

Case Study

Harbour Doorstep Sport Club Lowestoft

The Harbour Doorstep Sport Club has been running at Ormiston Denes High School in Lowestoft since February 2014. 82 young people have benefited from the project to date (September 2014) with an average weekly attendance of over 20.

The club was advertised within local schools and Lowestoft College as well as in shops on the local estates. This broad advertising approach has meant a real mix of young people, with ages ranging from 13 to 25 attending sessions, many of whom didn't previously participate in any type of sporting activity.

For many of the young people that attend the Doorstep Sport Club having the confidence to try something new, talk to new people and make friends can be a barrier that they must overcome before they can participate. The project has been successful in engaging a diverse mix of young people, bringing them together and encouraging them to work collaboratively through a range of sporting activities.

A group of the young people have now entered their own team in a local evening 5 a side league whilst 8 of the participants have joined a local Disability Football team and attend training as well as matches on a weekly basis.

With this increased confidence, communication and organisational skills the young people are now being encouraged to take a more active part in the running of the club by taking on volunteering roles.

'I come to this session as it stops me sitting indoors playing on my Xbox and allows me to meet up with my friends as well as make new ones. I don't normally play sports but the coaches here make it fun and it means we keep turning up each week.' Stuart, 19, Participant.

'By advertising the project in a number of ways we have been able to engage young people from different backgrounds. We have 9 young people attend who have disabilities ranging from learning and physical disability to Autism and Dyspraxia. The great thing about the project is the way all the attendees treat each other regardless of ability or age.' Andy Maxwell, Coach.

'Before coming to the Positive Futures sports club me and my friends may meet once a week to have a kick about. Now we feel we are able to play Football against other teams and have even started our own team. We have also started training with Waveney Disability team which I knew about before but didn't have the confidence to go.' - Ben 18, Participant.

Doorstep Sport Clubs are designed to provide a vibrant and varied sporting offer to young people in disadvantaged communities in order to grow their motivation and ability to adopt a sporting habit for life. Evidence shows that disadvantaged young people are just over half as likely to play sport as their more affluent peers. There are currently 6 Doorstep Sports Clubs in Suffolk located in Ipswich (4) and Lowestoft (2).

