



Institute of
Environment,
Health and
Societies

StreetGames: Safe, Fit and Well – Case Studies

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Group (B-SHaW)**

Welfare, Health and Wellbeing Theme:
Institute of Environment, Health and Societies
Brunel University London





Individual Case Studies



StreetGames Case Study

Brentwood Fitness In Mind™

Enhancing Young People's Mental Health and Wellbeing

The StreetGames pilot projects delivered doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-peer learning and support were key features of the programme.

This case study draws on observations and interviews with the project leaders and participants of Brentwood Fitness In Mind. Brentwood Fitness In Mind, delivered at the Brentwood Leisure Centre, aims to improve mental, physical and social wellbeing through the promotion of physical activity.

Reaching & Engaging Young People

Local authorities, and those that deliver their service in partnership with local authorities, play a significant role in the delivery of community sport for young people from disadvantaged areas through their strategies for leisure provision and health and wellbeing services. The sport coach workforce represents a community asset in the design and delivery of sport for mental health and wellbeing. Their knowledge and skill and their direct involvement with communities living in disadvantage makes them well placed to reach young people and engage them in sporting activity to protect and improve their mental health.

Brentwood Fitness In Mind expert sports practitioners tailored the sporting offer to the needs of young people facing mental health issues. Close working relationships ensured that sports coaches and peer support workers understood the relationships between young people's mental health and their lifestyle behaviours. Successfully engaging these young people in sporting activity

involved delivering sports selected by young people themselves, offering one-one support where required and taking consideration of the barriers of time, cost and access to facilities.

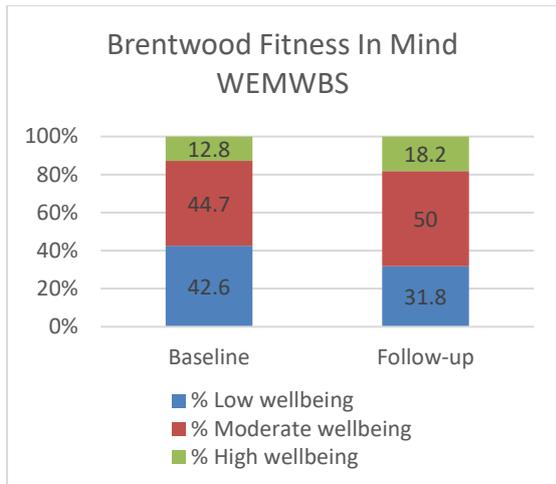
A range of sport and organised exercise were on offer including boxing, mixed martial arts (MMA), circuit training, yoga, pilates, tai-chi, basketball, netball, badminton, tennis, table tennis and gym-based fitness sessions.

Sport for Mental Health and Wellbeing

Sport and organised exercise was promoted by Brentwood Fitness In Mind as a way to build confidence, encourage social interaction and increase communication skills for those taking part. In addition, sport was considered to be a site for engaging young people in open discussions about mental health and wellbeing in order to signpost to support services or education and employment opportunities. Framed in this way, sport was seen by project leaders and participants to have potential in reducing depression, anxiety and stress in young people from disadvantaged areas.

How participants responded to the project

Participants completed 'Have Your Say' postcards allowing them to identify what they most enjoyed and provide suggestions for future programme development. Participants enjoyed "meeting new people", the "opportunity to try lots of different activities", "getting healthy", "feeling included as opposed to trying to access open classes – daunting" and the "support from team leaders and peer support". Participants felt that "more classes", "more opportunities for peer support" and "better marketing and promotion from NHS services (e.g. GP's)" would improve their experience and help develop the programme.



WEMWBS was used to measure positive change in wellbeing. The graph above illustrates the results of 24 participants with the follow-up measurement taken 11 weeks after a baseline measurement. Results indicate that participants' wellbeing improved over the 11 week period of the project; with those participants recording high wellbeing increasing to 18 percent from 13 percent and 32 participants recording low wellbeing at the follow-up, from 43 percent at baseline.

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact. The project lead recognised the importance of mental health and wellbeing training for frontline delivery staff to identify and support mental health and low wellbeing. Brentwood Fitness In Mind Staff had already received mental health training but used StreetGames' multi-sport activator training to upskill staff in their delivery of sport to young people with mental health or wellbeing issues.

The development of qualified experts in MHFA and sport delivery supported the wider impact of the work of project leaders in developing the education and skills of participants to enable them to be more prepared for seeking and gaining employment.

Peer-to Peer Learning and Support

Young people with mental health or wellbeing issues respond to the encouragement of their college peers who may be in a good position to understand their needs and causes of concern.

Through the StreetGames programme, a small group of Brentwood Fitness In Mind peer support workers attended a four-day residential at Brathay Hall in the Lake District where they were awarded the Royal Society for Public Health Level 2 Young Health Champions qualification. The accredited qualification was significant for the development of the peer-to-peer learning structure of the project.

The peer support offered by Brentwood Fitness In Mind peer support workers is based on experience, skill and knowledge for those facing mental health and wellbeing issues and can play a role in raising awareness about and destigmatising mental health.

Networks and Partnerships

The StreetGames programmes demonstrated the importance of being able to operate within a wider network of partners for funding and referral support. The Brentwood Fitness In Mind team engaged in a StreetGames facilitated Action Learning Set which provided the opportunity for projects to develop a community of practice by sharing experiences, discussing challenges and potential solutions as well as setting standards and good practice in programme design, delivery and evaluation of sport for mental health and wellbeing.

Brentwood Fitness In Mind is partnered with the Brentwood Leisure Centre and has received funding from Sport England. Brentwood Fitness In Mind is often involved in consultation work with MIND England, NHS England, local NHS services and Public Health England where Brentwood Fitness In Mind offer advice on mental health and wellbeing within the sports and leisure industry.

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StreetGames Case Study

Chapter 1 and the Salvation Army Housing Association

Enhancing Young People's Mental Health and Wellbeing

The StreetGames pilot projects delivered doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-peer learning and support were key features of the programme.

