

# LVA TRUST

## Places For People



Places  
for People



LVA Trust, a local community charity, have been delivering the Places for People (PfP) & StreetGames doorstep sport project in the Meadows estate in Hounslow, locally known as the Beavers estate. The focus of the programme is to engage young people in sessions on their doorstep, to engage as many young residents of PfP housing as possible. This project specifically focuses on female engagement and runs a weekly girls only session including social engagement and physical activity.

Kayleigh Butler is the CEO and founder of the LVA Trust, who are StreetGames delivery partner for this project. Kayleigh delivers the sessions herself with a couple of volunteers now coming on board too. The project is close to Kayleigh's heart as she is passionate about providing opportunities for females within underserved communities.

Kayleigh has created a programme that offers the girls a safe place to come and be themselves, engage in body positivity and self-esteem boosting sessions and let off some steam through a variety of activities. Kayleigh oversees activities like stretching, dancing, yoga and will soon start boxercise with the young participants. This will add further value to the programme by including a self-defence element to their physical activity, as well as introducing a new activity that the young girls haven't previously had the opportunity to take part in.

The sessions take place every Wednesday afternoon on the Meadows estate, within a small indoor facility that is central for the young girls to attend. The facility is quite hard to find and is only known to the estate residents, which is a huge benefit for this programme, to ensure that it engages PfP residents.

The programme sessions attract up to 12 girls per week. In addition, LVA Trust will be starting a boys session soon, as there has been significant interest from local boys coming to see what is happening at the session.

Places for People Community Investment Manager for South said:

*"LVA Trust have been fantastic in engaging the young females on the Beavers estate in Hounslow. Their sessions provide a great outlet for young people to engage in physical activity close to their home and we are thankful to StreetGames for supporting this work, the outputs have been brilliant. Places for People are looking forward to seeing the introduction of a boy's session on the estate providing yet more opportunities for local young people."*