



scottish sports *futures*

# OUR RESPONSE 2020 | 2021

IMPACT REPORT 2020/2021

CHANGING LIVES THROUGH SPORT



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# Introduction

## Welcome to our 2020/21 Annual Impact Report!

**We were all set to start delivery on our exciting new strategy in April 2020. We had funding in place, exciting partnerships and collaborations secured, and a re-organised team with a regional infrastructure ready and raring to go. This all in perfect synchronisation as COVID lockdown restrictions and the pandemic gripped the world.**

To say I am proud of how we, and our partners, have consulted, adapted, changed, responded, and continued to work with young people would be a gross understatement. Our COVID response has been agile, based on need, rapid, and responsive.

We now have teams embedded in Fife and North Ayrshire, alongside our Glasgow and National Teams, and our Education Through CashBack (ETC) programme which is delivered across the country. We have continued to support young people and families with food, IT, activity packs, online engagement, and “walk and talks”, as well as face-to-face delivery when restrictions have allowed. Our team have been working hard, building local relationships and partnerships to ensure we have effective referral pathways and routes into and out of our provision. We thank each partner for your shared vision and values and the feeling we are in this together.

Some of the stories we have heard and the reality for our young people and families has been harrowing, and we know that our target demographic have been amongst those worst affected. Our team have shown incredible resilience in responding to this need. Together with our board, we have been focussed on mental health, wellbeing, and support for all. I believe we are coming out of this stronger but with the realisation we will need to continue listening, being adaptive, and always delivering our services with **Love, Care, and Empathy**.

I would also like to extend special thanks to our partners at **sportscotland** for lending us the very wonderful Dougie Millen to cover as CEO during my maternity leave this year.



**Kirsty McNab**  
**CEO**

**In what has been a difficult year for everyone across the world, it has been no different for us here at SSF. However, we adapted in the face of adversity and were able to continue successful delivery of outreach online sessions to many young people, families and partner organisations.**

This year we continued to support those we work with in focusing on not only sport and exercise but taking extra steps in aiming to improve mental health and wellbeing. As soon as safely possible staff were back on the streets, delivering physical activity sessions to some of the most deprived areas in Scotland. Yes, this year has been difficult for all but here at SSF we continue to ensure that our staff, volunteers, young people and families are at the heart of everything we do.



