

Youth Development & Activity Fund

GUIDANCE

Introduction

The focus of the 'Youth Development & Activity' fund (YDA) is to fund locally based projects working with young people, to deliver sport or physical activity alongside support, training, or mentoring; designed around the needs of local young people.

In addition to meeting the needs of young people the purpose of the fund is also to strengthen and help organisations in continuing to improve their engagement and delivery with their young audiences.

The priority audiences for this fund will be clubs which support sport and physical activity and development opportunities for young people who are between the ages of 11 – 25 years old and meet two or more of the following criteria: -

- Physically or socially inactive,
- Disengaged or at risk of disengagement, (from education or employment)
- LGBT+ Community,
- Young women and girls,
- Diverse ethnic communities,
- Experiencing barriers in accessing opportunities, due to:
 - Disability
 - A long-term health condition,
 - Lower socio-economic impacts,
 - Geographical area,
 - No fixed abode / no permanent status.

YDA clubs should provide young people with positive, enjoyable experiences which make it easier for them to become active and to encourage development of more regular activity in their day to day. A club should be designed to help shape the way in which existing sport and physical activity providers tailor their offer to meet the different motivations and needs of young people, particularly those who are less active/engaged, or at risk of becoming so. Understanding what is important to the young people and where their interests lie, is the first step in developing a YDA club.

What a Youth Development & Activity Club should include

Please note, when we use the term 'club', this includes projects, groups, sport & community clubs, as well as other similar titles, recognising the individual preference of the deliverer and their participants.

Considering the varying needs of young people, a YDA club does not have to be all about the physical activity, as long as there is an element of it included alongside continuing encouragement for young people to understand the benefits of physical activity on their health and wellbeing.

A club should also focus on giving the young people a voice, aiding them with their mental health and creating a safe environment for them to socialise and to express themselves through other means and different ways of moving.

Clubs should consider the following guidance on age specific delivery. This is split into three separate age brackets with an emphasis on delivering provision appropriate to the needs and interests of the age group. It is important we still see the youth voice included in the planning of any club and an interest from the young people to engage in any proposed activity.

- **11–14-year-olds** – We would expect a club/project's provision to deliver desired sport or physical activity with the focus to continually be engaging and reaching those who may be inactive, lacking access to opportunity, come under a protected characteristic/ diverse demographic or are experiencing ill mental health. We would also like to see a recognition of support required within this age group for those possibly struggling with transition from primary education into secondary.
- **14–16-year-olds** – As above with the 11-14 age group we would want to see desired activity provision along with increased support in the shape of mentoring, youth discussion/youth council and a key focus on mental health support, particularly around managing exam stress, home/personal stress, self-esteem etc. With clear links into how sport and physical activity can help with health and wellbeing.
- **16-25 year olds** – As well as the other stated provision above, we would want to see opportunities opening up for this age group to learn skills through volunteering with the club, accessing training and developing themselves in a trusted, safe environment; feeding their skills back into the club/project and using sport and physical activity provision as a means to improve resilience and transferrable skills which can help them in making future choices and/or gaining future employment or re-accessing education.

What can be funded?

The types of activity that might be funded could include: -

- Delivery of a specific sport, multisport or physical activity,
- Mentoring and training delivery provided for the young people,
- Volunteering opportunities, i.e., with specific young volunteer roles suitable for gaining experience and upskilling.

The following costs can include:

- Delivery staff / coaching costs,
- Workforce training costs – Must be relevant to provision delivery and benefit the young people,
- Administration,
- Kit and equipment costs,
- Rent / Facility hire,

Sport Birmingham

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- Marketing & promotion,

Other needs would be considered where need is specified and detailed, ahead of more detailed discussion. Following these processes does not guarantee all, or any, will be agreed and funded.

If applying for funding for more than one club, each club must meet one of the following:

- Run in different locations / venue,
- Reach different age demographics,
- Reach a different demographic of young people with specified provision, i.e., Disability, LTHC

This will need to be discussed and evidenced to ensure greater reach to young audiences lacking in access to physical activity opportunities.

Sport Birmingham supporting programmes

Sport Birmingham will work closely with projects/clubs, gaining a good understanding of how they already operate and the resources they have in place. This will inform the offer of support and collaboration Sport Birmingham can provide; with a wide range of opportunities for a project/club to utilise, gain from and feed into, we will look to help a project/club expand their offer to their young people where needed.

A few Sport Birmingham opportunities readily available for a YDA funded club/project to access include:

- **Roots to Success:**

This project is aimed at supporting 16–25-year-olds who are at risk of current and future unemployment or education drop off. By providing opportunities to gain skills and confidence we will aid them in future job seeking and day to day life.

The Roots to Success programme depends upon those working directly with the young people, to facilitate the learning by supporting delivery. We recognise that young learners respond better when being mentored by someone they have a professional, trusting relationship with. Through Roots to Success these young people can gain training, specific to boosting their resilience and transferrable skills with the opportunity to then put these into practice in a physical activity setting.

