

# THE HIVE – GARTH YOUTH PROJECT

## Winter of Wellbeing



## BACKGROUND

Due to the Covid-19 pandemic, young people's development has been delayed by approximately two years. Young people have been denied opportunities to enhance their social, mental and physical wellbeing. Therefore, skills previously developed have declined and the need for community provision of sport and physical activity has increased.

The Hive utilised the #WinterofWellbeing funding for two types of provision, a Doorstep Sport club and an Us Girls site. The sessions included activities such as tag rugby, football, boxing, volleyball, skating, scooting, cricket, kickball, football, tennis, basketball and rounders.

Aimed at young people aged 8-25, the sessions aimed to provide a safe space for young people to attend and engage in sport and physical activity. The project also allowed young people to develop their social skills, gain new experiences and interact with positive coaches and role models.

## WHERE & WHEN



The Hive is based in the Garth Ward of Haverfordwest, Pembrokeshire.



The sessions took part on Tuesday, Wednesday and Thursday evenings from 4:30 - 6:30pm and 7pm – 9pm.

## IMPACT

As a result of the #WinterofWellbeing fund, 92 young people have had the opportunity to learn new skills, including activities they had never heard of. The coaches reported a significant increase in young people's mental health and wellbeing. One coach said:

*"One of the most significant changes that we have seen in young people, especially those not previously interested in sport is their application and willingness to try new things as they see others interacting and having fun".*

From this, confidence and self-esteem levels have increased and the levels of conversation between young people across all age groups have improved. The coaches also noted the positive change in young people's ability to listen and interpret instructions. They regularly encouraged each other and challenged poor attitudes displayed by their peers.

Additionally, The Hive provision has encouraged a large number of the group to join local sports teams and since starting to attend, young people have started to identify with their sporting heroes. They now take pride in their achievements and have started to wear activewear suitable for sport, often requested for their birthdays or donated to them as they have been inspired to take part on a regular basis. The sessions have allowed all young people involved to develop an ambitious attitude towards both sport and their wider lives.

As an organisation, the coaches have learnt that young people living in poverty are extremely grateful for the opportunity to access the equipment and activities provided. They have also discovered how many young females want to participate in sport and physical activity, as well as the benefits sport can provide them. For example, the girls have grown in confidence in their appearance and ability to participate.

## PLANS FOR THE FUTURE

The Hive plan to continue the sessions for young people as they all regularly express how much fun they have during their time at the sessions. To ensure these young people can continue to participate the club have said:

*"We will be developing links with local football, boxing and rugby clubs in order to promote the development and skills of young people. We hope this will encourage them to play regularly in addition to attending the sessions at Garth Youth Project".*