

COUNTY IN THE COMMUNITY

Winter of Wellbeing



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BACKGROUND

County in the Community identified a group of young people aged 11-14 who rarely participated in sport and physical activity outside of school. They proposed starting a Doorstep Sport site and an Us Girls site to provide access to free sport sessions and reduce the time spent in the community, often deemed as a negative environment, where young people may interact with negative role models.

The Doorstep Sport site was aimed at Year 7 boys struggling as a result of the transition from primary to secondary school during the Covid-19 pandemic. These young people had struggled making friends, following instructions and had often been in trouble with teachers.

The Us Girls site catered for girls in Year 7-9, allowing them to participate in sport and physical activity in a safe environment with positive male and female role models.

WHERE & WHEN



County in the Community worked in partnership with John Frost High School. The sessions took place in the sports hall and the outdoor 4G pitch on the school side.



Both sessions took place weekly on Monday and Wednesday between 3:15 – 4:30pm, directly after school.

Whilst the Doorstep Sport session was predominantly football based, the girls opted to take part in basketball, dodgeball, handball, netball and football. The funding also allowed the club to provide a school bus service for the young people attending the sessions to get home safely, after the sessions.

During the Us Girls sessions, music selected by the young people was used to encourage regular participation. This created a relaxed, fun environment to allow the girls to build social skills, build confidence in themselves and support each other through their learning. The Doorstep Sport session created a competitive environment with a huge emphasis on fun, teamwork and encouragement. A relaxed atmosphere allowed the boys to express themselves outside of the pressure they may have experienced at school.

IMPACT

As a result of the #WinterofWellbeing funding, 74 young people have engaged in the sessions. The coaches have witnessed young people increase in confidence and begin to have a greater outlook on school and their futures. Young people have also started to portray values instilled in County in the Community's provision including respect, hard work and continuity.

In addition to personal development, 10 young people were provided with the opportunity to watch their first Newport County AFC match. 1 young person attending the sessions was identified by coaches as extremely talented, and as a result been offered a trial for the Newport County AFC academy. One coach said

"This opportunity may not have faced him if it wasn't for the #WinterofWellbeing Fund".

As an organisation, County in the Community pride themselves on reviewing and learning from their work to continue providing opportunities like these. They said:

"We haven't done a lot with high schools before however this programme has showed us that you can get a captive, enthusiastic audience of young people who want to learn and grow when staying later after school. Young people WANT to be a part of these programmes and have openly mentioned how 'fun' the sessions are and they 'would just be sat at home' or 'chilling down the shops' if it wasn't for it. With positive role models and regular provision all young people can realise their potential and open their eyes to new opportunities moving forward".

PLANS FOR THE FUTURE

The sessions at John Frost High School will continue until the end of the summer term as young people are keen to continue participating. County in the Community are exploring further funding opportunities to ensure these sessions a permanent part of their work.