

Changing young people's lives through sport

**STREET
GAMES**



DOORSTEP SPORT

PARTICIPANT SURVEY

2024/25

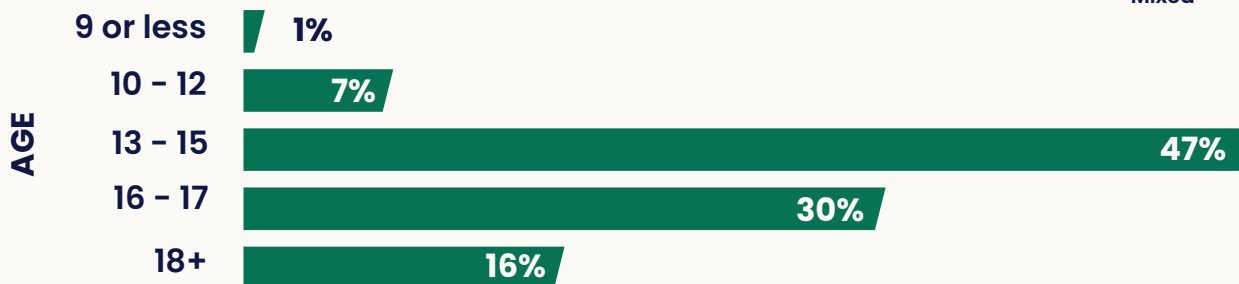
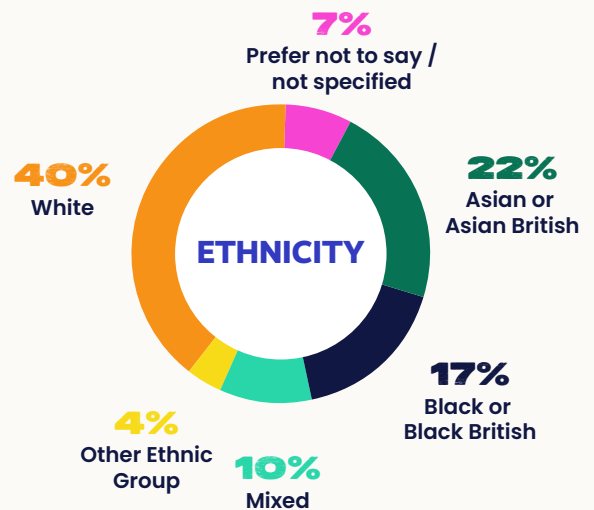
INTRODUCTION

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 as well as undertaking interviews and surveys.

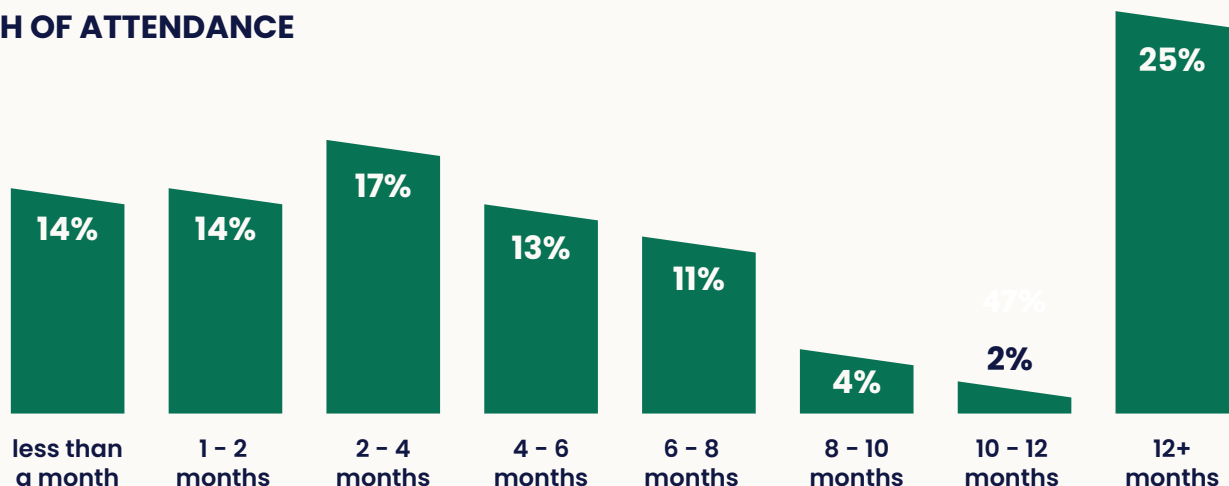
This document presents a summary of the aggregated data from surveys captured from young people attending 13 different doorstep sport interventions delivered by locally trusted organisations operating in areas of high deprivation during 2024-2025.