**Andrew Marley**  
**Youth Trustee**

# Our Charity

## Our Vision

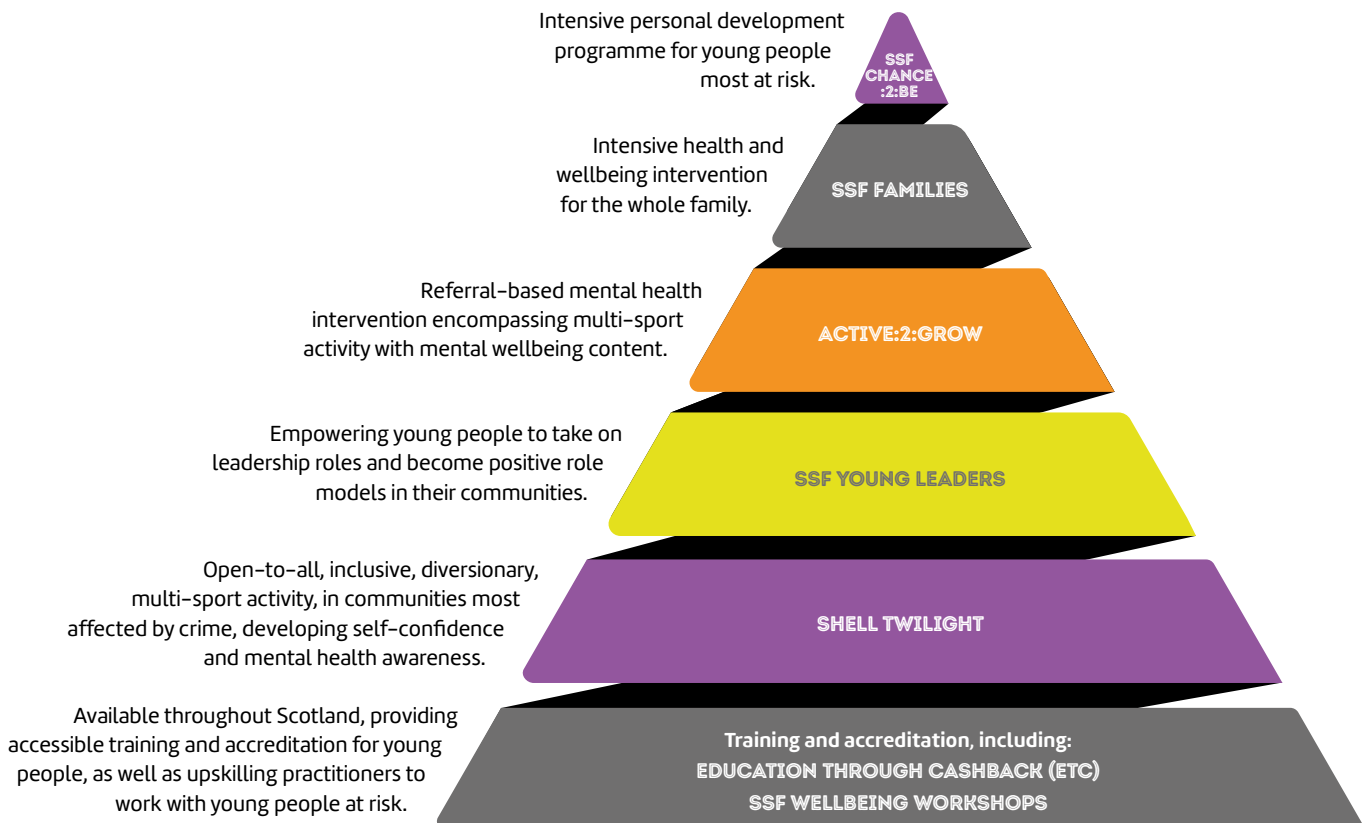
A world where young people have the opportunity to fulfil their potential.

## Our Mission

SSF use the power of sport and physical activity to engage with vulnerable and disadvantaged young people and families in Scotland and empower them to be confident, healthy and happy. We do this using our proven and recognised Sport for Change model and its range of person-centred, youth-led programmes that provide positive experiences, inspiring role models, engaging social education, training, and youth volunteering opportunities.

As a result, we seek to encourage a positive change in young people's attitudes and behaviour that enables them to recognise and fulfil their potential, and to make a valuable contribution to their peers and their community.

## Our Programmes



## Our Outcomes



SSF delivers timely, person-centred support and effective interventions, improving life chances for young people and their families in areas of deprivation across Scotland. We are working intensively to offer the full SSF “triangle” across four local authorities: Glasgow, Fife, Stirling, and North Ayrshire. In addition, through our training and accreditation programmes, we provide opportunities for young people across Scotland to take part in training and accreditation, as well as upskilling practitioners working with young people most at risk.

# Our Year

## Participant breakdown and profile

Young people	Male	Female	Non-binary	Local authorities
<b>610</b>	<b>316</b>	<b>264</b>	<b>1</b>	<b>28</b>
Identified as having a disability, impairment, or mental health condition		From 20% most deprived communities		Identified as being of an ethnic minority
<b>24%</b>		<b>71%*</b>		<b>7%</b>

\*71% of young people accessing our charitable activities were from the 20% most deprived communities in Scotland. This figure is 58% if including young people accessing our services through our social enterprise activities.

**"I think the team at SSF are great at engaging with families and children. The team have a great rapport with the parents/carers and the kids love being part of the programmes."**  
**SSF Stakeholder**

**"SSF do amazing with supporting all young people. They go above and beyond for all young people even outside working hours. They are constantly upskilling their young people and providing endless opportunities."**  
**SSF Stakeholder**

**"Inclusive organisation with high standards and the best interests of young people at heart."**  
**SSF Stakeholder**

**In response to the initial COVID lockdown, we temporarily suspended face-to-face delivery from 16th March 2020. Straight away, we began communication and engagement with our vulnerable young people and families, through online, digital, and phone. We learned from speaking regularly to our participants how COVID was affecting them. They reported being anxious, feeling overwhelmed, and struggling to cope. We responded quickly, devising resources and adapting our services to support them.**

Initially, all our delivery had to take place remotely, with staff regularly checking in with our young people and families either online or over the phone. We ran group and individual online sessions, allowing young people to connect with staff and their peers. Opportunities ranged from educational workshops and training to fun activities and quizzes.

