

# DOORSTEP SPORT PARTICIPANT SURVEY

2023/24



## INTRODUCTION

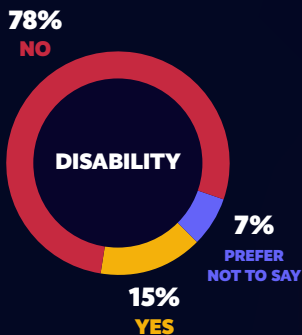
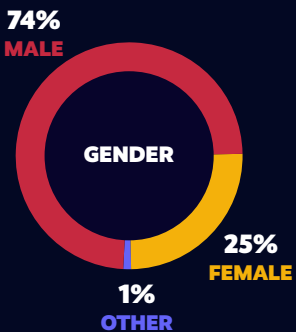
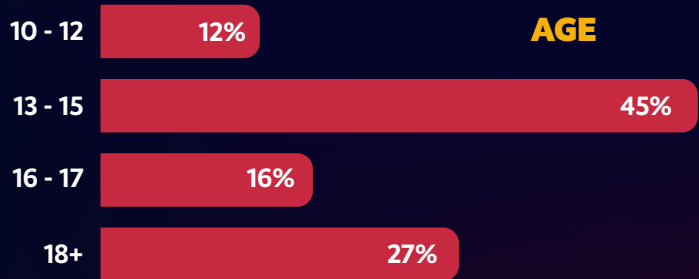
At StreetGames we are always keen to learn more about the most important part of our work: the young people. As such, we look to gather feedback from young people through a variety of methods, including undertaking visits to sessions to observe activities and speak informally with young people, volunteers and coaches, undertaking interviews and surveys.

Conducted throughout 2023 and early 2024, these surveys were designed to capture information across a range of aspects including: activity levels; personal well-being; individual development and participant feedback on the Doorstep Sport sessions they attend.

