



Learning about what works in Phase 2 of the Mayor of London's Sport Unites Programme

Interim report from NDTi – Evaluation & Learning Partner

March 2024



National Development Team for **Inclusion**

We would like to thank:

Members of the Civil Society and Sport team at the GLA who oversee the Sport Unites Programme; partners, projects and evaluators of the funded programmes and projects that contribute to the Sport Unites vision for young Londoners – for the time, contributions and insights you have so generously shared with the NDTi team. These have helped to inform our analysis and first, interim report.

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Glossary of abbreviations

GLA – Greater London Authority

LCP – London Coaches Programme

LYG – London Youth Games

MCL – Model City London

NBA – National Basketball Association

NDTi – National Development Team for Inclusion

NFL – National Football League

PGM – Participatory Grant Making

QPR – Queens Park Rangers

SLA – Sports Leadership Academy

VRU – London's Violence Reduction Unit



Summary

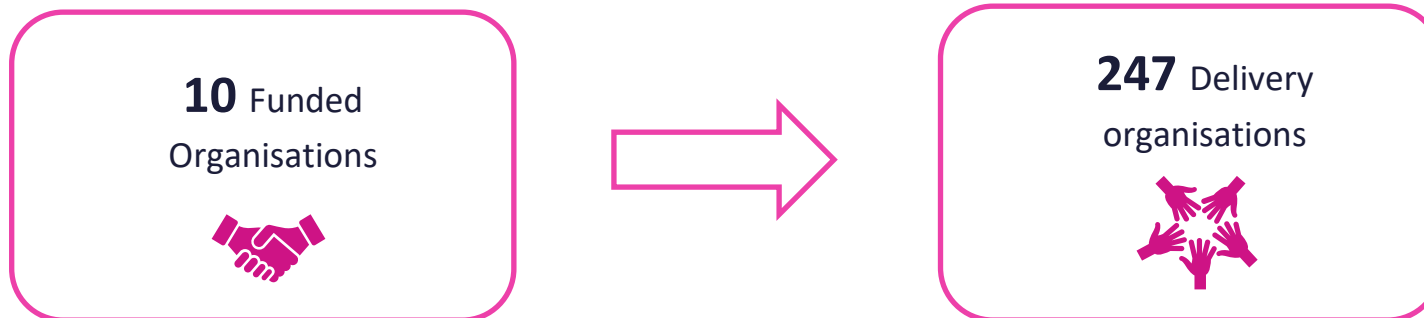
“Our city lives and breathes sport and at a time when our society too often seems divided, I want to utilise this to strengthen the bonds between our communities and help make London the most socially integrated and active city in the world.”

(Mayor of London, Sadiq Khan)

Introduction

This report presents the interim and early findings from the first two stages of the National Development Team for Inclusion’s (NDTI’s) role as the Learning and Evaluation Partner for Phase 2 of the Sport Unites Programme, the London Mayor’s flagship community sports programme.

The Programme is broad in scope, complex and includes:



The key headlines from the interim report are set out below, notably some of the early signs of change that are taking place as a result of the Sport Unites Programme, organised around the Programme’s five phase 2 outcome areas. For each of the five areas, we briefly summarise **the current picture** (as of February 2024), illustrated by **examples and quotes** from the evidence we have drawn together.

Many projects are in their early stages, so the evidence of impact is evolving. Nevertheless, many strong and encouraging themes have emerged from our analysis, which together suggest that **Sport Unites is making a significant difference to the lives of many children and young people across London.**



OUTCOME 1

Young people feel empowered, resilient, in control of their lives and know they have a voice

- Young people and children are **feeling more confident as they learn new skills** and successfully deal with new people and situations.
- Sport and activity sessions are providing a place to **leave everyday issues and worries behind**, and to improve young people's mental health.
- **Role models, coaches and mentors** are playing a crucial role in supporting young people and boosting their self-belief.
- **Young people are starting to shape and influence Sport Unites projects**, through a range of new structures, groups and ways of working.

For example:

SLA participants say they have gained skills in:

- Teamwork (84%)
- Problem solving (68%)
- Decision making (68%)
- Communication (68%)

"Interaction with positive role models is helping mentees develop social skills, such as teamwork, empathy and active listening." (Youth worker)

"Flag is important to me as it helps me have an outlet. It's a place where I can go no matter what is going on outside."

(Young person involved in flag football)



OUTCOME 2

Young people are connected, and have a sense of belonging

- Through Sport Unites, young people are having fun and enriching **new experiences and meeting new people**.
- Increased confidence means that young people are behaving with **greater independence and agency**, for example by travelling around London and trying new things.
- Participants are feeling a **sense of community and connection** through Sport Unites that they describe as being like a family.

For example:

*“I spoke to people I would never have spoken to and even gained a few friends.
It was really really fun!”* (Young person)

*“The thing I enjoy the most about the sessions is that it feels like a family when we’re
all together and playing. It gives us all a sense of belonging ...”* (Young person)



OUTCOME 3

Young people feel safe, within their local communities and within London

- Sport Unites is bringing young people together who would not previously have met, **widening horizons and building bridges**.
- Young people are learning **coping strategies and techniques for dealing with issues and problems**.
- Sport Unites projects are providing **support and continuity** at difficult times in the lives of young people, such as during the move from primary to secondary school.

For example:

The Positive activities have provided a relaxed and enjoyable environment allowing (young people) to establish a strong and positive connection, fostering a sense of safety and openness to discuss concerns. (Youth Unity, Future Ready)

All the young people attending Youth Unity's (Future Ready) mentoring programme report that:

- Their confidence has increased
- They have built trusted relationships with Youth Unity workers
- They have learnt new strategies and techniques to cope with future problems and where to go for help.

A survey of nearly 450 young people involved in NFL projects found that:

- 66% have positive, frequent contact with people from a different neighbourhood to them.
- 79% spend their free time doing things that they believe are good for them.

"The best part for us has been getting young people qualified, expanding their skill set and keeping them focused and off the streets." (Youth worker)



OUTCOME 4

The most inactive and excluded children and young people, and those at risk of inactivity, are becoming more active

- **Excluded young people, for example young people who live in underserved communities, or disabled young people, are having positive experiences** that would otherwise not been available to them.
- Sport Unites projects are making progress towards **reaching the most excluded young people** and expanding the range of opportunities they can access.
- Some projects are finding it challenging to attract the expected numbers of **young women and girls** and have plans to tackle this.

For example:

100% of young people engaged in the PGM pilot projects (which focused on increasing the availability of opportunities for underserved and diverse communities) reported that they are now taking part in more sport and physical activity

A total of 1,451 young people with disabilities participated in the 22-23 season of London Youth Games



OUTCOME 5

Highly skilled staff are delivering this work in appropriate and accessible spaces, and organisations are working together in a climate that values and promotes sport and physical activity

- Sport Unites developments are **encouraging large numbers of young people into the sector**, to train as coaches or to explore their career options, boosting young peoples' employment prospects, as well as increasing capacity in the sport sector workforce in London.
- **New and valued partnerships** are emerging across London because of the Sport Unites Programme.

For example:

Three Sport Unites projects have skilled up around 300 young people as coaches and other roles in the sector.

95% of young people taking part in the SLA are more aware of the potential job/career options available to them in the sports sector

100% of them have learnt new essential and sports sector specific skills, and agreed that the skills they have learnt will be useful in future

“Partners appreciated the collaboration sessions scheduled during the partnership, allowing them to meet likeminded organisations, bounce ideas off each other and share learnings.” (NFL)



1. Introduction

1.1 What this report is about

“Since starting Zumba and swimming a few weeks ago I have noticed a change in how my clothes fit. Looking forward to the classes and having so much enjoyment whilst taking part has encouraged me to exercise a bit more and eat healthier. To be honest I initially went because it was free. As a person who was physically demotivated and increasing in size, I am happy to have that push to make a change in my life....” (Young person)

This report draws together and shares the interim, early findings and lessons from the first two stages of the National Development Team for Inclusion’s (NDTi’s) work as the Learning and Evaluation Partner for Phase 2 of the Sport Unites Programme, the London Mayor’s flagship community sports programme. It covers:

- In Part 1, an overview of the Sport Unites Programme and NDTi’s role as the Phase 2 Evaluation and Learning Partner.
- Part 2 describes what the Sport Unites Programme looks like in its second Phase - its purpose, focus, remit and scope.
- Part 3 shares our emerging findings, themes and key messages about the early signs of change for projects funded during the first year of Phase 2 (2022-23) and who have provided reports on their progress up to the end of February 2024.
- Part 4 shares important lessons about how to deliver initiatives that rely on the power of sport to bring people together and change lives for children and young people in London.
- In Part 5, we share our conclusions from this early period of our work, and set out next steps for the following stages.

1.2 Overview of the Sport Unites Programme

Sport Unites is the Mayor's flagship community sports programme. It supports [his long-term vision to make London the most active and socially-integrated city in the world](#) set out in [Sport for All of Us](#) - the Mayor's strategy for sport and physical activity in London.