This case study draws on observations and interviews with the project lead and participants at one pilot project; Chapter 1 and Salvation Army Housing Association (SAHA) located in Salford. Chapter 1 and SAHA aimed to improve the mental health and wellbeing of SAHA residents through the delivery of regular gym-based physical activity and pop-up sport (e.g. archery) as well as providing an opportunity for homeless clients to attend a nutrition and wellbeing education programme in combination with organised physical activity (e.g. a running club) to develop key employability skills such as discipline, time-management, and group interaction.

Reaching & Engaging Young People

Charities play a significant role in meeting the financial and delivery challenges faced in public health by providing expert healthcare, conducting research, raising awareness, supporting clients, and promoting mental health and wellbeing organisations. As trusted independent organisations, charities occupy a key position at the heart of their communities and are well placed to reach young people and engage them in sport activity.

Chapter 1 and the SAHA engaged with clients of the SAHA who were already on-site; using two gyms located at their supported accommodation to deliver physical activity. A homeless football

league - organised and run by the Chapter 1 and SAHA project lead - also served as a potent tool for recruitment of a population which had indicated sport as an appealing activity to be engaged in.

Sport for Mental Health and Wellbeing

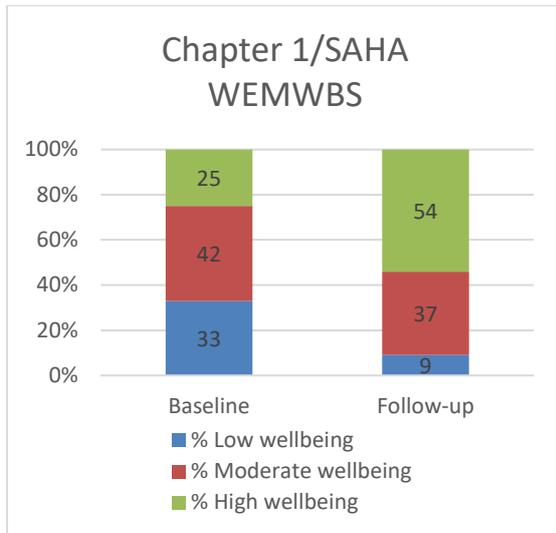
Sport has been identified as having the potential for developing employability skills and inspiring young people to achieve their potential. Sport development experts working at Chapter 1 and the SAHA viewed sport as important for building resilience, improving self-esteem, learning skills to be more independent, offering a counter activity to anti-social behaviours and providing opportunities for personal education and the development of employability skills.

Sport was also identified by the project lead as a unique space for young people to discuss their mental health and wellbeing.

How participants responded to the project

Participants completed 'Have Your Say' postcards allowing them to identify what they most enjoyed and provide suggestions for future programme development. Participants enjoyed opportunities for "training" and doing "archery" and cited the programme as positive because "it gets me motivated" and "it inspires me to keep fit". One participant felt that some "simple activities for those ... who are averse to traditional exercise" would have improved their experience while the others to complete the 'Have Your Say' postcard did not suggest any improvements.

WEMWBS was used to measure positive change in wellbeing. The graph below illustrates the results of 51 participants with the follow-up measurement taken 8 weeks after a baseline measurement.



Results indicate that participants' wellbeing improved over the 8 week period of the project; with those participants recording high wellbeing increasing to 54 percent from 25 percent and 9 percent of participants recording low wellbeing at the follow-up, from 33 percent at baseline.

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact. Mental Health First Aid (MHFA) qualification was specifically highlighted as providing staff with knowledge, skills and confidence to deliver sports sessions to young people with mental health and wellbeing issues. In addition, the development of qualified experts in MHFA supported the design and development of sports activities and opportunities for participants in the projects.

Peer-to-Peer Learning and Support

Informal processes of peer-to-peer learning and support were evident. Opportunities for young people to volunteer and develop their leadership roles in the work of charity partners led to more formal knowledge exchange with other peers at a range of events. The provision of informal opportunities for peers to discuss mental health

through their participation in sport represented informal opportunities for peer-to-peer support and learning.

Networks and Partnerships

The StreetGames programmes demonstrated the importance of being able to operate within a wider network of partners for supporting students and enhancing their mental health and wellbeing through sport and physical activity. Chapter 1 and the SAHA engaged in a StreetGames facilitated Action Learning Set which provided the opportunity for projects to develop a community of practice by sharing experiences, discussing challenges and potential solutions as well as setting standards and good practice in programme design, delivery and evaluation of sport for mental health and wellbeing. Chapter 1 and SAHA partnered with other housing charities, Not in Education, Employment or Training (NEET) organisations, local NHS services and job recruitment services.



StreetGames Case Study

Pat Benson Boxing Academy (Birmingham)

Enhancing Young People’s Mental Health and Wellbeing through Boxing

The StreetGames pilot projects delivered doorstep sport to enhance young peoples’ mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-peer learning and support were key features of the programme.

This case study draws on observations and interviews with the project leader, sport deliverers and participants of a community boxing club. Pat Benson Boxing Academy (PBBA) in Birmingham deliver boxing to enhance young peoples’ mental health through a dedicated MindFit programme. In partnership with Birmingham’s Youth Offending Team, the MindFit programme targeted young people who have committed minor misdemeanours and/or are ‘at risk’ of receiving a criminal record or being sentenced to a juvenile facility.

Reaching & Engaging Young People

Boxing, targeted to hard-to-reach young people facing social isolation, opportunities for criminal behaviour, few positive role models and living in disadvantaged areas has been found to provide a physical and educational environment for changing behaviour, improving self-esteem and building resilience. Boxing coaches at Pat Benson Boxing Academy have developed the knowledge, skill and experience to reach young people experiencing mental health issues and engage them in boxing to enhance their mental health and wellbeing.

