

Changing young people's lives through sport

**STREET  
GAMES**



**2025**

# **PARTICIPANT SURVEY**

**SUMMARY FINDINGS**

# INTRODUCTION

This infographic shares what matters most to young people attending Doorstep Sport sessions, using their own words to bring the findings to life. Drawing on open-ended survey responses from hundreds of participants, it highlights the key themes that keep young people engaged. From feeling safe and welcomed, to enjoying the activities, building friendships and being supported by trusted staff. Together, these insights show how Doorstep Sport sessions create positive, inclusive spaces where young people feel valued, have fun and are supported to grow.

The insights shared below are drawn from young people's responses to the following open-ended survey questions:

- What do you like most about these sessions?
- What keeps you coming back to these sessions?
- What do you get out of attending?

*Responses were collected from young people attending Doorstep Sport sessions during 2024–25 (n = 687).*

The information below presents a thematic summary of these responses, highlighting the key experiences and outcomes that young people value most.

## THEME SOCIAL CONNECTION



Participants highlighted the importance of friendships and social interaction in the sessions. These sessions provide a safe and welcoming space to meet new people, strengthen existing relationships, and feel part of a community.



*Meeting new people who have become friends and welcomed me to the session having started later than everyone else.*

*The social aspect of these sessions are great, I really enjoy them.*

*Playing football having fun and seeing friends that don't go to my school.*

*They are fun and enjoyable. Being able to play with people from all different places and backgrounds.*



## THEME

# THE ACTIVITIES ON OFFER

Many responses emphasised the value of having opportunities to participate in specific activities, access specific equipment and facilities, and receive coaching or support. Sports such as football, basketball, boxing, and gym sessions were key motivators for continued attendance. For some participants, the appeal lay in the competitive aspect of these activities, while others appreciated engaging in activities they found relaxing, such as canoeing. Many also commented on how engaging in these activities for free was important. The positive impact of the activities on physical health and fitness was highly valued, with many responses highlighting how this contributed to feeling good.



*The fact it is free to come and play football on an Astro is my favourite part.*

*This is the first time I have been to a gym and done exercise so i like that it is something new to me and it has brought me out of my comfort zone.*

*I like the way there are loads of different things to do like there is a gym you can play football and more.*

*Feeling proud of myself after session of hard work.*



## THEME

# THE STAFF AND A SUPPORTIVE ENVIRONMENT

The young people commented on the inclusive and respectful atmosphere at sessions. They found the staff and coaches approachable, helpful, and encouraging. This supportive environment makes participants feel safe and valued. Many participants referred to the staff as mentors and highlighted how they provided a safe space to open up, share personal experiences or simply have fun with them.



*I get to talk to someone who understands me, the sessions are very helpful and we have a laugh.*

*I like the sessions because the staff are really nice and they look after us.*

*The coaches and mentors are really encouraging and help me build my confidence.*

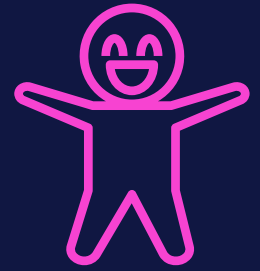
*I get lots of help with things in my life and staff talk and listen to me.*



## THEME

# FUN & ENJOYMENT

Fun and enjoyment are one of the key aspects the young people liked about sessions. Sessions were described as fun, engaging, and offer a break from routine.



*Fun. Always interactive, helping me achieve my goals.*

*I can come here and have fun doing something productive.*

*It is so lively here and you are free to do a variety of sports.*

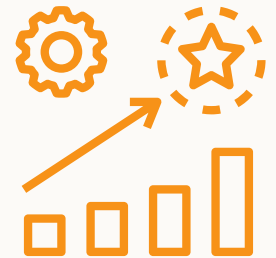
*Enjoying yourself and playing sport.*



## THEME

# PERSONAL GROWTH & LEARNING

For some these sessions played an important role in their personal development and taught them new things. This included increased confidence, developing prosocial behaviours, improved mental and physical wellbeing and learning new skills.



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

*The way it makes me feel it improves my mood, if I'm feeling low it make me feel better again.*

*I have been coming to these sessions for a long time now and it has changed my life completely. I am more confident and love doing sports and exercise.*

*Having a reason to improve my behaviour in school.*



## THEME

# SAFE SPACES

Feeling safe and welcomed was crucial for continued participation. The sessions provided a secure space away from negative influences.



*Free sessions keeps me off the streets.*

*It is dangerous to hang around on the streets near where I live so I feel safe coming to these sessions and my mum likes me coming so I am not hanging around on the streets.*

*I like the feeling of coming and after I have been. I feel safe at the sessions and in the centre.*

*It keeps us active in a safe space and we get something to do.*