This vision and associated programmes are focused on supporting initiatives that use sport and physical activity to tackle five key priority areas in London:

- i. helping the most inactive people be more active
- ii. improving people's mental health and wellbeing
- iii. decreasing isolation and loneliness
- iv. strengthening connections in different and diverse local areas and across communities
- v. reducing the risk and impacts of violent crime on young people

These goals are achieved by investing in sport and physical activity projects that enable local, free or affordable interventions through the GLA's Sport Unites Fund. A broader objective also focuses on strengthening the capability and capacity of the sport for development sector, in order that impacts and successes can be sustained over the long term.

Sport Unites Phase 1 and Transitional Phase, 2018-2023

Sport Unites is designed as two main phases of funding and delivery to date, as well as a transitional phase acting as a bridge between the two. Phase 1 ran from 2018-2020/21, and supported initiatives which addressed the following outcomes¹:

- decreasing inactivity levels
- improving mental health
- decreasing social isolation and increasing social mixing
- reducing serious youth violence (later reframed as a focus on supporting young people affected by youth violence)
- building capacity of people and organisations
- building capacity of infrastructure and systems.

¹ Sport Unites Status Reports, December 2019 and March 2020. InFocus/GLA.

The transitional phase ran from April 2021 to March 2023 and continued some of these investments, supporting projects and partners to meet the broad Sport Unites objectives whilst delivering through and recovering from the Covid-19 pandemic. This was an important period for the Sport Unites Programme, acting as an intentional “stocktake” to consolidate learning from Phase 1, re-focus delivery to contribute to London’s post-pandemic recovery, and make recommendations about future investment in community sport in Phase 2 of the Programme.

The evaluation of this transition phase, conducted by Rocket Science², concluded that whilst the Sport Unites Fund had attracted and approved applicants delivering a range of activities across the five priority areas, significantly more projects were focused on working towards improving mental health and wellbeing than those aimed at reducing youth violence.

Sport Unites Phase 2 2023-2026

Phase 2 of the Sport Unites Programme covers the period from April 2023 to March 2026. It has taken the learning from Phase 1 and the transitional phase outlined above, to focus on three broad aims:

Aim 1 – Make sport and physical activity equitable (and promote social mobility)

Aim 2 – Support young people affected by violence (including creating safer spaces across London)

Aim 3 – Improve mental wellbeing.

A fundamental change from Phase 1 to Phase 2 is an intentional focus on improving the life chances of young Londoners through broadening opportunities for more and different kinds of sport and physical activity targeting children and young people who are the most disadvantaged, inactive and experiencing the greatest inequalities for specific and multiple reasons.

1.3 Design and Focus of Phase 2’s Evaluation and Learning Partnership

The National Development Team for Inclusion (NDTi) was commissioned as the Evaluation and Learning Partner for Phase 2 of the Sport Unites Programme, providing a five-stage “test and learn” approach to building a Programme-wide picture of change alongside the delivery of funded projects.

² *Evaluation of Sport Unites transition phase, Final Report.* Rocket Science/GLA. March 2023.

NDTi's role is to:

- Distil all the various sources of evidence, impact and learning that exists within and across the Programme, and which is held in different places by a mixture of the GLA, programme partners, project teams and delivery organisations;
- Analyse and make sense of the aggregate impacts and lessons that emerge from this distillation, over the course of this Phase;
- Provide opportunities and resources for all relevant partners and stakeholders to come together, learn and embed the evidence of what works, for whom, how and why.

Broad evaluation questions and key areas of focus over the course of Phase 2 include:

- Are the programme objectives being met?
- What has actually been delivered and achieved?
- Who has benefited (e.g. individual Londoners, organisations, or communities) and how?
- What works well / less well in supporting organisations to deliver sports for social outcomes?
- Are particular approaches associated with certain outcomes, and if so why?
- What changes in infrastructure and capacity for sport for social outcomes result from this programme? And how should this infrastructure be developed in future?
- Which wider stakeholders are being influenced by the programme? Which aspects of the programme are most influential?

The five evaluation and learning stages for this period are outlined below. We are currently at the end of Stage 2.

Stage 1: Getting Started (June-August 2023)

This initial stage was important for developing relationships with programme partners and project leads, and revisiting the existing Sport Unites Theory of Change. This included a high level mapping exercise of partners and projects and the development of an evaluation and learning timeline, provided in [Appendix 1](#), although this is likely to shift in line with the conclusions of this interim evaluation.

A 'sounding board' of programme and partner leads came together in an online workshop session in July 2023 to revisit the existing Theory of Change to reflect the current era of aims and delivery objectives, the focus on young Londoners, and the current context of sport for development and experiences of children and young people in London today. The aim of this engagement was to coproduce a refreshed Vision and Outcomes Framework for Phase 2, including signs of change (indicators) and potential sources of evidence required to demonstrate progress towards these outcomes and capture emerging lessons about broader impact.

This refreshed Vision and Outcomes Framework is shared in [Appendix 2](#), and summarised below:

Vision

Young people in London have better lives, greater opportunities and more hopeful futures through taking part in sport and physical activity

Outcome 1

Young people feel empowered, resilient, in control of their lives and know they have a voice

Outcome 2

Young people are connected, and have a sense of belonging

Outcome 3

Young people feel safe, within their local communities and within London

Outcome 4

The most inactive and excluded children and young people, and those at risk of inactivity, are becoming more active

Outcome 5

Highly skilled staff are delivering this work in appropriate and accessible spaces, and organisations are working together in a climate that values and promotes sport and physical activity.

Stage 2: Process Learning (September 23–March 24)

This stage centred on learning about what helps projects to get up and running, how they are reaching and engaging their participants, and what aspects of the different contexts and circumstances of participants and projects either help or hinder delivery. Activities and outputs included:

- Remote/virtual engagement with the GLA and Sport Unites partners overseeing and supporting projects' delivery
- Holding the first capacity building session in October 23, designed to address key issues and aspects of data/evidence generation and use identified by members of this Learning Network. This first workshop focused on change stories, and where these fit in a comprehensive framework for distilling different and diverse sources of evidence across the Programme
- Holding the first Reflection and Learning event in November 2023, bringing together a range of funded organisations and projects funded through the Programme to explore and share experiences to date, think about their contributions to the Phase 2 Vision and Outcomes, share and learn from change stories, and agree capacity building priorities for evidencing change

- Collating interim and year 1 reports for Phase 2 projects covered by this report (those funded during the period 2022-23 and reporting by February 2024); identifying and analysing early signs of change from evidence included in these reports, drawing out cross cutting themes to form the basis of this interim report³
- Holding a ‘sounding board’ event in February 2024, to share the above and test these emerging findings and themes
- Producing our first, interim report to GLA in March 2024.
- The remaining stages may shift slightly to reflect the learning and priorities generated through our reporting to date.

Stage 3: Understanding what’s working and not working, for whom (April 24-March 25)

This 12 month stage will focus on tracking, sharing and learning from experiences and evidence of project and programme delivery, focusing on the emerging signs of change for children and young people engaging in opportunities delivered through funded projects/activities.

Stage 4: Signs of Change & Understanding Impact (April-October 2025)

This stage will build on the important learning generated so far, with a focus on impact evaluation and learning activities. We will work with projects to explore evidence of change over time through a mix of opportunities for coming together to share evidence, experiences and insights.

Stage 5: Drawing together evidence and learning about what works (November 2025-March 2026)

In this final stage we will draw together the diverse sources of evidence and learning from all preceding stages and activities, in order to address the Phase 2 evaluation questions and explore progress towards the refreshed Vision and Outcomes.

³ Projects funded after 22-23 and/or reporting after February 2024 will be included in future evaluation and learning reports, alongside this first cohort who are continuing their Sport Unites journeys



2. Understanding Phase 2 of Sport Unites

2.1 About this section

This section describes and presents a visual overview of how the Sport Unites Programme looks and operates at the time of writing, in Spring 2024.

2.2 Scope and structure of the programme

Sport Unites is a complex, multi-faceted, evolving and dynamic change programme that operates at many overlapping levels: individual, family, community, group, team, organisational, partnership and system-wide. In fact there are also many systems and sectors involved: the sport for development sector/system, local and regional government, other statutory bodies including health, education, police and social care, community and voluntary sector organisations and groups, and so on.

Many other, different initiatives and sport related programmes as well as wider civic and social integration developments map onto, interact with, influence and at times are part of Sport Unites, for example the Go! London Fund. Sport Unites is therefore a collaborative movement for change which is supported and enabled by a network of different funders and commissioners, not just the GLA. These funding partners, including sports providers and/or umbrella sports organisations, collectively commission or grant fund the web of delivery organisations through carefully curated projects that are designed to meet both the priorities, aims and outcomes of the Programme.

During stage 1 of our work, we sought to establish a Sport Unites Learning Network with whom to meet on a regular basis throughout the Programme, facilitating Sport Unites partners and projects to share evidence and insights, explore and learn together about what's working and for whom. Membership and engagement of this network has proved more fluid than originally anticipated. We now know that this is largely a feature of this complexity, as well as the often limited capacity of delivery organisations (many of whom are small community organisations) whose primary focus is on delivering activities/opportunities to meet the needs and aspirations of their target audience(s), and the specific organisation funding them.

