



NEWTON AYCLIFFE SECURE CENTRE SPORT OUTREACH BOXERCISE PROJECT

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Engage, support, inspire
through Sport & Physical Activity

BACKGROUND

Newton Aycliffe Secure Centre houses some of the most vulnerable young people in the county, many of whom have complex problems and need intensive support to help them turn their lives around. It is a secure children's home which provides high quality, specialist secure accommodation for young people between the ages of 10 and 18. The centre is committed to making positive differences to the lives of young people, through a multi-disciplinary approach which aims to educate, promote healthy lifestyles, reduce risk and return to a positive lifestyle in the community.

Following discussions with both staff and young people at Newton Aycliffe Secure Centre, it was identified that the young people would benefit from taking part in more sport and physical activity sessions. Initial consultations with the young people were carried out and this information was used to shape the future of the project by providing taster sessions in a number identified sports then setting up a regular weekly activity session, based on the young people's requests.

IMPACT & SUSTAINABILITY

Across the six weeks of delivery, ten young people engaged in the boxercise sessions with all participants saying that they had enjoyed taking part and, when asked what the boxercise sessions had helped them with, a number of the participants commented that the weekly sessions had helped to develop their confidence, given them an outlet for their anger and helped to improve their overall fitness levels. Out of the ten young people, who were engaged in the sessions, four of them went on to complete the Sports Leaders UK: Level 1 Award in Sports Leadership qualification. These four young people reported that taking part in this qualification developed their communication, self-confidence and resilience.

When asked what they had either learnt or developed throughout the duration of the course, the young people said:

- "I can speak out in front of people and respond positively to feedback"
- "My confidence and speaking"
- "I got more confident"
- "Not to give up so easily"

All four young leaders said they had enjoyed the course and that the most beneficial areas were learning about themselves, learning new skills, delivering sessions to others and seeing success when other young people did what they asked and achieved. Following completion of the qualification, the young people identified three key areas (speaking out to groups, confidence and planning ahead) for them to keep working on in order to help them develop further and become the best leaders they can be.

ACTIONS

Twelve boys and eight girls took part in the initial consultation sessions where they mentioned that they have access to the gym within the Secure Centre, sometimes take part in social badminton and also play football but they would be interested in trying new sports which are not currently offered. Four sports (hockey, fencing, boxercise and soccer) were identified as areas of interest from the consultations so taster sessions were delivered in these sports then the young people identified boxercise as the sport they would like to carry on with as a regular weekly session. Links were made with Go Forth! Fitness & Wellbeing to deliver the sessions which would be shaped by the young people, depending on what they wanted to get out of the sessions and the areas they wanted to develop.

The young people at the Secure Centre identified a lack of rewards and a lack of sports they were interested in as the two main reasons why they didn't take part in much physical activity so the boxercise project was developed to meet the young people's requests and encouraged them to continue with their participation in physical activity after the six week block had finished by providing them with a variety of incentives. Following completion of the weekly sessions, participants were given the opportunity to go on a trip out of the Secure Centre to use Durham University facilities and take part in canoeing/kayaking/outdoor & adventurous activities. Secondly, all participants were provided with a free boxercise t-shirt to reward them for their engagement with the project, boxercise equipment was purchased to allow the sessions to continue and the participants were also offered the chance to complete the Sports Leaders UK: Level 1 Award in Sports Leadership qualification which would allow them to gain experience of leading small groups, assist with the weekly delivery and contribute to the sustainability of the sessions.

"The boxercise helped me to become fitter and helped me with my anger"

"The sessions improved my confidence and vented my anger out"

