

STREETGAMES PARTICIPANT SURVEY 2018



INTRODUCTION

At StreetGames we are always keen to learn more about the most important part of our work: the young people. As such, we look to gather feedback from young people through a variety of methods, including undertaking visits to sessions to observe activities and speak informally with young people, volunteers and coaches, undertaking interviews and surveys.

Carried out over February and March 2018, this survey was designed to capture information across a wide range of aspects including: Impact on activity levels; personal wellbeing; Self-efficacy and Social Trust; participant likes and dislikes. Furthermore, we also looked to capture information re participation patterns and demonstrate impact.

METHODOLOGY

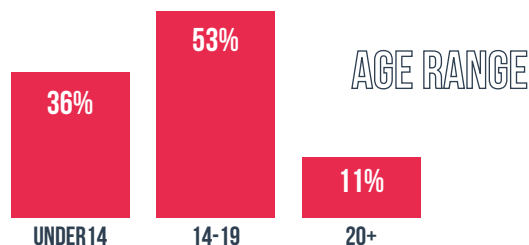
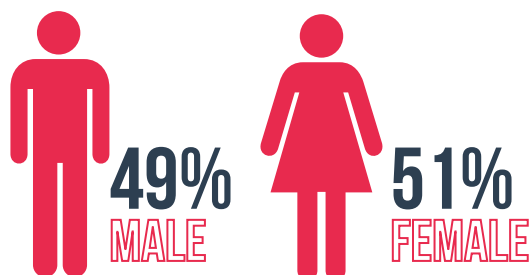
The questionnaire used with participants was designed with the aim of making it as easy as possible to complete. Most of the questions were closed 'tick box' style questions, with a small number of questions added to enable participants to provide comments and feedback in their own words.

Based on previous experience, we have found that hard copy printed surveys work better with doorstep sport participants, therefore, we sent all organisations delivering funded doorstep sport activities during 2017-18 with a small sample of (circa 20 questionnaires) and asked them to support a sample of their young people to complete the survey and send it back to StreetGames via freepost envelopes.

This summary report provides an overview of the results gleaned from this survey.

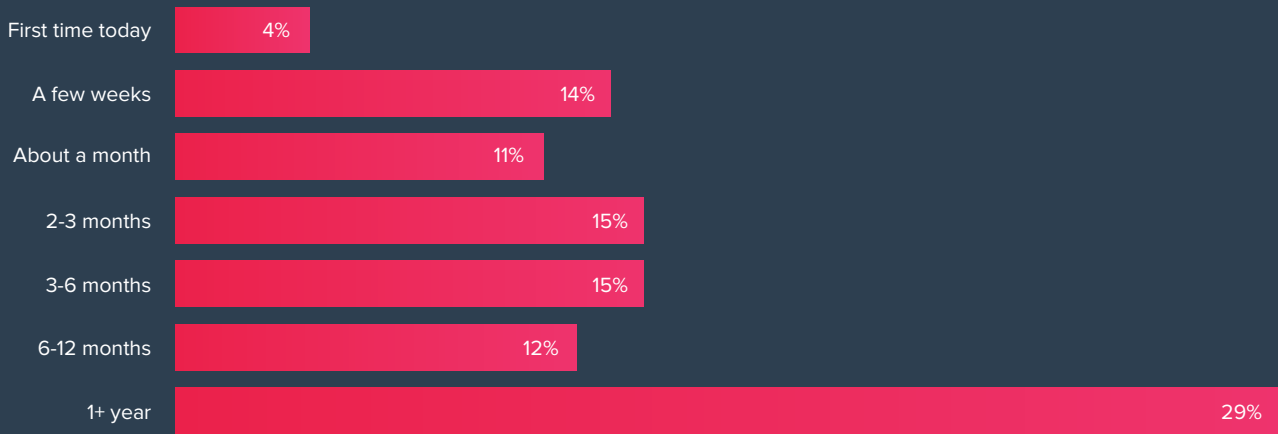
RESPONDENT PROFILE

In total, 662 completed questionnaires were returned during the survey period. The gender and age breakdown of the respondents is below:



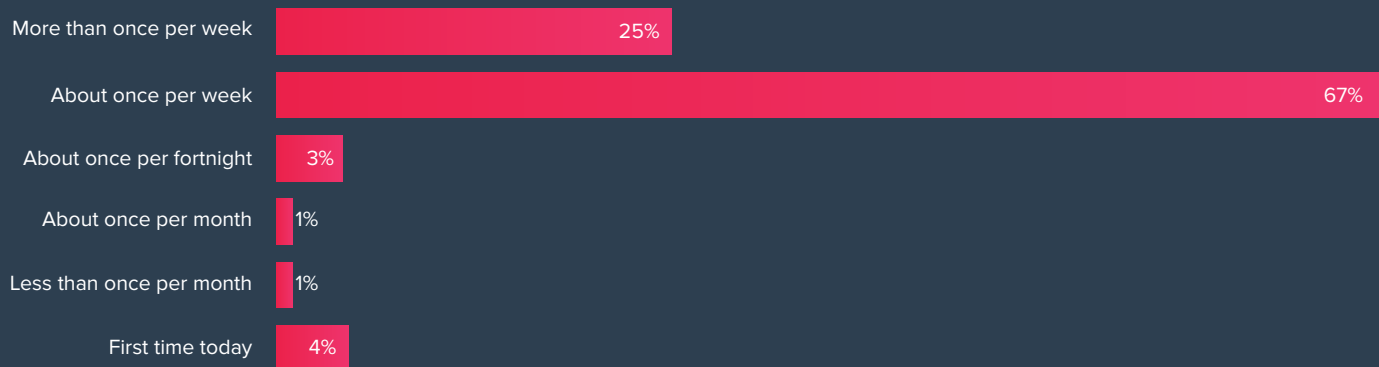
PARTICIPATION PATTERNS

How long have you been coming to these sessions?



The largest proportion of participants have been attending their doorstep sport session for 1+ year, with a further 42% that had been attending for several months.

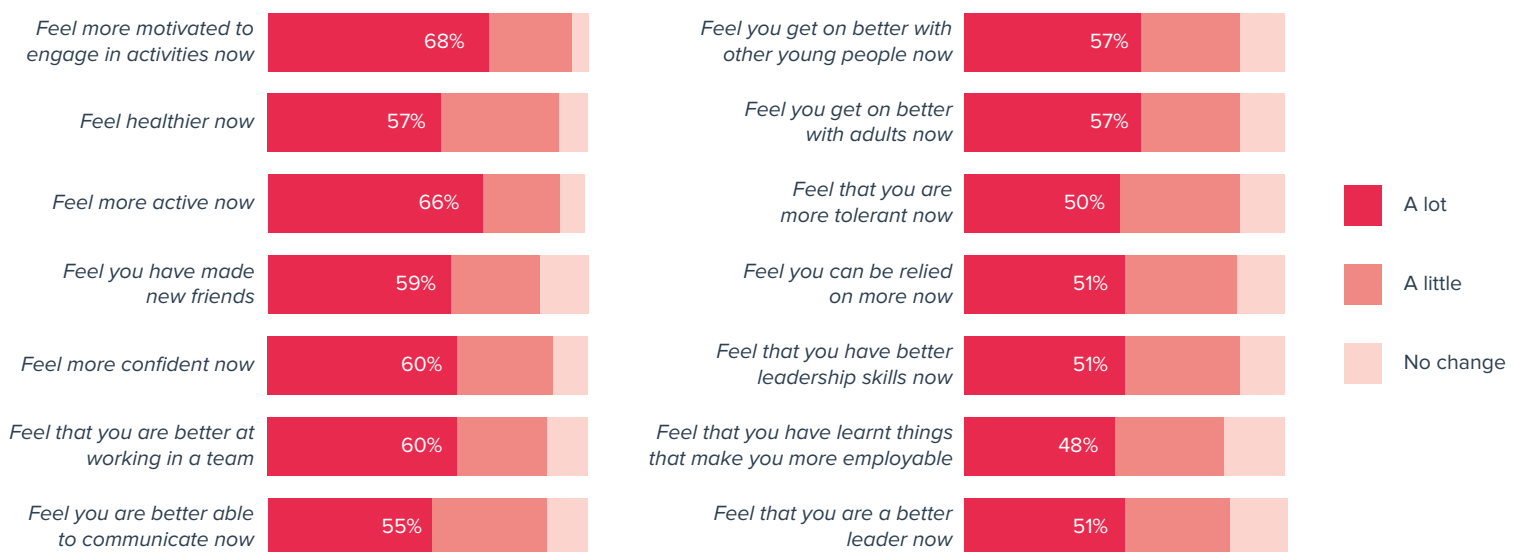
How often do you attend these sessions?



