

HKP YOUTH ACTIVE

Funder: Active Sussex Children and Young People's Investment Fund

Date(s): 16th June 2021 to 6th December 2021



**The Hangleton
& Knoll Project**
Working for a better community

Summary of project

'HKP Youth Active' is a partnership endeavour with WBC Cares / Brighton and Hove Boxing Team and Brighton Table Tennis Club to bring free access to sports clubs for young people who otherwise may not be able to get the chance. Thanks to funding with Active Sussex from The Children and Young People's Investment Fund we have been running weekly community based Boxing and Table Tennis Clubs sessions since June 2021. The sessions open up pathways for young people 16 plus years to access new coaching development opportunities and qualifications, to help them run local access to sports clubs that aim to reduce inactivity. Much more than that the clubs offer fun, friendship and a sense of belonging to the community for young people living in the Hangleton and Knoll area which are in the most deprived 10 to 20% in the country.

What is the need being addressed?

A high number of children and young people live in families headed by a single parent and in poverty meaning they face multiple barriers to accessing sports. Our area falls within Primary Care Network (PCN) 4 which is in the top ten PCN areas for health inequality in the local Integrated Care System (ICS) with higher numbers of children and young people being obese than the City average.

Outputs table

Sessions 16th June - 3rd Dec	Contacts	Total footfall
Table Tennis Club x 24 sessions Delivered	35	135 visits
Boxing Club x 17 sessions Delivered	44	193 visits

Impacts and outcomes - tell the story

We are pleased to report at this half way point in the programme that both Boxing and Table Tennis Clubs operating across 2 community venues in Hangleton and Knoll have proved popular. Our club membership has grown to 100 signed up across the project with over half of those enjoying the HKP Youth Active sessions on a weekly basis. What we have noticed is a significant increase in young women getting involved in Boxing sessions happily participating alongside young men. In addition to this outcome we have 54 members with SEND signed up with 14 of those young people regularly attending Table Tennis Clubs; one of these young women has been accepted on the Kickstart programme with WBC Cares Brighton and Hove Boxing Team. One young woman helps with coaching other younger members at Table Tennis and we will be delivering the 'Playing for Success' course in February 2022. The Boxing coaches are mentoring 2 young men to lead sessions in the community which is going really well so far. Alfie is happy to be the participant of a case study for the purpose of this project and we will submit a separate report when we have gathered his story.

What young people say

"It's helped me to get fitter and I have more confidence in self-defence because I have the skills and training now" (YM 14)

"If I wasn't doing this I would be doing nothing" (YM 14)

"I enjoy table tennis a lot because I get to learn new skills and be around people. I enjoy playing table tennis with other people as well as making friends within the session. It's a session I know everyone that plays enjoys a lot as they can explore and have fun at the same time" (YW 17)

"I like punching things because it relieves stress" (YM 12)

"It helps support my mental health" (YM 15)

What our parents say

"The activities that HKP have put on for my daughter have been so valuable in helping her develop her personal and social skills. As a family with a low income, she doesn't always get the opportunity that other kids have, what with having a diagnosed disability as well. Everyone at the HKP project is so welcoming and inclusive that I feel safe and confident in letting my daughter take part in all of the HKP activities. Most of all she really enjoys them and it's helped really build her confidence, especially table tennis."

"The Hangleton and Knoll project has been amazing for my son who has autism and been bullied in school. Because of this he has very high anxiety and there were a lot of times that he would refuse to leave the home to even go outside. Since attending the boxing sessions with the project he has started to trust adults outside of his family circle i.e. Chris and Matt the boxing coaches. He now looks forward to each class, talks non stop about being a professional boxer and then a world champion. I know this would not have been possible without the support and patience of Helen and the team at the project."

"HKP has been a lifeline for my son. Having a regular activity that he could attend made such a difference. My son looks forward to the club every week and is always keen to attend. He enjoys boxing, meeting new people, hanging out with friends and he loves the food! He's always coming home telling me what he ate that day. It was his birthday recently and HKP had a little celebration with food that he really appreciated. Thanks so much for giving my son a safe space to hang out and stay active. Keep up the great work. It's very much appreciated!"



Boxing at Hangleton



Table Tennis Club



Challenges and learning for future practice

Due to the COVID-19 global pandemic and more recently other variants we have had to keep our group numbers limited in line with NYA guidelines and the venues we use to deliver sessions. We have risk assessed our group sizes to be up to 15 at St Richards and Hangleton for Boxing and up to 8 for table tennis at St Richards and 12 at Hangleton. Many of our members have had to isolate on more than one occasion and we have also had staff sickness to cover from within our small team. Our coaches from our delivery partners have also had sickness and isolation to contend with which has been unavoidable and out of our control. Despite these challenges we have kept the programme on track and have only had to cancel 2 sessions so far. We are currently monitoring the situation daily with the new restrictions that have been announced this month - December 2021.

Contacts

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