The surveys were designed to capture insights across a range of key outcomes, including physical activity levels, personal wellbeing, individual development, socio-emotional skills, as well as providing young people with the opportunity to share their views about the Doorstep Sport sessions. The survey used nationally validated questions to measure many of the outcomes.

RESPONDENT PROFILE

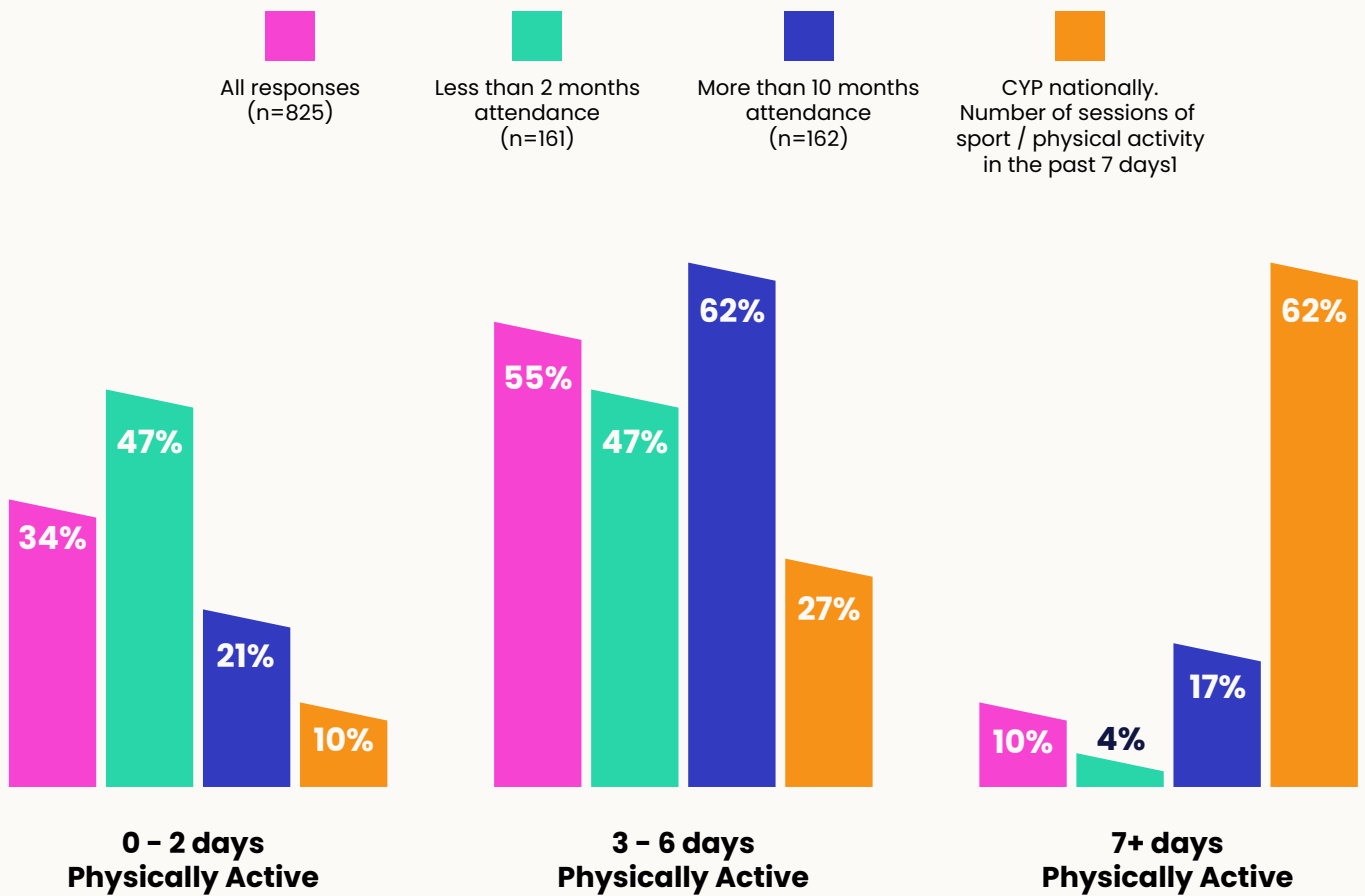


LENGTH OF ATTENDANCE



ACTIVITY LEVELS

We were keen to explore participant's activity levels, we therefore asked participants as part of the survey to share: IN THE PAST WEEK, on how many days have you done a total of 30 minutes or more of physical activity? (i.e. using the single item physical activity measure)