The majority of participants attend their doorstep sport session about once a week.

IMPACT

Respondents were asked to think about what may have changed since attending their doorstep sport sessions – see below:

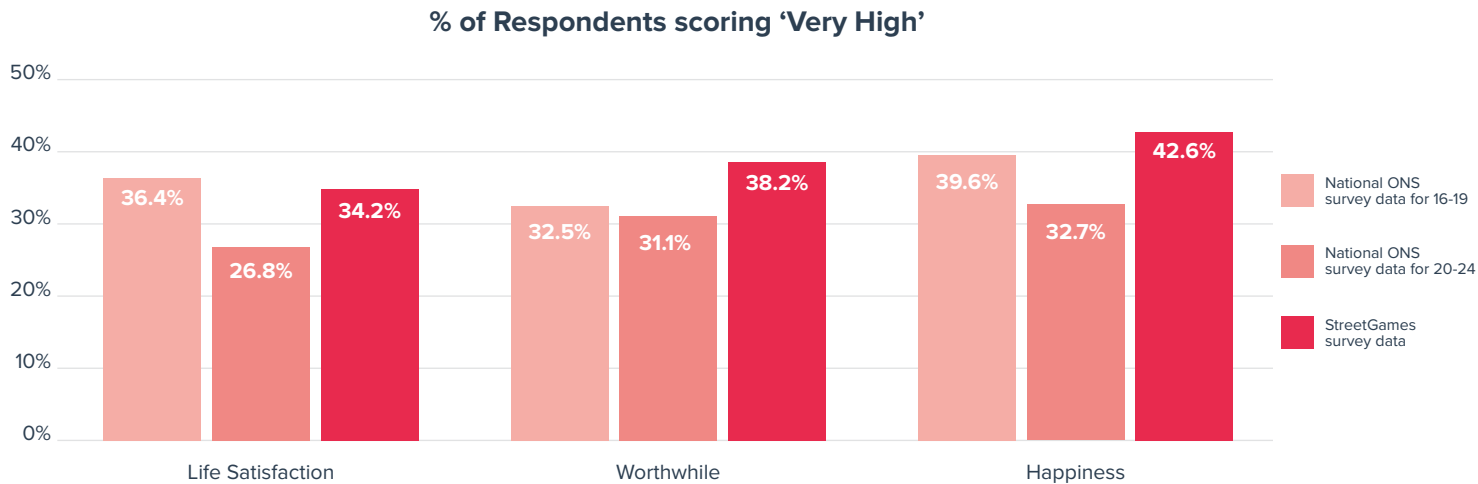


- The graph above demonstrates the positive impact attending doorstep sport sessions has had on the participants across a wide variety of aspects, with large proportions recording either a lot or a little change for each question.
- Notably, 68% feel a lot more motivated to engage in activities now and 66% feel a lot more active now.

ONS PERSONAL WELLBEING MEASURES

The participant survey included a number of validated 'marker' questions related to subjective well-being, self-efficacy and social trust.