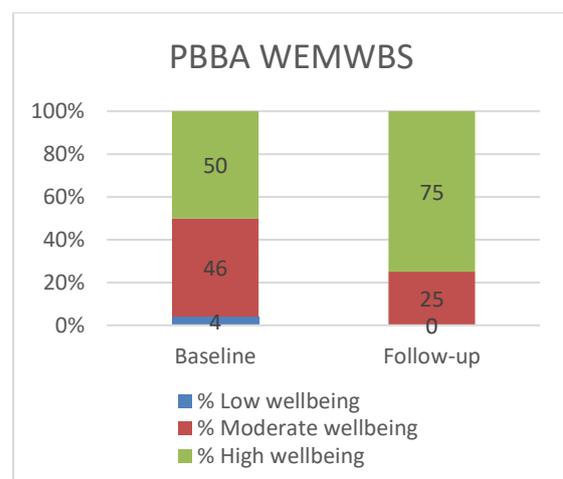
Boxing for Mental Health and Wellbeing

Sport, tailored to enhancing mental health and wellbeing is being recognised as important in

supporting young people in disadvantaged areas. The MindFit programme, which included regular weekly sessions of instruction, provided a sense of meaning and belonging for the young people in their communities. The opportunity for develop boxing skills is coupled with increasing confidence, improved communication and leadership skills, and anger management. Combining sport skill development with a sport governing body qualification provided the young people with a sense of achievement.

How participants responded to the project

Participants completed ‘Have Your Say’ postcards allowing them to identify what they most enjoyed and provide suggestions for future programme development. Participants enjoyed the “circuit training”, “meeting new people” and felt that the programme “builds confidence” and “helps with discipline”. Participants felt that “new equipment” and “more sessions” would improve the programme.



WEMWBS was used to measure positive change in wellbeing. The graph above illustrates the results of 24 participants with the follow-up measurement taken 16 weeks after the baseline



measurement. Results indicate that participants' wellbeing improved over the 16 week period of the project; with those participants recording high wellbeing increasing to 75 percent from 50 percent and zero participants recording low wellbeing at the follow-up, from 4 percent at baseline. The mean wellbeing score change improved significantly (3.88) from baseline (58.5 ± 8.4) to follow-up (62 ± 7.0) (Wilcoxon signed-rank test, $p < 0.001$).

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact through community sport clubs. The Mental Health First Aid (MHFA) qualification was specifically highlighted by the PBBA project lead as a way of providing staff with knowledge, skills and confidence to deliver boxing sessions to young people with mental health and wellbeing issues. In addition, the development of qualified experts in MHFA supported partnership work between PBBA and local Young Offending Service professionals. The Young Offending service were able to make referrals into PBBA, avoiding referral into youth offending facilities.

Peer-to Peer Learning and Support

Young people with mental health or wellbeing issues respond to the encouragement of their peers who may be in a good position to understand their needs and causes of concern. PBBA has the capacity to dedicate their skills,

knowledge and time to supporting young people with mental health issues. Peer-to-peer support was formalised in this pilot project through a boxing club Youth Council to give young people a voice and as a vehicle to develop leadership and support skills for young peer mentors.

Networks and Partnerships

The Safe, Fit and Well programmes demonstrated the importance of being able to operate within a wider network of partners for funding and referral support. PBBA engaged in a StreetGames facilitated Action Learning Set which provided the opportunity for projects to develop a community of practice by sharing experiences, discussing challenges and potential solutions as well as setting standards and good practice in programme design, delivery and evaluation of sport for mental health and wellbeing.

In order to establish MindFit, PBBA consulted with Sport Birmingham, England Boxing, Birmingham Wellbeing Service (council) and MIND England. PBBA has built a referral pathway with key organisations, including a local school and Birmingham's Youth Offending Service and has worked with the boxing charity 'Fight for Peace' who offered management consultancy for establishing MindFit.

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StreetGames Case Study

Positive Futures (Wirral Sports Development Unit)

Enhancing Young People's Mental Health and Wellbeing

The StreetGames pilot projects delivered doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-peer learning and support were key features of the programme.

This case study draws on observations and interviews with the project leader, a partner organisation and participants of Positive Futures' Wellness Programme (managed by the Wirral Sports Development Unit). Positive Futures is a social inclusion programme which engages with disadvantaged young people from the Wirral area that have offended, are at risk of offending or have substance misuse issues.

Reaching & Engaging Young People

Local authorities play a significant role in the delivery of community sport for young people from disadvantaged areas through their strategies for leisure provision and health and wellbeing services. The sport coach workforce represents a community asset in the design and delivery of sport for mental health and wellbeing. Their knowledge and skill and their direct involvement with communities living in disadvantage makes them well placed to reach young people and engage them in sporting activity to protect and improve their mental health.

Positive Futures' expert sports practitioners tailored the sporting offer to the needs of young people facing mental health issues. Close working relationships ensured that sports coaches understood the relationships between young people's mental health and their lifestyle behaviours. Successfully engaging these young

people in sporting activity involved delivering sports selected by young people themselves, offering one-one support where required and taking consideration of the barriers of time, cost and access to facilities.

A range of sport and organised exercise were on offer in an 'inclusive' programme which included football, cycling, boxing, boxercise, golf, foot-golf, circuit training, aerobics, pilates, yoga and swimming. In addition, to an inclusive sport offer at local leisure facilities, a bespoke fitness training programme and free gym access to a local leisure centre was offered to those youth referred from a range of agencies including crime, education and mental health services.

Sport for Mental Health and Wellbeing

Sport and organised exercise was promoted by Positive Futures as a way to develop self-control, change behaviour, build confidence, encourage social interaction and increase communication skills for those taking part. In addition, sport was considered to be a site for engaging young people in open discussions about mental health and wellbeing in order to signpost to support services or education and employment opportunities. Framed in this way, sport was seen by leaders, partners, and participants to have potential in reducing social exclusion, anti-social behaviour, depression, anxiety and stress in young people from disadvantaged areas.

How participants responded to the project

Participants completed 'Have Your Say' postcards allowing them to identify what they most enjoyed and provide suggestions for future programme development. Participants enjoyed opportunities to "socialise", "meet new people" and "play footy" and cited a "good atmosphere" which "built



confidence". Participants felt that having sport "twice a week" and on "bigger pitches" with "more participants" would have improved their experience.

