



Inclusive Design in Sport and Youth Mental Health

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Introduction

Independent charity set up in 2016

3 key strategic priorities:

- 1) To use physical activity and sport to strengthen communities across Essex, ensuring everyone has equal opportunity and access to a range of local activities
- 2) Providing support to a network of locally trusted organisations who use sport and physical activity to support local communities and achieve positive health and social outcomes
- 3) To build the impact and evidence around of the role that sport and physical activity can have on system partners outcomes

Active Essex are the Active Partnership for Greater Essex

Aim is to increase levels of active people and decrease number of inactive people

Fit for the Future 10-year sector strategy

Place based working - locality teams working throughout Essex, Southend and Thurrock

Essex Local Delivery Pilot – now into place-based deepening phase

Chair 'Be Well' sub-domain

The Essex ActivAte programme aims to support the physical, mental and social wellbeing of primary and secondary school children on benefit based free school meals, through engagement in a wide variety of free activities, and provision of a nutritious, school standard meal.



Development to date

Stage 1

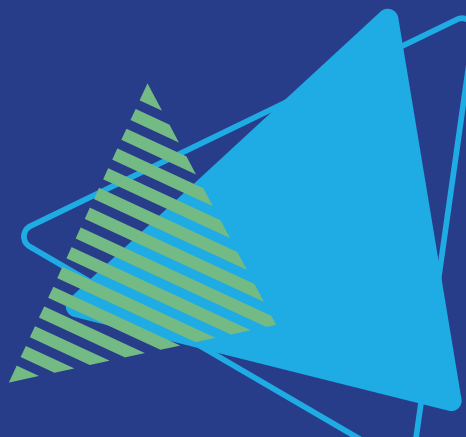
Essex ActivAte Partners (LTOs) Identify the need for specialist Mental Wellbeing Hubs 2021
Identified need - supporting young people at the point of need before crisis point, waiting lists
Covid highlighted social Isolation of young people and fear among families

Stage 2

Essex ActivaAte Partners launch specialist mental wellbeing hubs
Smaller groups and shorter time with a focus on building coping mechanisms and supporting families
alongside a programme of wellbeing and physical activity

Stage 3

Mental Wellbeing partners steering group established
Share and learn best practice
Joint events e.g. Wellbeing festivals
Creation of resources
Collaborative funding applications



Co-design of Funding Application

Stage 4

Steering group delivering in term time reported a need and identified gaps in young people's physical activity supported by mental health

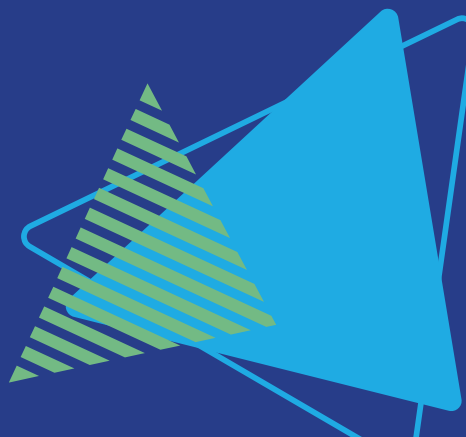
Increase in poor mental health and waiting lists for young people gaining clinical support
Consultation with Network of LTOs and their young people – case studies provided as evidence for need

Stage 5

AEF lead on writing of funding bid with steering group.
AEF facilitate regular meetings for review and feedback
LTO Network provide youth voice – including young people attendance to shape the project (such as barriers, what they want to see from the project)

Stage 6

LTO Network inform AEF of support required for the project such as training and evaluation
Training and evaluation partners identified (Believe Perform, Street Games, Centre For Mental Health)



Where are we now with the project?

- Funding secured from Lottery and Sport England for 3-year programme
- Funding secured from Start Well in North Essex for our LTOs for delivery
- This has led to conversations with other Alliance partners
- Recruited Project Manager who has a strong health background and a Project Coordinator
- Launch of full programme April 2024



Key Partners

Centre for mental health
Believe Perform
StreetGames
LTOs
Health partners

Steering group partners...

“We are proud to be part of the co-design of this great project, bringing a wide range of locally trusted organisations together, to celebrate the impact of sport in supporting the young people in our communities. Being a small organisation, we don’t often get the opportunity to share learning with other delivery partners, and having the opportunity to come together to deliver great work across Essex.”

Project Mind Empower

Steering group partners...

“We believe that our participants should take a role in shaping the provision so that it supports them, enabling them to take ownership of the sessions and help to build their confidence and self esteem in a safe and welcoming environment.”

Arts Outburst



Steering group partners...

"Building long-term supportive relationships with our young people is a key goal at Disability 4 Sport and we are working towards a model of cooperation, collaboration and co-production with our members, families, staff and wider community. Our youth mental wellbeing hubs have opened the conversations with young people about how they shape, share, and co-design our physical activity programmes and sessions for children and young people with special educational needs and disabilities. Disability 4 Sport are excited to be working alongside Active Essex and the passionate trusted local partners to learn and share."

Disability 4 Sport



Steering group partners...

"Working with the steering group in the co-design of the Sport and Youth Mental Health project has been fantastic for Motivated-Minds, as it has allowed us to expand our delivery to individuals in need, to enable us to make a meaningful impact on their wellbeing. This has meant that the focus has allowed us to move towards not just supporting but maintaining individuals with their wellbeing and remaining active as part of their regular routine"

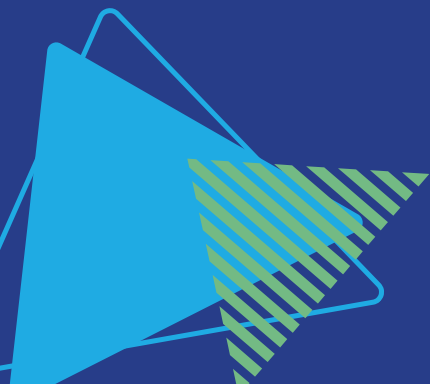
Motivated Minds

Next steps...



Continued LTO collaboration

- Delivery proposals
- Continued share and learn sessions
- Build our LTO Network
- Feedback and planning workshops
- Start identifying training needs of LTOs and delivery of training
- LTO supervision support through Believe Perform

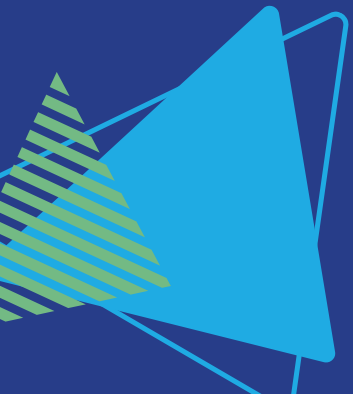


Next steps...

System Change

- Work closely with health partners such as health alliances, ICBs, charities such as Mind, Children Society so they recognise the role that sport and physical activity has to play - long term aim of leveraging funding
- Working with ECC Levelling Up funding to secure delivery funding
- Link in with national and regional mental health projects
- Create evaluation framework to build the evidence around the role of sport and physical activity
- Develop a referral system via a sports connector replicating what we do with Sport and Youth Crime Prevention.





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