Feedback from our young people told us that many lacked the confidence and motivation to be regularly active at home, so they were missing out on the associated benefits. Our Youth Advisory Panel led on the creation and distribution of 150 wellbeing packs, containing sports equipment and other wellbeing resources, to encourage young people to stay active, develop physical skills, and look after their mental wellbeing during lockdown.

Further consultation with partners and with young people themselves also highlighted a need for resources related to mental health and wellbeing, to support young people and families struggling with the impacts of COVID and lockdown. Working in partnership with SAMH and supported by SSF staff, our young Wellbeing Ambassadors converted our "Wellbeing Workshops" to be delivered online. These peer-delivered workshops, which were initially developed by our Wellbeing Ambassadors to be delivered face-to-face, were delivered online to young people throughout Scotland during the pandemic. The workshops cover topics including anxiety, stress, motivation, pressure, and social interactions.

With a need identified to provide young people with online training and learning opportunities, we also converted our six existing SCQF-accredited Education Through CashBack (ETC) modules to an online format. This has allowed young people to continue taking part in accredited learning and receive tangible recognition for their skills development while face-to-face delivery was not possible. We also expanded our ETC offer, creating and piloting a new ETC module: "Mental Health and Wellbeing in Sport and Physical Activity".





As COVID restrictions were eased, we were able to incorporate safe outdoor face-to-face provision, whilst continuing our digital engagement. We were able to support young people through regular one-to-one “walk and talks”, as well as outdoor small-group sessions.

In Glasgow, we undertook street work consultation with local young people in the Barrowfield, Dalmarnock, and Govan communities. We launched delivery of our Shell Twilight multisport sessions outdoors in Barrowfield and Govan, with our Dalmarnock session due to commence in early 2021/22. We also delivered our SSF Chance:2:Be programme outdoors and in local high schools within the East End.

In North Ayrshire, we recruited and inducted a new group of SSF Young Leaders, as well as re-launching our Shell Twilight session in Irvine, which will be supported by these young volunteers. Following consultation with local partners, including Police Scotland and Fire and Rescue, we identified the Three Towns area to base a further Shell Twilight session and SSF Chance:2:Be programme, with delivery due to start soon.

In Fife, we have conducted extensive consultation with local young people to inform delivery plans which will meet their needs. Alongside local partners, we have laid the ground-work for the launch of our Shell Twilight, SSF Chance:2:Be, and SSF Young Leaders programmes in early 2021/22.

Nationally, we delivered four online Learning Events, which brought together SSF Young Leaders from each of our four key target local authorities – Glasgow, Fife, North Ayrshire, and Stirling. Young people took part in training and learning which will prepare them for their volunteer journey, supporting peers in their local communities.

Adding to our growing Mental Health and Wellbeing services, we have spent the last year planning our new Active:2:Grow programme, in partnership with SAMH. Our focus has been identifying referral routes and safe places to ensure young people suffering with poor mental health will be supported. The programme is set to launch in Glasgow, Fife, and North Ayrshire in early 2021/22, with Stirling to follow later in the year.



Through a year of many ups and downs, we are so incredibly grateful to our partners, who have supported us in our continued mission to support young people to fulfil their potential.

Despite the challenges the past year has brought, our incredible staff and volunteers have continued to go above and beyond, putting their heart and soul into supporting the communities we serve, and placing young people and families firmly at the heart of everything we do.

