

Safe, Fit & Well: Streetgames' National Sport Pilots

Supporting the Mental Health and Wellbeing of Young People through Sport in Disadvantaged Communities.

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with

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1. Background to Safe, Fit & Well: Streetgames' National Sport Pilots

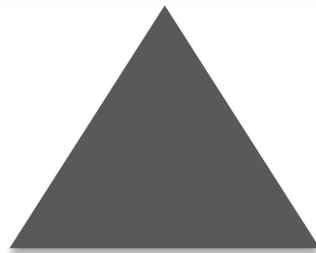


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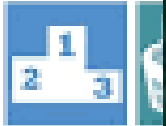
I want to see mental health addressed not just in our hospitals, but in our classrooms and communities. Mental health problems are everyone's problem.

”

PRIME MINISTER THERESA MAY

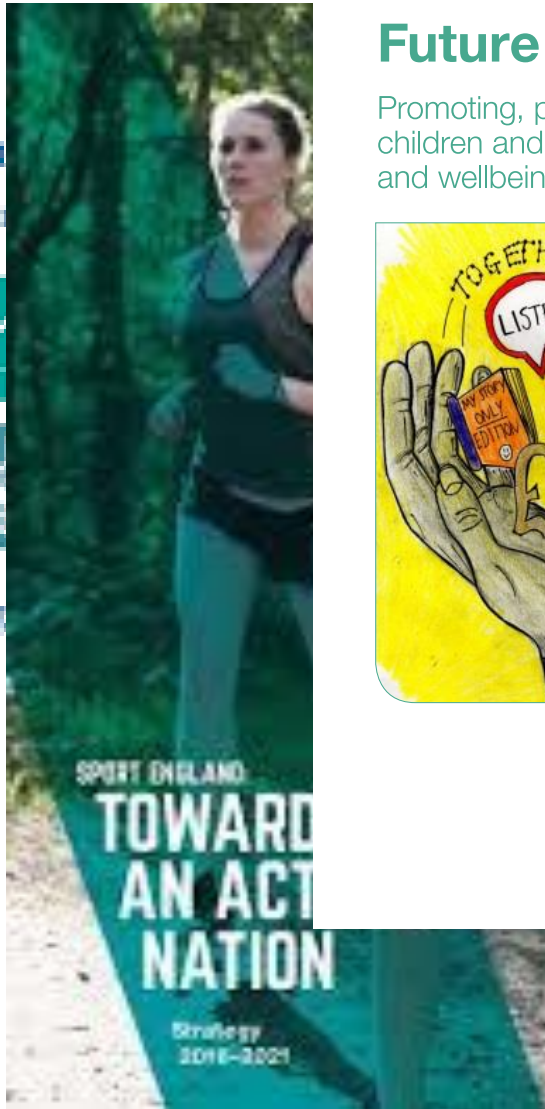


Sporting
A New Start



#Sporting

December 2016



Future in mind

Promoting, protecting and improving the mental health of children and young people and wellbeing