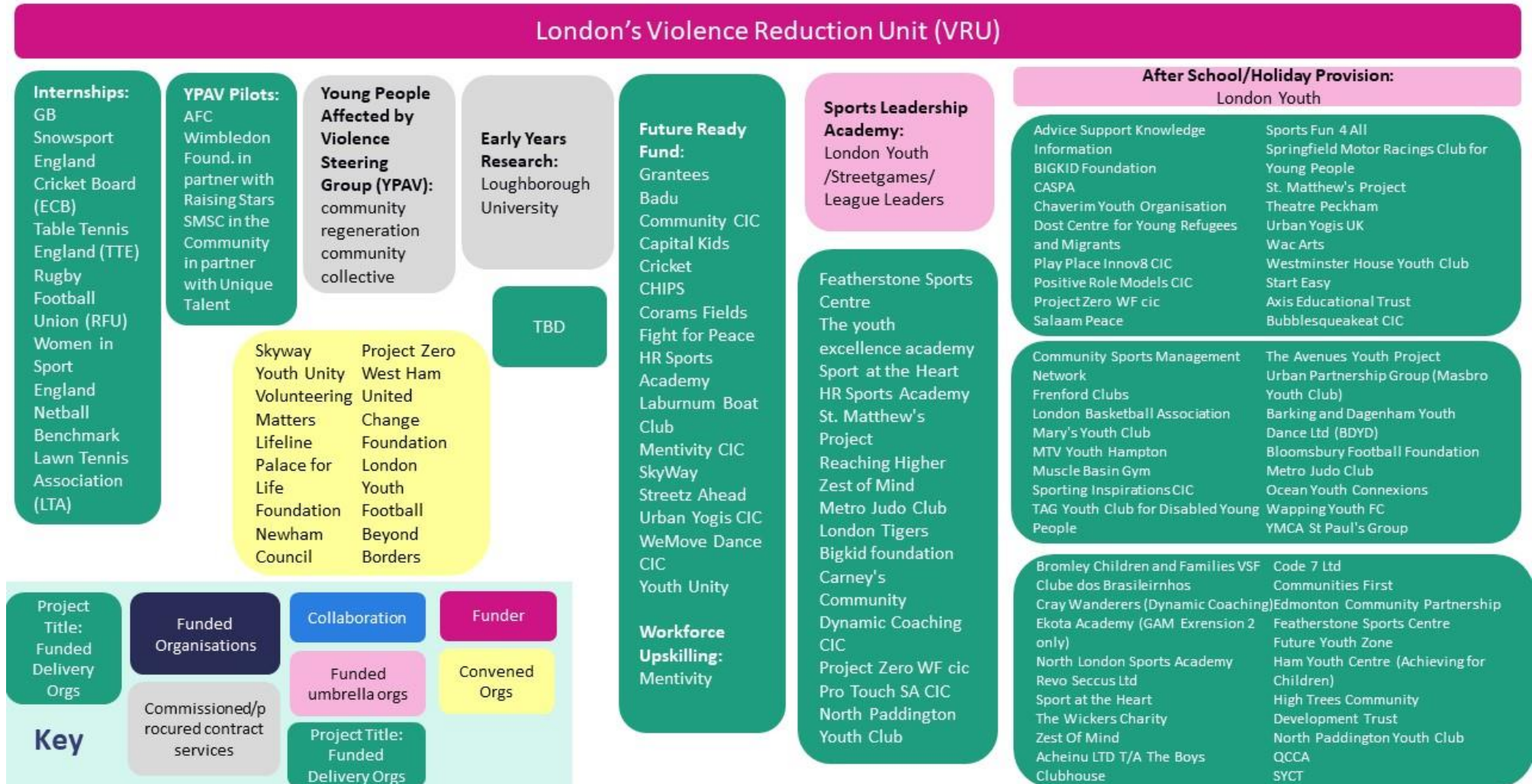
Finally, some of the organisations delivering funded projects as part of Sport Unites do not relate to or identify with 'Sport Unites'. They do, however, connect or identify with the broader vision and strategic objectives of the Mayor's ambitions for sport and physical activity in London. They also connect and identify with the specific programme and/or Sport Unites partner, for example the London Violence Reduction Unit (VRU), the National Basketball Association (NBA), National Football League (NFL).

The following Family Tree was developed with the Civil Society and Sport team at the GLA, in an attempt to capture this complexity and these important relationships visually and as simply as possible.



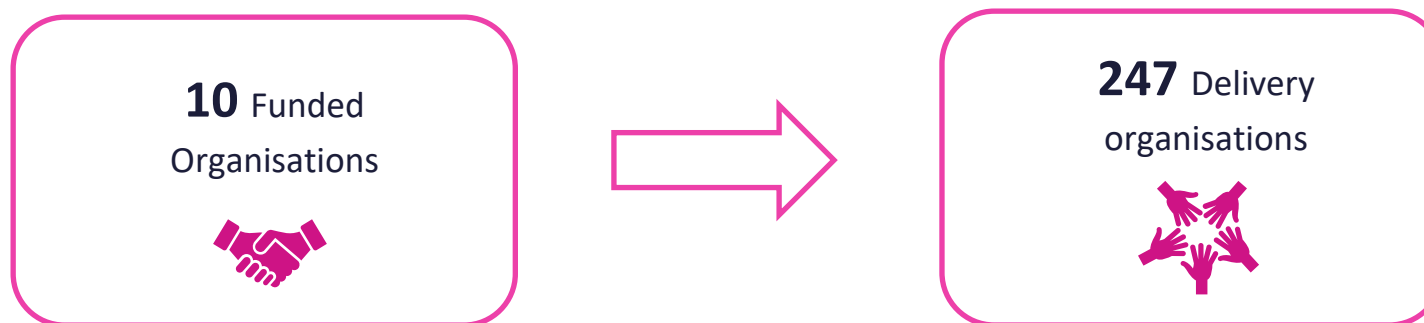
Sport Unites Phase 2

London's Violence Reduction Unit (VRU)



This illustration captures not only the complexity but also the enormous range, scope, scale and diversity of Sport Unites, a significant characteristic in terms of the ambitions and aspirations of the Programme captured in the refreshed vision for change: that young Londoners will have better lives, greater opportunities, and more hopeful futures through taking part in sport and physical activity. This is not an ambition that can be realised by or through one delivery programme or funded organisation. It requires collaboration, reach, strategic and operational partnerships that can combine to achieve impact that is greater than the sum of its parts.

So far, across the Programme, progress is being made to do just that as the following infographic demonstrates:



The extent and nature of this complexity does complicate the process of tracking investments and impacts. As a result, we have to be creative, use non-linear methods and a variety of diverse evidence sources that combine participation rates, demographic datasets, subjective as well as objective outcome measures, insights and experiences, and stories – lots of stories that capture and illustrate change and how it comes about for diverse children and young people across London.

Part 3, shares the early signs of change that have been distilled from available sources of evidence to date, just nine months into Phase 2 of the Programme, using the five outcome areas as the analytical framework to show progress and lessons about what helps and what hinders delivery so far.



3. Outcomes and early signs of change

3.1 About this section

This section presents a snapshot of the early changes that are taking place as a result of the Sport Unites Programme. It is organised around the five outcome areas for Phase 2, the development of which is described earlier. It brings together thematically a range of the early signs of change that are starting to emerge, illustrated with examples and quotes from children and young people, coaches/staff and projects. For this interim report, our evidence is drawn primarily from project update reports and interim evaluations up until the end of February 2024, for Phase 2 projects funded during 2022-23. Future reports will include projects that have been funded from 2023-24 onwards and/or those who have reported since March 2024.

Although many of this first cohort of projects are in their early stages of development and our current evidence is far from comprehensive, we have nevertheless identified many strong and encouraging themes during our analysis, which together suggest that Sport Unites is making a significant difference to many children and young people across London.

3.2 Emerging signs of change

The five outcome areas and signs of change that are set out below are closely related and interwoven. For example, the theme of increased self-confidence and agency underpins several of the outcome areas, as does the importance of mentors and positive role models.



OUTCOME 1

Young people feel empowered, resilient, in control of their lives and know they have a voice

Signs of change

Young People:

- can cope with challenges and bounce back when things are tough
- can talk about their experiences to trusted people
- are having positive conversations about the future
- are more confident in speaking out
- feel their voice is heard and changes are made as a result
- have better relationships at home

Introduction

This first outcome area looks at the positive benefits that taking part in Sport Unites can achieve for the lives of individual young people, such as on their self-confidence and wellbeing. These impacts occur through mechanisms such as working with mentors and coaches, and taking on responsibility for shaping and codesigning projects.

Increased confidence and improved life skills

“I have really enjoyed getting involved in the NFL sessions, they have been good for my self-confidence and I have enjoyed meeting other people.” (NFL Participant)

“I’ve loved seeing the young people develop new skills and confidence each week. The NFL Flag is helping build their character on and off the field.” (NFL Coach)

It is very clear that children and young people who are taking part in Sport Unites projects are feeling more confident as they learn new skills and deal with new people and situations. This increased confidence is the first step towards many of the positive outcomes highlighted in this section, such as connecting with others and with their community, or making good choices that keep them safe.