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact. The project lead recognised the importance of mental health and wellbeing training for frontline delivery staff to identify and support mental health and low wellbeing. Mental Health First Aid (MHFA) was specifically highlighted as a course which had given Positive Futures' coaches the knowledge, skills and confidence to deliver sports sessions to young people with mental health and wellbeing issues.

In addition, the development of qualified experts in MHFA supported the wider impact of the work of project leaders in developing the education and skills of participants to enable them to be more prepared for seeking and gaining employment.

Peer-to Peer Learning and Support

Young people with mental health or wellbeing issues respond to the encouragement of their college peers who may be in a good position to understand their needs and causes of concern.

Through the StreetGames programme, a small group of Positive Futures young volunteers attended a four-day residential at Brathay Hall in the Lake District where they were awarded the Royal Society for Public Health Level 2 Young Health Champions qualification. The accredited qualification was significant for the development of the peer-to-peer learning structure of the project.

The Positive Futures young volunteers had the opportunity to deliver sessions to other young people. This provided them with their own opportunities for improving self-esteem through 'giving back' to the community as well as developing employability skills. The young volunteers offer peer support based on experience, skill and knowledge for those facing mental health and wellbeing issues and played a role in raising awareness about and destigmatising mental health.

Networks and Partnerships

The StreetGames programmes demonstrated the importance of being able to operate within a wider network of partners for funding and referral support. The Positive Futures team engaged in a StreetGames facilitated Action Learning Set which provided the opportunity for projects to develop a community of practice by sharing experiences, discussing challenges and potential solutions as well as setting standards and good practice in programme design, delivery and evaluation of sport for mental health and wellbeing.

Young people are referred to Positive Futures from a range of agencies including Response (substance misuse), Youth Offending Service, Child and Adolescent Mental Health Services (CAMHS). Positive Futures also maintains close links to the Fire Service and Police & Crime Commissioner for funding and advice. Positive Futures also received funding from the Merseyside Sports partnership.

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StreetGames Case Study

Tyne Metropolitan College (Newcastle)

Enriching the student experience through sport for Mental Health and Wellbeing

The StreetGames pilot projects delivered doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-peer learning and support were key features of the programme.

This case study draws on observations and interviews with the project lead and participants at one pilot project; Tyne Metropolitan College (Tyne Met). Tyne Met's programme, delivered by the Sports Development Team, used sport to improve the mental health and wellbeing of Tyne Met students to enrich their experience in the further education setting.

Reaching & Engaging Students

Reports by the Association of Colleges (2015) and the NUS (2017) indicated rising numbers of mental health issues amongst students in further education. Sport is recognised for its potential to improve low-levels of mental health and wellbeing by acting as a stress relief and reducing depression and anxiety.

Tyne Met engaged students through an established counselling system and identified specific cohorts of students that could potentially benefit from a physical activity programme for mental health and wellbeing improvement and created a programme, which operated during the teaching day, for these students. A range of physical activities were on offer including boccia, dodgeball, boxing, football, running, volleyball, basketball, boxercise, clubbercise, and gym-based fitness classes or access to weights facilities.

Active Learning for Mental Health and Wellbeing

Taking part in physical activity, the students were able to reflect on and learn to develop a sense of wellbeing. Central to the success of the project was addressing the barriers associated with help-seeking; notably the stigma of mental health and some negative perceptions of traditional competitive sport.

Mental health stigma can serve as a barrier for some students to engage in traditional counselling services. The gym was viewed as a place free of stigma to improve physical and mental health. Free gym passes and weekly one-to-one fitness sessions were offered to individuals that were identified as more likely to engage in physical activity than mental health counselling.

For some students the term 'sport' presents a negative image of high skill and intense competition. Exercise or physical activity or dance, movement and activity are more likely to create a positive perception of the activities on offer. Females were specifically identified as viewing sport negatively. Female-only 'wellbeing' programmes that blended non-competitive physical activity with classroom-based activities involving discussions on wellbeing and healthy living were identified as important for this group.

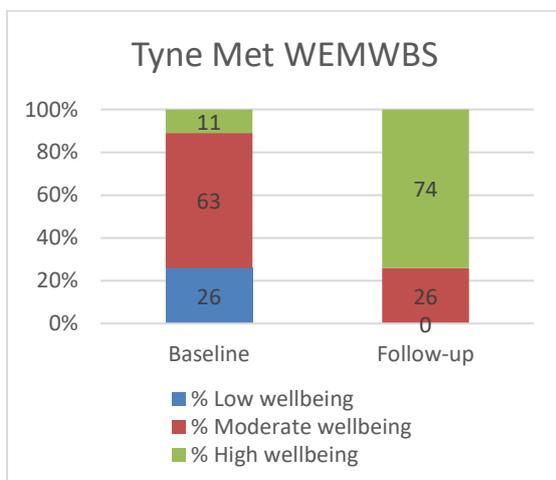
Engagement in sport and physical activity enabled participants to build confidence, teamwork, communication, independence and academic retention. Framed in this way, sport was seen by leaders and participants to have potential in reducing depression, anxiety and stress in students and for encouraging a healthy lifestyle.



How participants responded to the project

Participants completed ‘Have Your Say’ postcards allowing them to identify what they most enjoyed and provide suggestions for future programme development. Participants enjoyed opportunities to “access the gym”, the variety of sports on offer including “running”, “dodgeball” and “playing killer” and, the “challenge” associated with physical activity and sport. Participants felt that more “fast paced” and “team-based” activities would have improved their experience and cited the use of “music” as an additional development suggestion.

WEMWBS was used to measure positive change in wellbeing. The graph below illustrates the results of 19 participants with the follow-up measurement taken 12 weeks after a baseline measurement.



Results indicate that participants’ wellbeing improved over the 12 week period of the project; with those participants recording high wellbeing increasing to 74 percent from 11 percent and zero participants recording low wellbeing at the follow-up, from 26 percent at baseline. The mean wellbeing score change improved significantly (13.21) from baseline (48.2 ± 8.7) to follow-up (61 ± 7.0) (Wilcoxon signed-rank test, p < 0.001).