The results show that many of the young people have low activity levels prior to/when they start attending doorstep sport sessions – illustrated by the fact that 47% of those who have been attending for less than two months are physically active for 30 minutes on just 0-2 days per week and very few (4%) are active for 30 minutes or more 7 days a week.

However, amongst those who have been attending for 10 months or longer the results show much higher activity levels – with 62% active on 3-6 days, 17% being active on 7 days or more and just 21% being active on 0-2 days per week. Highlighting a positive association between attending doorstep sport sessions and increased activity levels over time.

Using data captured in Sport England's activity check-in, which asks a similar question in terms of the number of sports/physical activity sessions children and young people nationally have undertaken in the previous 7 days, it can be seen that young people who attend doorstep sport sessions tend to be physically active on fewer days per week – with most undertaking activity on between 3-6 days per week.

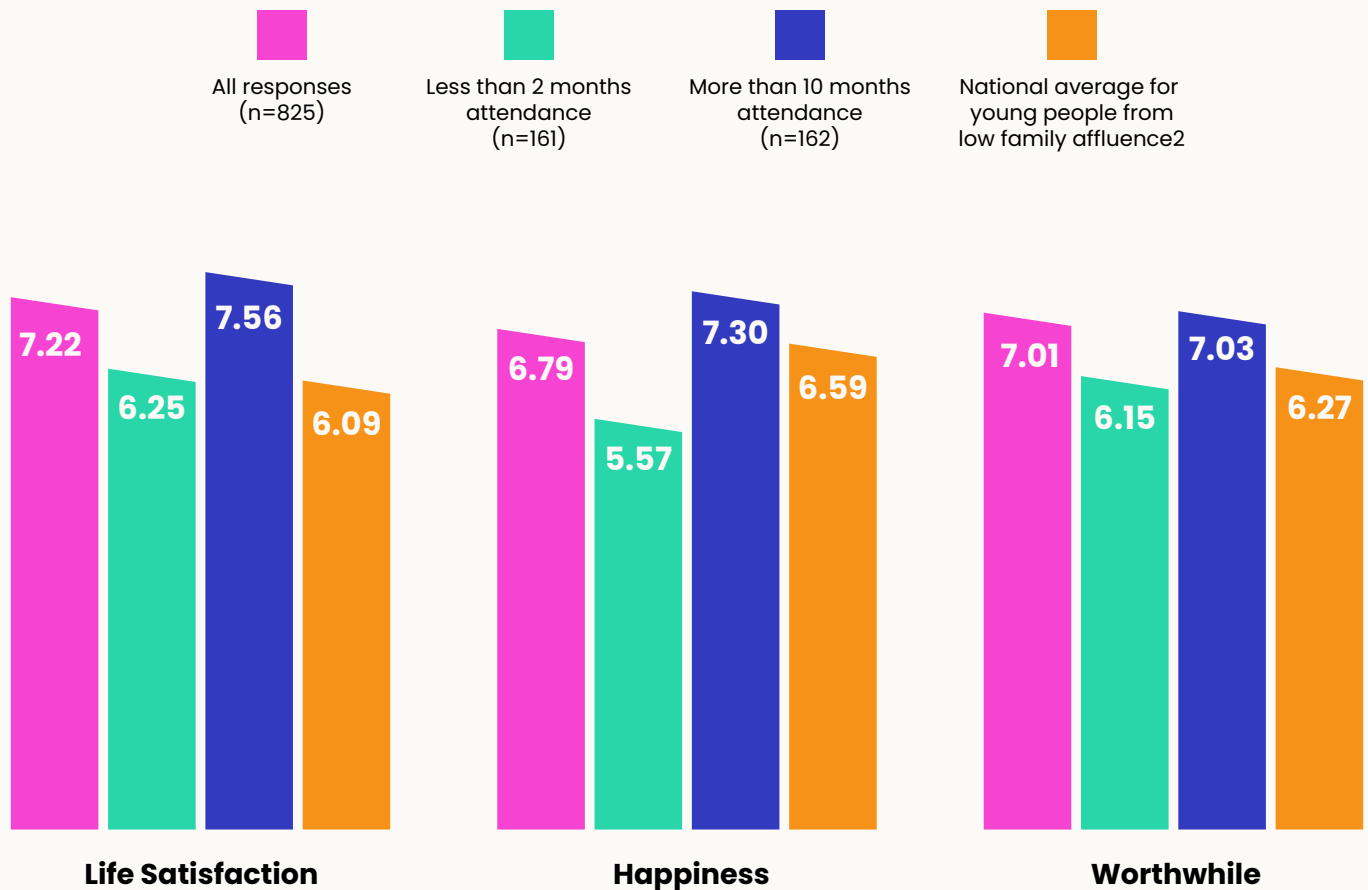
However, what these results also show, is how vitally important these doorstep sport sessions are in supporting young people from areas of high deprivation to be physically active/take part in sport – with circa three-quarters (73%) of the respondents indicating that they do more than half of their activity at these sessions.