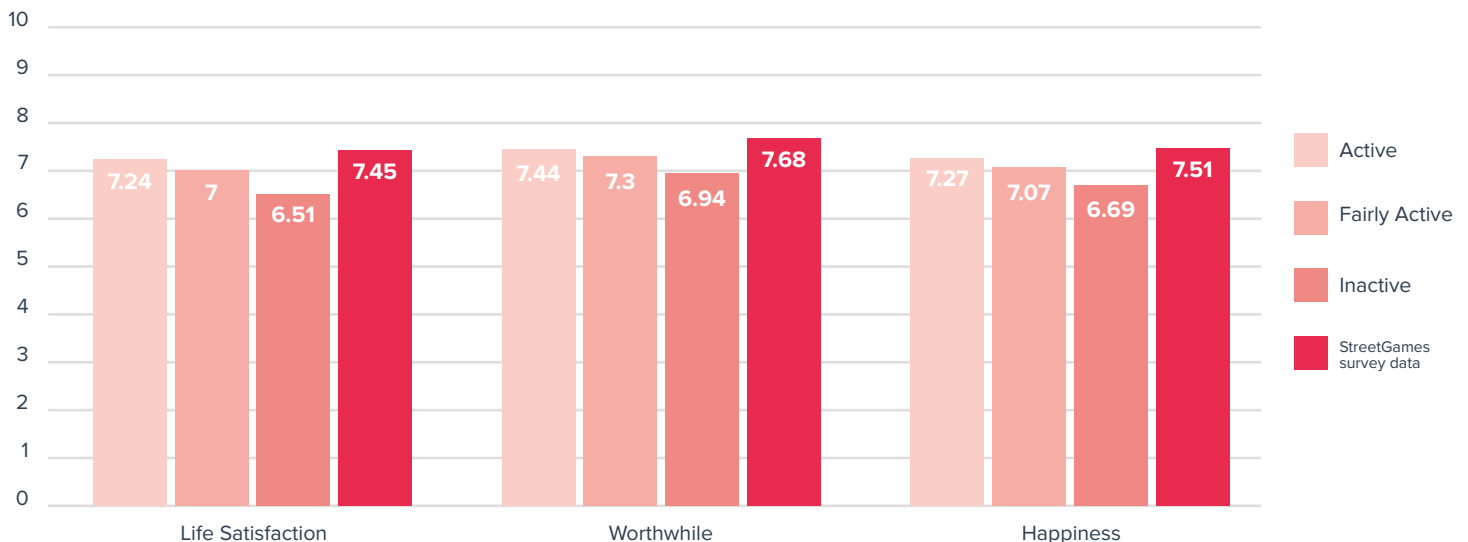
The Office of National Statistics use personal wellbeing measures as a way to present a picture of how people in the UK are faring in a range of areas that matter to their quality of life. ONS personal well-being questions allow individuals to assess their own quality of life. People aged 16 and over are asked to evaluate their satisfaction with life overall, whether they feel the things they do in life are worthwhile and how happy they were yesterday - we included the same questions on our doorstep sport participant survey. The percentage of young people who gave very 'high ratings' (i.e. 9 or 10 out of 10) for life satisfaction, worthwhile and happiness are presented in the graph below.



The results above show that our sample of doorstep sport participants scored higher than the national benchmark scores for feeling worthwhile and happy. Also scoring higher for life satisfaction than the national 20-24 benchmark, falling just underneath the average for 16-19.

Sport England's Active Lives survey used the same wellbeing questions as above to explore the link between physical activity and personal wellbeing. Their results showed that when looking at activity levels amongst adults, those who are 'active' have a better mental wellbeing score than those who are 'fairly active', who in turn have a better score relative to those who are 'inactive'. Showing a positive association between being more active and mental wellbeing.

Average wellbeing score of respondents



The results above demonstrate that similarly to the national benchmarks, StreetGames Participants showed higher average levels of wellbeing than each of the Sport England Activity categories.

INDIVIDUAL & COMMUNITY DEVELOPMENT

The doorstep sport participant survey also included the self-efficacy 'marker' question for individual development – which asked young people to what extent they agreed/disagreed with the statement 'I can achieve most of the goals I set myself' with a score of 5 for those that 'strongly agree' and a score of 1 for those that 'strongly disagree'.