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact. Mental Health First Aid (MHFA) qualification was specifically highlighted as providing staff – including three young apprentices - with knowledge, skills and confidence to deliver sports sessions to young people with mental health and wellbeing issues. In addition, the development of qualified experts in MHFA enabled a stronger connection to college counselling service and appropriate referrals of young people onto the ‘sports’ programmes.

Peer-to Peer Learning and Support

Young people with mental health or wellbeing issues respond to the encouragement of their college peers who may be in a good position to understand their needs and causes of concern. Through the StreetGames programme, a small group of Tyne Met students attended a four-day residential at Brathay Hall in the Lake District where they were awarded the Royal Society for Public Health Level 2 Young Health Champions qualification. The accredited qualification was significant for the future development of a peer-to-peer learning approach and for the development of personal and professional skills of young peer leaders.

When young health champions are established in further education contexts they are able to offer peer support to participants on sport for mental health and wellbeing programmes. They do this by building a rapport with other young people, supporting their needs, taking part in and delivering sport and physical activity sessions and signposting to other support services.

Networks and Partnerships

The StreetGames programmes demonstrated the importance of being able to operate within a wider network of partners for supporting students and enhancing their mental health and wellbeing



through sport and physical activity. The Tyne Met Sports Development Team engaged in a StreetGames facilitated Action Learning Set which provided the opportunity for projects to develop a community of practice by sharing experiences, discussing challenges and potential solutions as well as setting standards and good practice in programme design, delivery and evaluation of sport for mental health and wellbeing. The Tyne Met Sports Development team receives funding from Sport England and works in partnership with



the College counselling service and pastoral tutors. In addition, Tyne Met is a signatory on the Sport and Recreation Alliance Mental Health Charter.

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StreetGames Case Study

Warrington Wolves Charitable Foundation

Enhancing Young People's Mental Health and Wellbeing

The StreetGames pilot projects delivered doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-peer learning and support were key features of the programme.

This case study draws on interviews with the project lead and a sport deliverer at the Warrington Wolves Charitable Foundation. Warrington Wolves Charitable Foundation emphasise developing emotional wellbeing as being an important facet of a healthy lifestyle and aim to use sport to increase the awareness of mental health and wellbeing as an approach to destigmatise mental health and teach coping strategies to young people with mental health or wellbeing issues.

Reaching & Engaging Young People

Charities play a significant role in meeting the financial and delivery challenges faced in public health by providing expert healthcare, conducting research, raising awareness, supporting clients, and promoting mental health and wellbeing organisations. As trusted independent organisations, charities occupy a key position at the heart of their communities and are well placed to reach young people and engage them in sport activity.

Warrington Wolves used the 'power of the badge,' their association with a professional rugby league club, to engage with young people. In partnership with a local FE college and State of Mind (a mental health charity), Warrington Wolves facilitated the delivery of weekly one-hour sessions to young people from a disadvantaged area.

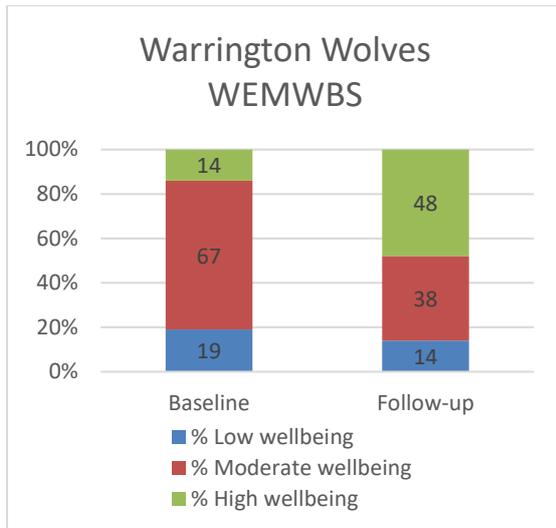
Sport for Mental Health and Wellbeing

Sport has been identified as having the potential for developing employability skills and inspiring young people to achieve their potential. Warrington Wolves experts working in the charity sector viewed sport as important for building resilience, improving self-esteem, learning skills to be more independent, offering a counter activity to anti-social behaviours and providing opportunities for personal education and the development of employability skills.

Sport was also identified by the project leads as a unique space for young people to discuss their mental health and wellbeing.

How participants responded to the project

WEMWBS was used to measure positive change in wellbeing. The graph below illustrates the results of 241 participants with the follow-up measurement taken 13-17 weeks after the baseline measurement.



Results indicate that participants' wellbeing improved over the period of the project; with those participants recording high wellbeing increasing to 48 percent from 14 percent. The mean wellbeing score change improved significantly (4.62) from baselines (49.6) to follow-up (54) (Wilcoxon signed-rank test, $p < 0.001$).

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact. Mental Health First Aid (MHFA) qualification was specifically highlighted as providing staff with knowledge, skills and confidence to deliver sports sessions to young people with mental health and wellbeing issues. In addition, the development of qualified experts in MHFA supported the design and development of sports activities and opportunities for participants in the projects.

Peer-to-Peer Learning and Support

Informal processes of peer-to-peer learning and support were evident in the Warrington Wolves programme. Opportunities for young people to volunteer and develop their leadership roles in the work of charity partners led to more formal knowledge exchange with other peers at a range of events. The provision of informal opportunities for peers to discuss mental health through their participation in sport represented informal opportunities for peer-to-peer support and learning.

Networks and Partnerships

The StreetGames programmes demonstrated the importance of being able to operate within a wider network of partners for supporting students and enhancing their mental health and wellbeing through sport and physical activity. Warrington Wolves Charitable Foundation engaged in a StreetGames facilitated Action Learning Set which provided the opportunity for projects to develop a community of practice by sharing experiences, discussing challenges and potential solutions as well as setting standards and good practice in programme design, delivery and evaluation of sport for mental health and wellbeing. Warrington Wolves partnered with a local FE College and 'State of Mind' charity to deliver the mental health and wellbeing workshops to young people.