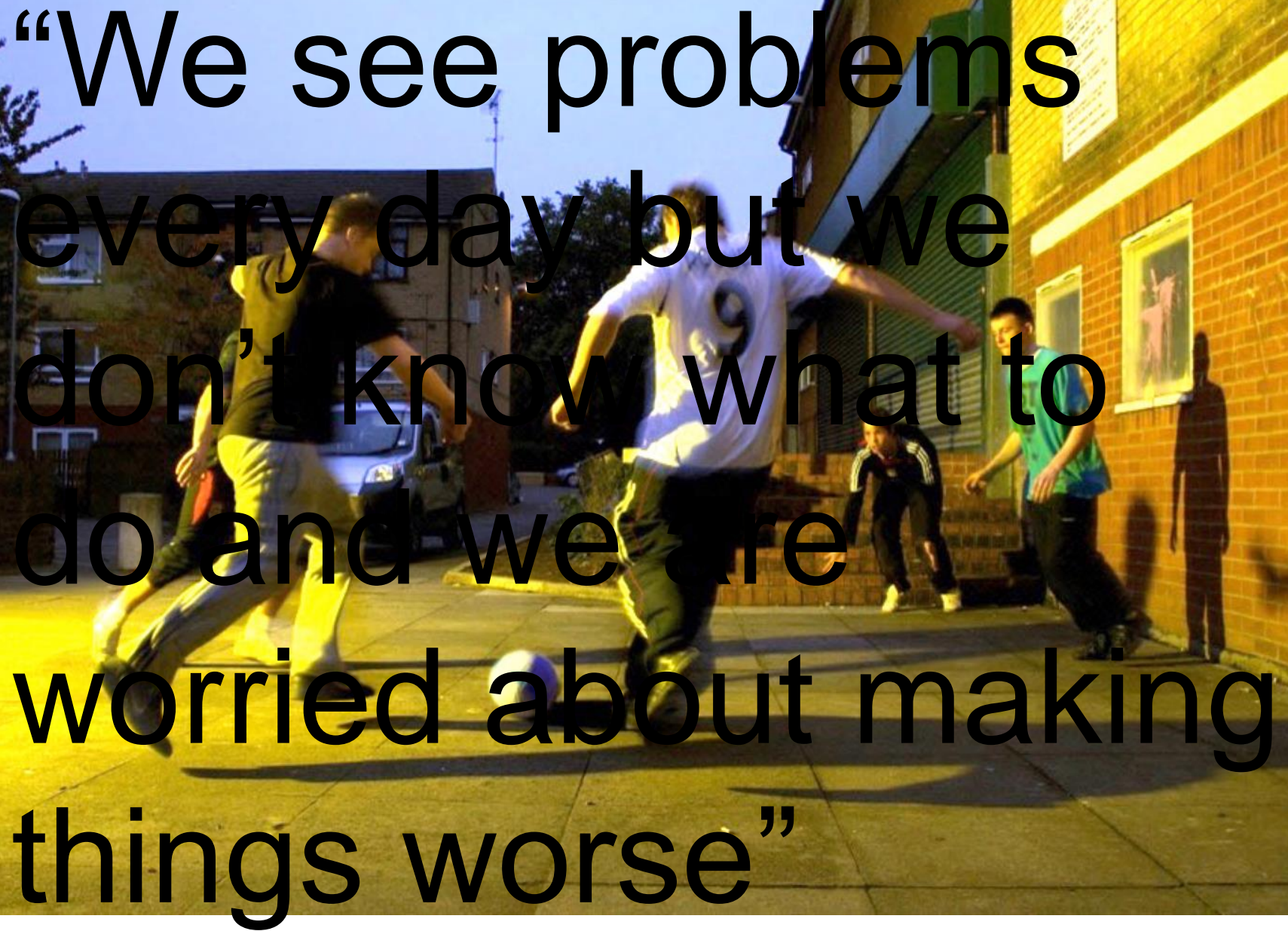
The Government's to the Five Year View for Mental Health

Transforming Children and Young People's Mental Health Provision: a Green Paper

Presented to Parliament
by the Secretary of State for Health and Secretary of State for Education
by Command of Her Majesty

December 2017

Cm 9523

A group of young men are playing soccer on a sidewalk at dusk. The scene is illuminated by warm, golden light from the setting sun, casting long shadows. In the foreground, a player in a white t-shirt and dark pants is in motion, kicking a ball. To his left, another player in a black t-shirt and light-colored pants is running. In the background, other players are visible, including one in a green t-shirt and another in a dark jacket. The setting is an urban area with a brick building on the right and a residential building on the left. The text "We see problems every day but we don't know what to do and we are worried about making things worse" is overlaid in large, bold, black font across the center of the image.

“We see problems every day but we don't know what to do and we are worried about making things worse”

Scoping review

Ask the experts

Ask the real experts

HAGELL A. 2016. *The connections between young people's mental health and sport participation: scoping the evidence.* London: AYPH

Overall “limited but positive” evidence

Gender and SES likely to be important

Different mechanisms at play

More needed about whether sport works best for prevention, promoting resilience or treating known problems

LINK SLIDE FROM LM – SPORT AND DANCE REVIEW (NOT MENTAL HEALTH), LSE REVIEW

Note lack of qualitative data as well and power of it

2. Qualitative Case Studies: Strategy and Methods

METHODS – Qualitative Case Studies

- holistic case study strategy (Stake, 1995; Yin, 2009)
- data directly collected through primary research with decision makers, delivery experts, leaders and participants providing real-life knowledge from the perspective of those involved
- analysis of existing relevant data
- in-depth insights about individual projects as well as commentary about cross-case study similarities and differences (Cresswell, 1998).

