

# MINI

## CASE STUDIES



FRIDAY NIGHT  
TAKEOVER

# TUF\*C

## WHO:

Tuf\*C is a charity which provides leisure opportunities across Trafford.

## WHERE:

Tuf\*C run a variety of doorstep sport sessions across the borough, including Friday Night sessions at Sale Leisure Centre and Sale West Community Centre.

## WHEN:

Sessions take place on Friday and Saturday evenings between 5-9pm.

## WHAT:

The sessions provide a variety of activities, including: dodgeball, basketball, football, zorb football, tape cricket, racket sports, swimming, netball, tag rugby, dance, talk group, urban links (bike club) plus talent shows and 'Fresh & Flawless' a salon based setting encouraging young females to feel more comfortable with the sport and leisure environment).

The sessions are delivered by young members of staff from Tuf\*C who typically live in the local area, with support from young volunteers.

All staff including volunteers have undertaken a variety of training to support their delivery, including: NGB coaching awards, safeguarding, mental health first aid and StreetGames Activator workshops. Tuf\*C also provide team building days for staff and participants at venues such as Challenge for Change and Jump Nation.

Young people usually get to hear about the sessions through word of mouth and links with local schools, colleges and community groups. Typically, the sessions attract between 30-70 young people each week aged between 11-19 years including both males and females.

£2 admission charge.

Trafford Leisure and Sale West Community Group enable the sessions to take place by allowing Tuf\*C to use their facilities.

## CONTACT:

Mike McKenzie  
mike@tuf-c.co.uk

# LINK4LIFE

## WHO:

Link4Life is a charity that works in the heart of the Rochdale Borough community, inspiring people to live more active, creative and healthy lifestyles.

## WHERE:

Link4Life run a variety of doorstep sport sessions across the borough, including Friday Night sessions at Heywood Sports Village, Rochdale.

## WHEN:

Sessions take place on Friday evenings between 6-9pm

## WHAT:

Each week a variety of activities are provided within these sessions, including: football, tennis, badminton, table tennis and fitness.

The activities enable young people to use a range of spaces within Heywood Sports Village including: the 3G artificial pitch, the sports hall and the fitness gym.

Link4Life staff deliver the sessions, with support from the local football clubs and the Youth Service.

The sessions typically attract circa 40 young people each week aged between 12-19 years including both males and females.

£1 admission charge.

## CONTACT:

Scott Hardy  
Scott.Hardy@Link4Life.Org

# INSPIRING HEALTHY LIFESTYLES

## WHO:

A social enterprise and charitable trust working in Wigan (Greater Manchester), Selby (Yorkshire) and Cannock Chase, (Staffordshire), Inspiring Healthy Lifestyles aim to provide the very best in leisure and culture, creating opportunities for people to change their lives, investing in facilities and adding value for public benefit.

## WHERE:

Inspiring Healthy Lifestyles run a variety of doorstep sport sessions across Wigan, including sessions on Thursday and Friday night at Howe Bridge Leisure Centre.

## WHEN:

Thursdays 5-9pm and Fridays 6-8pm

## WHAT:

The sessions provide a wide variety of activities including - Climbing, Indoor Skate/BMX Park, Football – outside 3G, Adventure Play Zone and Table Tennis. Sessions are delivered by a mix of Leisure Centre Staff (Specialist Instructors), Community Engagement Staff – Multi Sports Coaches / Youth Development Workers & partner agencies such as Wigan Youth Zone.

Sessions have attracted on average 50 participants per week, with the majority coming from disadvantaged communities within 1.5 miles of the centre.

## CONTACT:

Chris Essex-Crosby  
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## WHO:

GLL is a not for profit charitable social enterprise which manage leisure facilities (including leisure centres, libraries and performing arts centres) across the country under the 'Better' brand.

## WHERE:

GLL manage over 258 leisure facilities across the country, and have delivered a variety of doorstep sport initiatives in partnership with StreetGames including a Friday Night programme at the Dragon Leisure Centre in Bodmin, Cornwall.

## WHEN:

Sessions take place on Friday evenings between 6.30-8pm

## WHAT:

The sessions provide a variety of activities including: multi-sports, fitness classes (spinning and boxercise), tennis, gym rounders and 'wet and wild' swim sessions.

GLL Community Sports Team staff deliver the sessions. These staff have attended a variety of StreetGames Training Academy workshops to support their delivery of these sessions, including: Activator workshops, mental health awareness

Community Sports Team staff have linked with the local secondary school, Bodmin College and another local project 'Sport for Energy' to develop the sessions and promote activities and operate a rewards scheme to encourage regular attendance.

The sessions have attracted circa 50 young people including both males and females.

£2 admission charge initially (now £3).

## CONTACT:

Karen Edmond  
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StreetGamesSportsCharity



@StreetGames



StreetGamesVideos



StreetGamesUK



[www.streetgames.org](http://www.streetgames.org)