Some projects have a strong focus on skills development, which again contributes towards greater self-confidence and lays the foundations for enhanced life chances and a successful future.

For example, SLA participants reported that they had acquired a range of transferable skills, including:

- Teamwork (84%)
- Problem solving (68%)
- Decision making (68%)
- Communication (68%)

The story of one young woman taking part in a boxing programme shows that change, in terms of maturity and behaviour, can occur rapidly:

Their coach/mentor described them as “initially disruptive, not taking it seriously”, before taking part in their first ever boxing session. In the space of two weeks, the young person “was punching very well” and was already showing improved discipline, whilst remaining a “cheeky, popular member of the group.” (Source: Fight for Peace Six Month Report Oct 23 (Future Ready))

A place to escape day to day concerns / improving wellbeing

“NFL flag has given me a sense of discipline, teamwork and sportsmanship. It’s been great to just let off steam while playing flag football and allow me to switch off from everyday life.” (Young person involved in Flag football)

“Flag is important to me as it helps me have an outlet. It’s a place where I can go no matter what is going on outside and focus on the sport I love.” (Young person involved in Flag football)

Some of the young people who are participating in Sport Unites projects, such as the two NFL Flag participants quoted above, highlight the value of sports sessions as a way of disconnecting from everyday issues and worries, and of improving their mental health.

Another young person on the SLA Programme reflected on a session they had attended on the Five Ways to Wellbeing:

“It was really really cool. The ways to wellbeing session, it was on your own mental health not just how you can help other people which I thought was really good and how mental health helps within sports and what you can do with it to help support people.” (Source Sports Leadership Academy Interim Report 2023)

Role models, coaches and mentors - a crucial role in supporting young people and boosting their self-belief

“Interaction with positive role models is helping mentees develop social skills, such as teamwork, empathy and active listening.” (Youth Unity, Future Ready Programme)

Trusted adult role models such as coaches and mentors, make a huge contribution towards increasing young peoples’ self-belief and life skills. As the quote above highlights, modelling positive behaviours and good communication plays an important part.

The change story below also illustrates how the right support from known and trusted coaches can improve a young person’s ability to engage, and to navigate new relationships and situations.



Change story – Laburnum Boat Club

When Child A first attended Laburnum he often struggled with managing his emotions and reactions to external stimulus. This presented as him frequently refusing to engage with others and often crying without being able to articulate how he was feeling. As a result, he struggled to form friendships within the club.

However, as he spent more time at the club and learnt the expectations we have of our young people and got to know the coaches he began to form positive relationships and started to be able to express his issues and concerns. As a result, he started forming friendships with other young people, boosting his self esteem and providing him with people who he could talk to when he found other interactions more challenging.

Child A is now much better at coming to the staff team to when presented with a situation he doesn't know how to navigate and as a result his listening and interpersonal skills are improving.

Young people starting to shape and influence projects

“It’s the young people using their voice. I think, because it’s a selected few of them, they feel very important, they feel very valued. So I think it is great for their personal development” (Youth worker, SLA)

Youth voice is a central element of Sport Unites and there is a clear expectation that young people will play a key role in shaping, designing and sometimes delivering projects. At this point in the Programme, many projects are working to set up local arrangements for engaging with children and young people. For example, Model City London is bringing in specialist expertise (via Participation People) to help establish youth panels in each of the three Model City Coalition areas.

Other projects have engagement mechanisms in place, which are at different stages of development and are taking on slightly different roles ranging from co-design to events organisation, to encouraging other young people to consider employment in the sports sector.

Although the SLA Youth Academy Board is not yet as large as hoped, becoming a member is already having an impact on the young people involved, as the comment from a youth worker, above, indicates. Over time the Board will support co-creation of the Academy as well as providing additional personal development opportunities to young people on the Programme.

NFL has set up a Youth Advisory Panel, which has focused on delivering an NFL Flag event linked to the Super Bowl, working alongside an events management company. Their aim is to organise activities that not only provide Flag participation/friendly competition opportunities for older young people (aged 16-20), but also have an employability focus and encourage young people to consider careers within sport.

Player Voice has also set up two Youth Forums, for young male and female footballers, to make a change on issues that affect young footballers on and off the pitch. Members will have mentoring sessions as part of the project, developing their leadership, communication and advocacy skills. Although it is early days for the Forums, Player Voice are pleased that the members are *'open and willing to learn and support each other.'*

For at least one other project, the overarching focus has been on devolving power and responsibility for decision making. The PGM pilot (described in more detail under outcome area 5) was explicitly about *'addressing disparities, promoting health and social engagement, and amplifying the voices and aspirations of Black communities'*. The project piloted an innovative funding model where people and communities are actively participating in and steering the processes and decisions about how and to whom grants are awarded.



OUTCOME 2

Young people are connected, and have a sense of belonging

Signs of change

- Increased and more frequent participation in activity
- High levels of engagement and retention in projects
- More time outside house and positive interactions
- Engagement in other projects and services because of interactions they've had.
- Increased levels of trust in community and in authority figures in community.

Introduction

This outcome area builds on the previous one, and has the importance of connections at its heart – with other people, with the local community and with London. A theme of independence also underpins outcome area 2, which often develops as the result of the increased confidence explored in outcome area 1.

New connections, experiences and places

“The athletics event has been really fun. Being here helps me to meet new people and feel more independent.” (LYG)

“I spoke to people I would never have spoken to and even gained a few friends. It was really really fun!” (PGM)

The opportunities offered through Sport Unites are exposing young people to new experiences and to new people, enjoyable and rewarding possibilities that are only open to them because of their involvement in the Programme. Young people highlight that they are meeting people that they would otherwise never have met, and are building new friendship networks, with the potential to broaden horizons and increase understanding across communities:

“A higher proportion of young people report that they have a more diverse network of friends and peers through the NFL programme vs May 2023.” (NFL)

Greater independence

“I think this opportunity was great, because ... they also gained that independence by going to the workshops by themselves. And just getting involved with other things a lot more.” (SLA)

The increased confidence expressed by young people in the previous section, gained through new experiences and connections, translates into a sense of greater independence and agency. In addition, as young people become more independent, one opportunity can lead to others, as the youth worker quoted above highlights.

The ability to travel to venues and events, sometimes alone, was mentioned by several participants, and clearly represents a key element of independence for some. The young people involved in the SLA, for example, are feeling more independent as they take on opportunities offered by the programme, travelling around London, meeting other young people and working with new trainers.

Feeling part of something – friendship, fun and community

“I really look forward to every week’s session. The group now feels like my extended family. I’ve been able to access services I never knew existed. Thanks YAA!” (PGM)

“The thing I enjoy the most about the sessions is that it feels like a family when we’re all together and playing. It gives us all a sense of belonging ...” (NFL)

Many young people described the sense of community and connection they feel through their Sport Unites sessions as being like a family. Having fun together while working as a team is an important benefit for participants.

At the same time, some community members recognised actual and future impacts that extend beyond the participants to the wider community:

“You don’t see many women playing football and the fact that they have come together and are having fun, communicating, doing something loving it is amazing for this community because we’re coming together and making it stronger.” (PGM)

“Through the NFL programme, we’re not just shaping future athletes; we’re nurturing responsible, determined, and motivated citizens who will undoubtedly contribute positively to our local community and society at large.” (NFL)



OUTCOME 3

Young people feel safe, within their local communities and within London

Signs of change

- Young people feeling safe
- Decreasing violence affecting young people
- More engagement in sports and better choices,
- Fewer violent incidents
- Young people have more and safer options at a local level
- Young people are better informed so are able to make better choices
- Young people are changing their behaviour because they feel safer
- Whole system is created with young people's safety in mind

“The...activities have provided a relaxed and enjoyable environment allowing (young people) to establish a strong and positive connection, fostering a sense of safety and openness to discuss concerns.” (Youth Unity, Future Ready)

Introduction

Outcome area 3 relates to young peoples' feelings of safety, a complex, multifaceted issue, which is influenced by many factors and may take time to shift. It also builds on the two previous outcome areas - as young people feel more confident and become more independent, they are likely to become less fearful of unfamiliar people, places and situations.

Sport as a mechanism to bring young people together

As highlighted above, young people themselves, coaches and youth workers commented that through Sport Unites initiatives, young people were meeting others that they would otherwise not have encountered, widening horizons and also building bridges.

In a very specific example, a football tournament that was organised through PGM brought together young people from rival neighbourhoods and there is evidence that following this, antisocial behaviour in the area has fallen.

Proactive strategies and approaches

“The best part for us has been getting young people qualified, expanding their skill set and keeping them focused and off the streets.” (NFL)

Sport Unites is helping individual young people to acquire coping strategies and techniques for dealing with issues and problems, and offering positive ways of spending time, as well as in some cases, helping the wider system to address the factors that affect young people’s safety.

One important element of this for young people is knowing who to go to when sharing issues and concerns. For example, **all** the young people involved in Future Ready’s Youth Unity mentoring programme report that:

- Their confidence has increased.
- They have built trusted relationships with Youth Unity workers
- They have learnt new strategies and techniques to cope with future problems and where to go for help.

