



BACKGROUND

Spiral Freerun CIC, in collaboration with StreetGames and Places for People, launched a parkour programme aimed at building relationships with young people in the Brickhill area of Bedford. This initiative was developed in response to the significant lack of sports provision for young people in the area, which limited their opportunities to stay physically active and engaged.

The programme set out to provide hyper-local Doorstep Sport sessions, enabling Spiral Freerun to connect with the local community, understand the barriers to participation, and explore what motivates young people to take part in physical activities. By offering accessible and inclusive sessions, the project aimed to foster trust and provide an outlet for physical activity and personal growth.

Drawing on insights from Places for People about the local housing stock, along with their own experience of previous projects in Brickhill and the expertise of the local Active Partnership, Spiral Freerun designed sessions tailored to the needs of the young people in the community. The Brickhill Community Centre was chosen as the programme's venue due to its accessibility and its reputation as a safe, welcoming space.

PROGRAMME DETAILS

The programme delivers weekly parkour sessions at the Brickhill Community Centre every Wednesday evening. These sessions are carefully structured, with a younger cohort participating in the first hour, followed by an older group in the second. This approach allows Spiral Freerun to ensure adequate supervision for the safety of participants, given the high level of attention required for parkour activities.

By providing a progressive, skill-based approach to parkour, the sessions not only introduce participants to the sport but also help them build confidence, improve physical fitness, and develop resilience. The structure of the sessions ensures that all participants, regardless of their starting ability, feel supported and included.

Spiral Freerun has also found a new home in the Brickhill Community Centre, following the loss of their previous venue during the pandemic. This has given them a stable base to continue their work in the community, ensuring their long-term presence in the area.

IMPACT & OUTCOMES

The parkour sessions have had a significant and positive impact on the local community, as evidenced by feedback from parents, carers, and participants. Many parents have reported that their children have gained confidence, which has translated into other areas of their lives. Participants have described finding a new passion for parkour, with some showing significant progression and a growing love for the sport.



32
SESSIONS



95
PARTICIPANTS



215
ATTENDANCES

Since the programme's inception, 32 sessions have been delivered, resulting in 215 participant attendances and engagement with 95 unique young people. The sessions have also encouraged community involvement, with three volunteers contributing their time to support the activities.

The feedback from parents has been overwhelmingly positive, with many expressing their appreciation for the opportunity the sessions provide. Parents consistently highlight the programme's role in offering their children an engaging and meaningful outlet, one that is both unique and highly beneficial.



REFLECTIONS AND FEEDBACK

A Spiral Freerun staff member reflected on the programme's success, noting that the sessions, supported by StreetGames, have garnered a highly positive response from parents and carers. They described the joy of seeing young people transform from shy, hesitant beginners into confident individuals excelling in a sport they love. Many participants have developed a lasting passion for parkour, and the coaches take pride in watching their progress.

One staff member shared:

"The sessions have brought about a very positive response from parents and carers, who regularly comment on what a fantastic opportunity this has been for their children. Many wish there were more programmes like this. Seeing young people grow in confidence and excel in a sport they love has been a pleasure for our coaches."