspirations for the future.



## Resilience: Percentage that AGREED that...



## Emotional wellbeing: Percentage that DISAGREED that...





# BENCHMARK COMPARISONS

The volunteer survey included a number of recognised/ validated questions to assess levels of self-esteem, emotional well-being and resilience.

The same questions were also used by Join In as part of their 2014 ‘Hidden Diamonds’ research . Join In shared their data results with StreetGames to enable us to benchmark the responses of the StreetGames volunteers against a cohort of adults they interviewed that neither volunteered nor took part in sport.

As can be seen from the examples in the table below, the StreetGames Young Volunteers scores are higher than the ‘control’ group respondents in all three of these areas. In fact, the StreetGames Young Volunteers also scored higher than the Join In Volunteers also.

Volunteer Survey: Benchmark Well-being Data



AREA	QUESTION	STREETGAMES YOUNG VOLUNTEERS	JOIN IN 'CONTROL GROUP'
SE	A lot of things about me are good	86%	75%
SE	I can't do anything right	76%	63%
SE	In general I like being the way I am	87%	68%
SE	Overall I have a lot to be a proud of	83%	68%
SE	Overall I am no good	75%	70%
SE	Other people think I am a good person	76%	78%
SE	I am as good as most other people	79%	75%
SE	When I do something I do it well	81%	79%
EW	I am too fearful or anxious	66%	43%
EW	I am unhappy, sad or depressed	79%	51%
EW	I am nervous or tense	67%	40%
R	I usually manage one way or another	88%	82%
R	I keep interested in things	87%	79%
R	I find my life really worth living	87%	69%
R	My life has meaning	87%	69%

SE = self esteem, EW = emotional well-being and R = Resilience.  
White % = Agree or Strongly Agree. Yellow % = disagree or strongly disagree.  
Join In Control Group includes adults who neither volunteer nor participate in sport.



# IN SUMMARY

The young volunteers are providing a vitally important social action role within their local doorstep sport projects – supporting in a wide variety of ways.

The ASF funded programme has been very successful – achieving all of the targets set and impacting across the three key areas.

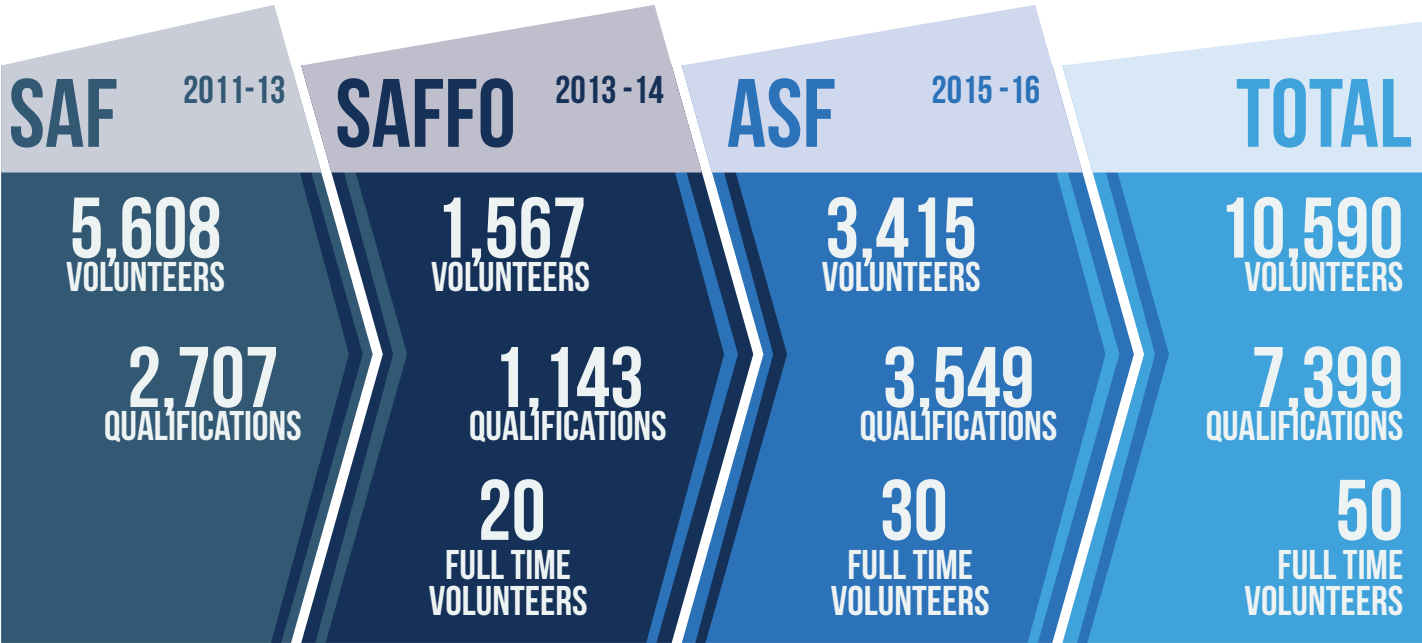
The research report provided Dr Carolynne Mason from Loughborough University stated that the StreetGames Volunteer Programme has been ‘successful in making an impact on young people’s lives and future employment’, specifically highlighting that:

- It has successfully engaged the right kind of volunteers - including those who had faced challenging circumstances or a life crisis.
- Local staff from projects in the StreetGames network were able to give the right kind of support at the right time, with the long term nature of these projects providing stability and the potential to build strong relationships and trust.
- The nature of the local and national volunteering experience supported personal growth and enabled young people to make positive life choices.
- The wide range of volunteering experiences supported increased confidence and self-esteem which was important for the volunteers who had often experienced personal challenges that negatively impacted on their self-esteem and confidence such as bullying
- The wider network of friends and colleagues resulting from involvement in the StreetGames network helped to provide both personal and professional support, often opening doors to future employment opportunities.
- Volunteering helped young people to develop a positive attitude, demonstrating a strong work ethic, commitment and enthusiasm.

- Volunteering enabled young people to develop a range of employment related skills as they progressed, including good communication, problem-solving, self-management and leadership.
- Volunteering gave young people the opportunity to practise hard skills such as numeracy and IT skills on a regular basis and often in a ‘hidden’ way – such as scoring, running leagues or competitions.
- Volunteering had already provided some volunteers with a pathway to different forms of paid employment such as apprenticeships, work placements, sessional or part-time jobs showing future employers that they were ‘ready’ for work.

## THIS WORK CONCLUDED THAT:

‘There is clear evidence of positive outcomes on both the young volunteers and beneficiaries... The young volunteers provide a vitally important social action role within their local doorstep sport projects. Supporting in a wide variety of ways... The commitment and understanding shown by both local project staff and staff from the national StreetGames team is a powerful combination which provides a safe environment for the young person to embark on their volunteering journey, providing them with positive role models and mentors, helping them to have new memorable experiences as well as develop new skills and a positive attitude for the future. The length of time a young person is involved in the programme, has a positive influence on their skills, abilities and confidence and in many cases is supporting them to gain employment and/or transition into further training/education.’





***'My time management is better – in terms of planning in sessions and also my confidence'***

***'I want to give back, to these people who've got problems, I want to show where to get help if you're bullied at school, got low confidence and what to do to build your confidence up'***

***'I have improved a lot in general... gained six months experience, and now feel confident in leading a session. My knowledge has increased, communication and skills and behaviour management'***

***'Learnt to be more professional... Improving communication, time keeping and organisational skills'***

***'It has made me more independent, confident and more motivated to help in my local community and to stay involved in sport... I have also become more reliable'***

# STREETGAMES YOUNG VOLUNTEERS

2007 - PRESENT

15,388  
VOLUNTEERS

399,234  
VOLUNTEER HOURS

11,312  
QUALIFICATIONS

111  
FULL TIME VOLUNTEERS





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/StreetGamesSportsCharity



StreetGamesUK