**“They put the interests of the participants first and base everything around them.”**  
**SSF Stakeholder**

**“[SSF] respect young people as individuals, take them seriously, and listen to them.”**  
**SSF Stakeholder**

**“The opportunity to work in partnership with SSF and GYIP to deliver the Govan Shell Twilight sessions for young people has given local officers the opportunity to engage and interact positively in the community we serve. The success of the sessions delivered has been due to the expertise and commitment of SSF and GYIP and Community Police Officers have been proud to support this.”**  
**Stephen Joussef, GA Community Policing Team**

# Developing People

"Meeting new people and developing my communication skills which I know will help me massively in the future."

**ETC participant**

"It has given me more confidence and helped me to work with my peers better."

**ETC participant**

"[I learned] how to stay calm in difficult situations."

**ETC participant**

"I've learned how I can handle confrontation in an appropriate manner and can support others if they're facing the same situation."

**ETC participant**

"Before SSF I had very little confidence and I stuck to one group of friends and one thing planned for my future, but after I started to branch out in more than one ways, trying new things I never even thought about trying before, they really pushed me."

**SSF Young Leader**

SSF are committed to developing people and specifically supporting those most at risk and furthest away from positive destinations. We build confidence and resilience, skills and aspirations, and through the power of sport we can improve learning and employment potential.

Increased confidence

**89%**

Completed accredited learning

**299**

Increased skills

**93%**

Feel able to do new things

**93%**

Completed training

**414**

Gained employment

**6**

Progressed to a positive destination

**23**

Improved attendance and/or attainment at school

**46%**





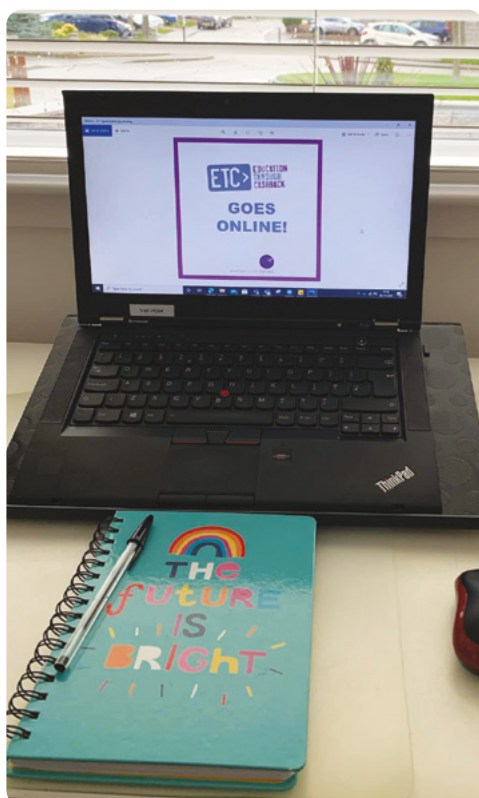


"I used to be shy but you guys really helped with getting more out there and taking part in things."

**SSF Young Leader**

"It made me more confident [to] talk in front of a large group of people. This will help me in the future. The job I want I need to be able to [talk] to people in large groups."

**SSF Young Leader**



"I learnt that even if things go wrong, it will be fine as we are all in this together and I definitely grew in confidence to know that I can do it even when it challenges / pushes me."

**SSF Wellbeing Ambassador**

"My daughter absolutely loved the past two Fridays. Thank you for putting something meaningful on."

**Parent**



# Improving Health and Wellbeing

"They have taught me how to be more positive about things I do and how to [feel] more positive about myself."

**Shell Twilight participant**

"It made me want to think about plans for the future."

**SSF Young Leader**

"I actually feel like I belong there. I feel more included than I ever have."

**SSF Young Leader**

"It made me realise how much moving can improve my mood and make me feel more comfortable with new people."

**SSF Participant**

"I've definitely learned how to manage my own mental health. I understand what I need to do to help myself which I didn't know how to do before. I've also learned how to have a conversation about mental health without feeling awkward or vulnerable."

**SSF Wellbeing Ambassador**

Sport and physical activity have a significant role to play in supporting positive mental health and physical wellbeing. We allow young people to take the lead in tackling issues, through our network of programmes and beyond. Our youth work approach means we have been successful at engaging those who need support most.