1) Source: Sport England Activity Check-in Summer 2023

MENTAL WELLBEING

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

To measure respondents' personal wellbeing, we include three ONS wellbeing questions that ask participants to respond to a set of questions on a scale from 0 to 10 where 0 is "not at all" and 10 is "completely" relating to happiness, life satisfaction and feeling things in their life are worthwhile. The chart below shows average scores for participants compared to average scores for young people nationally from low affluence families.



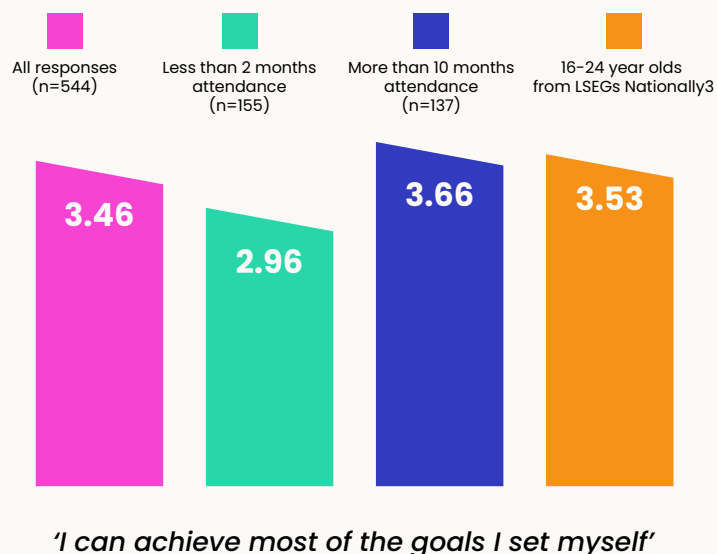
The chart above shows that participants in Doorstep Sport sessions consistently report higher wellbeing scores than the national average for young people from low-affluence families.

When looking at responses by length of attendance, there is a clear upward trend; those who have been involved for more than 10 months score higher across all wellbeing measures compared to those who have attended for less than 2 months. This suggests that longer-term engagement is likely to have a positive impact on young people's wellbeing. For both Happiness and Worthwhile, average scores from early-stage participants are lower than the national average but rise above it among those with over 10 months of participation, highlighting the potential value of continued engagement.

To measure respondents' individual development/ resilience, the surveys also include two questions from the Sport England Active Lives Surveys.