In a proactive approach at the system/community level, another Future Ready project is planning to carry out regular surveys of the young people they work with to find out where and when they feel most unsafe. The results will be discussed with the local authority and others with an interest or responsibility for community safety.

Helping young people navigate transitions

Some Sport Unites projects are seeing key transition points, such as the move from primary to secondary school, as opportunities for intervention and engagement. Several Future Ready projects are meeting a substantial unmet need for mentoring for primary school children who are moving to secondary school. For example, Urban Yogis has doubled the number of mentoring places they offer, in response to the Local Authority:

“Sutton Council and schools expressed concerns around many young people that were at the edge of exclusion and that they were worried that the transition to year 7 could be negative. We then had a few requests from social care around concerns over the summer holidays of young people that were at high risk of criminal exploitation so they requested for us to support them over this period.”



OUTCOME 4

The most inactive and excluded children and young people, and those at risk of inactivity, are becoming more active

Signs of change

- More opportunities for being or becoming active, particularly in the areas where young people are at highest risk
- Greater availability of green spaces and safe places, trusted adults
- Barriers are being removed for those most at risk

“We have seen a positive impact already with this funding opportunity and it has clearly shown that there are a lack of support services to primary school ages.” (Urban Yogis, Future Ready)

Introduction

The focus of outcome area four is on ensuring that Sport Unites projects are reaching the children and young people who are likely to find it most difficult to lead an active life, for example young people living in the most underserved areas of London, or young people whose disabilities affect access to sporting opportunities.

Increasing opportunities for some of the most excluded young people

Although we do not yet have a comprehensive demographic picture for Phase 2 projects across the Programme as a whole, it is clear that individual projects/groups of projects are making progress towards reaching the most excluded young people and expanding the range of opportunities available to them. The examples below give a flavour of the range of new opportunities available in particular to disabled young people and young people from the most underserved and diverse communities.

LYG have provided new events and adapted new sports to enable young disabled people not previously engaged in sport and physical activity to participate and built a network of inclusive coaches and volunteers (including those who are disabled).

50% of the 19 coaches trained in their inclusive coaches programme have a disability and 100% of coaches are now involved with coaching and/or volunteering within LYG's para programme. As a result, many more young people with disabilities are taking part in sport, as the following shows:

- A total of 1,451 young people participated in the 22-23 season
- 85 volunteers with a disability have been recruited to support participants
- 3 new events and 5 new sports have been added to the Games
- 32 London boroughs took part in the 22-23 season.

38% of the young people taking part in Future Ready Programme's Youth Unity project have autism and/or ADHD and 95% are described as being at risk of criminal exploitation.

Sported's PGM pilot was focused on increasing the availability of opportunities for underserved and diverse communities. It is described in more detail under Outcome area 5. The pilot's successes included:

- 18 organisations received funding
- Total number of young people engaged – 2192 (of total 2266 participants), of which 881 were newly engaged
- 75% beneficiaries from culturally diverse backgrounds
- 75% lived in area of index of multiple deprivation deciles 1-3
- 100% (of participants) reported that the funding contributed to positive impact in their community
- 61% reported that funding provided their community with more opportunities to be more active
- 100% of young people engaged reported that they are now taking part in more sport and physical activity

The London Coaches Programme is keen to engage more minority groups as basketball coaches. A new group of potential coaches in the programme includes two young Muslim women and specific sessions for female coaches are being developed to provide a safe space for exploring how they can take up this role and encourage other Muslim girls and young women to do the same in the future. The young women are thrilled and excited about this tailored opportunity, which has helped them to feel welcome and part of something bigger.

However, for some projects, involving girls and young women remains a challenge, with some not yet reaching the expected percentage of female participants. The NBA, for example, has realised that they need to be more intentional and proactive in their approach to drawing young women into their activities.

Raising aspirations by offering opportunities to the most excluded young people

“A lot of our young people are from low socio-economic backgrounds. And I feel like their ceiling has been limited, they have low ambitions or a lack of purpose. So it’s encouraged them to seek various different opportunities and inspired them to inspire the next generation to want to do more, and to feel that they can achieve more as well.” (SLA)

“My visual impairment and lack of confidence have prevented me from being as active as I would sometimes like. I didn’t believe I would ever be able to take part in such a variety of sports events. Taking part in the Games has helped me develop my confidence and it’s changed my opinion of sports.” (LYG)

Young people living in underserved communities, or with a disability, may have limited opportunities to be active, or to have high aspirations for themselves, as highlighted above. Sport Unites is making a difference to these young peoples’ lives by offering them experiences that they otherwise would not have had. Participation can also have a wider impact on young peoples’ life choices:

“Since starting Zumba and swimming a few weeks ago I have noticed a change in how my clothes fit. Looking forward to the classes and having so much enjoyment whilst taking part has encouraged me to exercise a bit more and eat healthier. To be honest I initially went because it was free. As a person who was physically demotivated and increasing in size, I am happy to have that push to make a change in my life...” (PGM)

As well as the young woman above, partners in the NFL Programme particularly valued the fact that the Programme is available for free, as this removes a significant barrier to access for many children and young people:

“The young people we work with) have had incredible opportunities that wouldn’t be available to them without this funding.” (NFL)

“The funding has been amazing as it supports our young people whose family may not have been able to pay for their child to attend a sports club. It provides a safe space.” (NFL)

However, engaging the most disadvantaged young people can still be a challenge, even if sports sessions are delivered for free:

“Some of the young people we are working with come from really disadvantaged families who may not have the infrastructure to allow the young person to stay every week due to several reasons, e.g. parents/carers not having time to pick them up later in the evening.” (BADU, Future Ready)

Highlighting need to remove barriers

As well as cost, many other barriers to participation exist. These are wide ranging and include the availability, appropriateness and accessibility of venues. LYG have developed a set of accessibility criteria for venues that will help broaden their awareness of the range of factors that need to be considered, as well as a list of venues which they consider to be fully accessible across a range of these criteria. More opportunities are also being provided at different times including after school and during school holidays by projects funded through the London VRU Programme. It takes time to see the effect and impact of different opportunities and interventions designed to remove barriers to engagement and participation. This is one of the outcomes where ongoing review, stories and tracking ongoing impacts is important, and will be a feature of future evaluation and learning reports.



OUTCOME 5

Highly skilled staff are delivering this work in appropriate and accessible spaces, and organisations are working together in a climate that values and promotes sport and physical activity

Signs of change

- More people accessing training and reporting this is improving quality of their work
- There is a suite of development options to help upskill the workforce
- Organisations in the sector are working collaboratively to provide a wide range of tailored opportunities that draws on the expertise of different organisations and responds to the needs of young people
- Increased access to facilities for community organisations so they can deliver their activities in appropriate places.
- Young people feel supported by professionals delivering opportunities for sport and physical activity.

Introduction

The final outcome area is broad in its scope. It brings together a range of issues that relate to the infrastructure and environment in which initiatives such as Sport Unites are delivered, including the London sport workforce, partnership working at every level and the wider development of the sector, for example in terms of approaches to funding.

Supporting and developing young people to work in the sector

“I feel like, personally, they just need more opportunity and more knowledge around what they can do.... they had a lack of knowledge around literally what they can do further on down the line or if it's a sport then what other job roles are there? Is it just a coach and a referee, and that's it? But now they're starting to notice... physiotherapists, counsellors, there's just loads of different roles in sport’.” (Youth worker, SLA)

Sport Unites developments are encouraging large numbers of young people into the sector, to train as coaches or to explore their career options. This focus on drawing new talent into the sector is not only boosting young peoples’ employment prospects by providing skills development, but also

increasing capacity in the wider sports sector in London. The three Sport Unites initiatives highlighted below are bringing around 300 young people into the sports workforce in London.

SLA is working with young people who are either at an early stage in their careers in sport, or else are still in education and may be interested in a career in this area. By November 2023 they had recruited 85 young people. In addition, some young people on the programme, who already have some form of coaching role, are already implementing what they have learned to improve the quality of programmes for other children and young people.

SLA is also increasing young people's understanding and knowledge of the range of employment options available in the sports sector (as noted above), as well as skilling up young coaches.

Of participants in the programme:

- 95% are more aware of the potential job/career options available to them in the sports sector
- 100% have learnt new essential and sports sector specific skills, and agreed that the skills they have learnt will be useful in future

LYG has built a network of inclusive coaches and volunteers (including those who are disabled); 50% of the 19 coaches trained in the inclusive coaches programme have a disability and 100% of coaches are now involved with coaching and/or volunteering within LYG's para programme.

LCP is recruiting, training and mentoring coaches to then engage young people in basketball sessions across London. 194 coaches are now enrolled and 10 mentors are also engaged on the programme. The mentors are well known basketball players and coaches. 31 of the coaches are already coaching on a regular basis. In addition, five LCP coaches benefited from training experience with the London Lions Academy in Belgium:

“They added value to the trip with their enthusiasm and willingness to get stuck in. We’ve kept the door open to future opportunities to them.” (Assistant GM, London Lions)

Building & growing partnerships

“Partners appreciated the collaboration sessions scheduled during the partnership, allowing them to meet likeminded organisations, bounce ideas off each other and share learnings.” (NFL)

A complex web of new partnerships is emerging as a result of the Sport Unites Programme, operating at a number of different levels, including operational/project, borough and London-wide.

