

street  
games  
case study

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**Report Subject:**

**StreetGames & Network Rail -  
Rail Life programme**

**Title:**

**The Beck, Leeds**

**Rail Life**

Rail Life was developed by StreetGames and Network Rail who worked in partnership to create a new sports-based educational programme for 11-16 year olds living in disadvantaged areas experiencing high incidences of rail crime/anti-social behaviour. Rail Life delivered effective anti-railway crime education to young people by training local coaches and volunteers about issues of rail crime and anti-social behaviour. Rail Life sessions were then delivered by coaches and volunteers in schools and other settings which promoted new sporting opportunities and provided information on the dangers of rail crime.

**Project Overview**

The Beck provides targeted support to disadvantaged young people aged 13 - 19 living mainly in East Leeds and delivers a range of services. The Beck works to the 'under one roof' principle, where young people are able to access a range of services to enable their needs to be addressed



without having to tell their story many times.

Consequently the staff team has a range of specialist expertise and relevant qualifications, which enables them to deliver the quality and variety of services necessary to meet the needs of young people referred to the project.



# Background Facts for Doorstep Sport

The Beck also offers free after school activities for All 13 - 19 year olds in East Leeds, of any ability, feeding into local clubs for those who wish to progress.

## Rail Life Project

The project lead was the Health and Sport Development Officer for The Beck. In addition to the project lead there were 5 young volunteers involved with delivering the project. The volunteers delivered the Rail Life project in more than 15 various settings including secondary schools and alternative education providers. The Rail Life project was included in a health fair which was delivered for the whole of year 9 in one secondary school with other partners (e.g. youth service). Lunchtime activities were delivered to 1,000 young people and Rail Life delivery was also undertaken at a Friday night project. The rail safety messages were also delivered in the after school sports sessions that take place at The Beck five times per week on an ad-hoc basis. The Rail Life sessions were targeted in areas close to railway lines and crossings.

## Impact on the young participants

- The Rail Life project was delivered to a large number of young people aged 8-18 across Leeds
- More than ten schools were involved
- The volunteers worked more than 200 hours of volunteering between them.

The adults and young people involved in the delivery felt that the programme had been successful in engaging young people and in conveying key messages. These were some

of the quotes that were collected from participants in the Rail Life project:

- 'People should walk away from the temptation' (Lee, 16 years)
- 'I shouldn't follow mates and get in trouble' (Abby, 14 years)
- 'People should leave stuff where it is and not trespass' (Connor, 13 years)
- 'I won't go on the tracks now' (Leah, 14 years)
- 'Get your mates to do something else' (Tom, 15 years)
- 'We didn't realise how much the fine was' (Temple Moor Students)
- 'We know there's other things we can do instead of messing about and hanging around near the rail lines' (Friday Night Project Young People)

## Impact on the young volunteers

Training was undertaken by ten volunteers prior to starting delivery of the Rail Life project which the volunteers found useful. The young volunteers then developed additional games and resources in order to ensure that their delivery of the Rail Life project was interactive. They developed games, quizzes and case studies.

The volunteers felt that it was important to adapt the resources to the local setting and they felt that this had helped to ensure that the project was successful locally.

- 'It's like you live here so try and warn everyone else around your area.'



# Background Facts for Doorstep Sport



- 'You feel personal about it when you live in that area

The young volunteers felt that they had been successful in developing new resources which had the desired impact on the participants in the project because:

- 'When it comes from you ...you know how kids think as well'
- 'When adults design it, it doesn't sometimes fit into the kids criteria, so I think it's good that we make our own to fit.'

In addition the young volunteers felt that they had learnt a lot about rail-safety through being involved in the project because they had undertaken the training and then done their own research to supplement this learning:

- 'I think we have learnt as much as the kids have.... the amount of research we have done anyway.'
- 'It's experience for us as well'
- 'We get to learn as much as the kids do as well. They might have experience of stuff like this happening.'

When asked why they felt the Rail Life project had been so successful the volunteers suggested that in order to stay safe young people need to have a healthy respect for the dangers that railways present and that this was what the Rail Life project was able to develop:

- 'I think we had good knowledge about Network Rail'
- 'Not in a bad way but I think we kind of scared them.....I'll bet most of them do go on the railway tracks and don't realise what harm they can do not just to them but to other people as well.'
- 'Some people need scaring to realise how dangerous it is.'

Importantly the volunteers were very enthusiastic about their involvement in the Rail Life project.

- 'I've just really enjoyed it to be honest.'
- 'We all wore our T-shirts so we looked like a team.'



# Background Facts for Doorstep Sport

## StreetGames

StreetGames is the only national charity dedicated to developing sport with disadvantaged communities. Our mission is to 'Change Sport, Change Lives and Change Communities'.

StreetGames is creating networks at national and local levels to strengthen the commitment to doorstep sport, as well as seeking significant funding to make the StreetGames projects sustainable. StreetGames' ambition is to link new doorstep sport with sports clubs, National Governing Bodies of Sport programmes, local authority services and health projects.

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