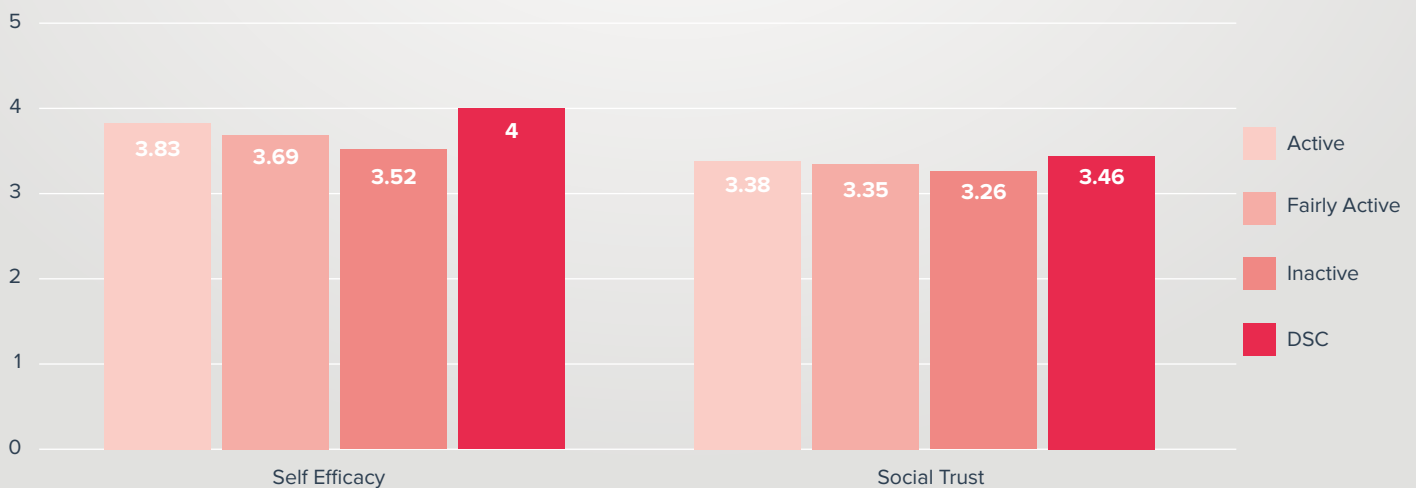
The mean score for Doorstep Sport participants was 4 which is very positive. The graph below shows this score compared to scores collected for adults via the Active Lives Survey; again showing that Doorstep Sport participants mean scores were slightly higher than average.

The participant survey also included the social trust 'marker' question for community development – which asked young people to what extent they agreed/disagreed with the statement 'Most people in your local area can be trusted' with a score of 5 for those that 'strongly agree' and a score of 1 for those that 'strongly disagree'.

The mean score for Doorstep Sport participants was 3.46 which is very positive. The graph below shows this score compared to scores collected for adults via the Active Lives Survey; again showing that Doorstep Sport participants mean scores were slightly higher than average.

The Active Lives survey showed that those who are 'active' report higher levels of self-efficacy and social trust than those who are 'fairly active', who in turn have better scores than those who are 'inactive'.