Partners such as youth organisations and other sports organisations appreciate the additional development opportunities for the young people they work with, highlighting the complementarity and synergies Sport Unites offers:

“The NFL Flag project has been an amazing addition to our delivery in schools in London. The skills learned in our Flag Football sessions complement our curriculum framework of developing life skills, improving physical and mental wellbeing and raising aspirations.” (NFL Partner)

NFL have captured the views of the youth organisations that contribute towards their Programme. They emphasised the value of the new connections they had forged with the sports sector through NFL, as well as the complementary nature of the NFL programme. Benefits included:

- Wider range of opportunities for their young people outside of their organisation and community
- Exposure to new employers and organisations within the sports sector
- Provision of high quality coaching to young people by the partners
- Workforce development and CPD opportunities for volunteers and paid staff who are young people on the programme

At a borough level, the most recent focus of MCL has been on consolidating three Coalition structures in Hounslow, Haringey and Barking. The Coalitions are made up of a diverse range of community groups and organisations, all of which have a shared aim to increase opportunities for young people to participate in sport and to build the capacity of the sector to provide these opportunities. Coalitions are all building strategic partnerships in each of their areas and across MCL as a whole. Key external partners to the Coalitions include Sport England, Sport Development Trust, British Cycling and the Leader and Deputy CEO of LB Hounslow. Many examples exist of collaborative developments and funding applications between Coalition members, and between Coalition members and wider local partners. The Coalitions play a key role in boosting the capacity and capability of local organisations, with 44% of Coalition members reporting increased confidence in their skills & knowledge and 55% feeling supported.

Some new pan-London partnerships are also developing, for example with LYG liaising with London Sport, Sport England, Disability Sports Coaches Activity Alliance, Panathlon and Access Sport to influence long term change in provision.

Developing the wider sector

Sport Unites initiatives are involved in developing the sports sector in London in a number of different ways, often alongside the wider partnerships that exist within the Sport for Development world (e.g. Go! London) and major sports organisations and sporting events taking place in the capital.

As noted above, LYG is working with partners to raise awareness of access issues and reduce barriers to participation by young disabled people. They aim to improve the accessibility of venues across London, improving the sports infrastructure.

MCL has a strong and explicit emphasis on strengthening local infrastructure through partnership working and the development of local sports hubs to act as a focal point for Coalition activities. In addition, each of the three Coalitions is moving towards community ownership.

Through the PGM pilot, described in the box below, Sport Unites is also starting to influence approaches to funding in London.

Shifting the funding landscape – the PGM pilot



The aims of the PGM pilot were to:

1. Offer core funding to Black-led grassroots groups across London serving Black communities
2. Raise awareness of the unique challenges facing Black communities across London
3. Establish an effective, innovative partnership to improve and promote community based orgs within London.

Final funding decisions were made by members of Sported's Black Leaders in Sport Network, whereby individuals from 18 different, Black-led organisations were recruited to participate in the process. All participants in the decision making group went through a 10 week, two phase programme prior to delivery of the fund, to equip them in the principles of PGM and to design a start-to-end application process for the fund, including elements such as an assessment framework and M&E outcomes, decision making, selection processes, and providing feedback to unsuccessful applicants.

The fund was launched in December 2022, allowing Black-led organisations to apply for up to £10,000 of funding :

- 18 organisations received funding
- Total number of young people engaged – 2192 (of total 2266 participants), of which 881 were newly engaged
- 75% beneficiaries from culturally diverse backgrounds
- 75% lived in area of index of multiple deprivation deciles 1-3
- 14 boroughs covered
- 13 different sports delivered
- 2 groups who had not previously successful in funding bids
- 4 groups received conditional offers
- 88% of all applicants had a positive experience and are likely to reapply in the future.

Some of the projects supported by PGM had not received funding before, so are now on the funding ladder for the first time. The projects that were funded through the pilot are expressing greater trust in the sports funding landscape and now see sports funding as more accessible to them. In addition, the pilot has increased awareness of the need for and potential of more participatory approaches to grant making among funders, so seems set to influence wider approaches in future.



4. What are we learning about how to deliver initiatives that rely on the power of sport to bring people together and change lives?

4.1 About this section

The knowledge, understanding and evidence about the impact of sports related initiatives such as Sport Unites is still developing. While the previous section celebrates the signs of change that are starting to emerge, learning about **how** projects are working to achieve these is also really important.

This section briefly flags up some of the factors that can help or hinder the delivery of projects that rely on the power of sport to bring people together and change lives. We will explore many of these areas in greater depth in later stages of our work with Programme leads, partners and projects.

As in the previous section, our evidence is drawn primarily from project update reports and interim evaluations, as well as from a round table discussion with partner organisations.

4.2 What are the factors that help delivery?

- **Investing in lead in time**, relationship building and creating the conditions for engagement and participation. For example, the evaluation of SLA identified some issues with tight turnaround for applications from youth organisations, and also with recruitment deadlines for identifying young people. The learning is that the set up period requires adequate time for planning, partnership building and promoting the programme to young people and potential partners
- **Working with and through key people and organisations** who broker relationships, partnerships and engender trust at all levels. Recruitment to the SLA programme took place via youth organisations, who each suggested young people they were working with. This meant that the programme benefited from existing trusted relationships, with youth workers encouraging young people to take part and supporting them once they were on the programme.
- **Being creative and opportunistic** in the use of external drivers, events and hooks to build engagement and reach, as well as access to related funding streams. Possible hooks might include World or European Cups, or other major sporting events in London, also legacy funds. The RFU, for example is planning to use the Women's World Rugby Cup as a way of raising interest in their forthcoming Sport Unites project.

- **Working through known, familiar “warm” contacts** as well as trying new ones. One Future Ready project had huge difficulty in gaining access to their target schools and spent months trying to negotiate access. They finally had to switch boroughs to an area where they had an existing contact as the response in the first borough was so poor.

4.3 What are the factors that make delivery more difficult?

- **Focusing on the processes and governance before key relationships are in place**, including relationships with key delivery partners as well as specific groups of children and young people projects are seeking to engage. In effect this means that the lead in time for projects to get going can become fore-shortened as pressures to reach specific targets for participation rates take precedence over raising awareness of opportunities and building trust between different groups of partners and people.
- **Engaging some “gatekeepers” , such as schools.** As noted above, some projects that are designed to operate in schools can find that gaining access is a lengthy process, in part because schools have little capacity for this, including facilitating or chaperoning young people to enable them to attend events. For example, LYG has found that there has been more success in hosting open games than school games, with reported challenges in engaging with schools (70% of engagement of disabled young people has been through open games, only 30% through school games). Capital Kids Cricket (CKC) also experienced difficulty in gaining access to their target schools. They finally had to switch boroughs.
- **Communicating with families.** Some children did not take part in the Moving Up! Programme (Future Ready), as their parents saw a referral to the programme as a negative thing. BADU share their understanding that some of the young people they work with come from disadvantaged families who may not have the infrastructure to allow the young person to attend every week e.g. if parents/carers do not have the time to pick them up later in the evening.
- **Capturing the impact of the work** both to feed into ongoing delivery, and to demonstrate value and impact to actual and potential funders.
- **Concerns about sustainability** everyone involved in Sport Unites (the GLA teams, partners and projects) knows it takes time to build trust, cement new relationships and develop the kinds of partnerships and strategies outlined as being key for success. In particular, delivery organisations need time to deliver, reflect and learn about what works in order to embed successful strategies and techniques, and to follow young people through their journeys into sport and physical activity.



5. Conclusions and looking forward to the next phase

5.1 About this section

This is an interim evaluation report of the Sport Unites Programme, and so it represents a snapshot at a point in time. The evidence we were able to draw on at this point was limited (consisting largely of project and evaluation reports), but nevertheless, we have identified some strong themes and early signs of change that suggest that the Programme is already making a difference to the lives of many young Londoners. There are also some helpful pointers that have become more apparent through discussion with Programme leads and partners about key priorities in the next stage of evidencing what change has occurred and how this has come about.