The learning provided will help the young person recognise the skills they already have and where they can build on these and gain new ones. They will go on to have the opportunity to volunteer with trusted partners, gaining work experience appropriate to their interests.

There will also be training provided through other partnering organisations, however all will be applicable to the young people and their needs.

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The project follows a 'train the trainer' model by upskilling those interested in delivering the Resilience and Transferrable skills learning to the young people or person they are supporting. We will be working with organisations, groups, and clubs within the local community to be a part of the programme. Upskilling them to be young volunteer ready, providing opportunities for the young people to gain new experiences and to put their learning into practice.

- **Skills360 Diagnostic:**

The Skills360 Diagnostic is a process carried out by Sport Birmingham, when first working with a club, organisation, or community group, to determine where and what support they could be provided. An Organisation Lead, Head Coach or equivalent, will initially complete a survey of questions about their organisation and workforce, based upon UK Coaching's Duty to Care (Safeguarding, Inclusion, Diversity, Wellbeing & Mental Health). Also included are questions around resilience and transferrable skills and the audiences they engage with.

Once completed, further, more detailed conversations are held to generate discussion around the answers given and to better identify where Sport Birmingham can support, and identify areas of need e.g., in training, networking, up-skilling, or project links.

- **Learning & Networking Sessions:**

The sport & physically activity sector has been greatly affected by COVID-19 and has called on adaptations to ways of working and everyday life. Due to the changing rules and regulations we wanted to provide regular contact for Birmingham clubs, groups, and organisations to learn from each other's experiences and provide a network of support.

Sport Birmingham have been delivering a series of online learning and networking events, focussing on different topics, applicable to the needs and trends of the sector and their return to delivery.

Sport Birmingham are looking to provide this networking space for YDAF projects, to be able to share and network with each other; working with similar audiences and delivering similar programmes will not mean similar delivery and response, therefore this will be a space where those differences can be learned from.

Training Needs

As part of your application please consider any workforce training / development needs for your organisation or to enable your project to run.

If you are successfully funded, we will include 3 [EduCare for Sport](#) licences. These must be taken up and used by three interested and committed members of your workforce, where applicable.

This offer would require at least one individual e.g. the Project Lead / Organiser, to complete – **Online Safety, Practical Guide to GDPR and Child Protection in Sport & Leisure** (The refresher courses or appropriate alternatives, are an option if already completed). Furthermore courses within the package are available to complete by the individual if desired and within their own time.

The other two licences should go to colleagues working in different areas – i.e. A coach, a Volunteer, an Assistant Coach etc. We would need assurances that any individual taking up the offer is interested and will complete a minimum of 2/3 topics.

We have provided some examples of all available training below, but if you have specific needs that are not covered, please do get in touch. If you wish to access any support then factor these costs into your funding submission, indicating which courses and how many places you require. If successful, we can organise these courses on your behalf.

Self-directed learning (online, virtual, eLearning

Title	Supplier	Cost
<p>EduCare for Sport Package:</p> <ul style="list-style-type: none"> • An introduction to safety in clubs • A practical guide to the GDPR • Child Exploitation • Child Protection in Sport and Active Leisure • Child Protection Refresher 2020 • Child Sexual Exploitation in Sport 2020 • Concussion Awareness • Equality and Diversity in Sport • First Aid Essentials • Food Hygiene and Safety • Health and Safety • Mental Wellbeing in Sport and Physical Activity • Online Safety • Personal Safety • Preventing Bullying in Sport • Raising Awareness of Trafficking and Modern Slavery • Safeguarding Adults in Sport • Safer Recruitment <p>More information: https://www.educare.co.uk/educare-for-sport</p>	<p>Sport Birmingham</p>	<p>£25per person for 18 courses</p> <p>(normally £20 per course)</p>

Understanding Resilience	Sport Birmingham	£10pp
Understanding transferable skills	Sport Birmingham	£10pp

Group learning – The following courses can be accessed either face to face or online as part of group learning. Please indicate your preference in your funding application.

Title	Supplier	Cost
CPSU Time to Listen (relevant to welfare and safeguarding leads)	Sport Structures	£35pp
Safeguarding and Protecting Children	Sport Structures	£30pp
Emergency First Aid for Sport	Sport Structures	£40pp
First Aid for Mental Health	Sport Structures	£40-70pp
Inclusive Activity Programme	UK Coaching	£15pp

Organisational Development – There are a range of organisational development workshops and tools available to you.

Title	Supplier	Cost
Club Matters Workshops: <ul style="list-style-type: none"> • Introduction to legal structures • Planning for your future • Leadership teams • Participant experience • Volunteer experience • Developing a marketing strategy • Engaging you community • Financial Sustainability More information: https://www.sportstructures.com/education-training/book-onto-a-course/club-matters-workshops/	Sport Structures	Free

For any further information please contact Alice Trevallion at Alice.Trevallion@sportbirmingham.org