Average score of respondents: Self Efficacy & Social Trust

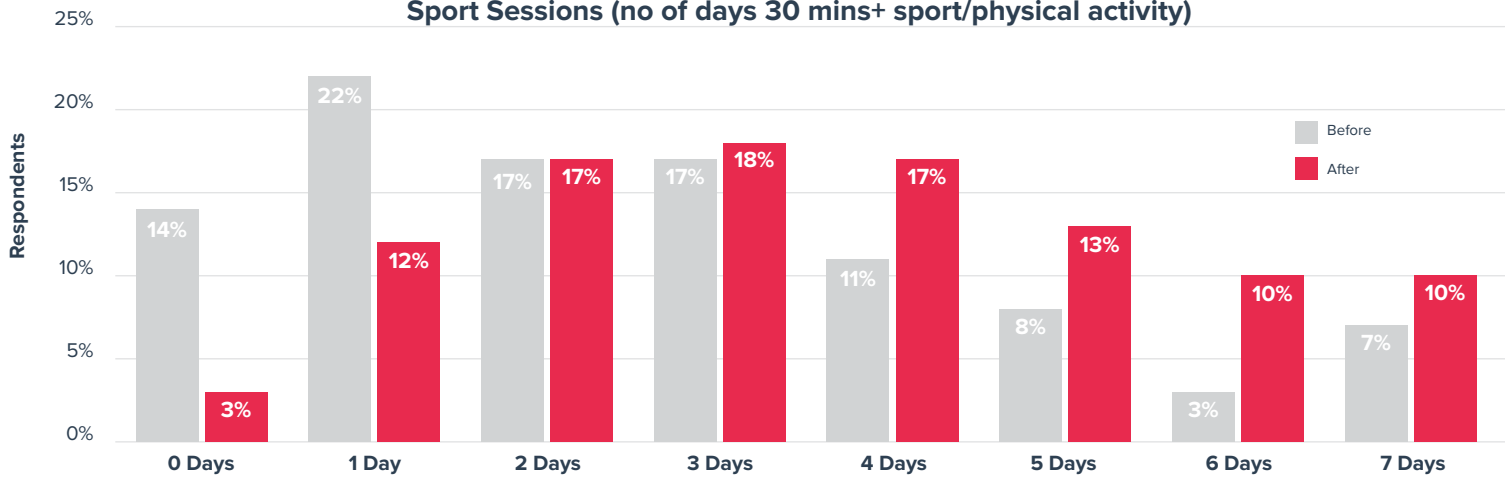


DIFFERENCE IN ACTIVITY LEVELS

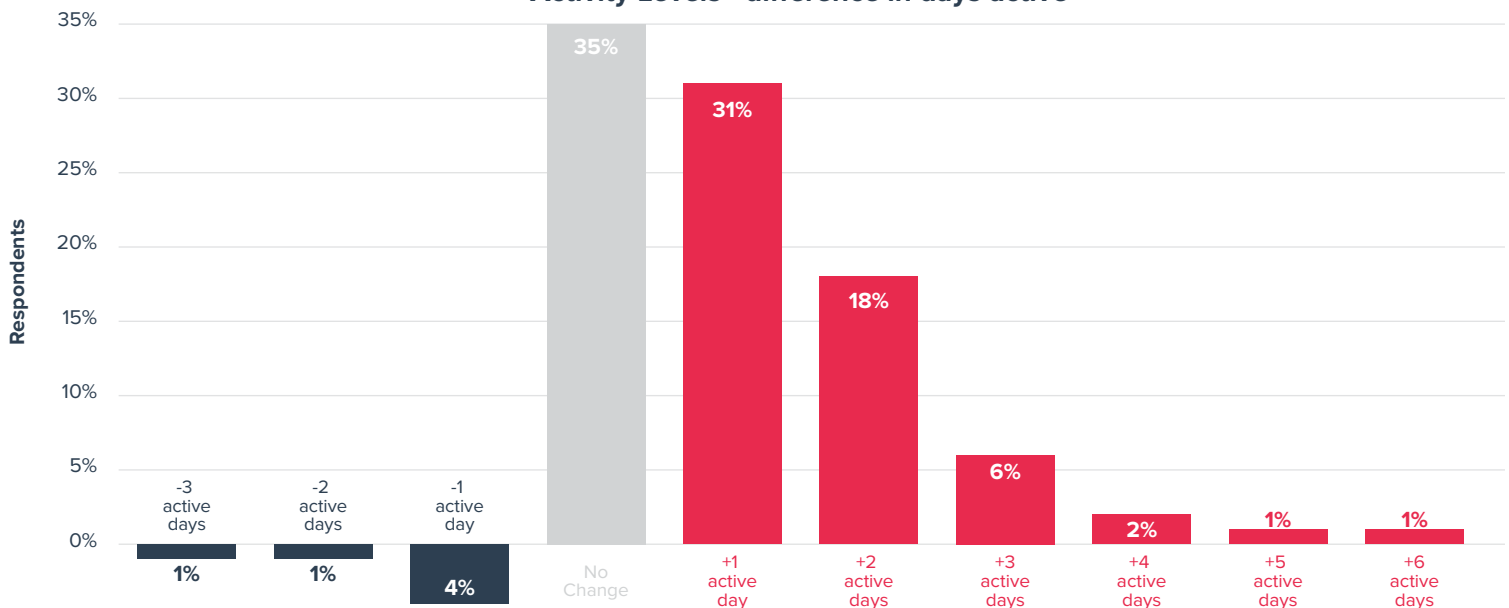
As part of this survey, we were keen to explore the change in participant’s activity levels, we therefore asked them to think back to before they started attending these sessions and on how many days would they have typically done a total of 30 mins or more of physical activity. Then we asked, since attending these sessions, on how many days do they typically do a total of 30 minutes exercise.