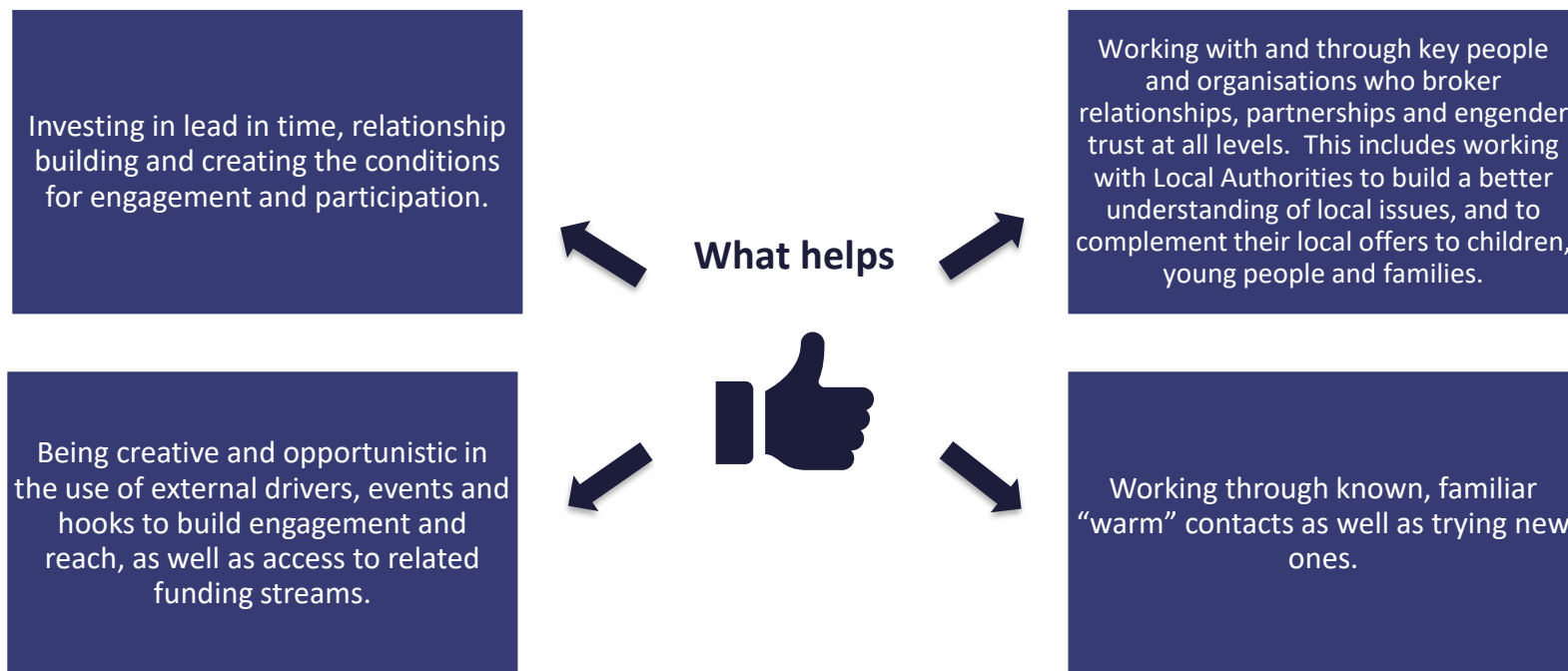
5.2 Summary of progress and learning to date

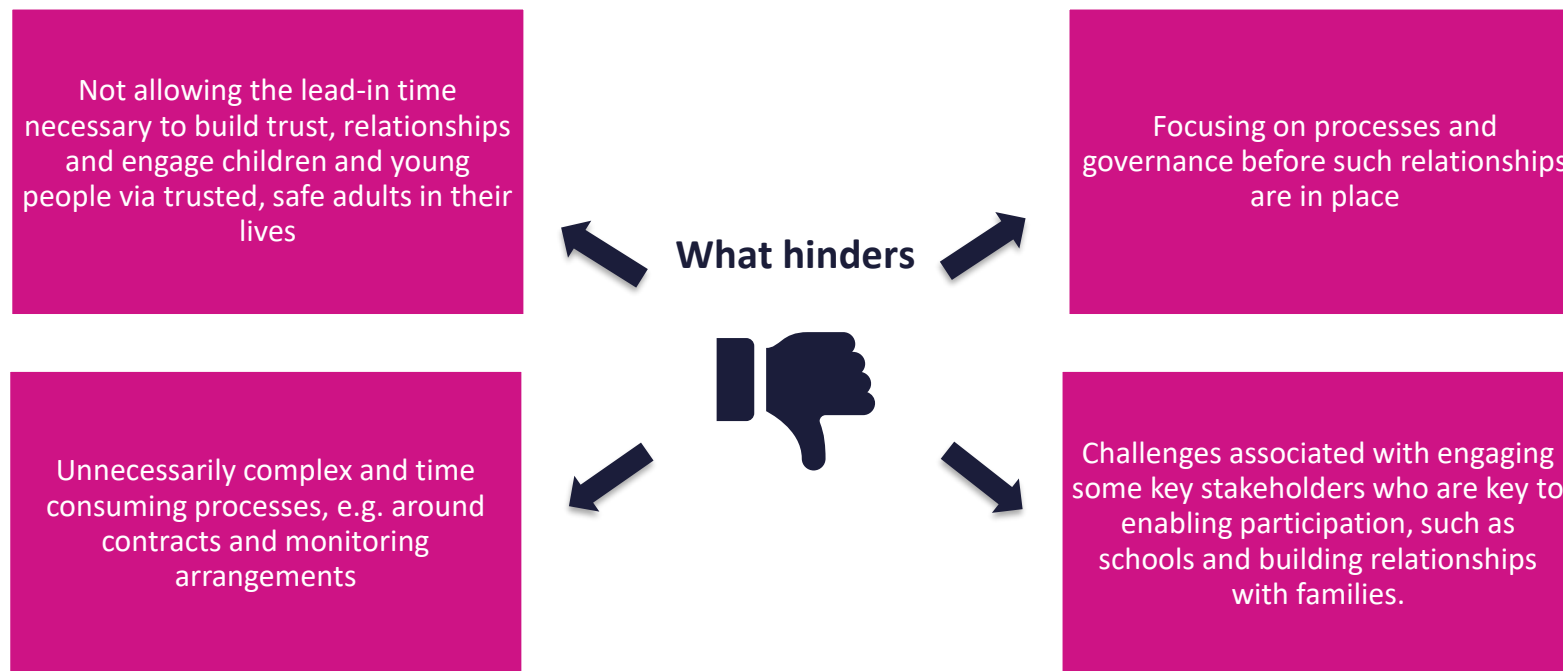
Across all five outcome areas we can see that Sport Unite partners and projects are helping to:

- Increase the confidence and improve life skills of children and young people participating in the opportunities provided
- Deliver activities and opportunities that offer places to escape day to day concerns, and which are improving young people's wellbeing
- Recruit and equip different role models, coaches and mentors to deliver a wide range of sport and physical activities; these roles are crucial in supporting young people and boosting their self-belief
- Provide platforms and mechanisms for more young people to participate, shape and influence projects
- Enable new connections, experiences and access to new places and spaces across London, showing that sport is an important route for bringing young people together
- Increase the independence of young people participating so far – which is both as a result of these experiences and in turn increases their engagement in sport and physical activity on an ongoing basis
- Increase young people's sense of belonging, where they feel part of something and enjoy friendship, fun and community
- Develop and implement proactive strategies and approaches for engaging young people, including those who have not previously experienced or participated in sport and physical activity, including some of the most excluded young people
- Equip and empower young people to navigate transitions in their lives

- Raise aspirations and awareness of future possibilities including routes into employment in the sports industry, including supporting young people to work in the sector
- Diversifying the sport sector in London, so that it represents Londoners within and across different communities, and so that underserved young people have increased influence and leadership roles within the sport industry.
- Strengthening capacity in the sector, for example by equipping 300 young people with the skills they need to work in the sports sector (across only three projects)
- Highlight the need to remove barriers to participation and how to do this
- Build and grow partnerships, which in turn is helping to develop the wider sector in London.

We have also drawn attention to what helps (blue boxes) and hinders (pink boxes) these achievements and early signs of change, including:





All projects and partners share concerns about sustainability. They know it takes time to build trust, cement new relationships and develop the kinds of partnerships and strategies outlined above. They also know they need time and capacity to both deliver *and* reflect on what is enabling change to happen, including following young people through their journeys into sport and physical activity. They are keen to access support and resources for developing creative ways of tracking these experiences and personal impacts to understand what works over time.

5.3 What does this mean for the programme? What next for the partners/projects?

Our conversations with partners and projects emphasise some key actions for the next phase:

Projects

- Continue doing what you're doing to change the lives of children and young people in London
- Refine your approach to reaching those young people (such as young women and girls) who you are finding it hardest to engage, and learn from others who are doing this well
- Explore alternative ways of building positive relationships with families and other gatekeepers such as schools, for example through partnerships with organisations and teams who currently have those relationships and who could broker introductions and mutual understanding of how your delivery can benefit them
- Find creative and quick ways of demonstrating the difference your project is making

Partners

- Support the projects you work with to maintain momentum, share these examples of progress and achievements and explore ways of addressing the common challenges and issues identified. For example, accessible venues, gatekeepers, safe spaces
- Join up the dots between inter-related programmes more clearly e.g. applying lessons from VRU funded projects to work with those delivering sport and physical activity for disabled young people in safe, accessible venues
- Enable projects to report on their progress and achievements using light touch methods for evidencing change, for example change stories alongside participation rates and demographic data.

GLA

- Use this report (and those of partners and projects) to raise the profile of Sport Unites and the great work the programme is delivering, and the factors that lead to successful delivery
- Work with partners and NDTi to cocreate a flexible framework for capturing the impact of projects
- Continue to work with other funders on sustaining and building on the learning from Sport Unites, including joining the dots and connectors between programmes and with strategic stakeholders in order to inform policy at a regional level
- GLA and NDTi to work together to develop, with funded organisations, a consistent way of capturing, tracking and evidencing change, including the diverse sources of evidence needed to evidence the changes associated with the Sport Unites Vision and Outcomes Framework.

