

YOUTH SHEDZ CYMRU

Winter of Wellbeing



BACKGROUND

Youth Shedz aims to provide a local hub for young people in every community across Wales. They recently identified a gap in their provision in the Llysfaen area and utilised the #WinterofWellbeing funding to start sport and physical activity sessions in this new venue.

Alongside the sessions, Youth Shedz provided a small group of young people with the opportunity to attend Boxercise leaders training in order for them to deliver to their peers. This fits with the StreetGames moto “by young people, for young people”, encouraging youth led activities to be delivered in communities.

Boxercise, football, and golf formed the sporting offer at Youth Shedz, offering young people a choice of activities as part of the new toolkit used by Shed Coordinators.

This offer was extended further as virtual reality (VR) equipment was used within a local school to deliver virtual boxing lessons and increase initial engagement with youth workers.

WHERE & WHEN



The sessions have taken place weekly at Llysfaen Youth Shed and the funding has enabled a new shed to be set up at Holyhead High School.



Sessions ran weekly on Mondays and Fridays.

IMPACT

The #WinterofWellbeing funding has enabled Youth Shedz to gain multiple new insights into delivery with young people. Firstly, they have learnt how the use of sport and physical activity can help staff and volunteers manage sessions and engage more young people. Moreover, the Shed Coordinators have also seen an improvement in young people’s confidence through participating in and delivering boxercise.

Secondly, the delivery in Holyhead High School became an eye opener for staff as the use of VR equipment proved to be a “really useful tool to engage young people as it is something new and innovate, and they love to try new things”.

PLANS FOR THE FUTURE

In the future the organisation have decided to use the new activities as part of the wider offer outlined in the ‘Youth Shedz Toolkit’. One coach said “we intend to use these activities every week as part of our planning toolkit for each Youth Shed - we like to have a range of activities that our young Shedderz can choose from. Each Shed will have youngsters trained up as Boxercise coaches to deliver to their peers. Our new toolkit for others to set up a Youth Shed will have the suggestion that they equip their Shed with a Sports pack and train up a group of young Shedderz to deliver”.