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StreetGames Case Study

Active Body, Active Mind (Leeds City College)

Enriching the student experience through sport for Mental Health and Wellbeing

The StreetGames pilot projects delivered doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-peer learning and support were key features of the programme.

This case study draws on observations and interviews with the project lead and participants at one pilot project; Active Body, Active Mind (Leeds City College). Active Body, Active Mind, a programme delivered by the Get Active Team, uses sport to improve the mental health and wellbeing of Leeds City College students and to enrich their experience in the further education setting.

Reaching & Engaging Students

Reports by the Association of Colleges (2015) and the NUS (2017) indicated rising numbers of mental health issues amongst students in further education. Sport is recognised for its potential to improve low-levels of mental health and wellbeing by acting as a stress relief and reducing depression and anxiety.

Leeds City College engaged students through an established counselling system. Trained counsellors identified and supported students that may benefit from physical activity and social interaction. Students were referred to an Active Body, Active Mind mentor who developed a tailored physical activity and wellbeing programme for the student. A range of physical activities were on offer including boxing, boccia, yoga, table-tennis, self-defence and gym-based fitness classes or access to weights facilities.

Active Learning for Mental Health and Wellbeing

Taking part in physical activity, students were able to reflect on and learn to develop a sense of wellbeing. A peer-to-peer approach involving one-to-one interaction with an Active Body, Active Mind Ambassador was central to the success of the project. Tailoring the physical activities programme to the student's needs and wants was a key ingredient to enhancing wellbeing and mental health.

Engagement in sport and physical activity enabled participants to build confidence, teamwork, communication and independence. Framed in this way, sport was seen by leaders and participants to have potential to enhance health and wellbeing by reducing depression, anxiety and stress in students and encouraging a healthy lifestyle.

How participants responded to the project

Participants completed 'Have Your Say' postcards allowing them to identify what they most enjoyed and provided suggestions for future programme development. The participants enjoyed opportunities for "improving fitness", "driving" and "meeting new people". The participants felt that the programme could be improved with more "variety of activities", being able to "choose enrichment lessons" and access to better equipment.

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact. Mental Health First Aid (MHFA) qualification was specifically highlighted as providing staff with knowledge, skills and



confidence to deliver sports sessions to young people with mental health and wellbeing issues. In addition, the development of qualified experts in MHFA enabled a stronger connection to college counselling service and appropriate referrals of young people onto the 'sports' programmes.

Peer-to Peer Learning and Support

Young people with mental health or wellbeing issues respond to the encouragement of their college peers who may be in a good position to understand their needs and causes of concern. Through the StreetGames programme, a small group of Active Body, Active Mind Ambassadors attended a four-day residential at Brathay Hall in the Lake District where they were awarded the Royal Society for Public Health Level 2 Young Health Champions qualification. The accredited qualification was significant for the development of the peer-to-peer learning approach and for the development of personal and professional skills of young peer leaders.

When young health champions are established in further education contexts they are able to offer peer support to participants on sport for mental health and wellbeing programmes. They do this by building a rapport with other young people, supporting their needs, taking part in and delivering sport and physical activity sessions and signposting to other support services.

Networks and Partnerships

The StreetGames programmes demonstrated the importance of being able to operate within a wider network of partners for supporting students and enhancing their mental health and wellbeing through sport and physical activity. The Get Active Team engaged in a StreetGames facilitated Action Learning Set which provided the opportunity for projects to develop a community of practice by sharing experiences, discussing challenges and potential solutions as well as setting standards and good practice in programme design, delivery and evaluation of sport for mental health and wellbeing. The Get Active Team operates within the Student Life Team and works in partnership with college welfare, counselling, and Student Union organisations. In addition, Leeds City College work with the local council and sit on the Leeds Sport Board to improve physical inactivity across the city.

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Cross Case Studies



StreetGames Case Study

Sport for Mental Health and Wellbeing in Further Education

Enriching the Student Experience through Sport for Mental Health and Wellbeing

The Safe, Fit and Well pilot projects deliver doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-to-peer learning and support characterise the Safe, Fit and Well programme.

This case study draws on observations and interviews with project leaders and participants at two pilot projects; Active Body, Active Mind (Leeds City College) and Tyne Metropolitan College based just outside Newcastle upon Tyne. They represent Active Learning Environments (ALE) in which sport is designed, delivered and evaluated to improve the mental health and wellbeing of students and to enrich their experience in the further education setting.

Reaching & Engaging Students

Reports by the Association of Colleges (2015) and the NUS (2017) indicated rising numbers of mental health issues amongst students in further education. In the ALEs sport, education and welfare leads engage students in sport. Sport is recognised in these settings for its potential to improve low-levels of mental health and wellbeing by reducing stress, depression, anxiety and addressing substance misuse.

Engagement occurred through established counselling referral systems which identified tailored physical activity and wellbeing programmes to individuals and groups. A range of physical activities were on offer including dodgeball, golf, boccia, basketball, volleyball and gym-based fitness classes. It was also possible to include sport for mental health and wellbeing in

the curriculum of some courses where students with mental health and wellbeing issues were identified and there was tutor support. Both word of mouth and peer-to-peer recruitment mechanisms supported the referral process although issues of stigma created some barriers to participant engagement.

Active Learning for Mental Health and Wellbeing

Stigma surrounding mental health has been found to be a main barrier to youth seeking support. Central to the success of ALE pilot projects was addressing this stigma as well as some negative perceptions of traditional competitive sport. Mental health stigma can serve as a barrier for some students to engage in traditional counselling services and for some, sport activities provided opportunities to develop confidence and experience positive emotions. Free gym passes and weekly one-to-one fitness sessions were offered to individuals that were identified as more likely to engage in physical activity and accrue mental health and wellbeing benefits than mental health counselling.