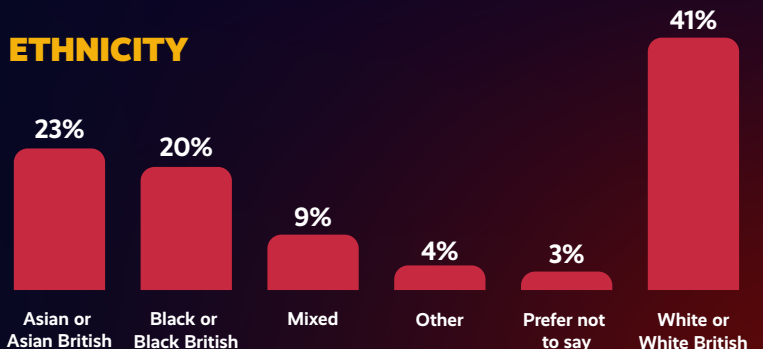
## RESPONDENT PROFILE



**305**  
RESPONSES

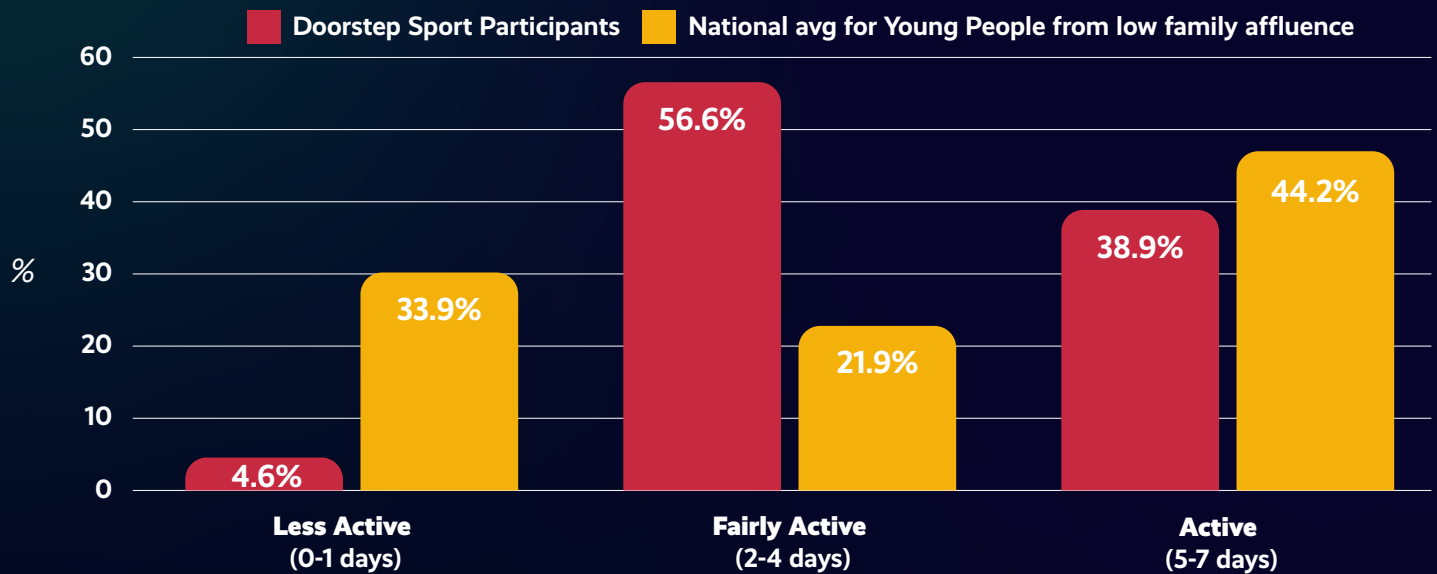


### ETHNICITY



## ACTIVITY LEVELS

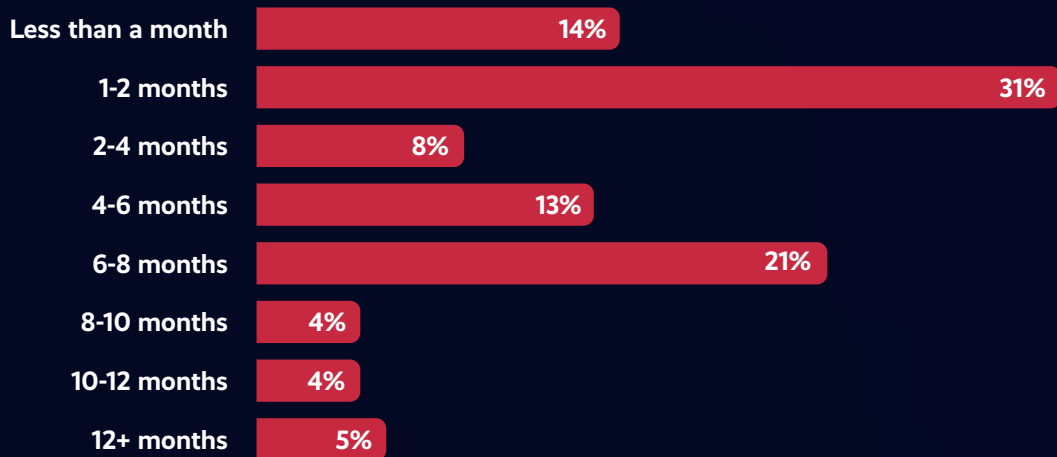
As part of this survey, we were keen to explore participant's activity levels, we therefore asked participants as part of the survey, **IN THE PAST WEEK**, on how many days have you done a total of 30minutes or more of physical activity? [i.e. through use of the single item measure].



The results above demonstrate that young people attending Doorstep Sport sessions are less likely to be 'less active' than the national average for young people from low affluence families and more likely to be 'fairly active' than the national average for young people from low affluence families. The proportion of respondents who are 'active' is slightly below the national average for young people from low family affluence.

