

NextGen

Sunnah Sports Academy - Bradford



'Next Gen' is an initiative designed to upskill and empower young people to become the next generation of young leaders and role models within their local communities. Through this process, young people have been creating their own volunteering journeys, opening up career pathways and inspiring others to do the same.

The NextGen initiative includes the following elements:

- **Recruitment:** Locally Trusted Organisations within the StreetGames network recruit young people from the local area to take part in the programme.
- **Introduction:** The young people are introduced to StreetGames, the 'NextGen' concept and informally discuss training needs.
- **Training:** The young people access courses via the StreetGames Training Academy to develop them as young leaders and volunteers, diversifying their delivery options and challenging them as individuals to support their peers and community. These courses are chosen by the young people, based on the informal training needs analysis.
- **Local Delivery:** The young people volunteer regularly at their sessions, putting into practice the leadership skills and knowledge gained in real life situations. They are encouraged to share these experiences with each other and reflect on any challenges they may have come across.
- **Social Action & Youth Voice:** Young people plan and deliver a social action project in their area which may involve planning a mini project that offers new activity, or tackles a social issue.
- **Celebration Event:** An event for the young people and their families, where they receive certificates for their contributions to their community.

The Next Gen programme in Bradford was led by Sunnah Sports Academy Trust, who are a registered sport charity based in the Manningham area of Bradford, who currently run sessions for around 250-300 young people every week in their community. Sunnah Sports Academy Trust utilised the £25,000 of funding from Yorkshire Sports Foundation to run two groups of the StreetGames 'NextGen' programme simultaneously. Sunnah Sports Academy Trust have exceeded targets by engaging **37 young volunteers** so far, all committed to developing their leadership skills by:

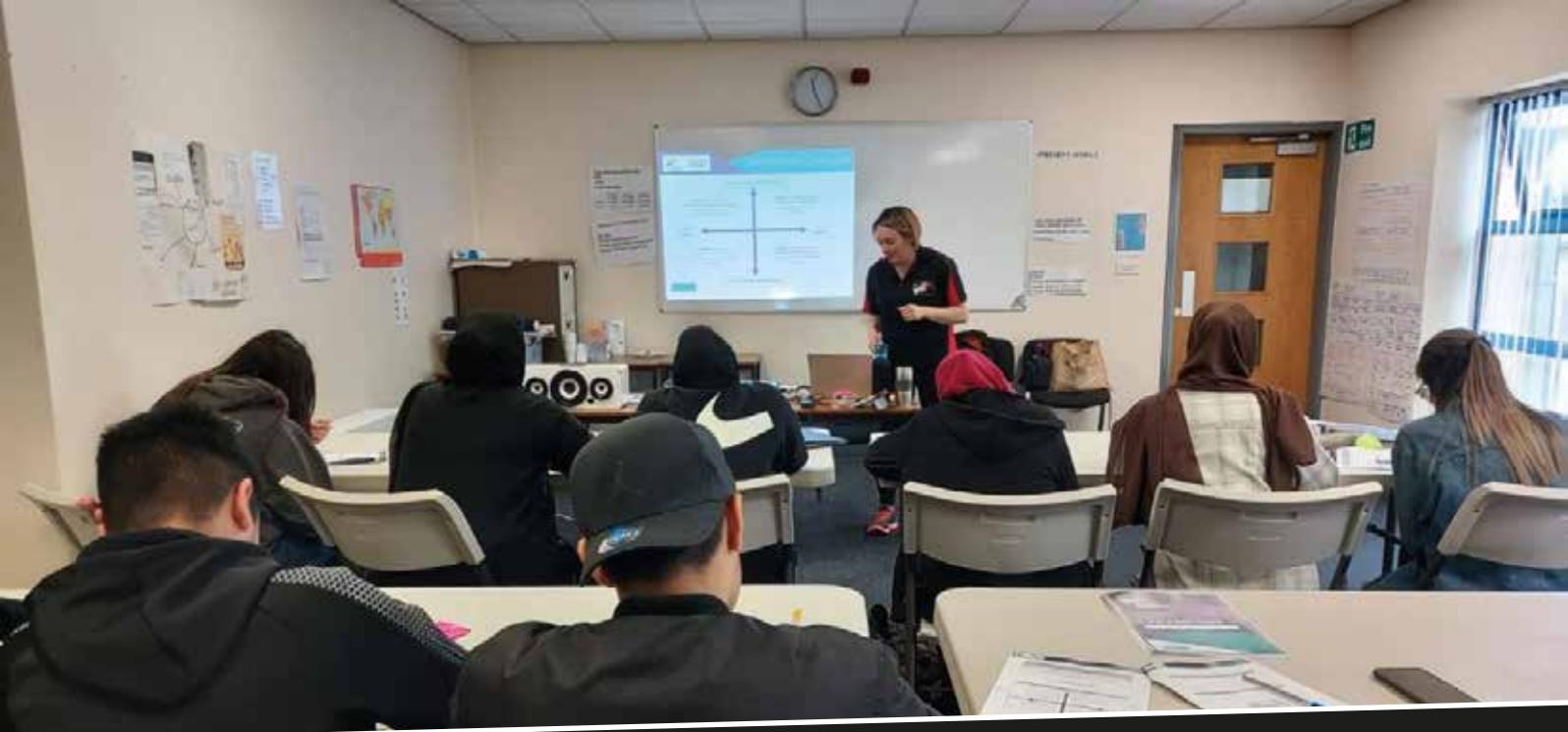
- Helping to support and lead doorstep sport sessions
- Attending Training workshops via the StreetGames Training Academy
- Undertaking a 'social action' project and developing new sessions 'Dragons Den' style, by researching the wants and needs of the youth in their community before pitching their ideas