Positively changed behaviour

**86%**

Improved resilience

**81%**

Increased aspirations

**84%**

Stakeholders reported improved wellbeing in young people

**100%**

Young people reported improved wellbeing

**89%\***

\*Young people that reported feelings of wellbeing at least one SHANARRI indicator (safe, healthy, achieving, nurtured, active, respected, responsible, and included).



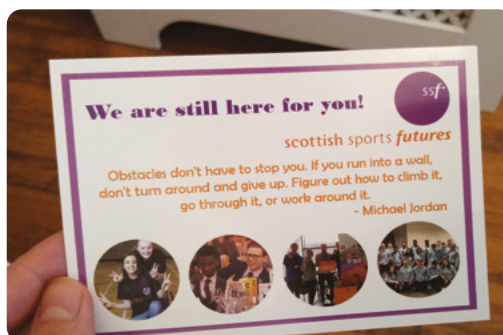




"[I learned] that it's ok to have wobbles/blips as they do not define us but in fact they just make us stronger."  
**SSF Wellbeing Ambassador**

"It was pure magic, see having a football at my feet again since no having it from March. It was like falling in love with sport all over again."  
**Shell Twilight Participant**

"They give young people opportunities to do things and get involved in things they probably thought they never would."  
**SSF Stakeholder**



"Our daughter really struggles with attending clubs alone. I can't explain how grateful I am to [SSF] for supporting her to integrate. Her self-confidence has flourished, and she loves coming along each week."  
**Parent**

"This club actually saved me today."  
**Shell Twilight Participant**

# Strengthening Communities

“Meeting new people within my area and getting to learn about opportunities that are available.”

**ETC participant**

“[I learned] not to just have an opinion on someone without knowing both sides of the story as all young people have different things going on.”

**ETC participant**

“I plan to take everything that I’ve learned and pass it on to younger people for the cycle to continue!”

**ETC participant**

“I don’t want to be involved in that; it is just going to get me in trouble.”

**Shell Twilight Participant**

“I’ve missed this so much, it’s been great to interact with other young people my age”

**SSF Participant**

Partnership working and collaboration allow SSF programmes to successfully connect young people to their local communities and access meaningful volunteer and leadership opportunities. Our programme delivery and accessible training mean young people feel empowered and have the skills to “give back” and become inspiring role models to their peers.

Completed community focussed awards

**33**

Took on a volunteering role in their community

**117**

Volunteer hours contributed

**2,582**

Improved links with communities

**83%**

Feel more supported by others in their community

**80%**

Reduced anti-social and/or criminal behaviour

**55%\***

Increased motivation to positively influence their community

**68%**

\*Young people that reported they had been involved in anti-social and/or criminal behaviour beforehand, and who reported reductions in either inclination towards or actual participation anti-social and/or criminal behaviour as a result of their engagement with SSF.







"I'm doing okay, I'm still getting into trouble a bit but I'm doing better at just getting my head down and getting on with it. I'm getting on better with [another participant], she has helped me the last few weeks."

**Shell Twilight Participant**

"I always knew I wanted to work with children with complex needs and I am volunteering at a swimming club through SSF for children with additional needs and this helped me know it was definitely the right career path for me."

**SSF Young Leader**

"MATAC statistics have shown a big drop in antisocial behaviour around Govan and the surrounding area in the past few months."

**Community Safety Officer**





# Case Study: Lauren's SSF Journey



Lauren\* got involved as a participant at the start of one of our new Shell Twilight sessions. Over the past year and with recurring lockdowns, she has been supported by SSF both within and outwith the session. She was also supported to take part in the SSF Mental Health and Wellbeing workshops, completing the Stress module.

When we asked her what the best thing has been about being involved with SSF, she told us,

**“Getting out of the house and socialising with people.”**

Lauren has grown massively in confidence over the past year as part of her involvement in the Shell Twilight session. She is now one of the influencing young people for her peers within the session and takes on responsibility for ensuring the young people are looked after and keep attending the session. She is now more confident about speaking to different members of staff about an array of issues impacting her life and her mental health.

**“SSF helped me be more confident and helped me speak out.”**

Lauren has built a fantastic relationship and trust with the sessional staff that deliver the Shell Twilight session. Like so many young people across the country, Lauren has felt the impact of COVID lockdowns.