## LENGTH OF ATTENDANCE

More than half (55%) of the respondents have been attending Doorstep Sport sessions at their Locally Trusted Organisation (LTO) for two months or longer, including over a third (34%) that have been attending for six months or more.

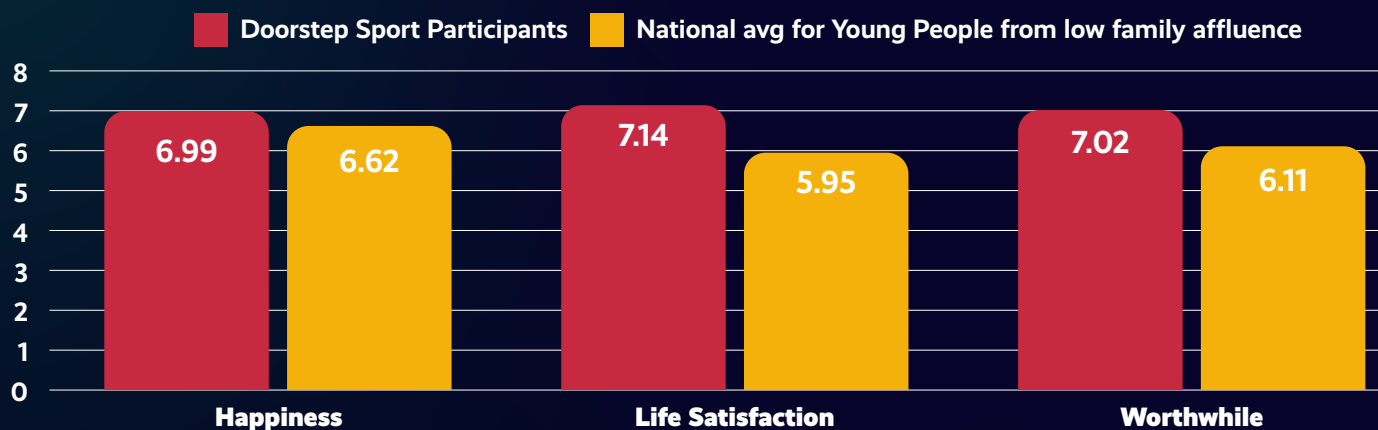




## WELLBEING

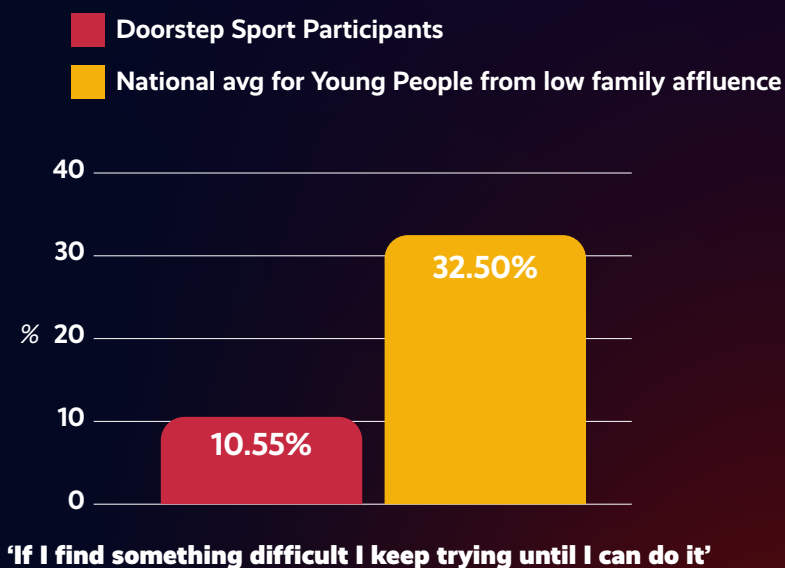
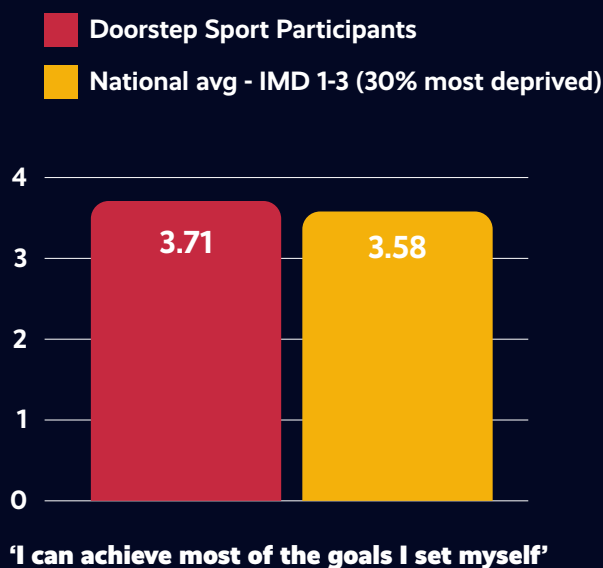
The participant surveys included questions from the Active Lives Survey and the Office for National Statistics (ONS) that relate to personal well-being and individual development.