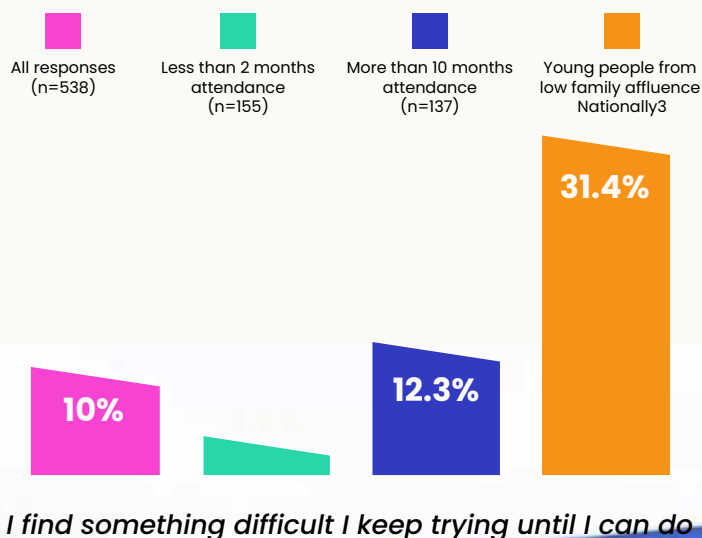
²) Source: Sport England Active Lives Children & Young People Survey, Academic Year 2023-24

Participants are asked to indicate how strongly they agree or disagree with two 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.



The data shows responses to the statement 'I can achieve most of the goals I set myself.' On average, participants in Doorstep Sport sessions scored 3.46, slightly below the national average of 3.53 for young people from LSEGs. However, when broken down by length of attendance, the chart shows that those attending for less than 2 months scored lower (2.96), while those with more than 10 months of participation scored higher (3.66), exceeding the national average. This suggests that longer-term involvement in the sessions is helping young people (including many with additional vulnerabilities) to develop personally and build resilience.

The data shows that participants in Doorstep Sport sessions were less likely to 'strongly agree' with the statement 'If I find something difficult, I keep trying until I can do it' compared to the national average for young people from low-affluence households (10% vs. 31.4%). However, a positive increase is visible when comparing responses by length of attendance. Only 3.6% of those attending for less than 2 months strongly agreed, rising to 12.3% among those attending for more than 10 months.



3) Source: Sport England Active Lives Adults Nov 2023-2024

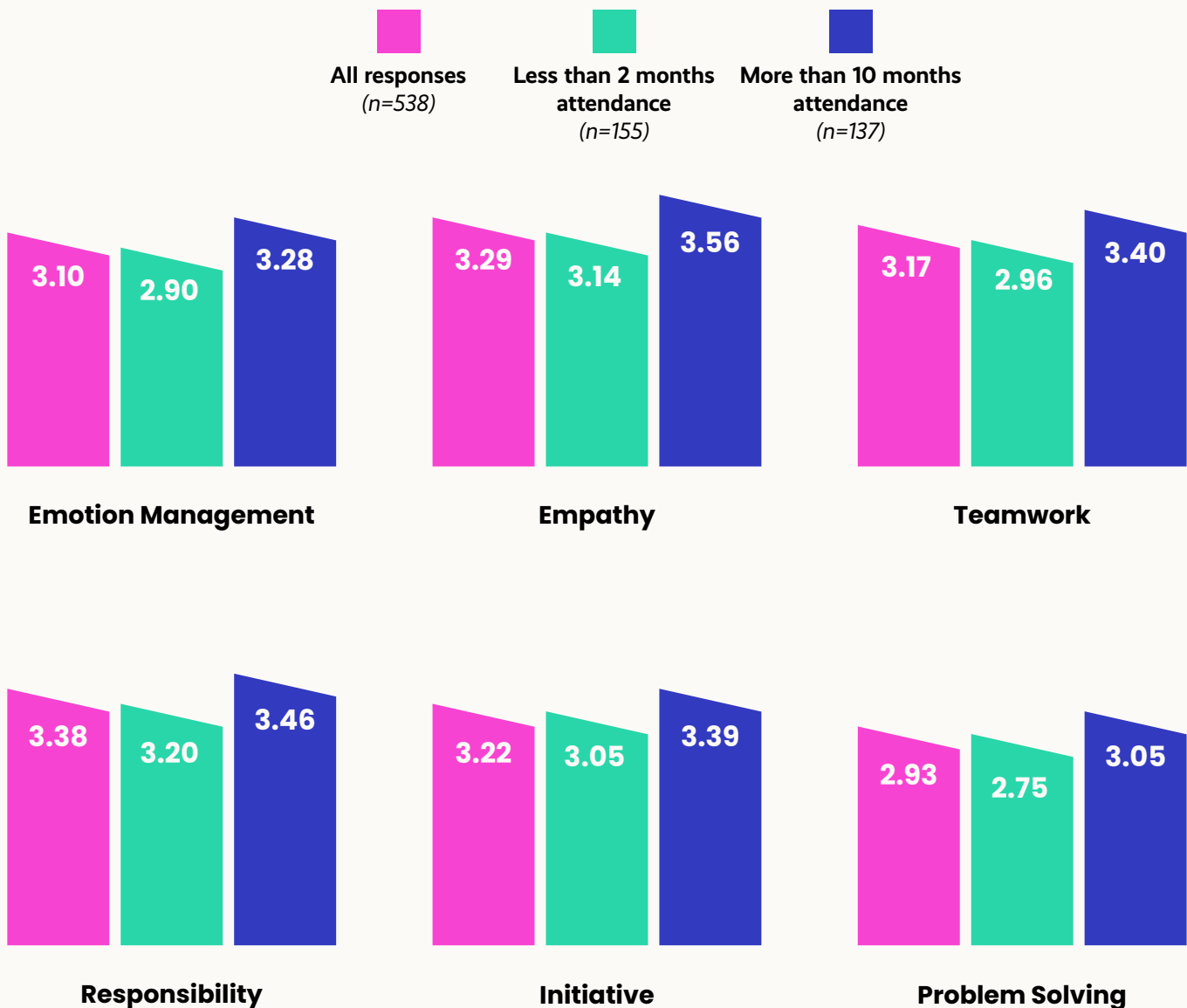
4) Source: Sport England Active Lives Children & Young People Survey, Academic Year 2023-24