For some students the term 'sport' presents a negative image of high skill and intense competition. Exercise or physical activity or dance, movement and activity are more likely to create a positive perception of the activities on offer. Females were specifically identified as viewing sport negatively, as such, a female-only 'wellbeing' programmes were identified as important. These blended physical activity such as fitness classes, gym circuits and non-competitive sports with classroom-based activities involving discussions on wellbeing and healthy living.

Sport or physical activity was promoted for building confidence, teamwork, communication and independence. Framed in this way, sport was



seen by leaders and participants to have potential in reducing depression, anxiety and stress in students and for encouraging a healthy lifestyle.

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact. Mental Health First Aid (MHFA) qualification was specifically highlighted as for providing staff with knowledge, skills and confidence to deliver sports sessions to young people with mental health and wellbeing issues. In addition, the development of qualified experts in MHFA enabled a stronger connection to college counselling service and appropriate referrals of young people onto the 'sports' programmes.

Peer-to-Peer Learning and Support

Young people with mental health or wellbeing issues respond to the encouragement of their college peers who may be in a good position to understand their needs and causes of concern. Through the Safe, Fit and Well programme, a small group of students from both Active Learning Environment pilot projects attended a four-day residential at Brathay Hall in the Lake District where they were awarded the Royal Society for Public Health Level 2 Young Health Champions qualification. The accredited qualification was significant for the development of peer-to-peer learning strategies in Active Learning Environments and for the development of

personal and professional skill of young peer leaders.

When young health champions are established in further education contexts they are able to offer peer support to participants on sport for mental health and wellbeing programmes. They do this by building a rapport with other young people, supporting their needs, taking part in and delivering sport and physical activity sessions and signposting to other support services.

Networks and Partnerships

The Safe, Fit and Well programmes demonstrated the importance of being able to operate within a wider network of partners for funding and referral support. Tyne Metropolitan College partnered with Sport England for funding, and the college counselling and welfare services and pastoral tutors for referrals. Leeds City College partnered with the Leeds College Student Life Team which included student counselling, welfare, career and student union for referrals. Leeds City College also sit on the Leeds Sport Board to help improve inactivity across the region.



StreetGames Case Study

Sport for Mental Health and Wellbeing in Local Authority Leisure Services

Community Sport, Local Authority Leisure Services and Supporting the Mental Health and Wellbeing of Young People

The Safe, Fit and Well pilot projects deliver doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-to-peer learning and support characterise the Safe, Fit and Well programme.

This case study draws on observations and interviews with project leaders, sport deliverers and participants at two pilot projects that deliver sport through local authority leisure services. Positive Futures is managed by the Wirral Sports Development Unit and Brentwood Fitness In Mind deliver their programme at the Brentwood Leisure Centre. Programmes delivered by, or through, local authority leisure services represent one context in which sport is designed, delivered and evaluated to improve the mental health and wellbeing of young people living in disadvantaged areas.

Reaching & Engaging Young People

Local authorities play a significant role in the delivery of community sport for young people from disadvantaged areas through their strategies for leisure provision and health and wellbeing services. The sport coach workforce represents a community asset in the design and delivery of sport for mental health and wellbeing. Their knowledge and skill and their direct involvement with communities living in disadvantage makes them well placed to reach young people and engage them in sporting activity to protect and improve their mental health.

Expert sports practitioners are able to tailor the sporting offer to the needs of young people facing mental health issues. Close working relationships ensured that sports coaches understood the relationships between young people's mental health and their lifestyle behaviours. Successfully engaging these young people in sporting activity involved delivering sports selected by young people themselves, offering one-one support where required and taking consideration of the barriers of time, cost and access to facilities.

Sport for Mental Health and Wellbeing

Sport and organised exercise was promoted in community sport and local authority leisure contexts as a way to develop self-control, change behaviour, build confidence, encourage social interaction and increase communication skills for those taking part. In addition, sport was considered to be a site for engaging young people in open discussions about mental health and wellbeing in order to signpost to support services or education and employment opportunities. Framed in this way, sport was seen by leaders and participants to have potential in reducing social exclusion, anti-social behaviour, depression, anxiety and stress in young people from disadvantaged areas.

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact. The Mental Health First Aid (MHFA) qualification was specifically highlighted as a way of providing staff with knowledge, skills and confidence to deliver sports sessions to young people with mental health and wellbeing issues. In addition, the development of qualified experts in MHFA supported the wider impact of the work of



project leaders in developing the education and skills of participants to enable them to be more prepared for seeking and gaining employment.

Peer-to-Peer Learning and Support

Young people with mental health or wellbeing issues respond to the encouragement of their college peers who may be in a good position to understand their needs and causes of concern. Through the Safe, Fit and Well programme, a small group of young people from Positive Futures and Brentwood Fitness In Mind attended a four-day residential at Brathay Hall in the Lake District where they were awarded the Royal Society for Public Health Level 2 Young Health Champions qualification. The accredited qualification was significant for the development of peer-to-peer learning strategies in Local Authority Leisure contexts and for the development of personal and professional skill of young peer leaders.

Youth volunteers have the opportunity to deliver sessions to other young people in these contexts. This provides them with their own opportunities for improving self-esteem through 'giving back' to the community as well as developing employability skills. Youth volunteers offer peer support based on experience, skill and knowledge for those facing mental health and wellbeing issues and can play a

role in raising awareness about and destigmatising mental health.

The peer supporters used their role to gain valuable volunteering experience and highlighted the benefit of this to their own mental health and wellbeing (increased self-esteem associated with 'giving something back to the community') and regarded the experience as a significant enhancement of their CV.

Networks and Partnerships

The local authority Safe, Fit and Well programmes demonstrated the importance of being able to operate within a wider network of partners for funding and referral support. Young people are referred to Positive Futures from a range of agencies including Response (substance misuse), Youth Offending Service, Child and Adolescent Mental Health Services (CAMHS). Positive Futures also maintains close links to the Fire Service and Police & Crime Commissioner for funding and advice. Brentwood Fitness In Mind is partnered with the Brentwood Leisure Centre and is often involved in consultation work with MIND England, NHS England, local NHS services and Public Health England where Brentwood Fitness In Mind offer advice on mental health and wellbeing within the sports and leisure industry.