Phase	Activity	
Phase 1	Interviews with StreetGames central team members (telephone)	Aspirations for the project and where it fits within broader StreetGames objectives and local/national sport for health strategies.
	Project lead interviews (telephone)	Strategies of delivery and promotion of sport for health and where this fits within broader local and national policy.
	Interviews doorstep delivery staff (telephone)	Design, delivery (successes and challenges), promotion, monitoring/evaluation and sustainability of the project located in each specific context.
	Interviews partner organisations. (telephone)	Partnership arrangements, their aspirations and impact of Safe, Fit and Well.

Phase	Activity	
Phase 2	Participatory observations	Participatory, informal, 'Have Your Say' postcards
	Interviews with peer promoters/educators (face-to-face)	(i) the role of a peer promotor/educator, (ii) application and training practices, (iii) successful strategies and challenging situations, and (iv) future directions connected to their role

Phase	Activity	
Phase 3	Participatory observations - residential training	Focus on the content and structure of the residential training course.
	Interviews with course participants (Insight Interviews)	Experiences of training, successes and challenges of residential training and, application of knowledge to role as young community sport leader.
	Interview with lead delivery expert	Face-to-face examining approach and the significance of residential for delivering training for young people.

Have Your Say



Brunel
University
London

StreetGames – Brathay Residential 6-9th November, 2017

What 3 things have you enjoyed about the StreetGames residential?

1. _____

2. _____

3. _____

What would you like to see improved in the future?

3. Preliminary Findings: The Complexities of Communities of Practice

Communities of Interest

- Sharing a common interest, passion and goal for young peoples' physical and mental health
- Willingly engage in knowledge exchange despite not necessarily knowing about the existence of other programmes
- 'Sticky' communities – persistent and compelling interest in young peoples physical and mental health (years of experience and expertise)

Developing Communities of Practice (Wenger, 2011)

- Commitment to the **DOMAIN** – collective competence and expertise, more than interest (*young peoples' mental health*)
- Commitment to the **COMMUNITY** – join activities, sharing ideas, discussion and debate, interaction and learning (not necessarily agreement)
- Commitment to the **PRACTICE** – practitioners, shared repertoire of similar and different practices, time and sustained interaction

Shared Communities of Practice

1. Training, Learning and Understanding

we've got the ability to shape the courses in our own way, as long as we hit their learning outcomes...some of it is the hardest to deliver but I tell you what it's the best and it's ... because of the way that groups can share and support, and every time I deliver (training)...the amount of people who sort of shared their experiences... it's just so vital that we get better at talking about mental health because there's so many people ... And especially young people, like when I'm out doing the work that I do directly face to face with young people, it's just the amount of young people who go, oh I thought it was just me (StreetGames, expert trainer)

Shared Communities of Practice

2. Partnerships, Collaboration and Reciprocity

We are a large network....two years ago we ended up with about fifty project leaders from the Street Games network in a workshop saying their main priority was mental health and wellbeing of young people...they were part of other networks so we're a member now for the coalition, the national coalition, we work with Youth Access who run the Network of Information of Life Counselling Centres, voluntary sector centres around the country, and so you know we're part of a movement that's saying, we recognise young people's mental health needs action, needs support and can sport be part of that picture? We're not saying it's definitely the best way, there may be better ways, we don't know, but because it's what we do, we want to know whether or not that can help and if it can help, then what ... what are the special ingredients (StreetGames, Core Team)

Shared Communities of Practice

3. Peer promoters and educators

....first time, as a young adviser. But for me, the reason why I wanted to be a young adviser as well is because looking at the other young people was a big motivation for me, and especially like looking at ... at them, made me want to be a role model myself. Yeah, and then as a young adviser now, I'm thinking ... it takes a lot to do what they did, and it made me look at them even more as a motivator because I'm actually in the space that they were and to see all the work that we've got to do now and put it out and just do it in front of all these young people, it makes me feel great, you know because I'm just thinking other people might be looking at me as motivation as well (StreetGames Advisor)