(Using wording from the ‘single item question’ which asks: *On how many days per week would you have typically done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job).*

Activity Levels Before & Since Attending Doorstep Sport Sessions (no of days 30 mins+ sport/physical activity)



Activity Levels - difference in days active



There has been a big increase in individual activity levels for StreetGames participants, 59% of respondents are now active on more days than before they started attending sessions.

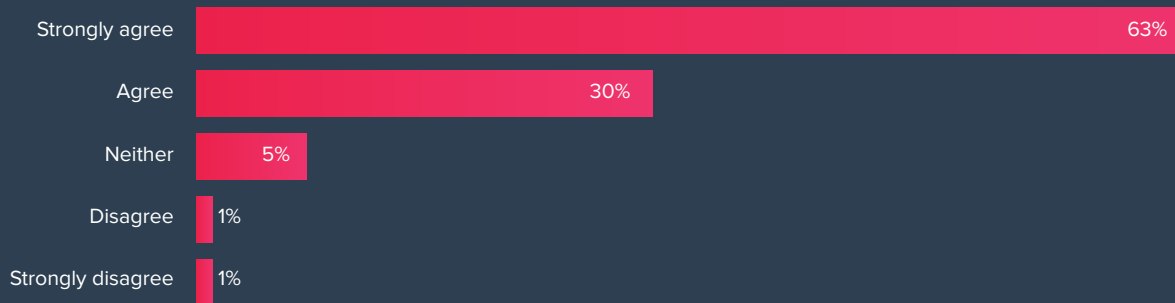
The Table below illustrates the impact attending sessions has had on participants activity levels, showing a significant reduction in the proportion of doorstep sport participants that are now ‘inactive’ and a significant increase in the proportion of participants that are ‘active’:

	BEFORE		AFTER	
Inactive (0 - 1 days)	231	36%	102	16%
Fairly active (2 - 4 days)	291	45%	333	52%
Active (5 - 7 days)	122	19%	209	32%

SAFE AND SECURE

Participants were also asked to what extent they feel safe and cared for at sessions – the results are shown below.

To what extent do you agree with the statement “I feel safe and cared for when I am at the sessions here”?



The table above illustrates that the vast majority (93%) of participants feel safe and cared for in their Doorstep Sport sessions.

WHAT DO YOU LIKE BEST ABOUT THESE SESSIONS?

“IT’S A GOOD OPPORTUNITY TO MEET NEW PEOPLE AND HELPS ME WORK AS A TEAM”

“IT’S EASIER TO EXERCISE. SESSIONS ARE MADE FUN SO IT’S MORE ENCOURAGING”

“IT IS FUN! I LEARN NEW THINGS AND GET TO SPEND TIME WITH MY FRIENDS”

“IT IS A RELAXED AND FUN, INTERESTING AND UNUSUAL. I LIKE LEARNING NEW THINGS AND HAVING FUN WITH MY FRIENDS”

“THIS IS SUCH A GREAT SESSION TO GET THOSE WHO MAY NOT FEEL COMFORTABLE AT THE GYM OR OTHER SOCIAL CLUB INVOLVED WITH A TEAM. I’M A FAIRLY CONFIDENT PERSON BUT SEEING OTHERS BECOME PART OF A TEAM IS GREAT AND MAKES THE SESSIONS COMPLETELY WORTHWHILE”

“THEY ARE REALLY ENJOYABLE AND THE COACHES ARE VERY SOCIABLE WITH US, TRYING TO PUSH US TO THE BEST OF OUR ABILITIES.”