StreetGames Case Study

Sport for Mental Health and Wellbeing in the Voluntary and Community Sector

The Voluntary Community Sector: Raising Awareness and Promoting Understanding of Young Peoples' Mental Health

The Safe, Fit and Well pilot projects deliver doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-peer learning and support characterise the Safe, Fit and Well programme.

This case study draws on observations and interviews with project leaders, sport deliverers and participants at two pilot projects delivering sport through charity organisations; Warrington Wolves Charitable Foundation and, Chapter 1 and Salvation Army Housing Association (SAHA) located in Salford. They represent the charity sector which is one context in which sport can be designed, delivered and evaluated improve the mental health and wellbeing of young people living in disadvantaged areas.

Reaching & Engaging Young People

Charities play a significant role in meeting the financial and delivery challenges faced in public health by providing expert healthcare, conducting research, raising awareness, supporting clients, and promoting mental health and wellbeing organisations. As trusted independent organisations, charities occupy a key position at the heart of their communities and are well placed to reach young people and engage them in sport activity.

The work of charity organisations in delivery sport to young people in the Safe, Fit and Well programme was targeted to particular populations

including young people in further education and those who were homeless. Partnership work was central to the charity delivery model and collaborations with educational organisations, professional sports teams, local authority leisure providers and housing / hostel associations provided support for charity-based experts in mental health to reach and engage young people through sport.

Sport for Mental Health and Wellbeing

Sport has been identified as having the potential for developing employability skills and inspiring young people to achieve their potential. Experts working in the charity sector viewed sport as important for building resilience, improving self-esteem, learning skills to be more independent, offering a counter activity to anti-social behaviours and providing opportunities for personal education and the development of employability skills.

Sport was also identified by the project leads as a unique space for young people to discuss their mental health and wellbeing.

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact The Mental Health First Aid (MHFA) qualification was specifically highlighted as a way of providing staff with knowledge, skills and confidence to deliver sports sessions to young people with mental health and wellbeing issues. In addition, the development of qualified experts in MHFA supported the design and development of sports activities and opportunities for participants in the projects.



Peer-to-Peer Learning and Support

Informal processes of peer-to-peer learning and support were evidence in the Charity Partnership model. Opportunities for young people to volunteer and develop their leadership roles in the work of charity partners led to more formal knowledge exchange with other peers at a range of events. The provision of informal opportunities for peers to discuss mental health through their participant in sport represented informal opportunities for peer-to-peer support and learning.

Networks and Partnerships

These Safe, Fit and Well programmes demonstrated the importance of being able to operate within a wider network of partners. Warrington Wolves partnered with a local FE College and the mental health charity State of Mind to deliver the mental health and wellbeing workshops to young people. Chapter 1 and SAHA partnered with other housing charities, Not in Education, Employment or Training (NEET) organisations, local NHS services and job recruitment services.



StreetGames Case Study

Sport for Mental health and Wellbeing in Community Sports Clubs

Community Sports Clubs, Young People and Enhancing Mental Health and Wellbeing.

The Safe, Fit and Well pilot projects deliver doorstep sport to enhance young peoples' mental health and wellbeing in the communities in which they live. Organisational knowledge exchange, workforce mental health training and peer-peer learning and support characterise the Safe, Fit and Well programme.

This case study draws on observations and interviews with the project leader, sport deliverers and participants of a community boxing club. Pat Benson Boxing Academy (PBBA) in Birmingham deliver boxing to enhance young peoples' mental health through a dedicated MindFit programme. Community sports club represent one context in which sport can be designed, delivered and evaluated to improve the mental health and wellbeing of young people living in disadvantaged areas.

Reaching & Engaging Young People

Boxing, targeted to hard-to-reach young people facing social isolation, opportunities for criminal behaviour, few positive role models and living in disadvantaged areas has been found to provide a physical and educational environment changing behaviour, improving self-esteem and building resilience. Boxing coaches working in community clubs have the knowledge, skill and experience to reach young people experiencing mental health issues and engage them in boxing to enhance their mental health and wellbeing.

Sport for Mental Health and Wellbeing

Sport, tailored to enhancing mental health and wellbeing is being recognised as important in supporting young people in disadvantaged areas.

The use of organised programmes of sport like boxing including regular weekly sessions of instruction can provide a sense of meaning and belonging for young people in their communities. The opportunity for developing skills in sport is coupled with increasing confidence, improved communication and leadership skills, and anger management. Combining sport skill development with a sport governing body qualification provides young people with a sense of achievement.

Workforce Training

Capacity building, including staff training and knowledge exchange is significant in delivering successful sport activities for mental health and wellbeing impact through community sport clubs. The Mental Health First Aid (MHFA) qualification was specifically highlighted as a way of providing staff with knowledge, skills and confidence to deliver sports sessions to young people with mental health and wellbeing issues. In addition, the development of qualified experts in MHFA supported partnership work between community sports clubs and local Young Offending Service professionals. The Young Offending service were able to make referrals into the community boxing club in this Safe, Fit and Well pilot project, avoiding referral into youth offending facilities.

Peer-to-Peer Learning and Support

Young people with mental health or wellbeing issues respond to the encouragement of their peers who may be in a good position to understand their needs and causes of concern. Community sports clubs like PBBA have the capacity to dedicate their skills, knowledge and time to supporting young people with mental health issues. Peer-to-peer support was formalised in this pilot project through a boxing club Youth Council to give young people a voice and as a



vehicle to develop leadership and support skills for young peer mentors.

Networks and Partnerships

The Safe, Fit and Well programmes demonstrated the importance of being able to operate within a wider network of partners for funding and referral support. In order to establish MindFit, PBBA consulted with Sport Birmingham, England Boxing,



Birmingham Wellbeing Service (council) and MIND England. PBBA has built a referral pathway with key organisations, including a local school and Birmingham's Youth Offending Service and has worked with the boxing charity 'Fight for Peace' who offered management consultancy for establishing MindFit.