Shared Communities of Practice

3. Peer promoters and educators

the truth be told, I used to be a totally different person. People say you're either the bully or the bullied, I used to be the bully, I used to be the one that would be picking on people and stuff like that. think I'm proof that you can go from one thing and be something completely different. The young advisers at XXX. That was the point where I went, I need to do that, because watching them, how they interacted with everyone. They were very approachable, motivating and they were just generally nice people. Like I think that's one of the key things, to be a young adviser you need to be, you've got to have every quality possible to be successful in it, so ...Because if someone's struggling and all that kind of stuff, they need to be able to come to you. Obviously sometimes if it's serious, then we need to go and see a member of staff, but if it's something minor, we can sit down and be like, you know, you're alright. You need to be motivating obviously, so ... you know you can motivate everyone, that's what the energisers are for and all that, gets people ready for the day, gets them going ...gets them buzzing (StreetGames, Advisor)

Shared Communities of Practice

4. Knowledge exchange and evidence building

We need to demonstrate our impact ...we know we need robust evidence ...as a sector that's quite hard to come by. We focus on ... trying to support projects as much as we can, in terms of helping them to do things better. So sometimes we help in a very kind of output-y level...buying licences in bulk and those that are sort of involved in specific programmes get that free of charge. There's continual support to help organisations. We've tried to help them to show the impact by doing, with Doorstep Sport clubs for example infographics for them on a quarterly basis or twice a year basis, so that they've got something short and snappy to show people. And sort of showing people at every conference and workshop why it's really important to do it (evidence building) to demonstrate their impact. And then offering opportunities for them to be involved in either evaluations or action research, so that hopefully this kind of approach is helpful in the long-term (StreetGames, Core Team)

Diverse Communities of Practice

1. Different delivery models & programmes of activity

***Active Learning
Environments***

***Local Authority
Leisure***

Charity Places

***Community Sports
Clubs***

Diverse Communities of Practice

2. Different conceptual approaches to wellbeing

So a lot of what I do is based in positive psychology and the kind of things like how to build the best connections, how to have a more positive mindset ... so I see wellbeing as being able to cope when things don't go right, so I guess you could put resilience in there (StreetGames, Expert Trainer)

We have a structured learner service ...it's a safeguarding programme.. So if a learner is struggling with stress or there is something going on at home ...there is a counsellor...we are hoping to get referrals into physical activity to improve their mental wellbeing (StreetGames, Project Lead)

Diverse Communities of Practice

2. Different conceptual approaches to wellbeing

with the groups that we're working with, who are more inclined to have mental health issues, who are more inclined to sort of commit crime, who are disadvantaged groups it's (sport and physical activity) improved sleep patterns, it's improved mood states, it's allowed them to become less socially isolated, integrate into social environments, it stops them from negative influences, you know the list is endless, especially (StreetGames Project Lead)

It's respect ... I can have a leadership role, along with an adult, and it's just all really, really equal ... is just like a safe environment ... a creative space .. for any ideas .. And then you see it with the young people once it's happening and you really do take pride in ... like just something really small. I thought of the hashtag Mind Over Mountains, which is the one we're using ... it's about feeling Wow ... pride (StreetGames, Young Advisor)

Diverse Communities of Practice

2. Different conceptual approaches to wellbeing

if your wellbeing isn't there, then your physical and mental health like take a back step...it's just like figuring out the underlying issues that other people could be dealing with, in order to like help them progress in a way that they're able to but can't manage by themselves. (Brathay Participant 7)

The wellbeing thing ... I really want to try and bring it away from appearance as well, which is, while I was younger, it was the only reason I'd go to the gym was appearanceI want it to be more like sport and social, and it's about coming together and meeting people (Brathay Participant 8)

Conclusion

Supporting the Mental Health and Wellbeing of Young People through Sport in Disadvantaged Communities.

Processes of Change

- *Training, learning and learning spaces (mental health pedagogy)*
- *Partnerships, reciprocity, communities of practice*
- *Peer promoters, advisors, educators*
- *Knowledge exchange and evidence building*
- *Understanding wellbeing - common measure (quantitative); complex conceptualisation (qualitative)*