



Survey of Doorstep Sport Participant & Volunteers

2022 RESULTS



INTRODUCTION

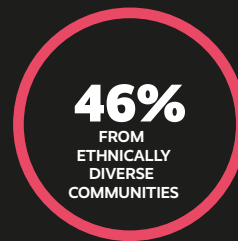
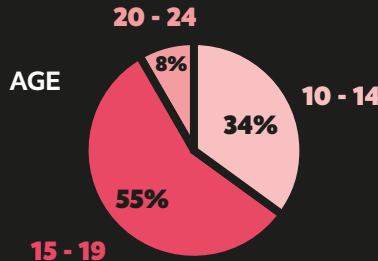
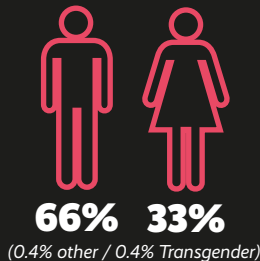
At StreetGames, we use a range of different methods to gather feedback and to help us improve our understanding of the young people we work with, including: surveys, discussion groups, interviews and informal conversations with young people and LTO staff at doorstep sport sessions and events. Since 2021, we have been using the Sports for Development Coalition Collective Survey Tool across a range of different Doorstep Sport interventions. The survey draws on validated questions from UK population surveys, to capture information on a broad range of outcomes, including physical activity levels; general health; subjective wellbeing; resilience; belonging and trust; social cohesion and community development (volunteering). This helps us measure our impact overtime, and also allows us to make comparisons to national data. The sample of data in this summary report is drawn from young people participating or volunteering at doorstep sport interventions delivered by 19 different Locally Trusted Organisations (LTOs) from across the StreetGames Network.

METHODOLOGY

The survey consists of closed 'tick box' style questions, and the questions reflect the outcomes many sport for development programmes and projects aim to support. Locally Trusted Organisations accessed the survey via a unique URL and login to the system and participants filled out the survey online. The survey asks participants how long they have been attending their group, which allows us to make comparisons between responses completed by those just beginning their engagement, to those who have been attending their group for a long period of time. Across some interventions participants completed baseline and follow up surveys, whereas others completed 'snapshot' surveys.

This summary report provides an overview of the survey responses we have received so far.

DEMOGRAPHICS



Average IMD Decile = **2.6**



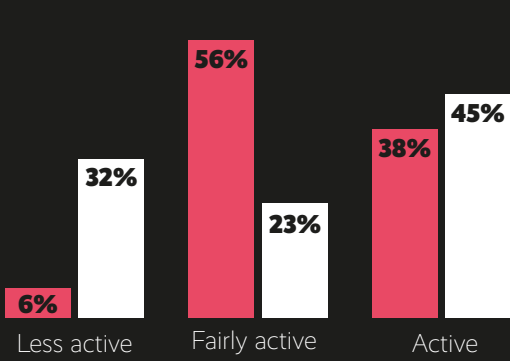
*One of the 19 organisations to complete the survey works specifically with young people with disabilities.

PARTICIPATION

SURVEY RESULTS

The collective survey tool allows us to explore participants activity levels by asking 'in the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?'. Using the collective survey tool, we are also able to measure the impact group attendance has on attitudes towards sport/physical activity and subjective wellbeing.

StreetGames Participants National Avg for Young People



64%

of respondents undertake 60+ minutes of sport/physical activity on at least 3 or more days per week.



89%

find sport and exercise 'enjoyable and satisfying' (55% strongly agree vs 45% national avg)



67%

Do the majority of their sport and exercise at their Doorstep Sport sessions.

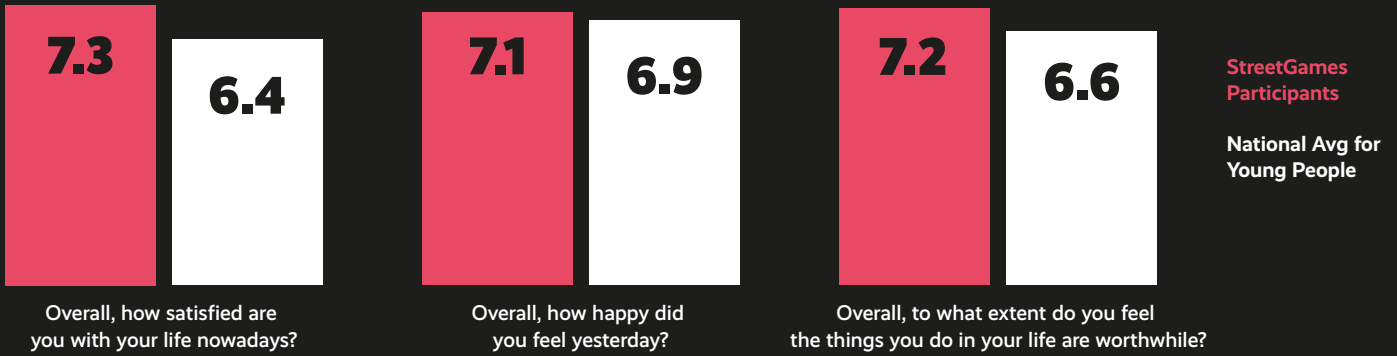


35%

Do ALL of their sport and exercise at their Doorstep Sport sessions and nowhere else.