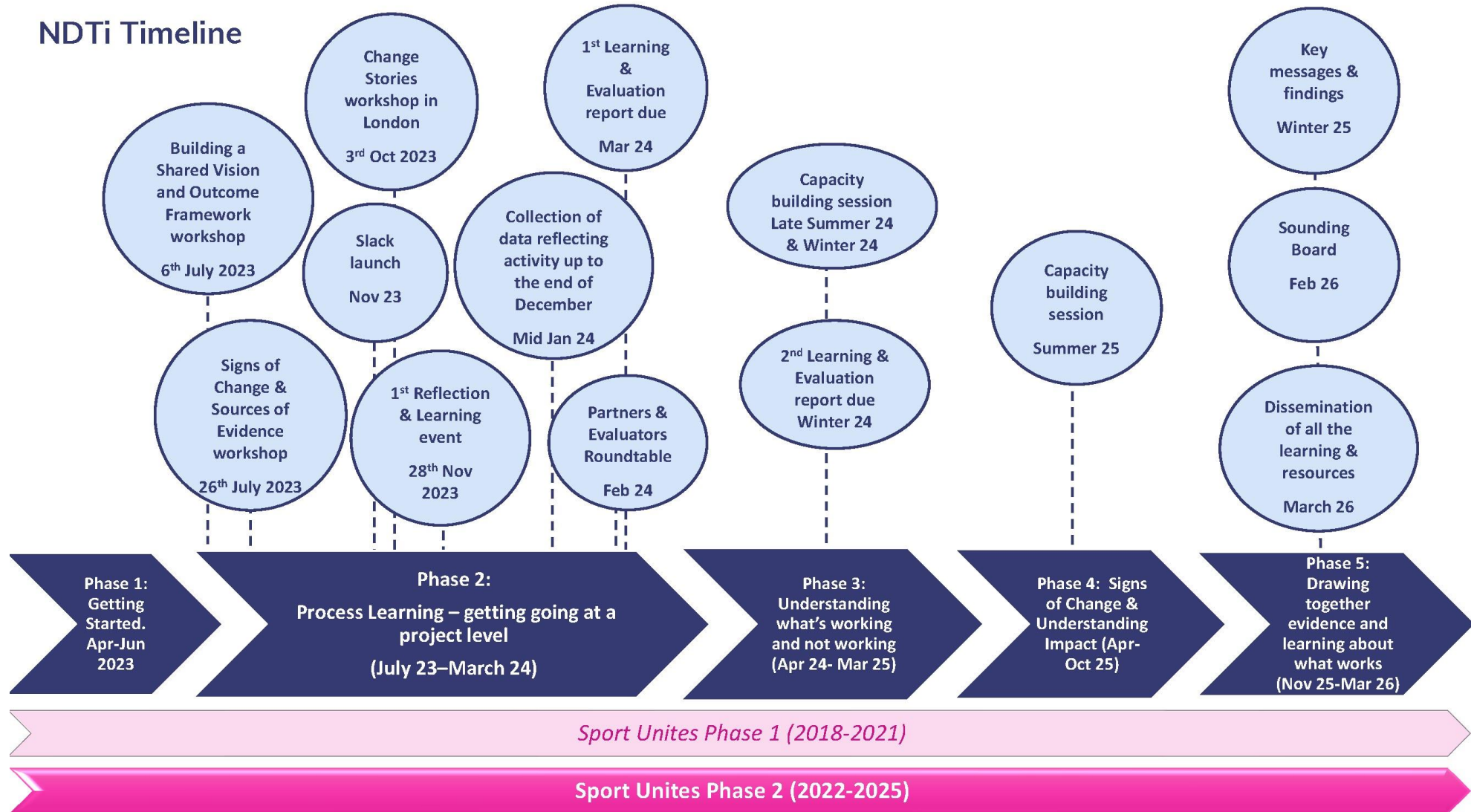
NDTi

- Stage 3 of our work is a 12 month exploration into what's working and not working, for whom (April 24-March 25). This includes tracking, sharing and learning from experiences and evidence of project, partner and Programme-wide delivery, focusing on the emerging signs of change for children and young people engaging in opportunities delivered through funded projects/activities.
- Work with GLA and partners to co-create a consistent and flexible framework for capturing and sharing the impact of projects (also outlined above under GLA)
- Think with the GLA and partners about how to best to engage partners and projects in sharing their evidence and learning about what works, using this flexible framework, tailoring opportunities to come together in different ways to make this happen and work well for different Sport Unites stakeholders.
- Co-design a capacity building offer around evidencing change and learning about what works including bite sized examples and "how to" guides that can easily be shared across the range of partners and delivery organisations involved in Sport Unites.



Appendix 1. Sport Unites Phase 2 Timeline

NDTi Timeline





Appendix 2. Phase 2 Vision and Outcomes Framework



Sport Unites Outcomes & Evidence August 23



Vision: Young people in London have better lives, greater opportunities and more hopeful futures through taking part in sport and physical activity.

Draft new outcomes: These are the short-medium term changes that will result from SU activities (steps towards the longer term Vision)	SU existing outcomes	Signs of change: How will we know we are being successful, that each of these changes is happening, and working well?	Sources of evidence: What information / data will tell us if these things are happening? What needs to be collected, when, by whom? Do you have it or do we need to generate it?	Notes and questions
<p>1. Young people feel empowered, resilient, in control of their lives and know they have a voice</p>	<p>Improving people's mental health and wellbeing</p>	<p>Young People: can cope with challenges and bounce back when things are tough can talk about their experiences to trusted people are having positive conversations about the future are more confident in speaking out feel their voice is heard and changes are made as a result. have better relationships at home</p>	<p>Engagement in education (schools data) Referrals to other agencies (Ditto) Observation/stories during project.</p>	<p>There's a distinction between 'feeling' in control or 'are' in control. Control itself, how to phrase this?</p>
<p>2. Young people are connected, and have a sense of belonging</p>	<p>Decreasing isolation and strengthening connections</p>	<p>Increased and more frequent participation in activity High levels of engagement and retention in projects More time outside house and positive interactions Engagement in other projects because of interactions they've had. Increased levels of trust in community and in authority figures in community.</p>	<p>Project activity info Observations on engagement and interaction Longitudinal and case study insights - what else, so what, what next? Mentoring, pastoral support, baselines</p>	<p>Clarify connected to what and how.</p>

Draft new outcomes: These are the short-medium term changes that will result from SU activities (steps towards the longer term Vision)	SU existing outcomes	Signs of change: How will we know we are being successful, that each of these changes is happening, and working well?	Sources of evidence: What information / data will tell us if these things are happening? What needs to be collected, when, by whom? Do you have it or do we need to generate it?	Notes and questions
3. Young people feel safe, within their local communities and within London	Supporting young people affected by violence	Young people feeling safe Decreasing serious youth violence More engagement in sports and better choices, Fewer violent incidents Young people have more and safer options at a local level Young people are better informed so are able to make better choices Young people are changing their behaviour because they feel safer Whole system is created with young people's safety in mind	Data on youth crime and violence Current data that tracks localised delivery within boroughs Young peoples' perceptions	Have to consider capacity for change Safer options include travel, youth spaces, what can GLA do to influence policy and practice. .
4. The most inactive and excluded children and young people, and those at risk of inactivity, are becoming more active	The most inactive people are becoming more active	More opportunities for being or becoming active, particularly in the areas where young people are at highest risk Greater availability of green spaces and safe places, trusted adults Barriers are being removed for those most at risk	Local evidence at ward and borough level to track reduction of those most at risk, including health inequalities GLA city intelligence unit data. Previous research evidence Views and experiences of families as well as young people	Focus on prevention is key Ensure measuring the change in the system not outputs especially volume measures. How to capture system change?
5. Highly skilled staff are delivering this work in appropriate and accessible spaces, and organisations are working together in a	Workforce and organisational development Infrastructure and systems	More people accessing training and reporting this is improving quality of their work There is a suite of development options to help upskill the workforce	Training providers for SU projects data on courses attended and evaluation findings – returning to people that have participated 1 yr post to see if implementing (need to be generated)	

Draft new outcomes: These are the short-medium term changes that will result from SU activities (steps towards the longer term Vision)	SU existing outcomes	Signs of change: How will we know we are being successful, that each of these changes is happening, and working well?	Sources of evidence: What information / data will tell us if these things are happening? What needs to be collected, when, by whom? Do you have it or do we need to generate it?	Notes and questions
climate that values and promotes sport and physical activity		<p>Organisations in the sector are working collaboratively to provide a wide range of tailored opportunities that draws on the expertise of different organisations and responds to the needs of young people</p> <p>Increased access to facilities for community organisations so they can deliver their activities in appropriate places.</p> <p>Young people feel supported by sport professionals.</p>	<p>Number of organisations in SU engaging in a network Number that are working on partnership projects on SU Number of joint bids and projects</p> <p>Reduced number of SU orgs reporting issues of access/cost/barriers to delivery</p>	





National Development Team for Inclusion

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