**“COVID was absolutely brutal because I couldn’t see my pals.”**

With the help of SSF staff, both in person and online, Lauren has received constant support over the past year, supporting her to navigate her way through the challenges of COVID. She told us her highlight with SSF has been talking with two of the sessional staff that deliver the session she attends.

**“They have supported me by listening to me every week.”**

SSF staff have been doing one-to-one support with Lauren on a weekly basis. She has also received support with organising her school diary, mental health, and wellbeing, including going for more walks and being more active. The staff have also supported Lauren to complete a PDP (Personal Development Plan).

Lauren has been identified and referred by SSF staff to our Active:2:Grow wellbeing programme. She will be attending the 50-week programme to help her with increasing her levels of physical activity while also focussing on her mental health and wellbeing. Lauren has a passion for sport and coaching. She is already volunteering with a local football team to coach children, and someday hopes to be a PE teacher. Her passion for sport, especially football, is amazing and with the support and guidance from SSF staff she is on the path to achieve her dreams!

\*Names and identifying information have been changed.



# Case Study: Chanelle's SSF Journey



## How did you first get involved with SSF?

I first got involved in February 2017 while at Glasgow Kelvin College studying my HNC in Sports Coaching and Development. Rohanna came in to do a presentation on Active East and the next week I went off to a residential to become an SSF Young Leader. Ironically, I was sitting at the front of the class due to talking and annoying the lecturer and engaged well with Rohanna as I was right in front of her. A positive situation from my bad behaviour! Reflecting on this, the timing was perfect as my mum had just passed away the month before and I now know all behaviour is a reflection of something deeper. SSF came into my life at the perfect time!

## What SSF activities have you taken part in?

Over the years, I have taken part in most programmes within SSF as a coach, volunteer, and youth worker. On top of that I have been part of the Mentor programme and engaged in different opportunities such as NOMADs – where I got the opportunity to travel to Europe to volunteer, a weekend in Dublin with the Scottish Government, and working at the commonwealth games fan zone.

## What has been the best thing about being involved with SSF?

The various opportunities which I have been faced with! Also, the positive trusting relationships that I have built with various different people. Being part of an organisation like SSF really helped me to feel secure and supported in all aspects of life.

Specifically, the NOMADs volunteering really stands out for me as it was an amazing opportunity for growth and development with the right support around me. I learned so much about myself and learned skills and activities that I still use currently when working. Also, the annual Awards Nights are often a highlight of being part of SSF, as it is great to see the overall impact of the organisation and to see others being recognised for their efforts. Winning an award is the cherry on top!

## Can you tell me a bit about the SSF staff you have worked with and how they have supported you?

I have worked with most staff members and have learned so much from each of them. The most important ones that stand out for me are with Kirsty and Rohanna who both created instant positive relationships with me and helped me to navigate through difficult challenges. All whilst giving me opportunities for growth and development. Rohanna has helped me emerge from a young person and SSF Young Leader into a young professional and staff member within the organisation and has trusted my abilities in professional development.

I have recently completed my Honours Degree in Sports Coaching and Development, which Rohanna gave me exceptional support with, from ensuring I had placements covered and guiding me with the process of beginning my dissertation.

### **Can you tell me a bit about the last year for you during COVID?**

The SSF Wellbeing Workshops which we created during lockdown really gave me purpose when times were most difficult and allowed me to focus my energy into something positive and fulfilling.

### **What skills has SSF helped you develop?**

I have had consistent support in reaching my goal of getting a university degree, which I never thought was possible. I have gained an incredible amount of life experience and have been guided with support and training along the way. My confidence in myself and my abilities have developed so much through SSF and the opportunities I have had with them. I have developed a passion and purpose to use my personal challenges to help other young people and have a passion for addressing ACEs and community development, which I don't think I would have known at this age if it hadn't been for SSF recognising my abilities and presenting me with opportunities.

### **What are your hopes for the future?**

My goals are simply to be a positive role model and trusting adult in young people's lives whilst inspiring them to make positive life decisions. Obviously continuing to spread the benefits of sport and physical activity, sharing my passion for the outdoors and the benefits of physical activity will always be my priority. I hope to continue to set goals for myself and continue to achieve them.