Split into two groups, the 37 young volunteers have been attending regularly since the programme's inception. The majority of volunteers are of Asian or of a Mixed ethnic background.

From September 2021 to March 2022 there has been a minimum delivery of 28 weeks (4x7), with more still to come.

Some of the young leaders who completed the Level 2 Health Champions course still have sessions to run due to delays, with others likely to continue too.

During February half term alone, the young people delivered a total of 324 hours of volunteering between them, an average of 9 hours each. This was mainly spent assisting Holiday Activities Fund delivery in Bradford by giving out food parcels, checking equipment and stock checking at New Choices Learning Zone, leading warm ups and setting up sessions at Sunnah Sports Academy Trust and also at local football and cricket clubs.



TRAINING

Across the two groups, all volunteers attended at least one training course/workshop from the StreetGames Training Academy – the majority of volunteers attending at least three workshops.

The table below shows the range of training courses provided and number of attendees at each:

<u>COURSE</u>	<u>ATTENDEES</u>
Safe Guarding	26
First Aid	24
Go Lead Award	12
Level 2 Young Health Champions	35
Level 1 Engaging inactive young people	14
Level 2 Sports Leaders Award	23

DRAGON'S DEN

As a part of this programme, all volunteers participated in a 'Dragon's Den' style event. Each group developed ideas based on what they felt they, their peers and the community needed – but then backed this up via consultation and researched data such as demographic, crime and juvenile statistics in their local area.

The ideas included:

- **Mental Health Workshops:** this idea came from a group consisting of one girl who had previously accessed counselling and was aware of the stigma surrounding it, with others in the group knowing at least one person who had experienced poor mental health. They developed the mental health workshops in an effort to reduce stigma and help people to recognise times when others need help.

- Self Defence Sessions: These sessions came from a group of girls that travel a longer distance to sessions (from Moston) and have repeatedly not felt safe doing so.
- Elderly and Family Sessions: This idea came from a group that all had elderly grandparents lots of whom lived alone through the pandemic. They were aware of the difficulties they had faced and wanted to try and re-introduce a social element back into the lives of the elderly community to improve wellbeing.
- Juvenile Crime Intervention: This idea came from an all boys group they researched the stats of when Juvenile crime is most active, spoke to young boys about what activities would keep them from going out and getting into crime. They presented their idea to the local police in their community. The idea was give the boys something to do which will stop boredom crimes.

The young people pitched their ideas and supporting research to a panel consisting of StreetGames and three members of Yorkshire Sport Foundation, all which received high praise.

As a result of their pitches in December 2021, the volunteers had started delivering the following sessions by February 2022 – which collectively had attracted over 200 participants:

		Participants	Male	Female	Sessions	Age Range
BD5 (Mixed)	Mental Health Workshop	24	0	24	2	11-18
	Self Defence Session	24	0	24	8	11-18
	Football crime prevention	10	10	0	4	13-18
BD7 (Women and Girls)	Self Defence	78	0	78	10	12-24
	Revision Workshop	12	0	12	4	14-16
	Elderly Sessions	36	6	30	10	50+
	Family Sessions	18	0	18	4	12-32
		202	16	186	42	



NEXTGEN – DEVELOPING YOUNG LEADERS

Feedback from the young people involved in the NextGen initiative and project staff at Sunnah Sports Academy has highlighted many positive benefits from being involved, including: **gaining new skills and experience** that will help them in future employment/ education, **increasing their activity levels, increased confidence, being challenged** by gaining opportunities to do things 'outside their comfort zone'. Most importantly, the programme has provided the young people with positive experiences through having **fun, meeting new friends, being happy and opening up routes into part-time employment.**

Summary feedback from a selection of young people involved is shared below:

AALIYAH

Aaliyah has been attending Sunnah Sports Academy Trust from a very young age - since she can remember. Sunnah Sports Academy Trust is a big part of her life and says that Nalette has always made it easy to turn up and talk to someone.