To measure respondents personal wellbeing, we included three ONS survey questions, participants are asked to respond to the questions on a scale from 0 to 10 where 0 is "not at all" and 10 is "completely".



The chart above demonstrates that participants at Doorstep Sport sessions scored higher than the national average for young people from low family affluence households across all of the personal wellbeing measures.

To measure respondents' individual development, we included two questions from the Sport England Active Lives Survey. Participants were asked to indicate how strongly they agree or disagree with the following statements. For the statement "I can achieve most of the goals I set myself," an average score is calculated, with 5 representing "strongly agree" and 1 representing "strongly disagree." The results for the statement "If I find something difficult, I keep trying until I can do it" are presented as the proportion of respondents who strongly agreed.



When looking at individual development, the charts above demonstrate that participants at Doorstep Sport sessions scored higher than the national average for adults living in the 30% most deprived areas (IMD1-3) in terms of 'I can achieve most of the goals I set myself:' - but below the national average for young people from low family affluence households for 'If i find something difficult I keep trying until I can do it'.

## **PARTICIPANT FEEDBACK**

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Feedback from the young attendees highlights their enjoyment of the sessions, not only for the chance to participate in sports, improve skills, and try new activities, but also for the opportunities to connect with others, socialise with friends, feel a sense of belonging, and gain support from a trusted adults.

### **What do you like most about these sessions?**

*“Get out and do something. When i’m at home I dont do anything. I get to work on myself.”*

*“Being able to talk about my mental health to staff”*

*“Having the opportunity to meet with new people whilst staying active.”*

*“I get to connect with others who share the same passion as me”*

*“Makes me better as a person as well as improve social skills and self esteem.”*

*“I enjoy making new things and doing something positive instead of hanging around the streets”*

### **What keeps you coming back to these sessions?**

*“I like how I can be with my friends and be more with a community.”*

*“To meet friends and take part in activities I wouldn't normally do.”*

*“Having fun with everyone and the coaches are great to talk to and to listen to you.”*

*“The family that we’ve all created within that gym to support each other within training to reach our goals.”*

*“Exciting new projects, getting to know other young people better and start forming friendships/sense of community.”*

### **What do you get out of attending?**

*“Reassurance and someone to talk to about issues.”*

*“A calmer mindset before going home and being more confident in my communication and team work skills.”*

*“The chance to do new things, meet new people and take part in fun activities.”*

*“To improve and learn new skills and techniques. Feel good factor. Gives me something to do to get out of the house.”*

*“Physical fitness and mental clarity. I also feel alot better about myself when I decide to actually devote time and effort towards attending.”*