*As a care experienced young person, it was no secret that the odds were against me compared to my peers growing up. I took this as a challenge and allowed it to drive me further towards my goal of gaining an education.*

For me this was the most important thing in life, and I have managed to achieve it! Now I hope to be able to put my degree to good use, continue challenging stereotypes, and additionally use my story to inspire young people facing adversity to reach for the stars!





# Case Study: Kerry Ann's SSF Journey

**Kerry Ann got involved with SSF in April 2018 as a participant on our SSF Chance:2:Be programme. After completing the 12-week programme she had gained 7 qualifications, a wealth of knowledge and experience knowledge, and decided to become an SSF Young Leader. As an SSF Young Leader, she volunteered in her community at Pinkston Watersports, and with our Shell Twilight and SSF Families programmes.**

After a few months volunteering with SSF, she became an integral part of the team, taking on more responsibility and becoming a sessional member of staff. During COVID restrictions, Kerry Ann has continued to support the delivery of our SSF Families programme to vulnerable young people and families in Glasgow. She has supported both online and face-to-face delivery, as well as inputting into the creation of a new Activity Manual for future sessions.

As well as volunteering and sessional work, Kerry Ann has always been an active participant in all things SSF, throwing herself into every opportunity. We spoke to Kerry Ann about her highlights of her time so far, the staff that have supported her along the way, and her plans for the future.

## **What has been the best thing about being involved with SSF?**

There isn't just one thing that's amazing about being involved with SSF – SSF are amazing in everything they do. They provide endless opportunities and support, if you want to do something in life they always do their best to provide you with that opportunity.

*The staff are like family, being there with you through not only your best times but also your toughest times. SSF have been a beacon of support for me since I became involved until this day and I am forever grateful.*





## What has been your highlight with SSF?

My highlight of SSF is when I took part in a 16-day international trip to Germany all from the help of the SSF team. Thanks to SSF who supported me doing the application and provided me with my first passport, I had the amazing opportunity of going abroad and making close friends for life from Scotland, Italy, Germany, and Bulgaria.

## Can you tell me a bit about the SSF staff you have worked with and how they have supported you?

Ally has supported me since day one. He was the first member of staff that I met, and thanks to him I was comfortable enough to join the SSF Chance:2:Be programme. Ally has been a huge support through everything, such as helping with applications for employment, college and university. He also gave me the opportunities to go on residentials and getting a passport to go to Germany which turned out to be the best time of my life.

Demi has always been there for me no matter what time or day. When I was going through family problems, she was there all the way, making sure I was okay, calling for check-ups, and helping me keep busy instead of sitting around. Preeti was also always a member of staff that I looked up to, supporting me to build my confidence, and if I ever needed any help or support, I knew I could always go to her. Thanks to her I always felt welcome.

## Can you tell me a bit about the last year for you during COVID? How did it affect you? How were SSF able to support?

My last year through COVID has been manageable thanks to SSF still providing me with opportunities and keeping me busy or checking in for walk and talks when it was possible. At first during lockdown it was strange as I wasn't doing anything and I missed working with the SSF Families programme, but Drew got me straight back in to help out!

## What skills has SSF helped you develop?

SSF had helped me develop so many skills I would need a book to tell you about them but here is just a few basic ones: confidence, coaching, leadership, teamwork, communication, creativity, adaptability, patience, and being generous. I have also felt more able to support and help others, make connections, and take on challenges (pushing my boundaries).

## What are your hopes for the future?

My hope for the future is to become a lead worker at the SSF Families Programme, and to hopefully be able to coach at other sessions within SSF too. I'm also heading to University in September to study Community Development. I hope to complete the 4/5 years of this course and then apply for a full-time role within SSF. I would also love to open and manage my own community centre someday. SSF has not just made me think of my future, they have helped guide me through it all, and I am so grateful because today I would not be where I am without them.