'I'm definitely a lot less shy because of Sunnah Sports Academy Trust and I've made some great friends that I can't live without.'

Aaliyah participated in the leadership programme, organising and running mental health workshops with her group, sharing:

'It's a great thing to put on your CV, I've been to a few different interviews for colleges recently and they're definitely impressed that I'm part of a leadership programme, having volunteered and hosted different events. I want to be a diplomat in the future and I think the leadership programme is helping me gain confidence in expressing my opinion, which is something I've struggled with in the past. I would definitely recommend the leadership programme as it gets you 'out of your shell'. I've also made a lot of new connections and dealt with different situations, learning how to deal with pressure.'

Jemima praised the encouraging, **active environment** that Nalette and Sunnah Sports create, that allows the participants and volunteers to develop at ease.

JEMIMA

Jemima also delivered mental health sessions alongside Aaliyah and although it was intended for participants, acknowledges that it helped her personally too:

'It's been a great thing to be involved in, everyone is always really happy at Sunnah Sports Academy Trust and the atmosphere is great, it's always fun to come. Thinking about my UCAS application in particular, I think being involved in the leadership programme will help me a lot in the future.'

RASHTA

Rashta is the Head Teacher of Eden Springs Girls Secondary who got involved in this project to give the girls in her school an opportunity to gain skills which will better their employment opportunities in the future.

'Nalette delivered a sports leadership course to Year 11 students at Eden Springs Girls Secondary.

The purpose of the course was for the students to build their skills and confidence in independently leading and coaching sports sessions and physical activity.

The students enjoyed the course and felt that Nalette was very passionate about what she does which was inspiring and enabled them to lead their own sessions'.

EESAH

Eesah also began his journey at Sunnah Sports Academy Trust as a participant and admits that normally, he wouldn't have agreed to something like the leadership programme and can sometimes be lazy. However, since the pandemic he took a 'why not' approach and has now successfully delivered football training sessions with a group of 9/10 year olds, which gave him a taste of how to supervise and manage energetic behaviour. Sharing that:

'Volunteering has made me more confident and pushed me out my comfort zone – especially after Covid, it's also given me the opportunity to get active, meet new people and reconnect with some old friends that I lost touch with over lockdown.'

Nalette Tucker who is the Project Lead at Sunnah Sports Academy Trust also shared how positive the programme has been for those involved:

'The commitment and enthusiasm from our young leaders has been on another level, particularly due to Covid, some of their opportunities and qualifications had taken a hit because of time away from school, so this programme has provided something positive for them to get their teeth into and gain a sense of achievement.'

'A lot of our young volunteers are either past or present participants, and have taken volunteering as a way to stay involved in the project despite maybe being too old for certain sessions. Many see it as a way to give back, they've enjoyed coming to sessions but may have reached an age now where they're no longer able to join the younger participants in activities but they still want to be involved, and volunteering offers that involvement.'

Nalette's passion, connection and rapport with the young leaders has played a huge part in the success of the intervention: When asked why she still enjoys working at Sunnah Sports Academy Trust after several years, she said:

'...one of the reasons I get out of bed in the morning is to see young people enjoy themselves and achieve, when they come to you and say they've got a place in college or a new qualification because of their volunteering role, or you see them go onto get a job somewhere else, being able to be there referee – it never gets old! It's amazing and it gives you a boost like nothing else can.'

These continued relationships with past and present attendees mean that Sunnah Sports plays a vital role in **connecting the community** and bringing people together through participating, volunteering or advocating for Sunnah, sports and physical activity.

FUTURE PLANS

As a result of their great work during the leadership programme and 'going over and above' what was expected during February half-term HAF delivery, Nalette has agreed to give three volunteers a paid role to support HAF delivery this summer. More than one third of Sunnah Sports Academy Trust's HAF group have a disability and ideally need 1-2-1 support, which Sunnah Sports Academy Trust unfortunately can't provide without additional funds. However, these volunteers have shown great qualities in filling these gaps and supporting as much as possible.

Sunnah Sports Academy Trust have a history of staying connected with past participants and volunteers and will continue to support them in finding courses, qualifications and employment – as well as writing references and supporting wherever they can.

Nalette - 'We have had some amazing and talented young people join in, we are excited to employ a few from this group to stay and help out in future sessions.'