SOCIO-EMOTIONAL SKILLS

The Youth Report of Socio-emotional Skills (YRSS) is used to measure young people's socio-emotional skills. YRSS is a self-report survey used to assess young people's functional mental and behavioural skills (i.e. how they feel and behave in life) in terms of Emotion Management, Empathy, Problem Solving, Initiative, Teamwork, & Responsibility.

YRSS measures this by asking how they think, feel and behave in different situations, not just the youth provision setting but also their home, community or school. StreetGames participant surveys incorporated the 24 core YRSS items, each rated on a 5-point scale, with higher scores indicating more positive socio-emotional functioning.

These questions were included on some of the participant surveys undertaken over the past year – used typically on interventions where we are working with partners from the community safety / youth justice sectors who are particularly interested in understanding the development of pro-social behaviours amongst young people attending doorstep sport sessions.



The chart shows that participants in Doorstep Sport sessions report improvements across all YRSS domains over time, with those attending for more than 10 months consistently scoring higher than those with less than 2 months of participation. While all areas show positive change, the largest improvement is seen in Teamwork, which increases by 0.44 points. Responsibility has the highest score both at 10 months+ and overall.

ACTIVITY LEVELS

Feedback from the young people highlights their appreciation of the sessions for being free of charge, local, and easy to access and that the sessions also provide them with the opportunity to connect with others in the community and take part in enjoyable activities.

In particular, young people shared how much they value the support from staff who listen, understand and help with personal challenges and support their wider development which was seen as vitally important in maintaining engagement.

The sessions were also valued, for offering a safe space to socialise, feel accepted, and focus on positive steps forward. With young people sharing key benefits from attending which include – opportunities to connect with and meet other young people and being supported by trusted adults.

What do you like most about these sessions?



"The fact that its right in the middle of the community"

"They are free and easy to access"

"I can talk to staff about anything"

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

"Getting to play football with people like me from the community"



What keeps you coming back to these sessions?

"I like the staff and they help me"

"The physical, emotional and psychological benefit i gain from attending. Being occupied with something enjoyable and having fun is why I come back."

"The kindness and support that the people at the organisation have given me. They understand and don't judge me on my past but only focus on future success."

"Someone to talk to and something to look forward to"

What do you get out of attending?



“Socialising and getting know new people in the community”

“Feel like I’m doing something good”

“Staff help me with how I’m feeling”

“Help with my attitude and how I act”

“Meeting up with my friends and getting to do different activities”

SURVEY NOTES

Please note, that not all of the surveys collected data across every outcome area, so the charts in this document indicate the number of responses for each domain to provide clarity on coverage.

In some projects, young people complete multiple surveys at different stages of their participation to help track changes over time. As a result, the data presented below reflects the total number of survey responses rather than the number of individual respondents. Please note that this means some individuals may be represented more than once in the aggregated results. To illustrate change over time, responses from less than 2 months and after 10 months of participation are included separately.