WELLBEING

In line with trends within national (Active Lives) data – the positive associations between being active and well-being are present amongst participants.

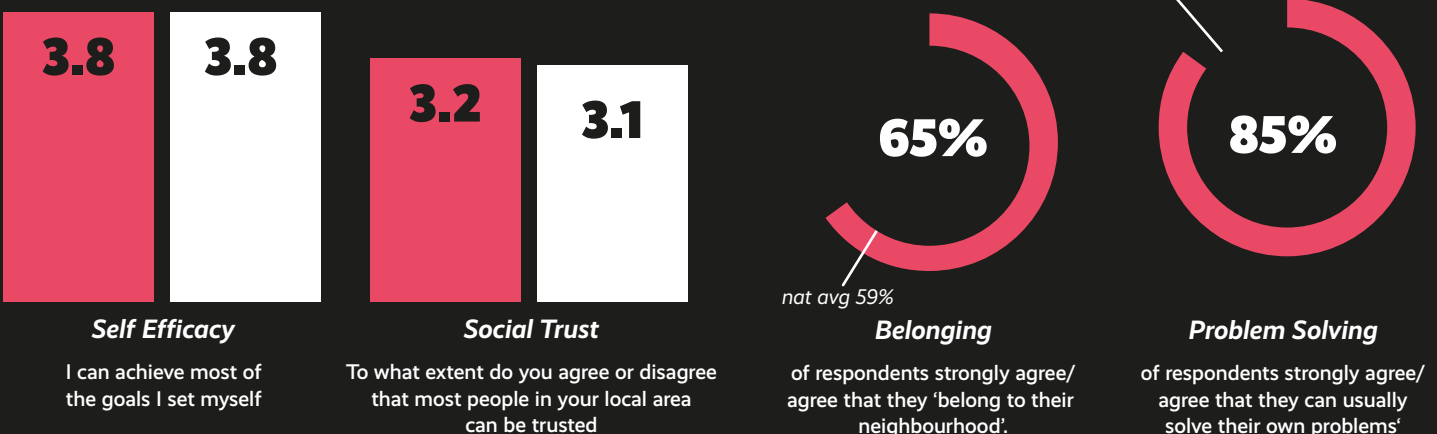


The graphs above show results relating to subjective well-being, using the ONS well-being questions related to: life satisfaction, happiness, and feeling things in your life are worthwhile.

RESILIENCE, TRUST & BELONGING

Means scores for participants in relation to self-efficacy is equivalent with national data and slightly higher for social trust than the national average for young people.

StreetGames Participants National Avg for Young People



I can achieve most of the goals I set myself

To what extent do you agree or disagree that most people in your local area can be trusted

of respondents strongly agree/agree that they 'belong to their neighbourhood'.

of respondents strongly agree/agree that they can usually solve their own problems'

SUMMARY

The results shown above demonstrate the effectiveness of Doorstep Sport as a model for successfully engaging young people from lower-socio economic groups in sport and physical activity. Data captured through the Collective survey shows that Doorstep Sport sessions:

- Successfully attract young people from areas of high deprivation: including both males and females, young people with a disability and young people from ethnically diverse communities.
- Encourage high levels of retention – as 44% of respondents have been attending their doorstep sport sessions for at least a year, with a further 7% that have been attending for 6-12 months and 12% for 3-6 months.
- Contribute to positive attitudes towards sport/exercise, with 89% stating that 'they find sport & exercise enjoyable & satisfying'
- Are a key driver in supporting young people to be active, with data showing that 64% of respondents are undertaking 60+ minutes of sport/physical activity on at least 3 or more days per week. Furthermore, 94% of respondents are either 'fairly active' (56%) or 'active' (38%).
- Are a crucial location for which young people can take part in sport and physical activity. The majority of respondents (67%) do **most** of their sport/physical activity at their doorstep sport sessions and for nearly a third (35%), **all** of their exercise is done at these sessions.
- Support young people with positive wellbeing, with data showing Doorstep Sport participants scoring above the national average for life satisfaction, overall happiness and feeling worthwhile. Doorstep Sport participants also score above the national average for social trust and belonging, and are in line with the national average for self-efficacy.
- Encourage a large proportion of young people to take part in volunteering opportunities at their sessions, with 48% of respondents stating they had volunteered within the last 12 months.



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