Kelisha joined the Borehamwood dance project in March 2013. When Kelisha first attended the session she was apprehensive, she had never enjoyed sport much at school, and was shy and kept very much to herself. She was well-mannered and polite and but did not interact much with other group members. In the dance and fitness part of the class she would always stay in the corner at the back of the class.

Kelisha had very low confidence, however, she stayed committed and continued to attend the session week in week out.

She has attended the Us Girls Rocks session for just over a year now and her progression has been fantastic. She is now much more confident, will stand in the middle towards the front of the class and happily interacts with the staff and the other girls in the session. In addition to developing personal /life skills; her dance, fitness and creative skills have come along in leaps and bounds!

Kelisha has recently been selected to join a private dance training group that her project are starting, where she will be given the opportunity to train more often, progress, grow and develop her dance skills even more!
Kelisha says: “It keeps me entertained and I’m not bored at home watching TV and stuff and I’m at least burning a few calories! This (project) has helped my confidence in school as well as here because in class I will put my hand up more and in PE I will do examples more. I think being here helps you to not be afraid of who you are and you can just go out there and do what you want.”

Lisa (Kelisha’s mum) says: “I’ve really seen a change in her confidence since she started so I am a happy mummy.”

StreetGames is a national partner of Sport England and a centre of expertise for developing doorstep sport in disadvantaged communities. The charity supports community based sports projects that deliver sport and volunteering opportunities to young people living in the 20% most deprived wards in the UK.

StreetGames works with National Governing Bodies of Sport to establish and develop links between community and mainstream sport. Recognised by the London 2012 Olympic & Paralympic Games Inspire Mark, StreetGames is creating a lasting legacy of doorstep sport in the UK.