# Case Study: Spotlight on Partnerships

“Scottish Sports Futures embrace the system’s core principles of person centred, responsive, collaborative and inclusive, and the organisations works openly, honestly and progressively in partnership to unleash the potential that sport has to change young peoples lives.”

**Stewart Harris**  
**sportscotland CEO**

**Our work would not be possible without the support of our amazing local and national partners. We recognise that to achieve the greatest impact must work together to maximise resource, learning and share experience.**

Significant support from SAMH and **sportscotland** has been crucial over the last year. While we have worked closely with North Ayrshire Council to embed SSF delivery in this local authority.

SAMH have provided extensive support in developing our work around mental health and wellbeing and this partnership will be key as we deliver more of this focussed work to support young people in need of support.

**sportscotland** have supported the role out of SSF’s regional infrastructure to Glasgow, North Ayrshire, Fife and Stirling by connecting us with key local and strategic partners in each area. This approach has ensured that our services are focussed on communities and people most in need while considering links to complement existing services and local plans. Significant support from the national agency for sport has allowed SSF to implement our experience in delivery of the changing lives through sport approach

**Here is what they had to say about working in partnership with SSF.**

**Why is SSF’s partnership important to you/your organisation?**



**SAMH** – “The importance of the partnership lies across a number of key areas – in sharing learning and expertise, bringing our experiences and knowledge to develop opportunities and support individuals to realise their potential, to recognise and actively use their skills and qualities to make a difference in their lives and the lives of others”



**sportscotland** – “The Changing Lives approach is a significant contributor to the delivery of ASOF and the identified outcomes for Scotland’s sporting system, and Scottish Sports Futures is leading the way in this approach with over 20 years of knowledge, skills and experience under their belt. Not only does their work impact directly on young people, their health and wellbeing and strengthening the communities they live in, but Scottish Sports Futures are now playing a key role in strengthening the sporting system by working alongside wider sporting partners, sharing the Changing Lives message, and sharing their learning to date with the sector”



### **What is the value to you/your organisation of the relationship?**

**SAMH** – “The value in the relationship is our commitment to achieving shared outcomes that have a lasting impact on the people we work together with. Our shared approach to build capacity in young people, at the same time recognising we do this with participants not for”

**sportscotland** – “**sportscotland** values the growing relationship with Scottish Sports Futures as we can clearly see common outcomes in our visions that we are aspiring to achieve through sport. As an organisation, Scottish Sports Futures work take a developmental approach to their work, continually looking to support and improve, and open to constructive conversations that will result in the enhancement of the sporting system, and the participants, workforce and partners within it”



### **What difference does this make?**

**SAMH** – “There are various differences – coming together to look at how we address inequalities across different communities, promote mental health and wellbeing, build capacity and resilience in young people, whilst valuing the many assets and contributions young people have and make. The partnership plays its part in addressing the challenges that young people are facing today, from lack of confidence to struggling with their self-esteem, to feeling disconnected. It creates safe, secure and supportive spaces to enable young people to express their views, their opinions and help them to realise and demonstrate the skills and qualities they have within themselves”

**sportscotland** – “The impact that our partnership has had not only shaping national work, but also at local level has been huge. Our partnership has allowed us to connect local partners with Scottish Sports Futures to identify common priorities and work together using the collaboration of skills, experience and intelligence across partners organisations. Not only do sporting organisations then become stronger, more effective and able to achieve outcomes, but the participants on the ground benefit too”



### **What impact does SSF make to lives of young people?**

**SAMH** – “SSF recognise the contribution young people can make to their lives and their community. They recognise the importance of creating opportunities for young people, valuing the many assets they have, respecting and listening to young people’s views and opinions, which influence and shape their work going forward. Across the young people who have engaged with SSF, they have had a considerable impact in their lives, which has meant that young people have a sense of belonging, realising opportunities ahead of them,



creating opportunities, such as volunteering, engaging in ambassador programmes, paid employment, supporting attainment in school, encouraging young people into further and higher education. All working towards supporting young people to build confidence within themselves, see their potential, and a genuine belief in our young people from diverse backgrounds”

**sportscotland** – “Scottish Sports Futures live and breathe the concept of person centred, striving to understand the unique circumstance of individual young people, and the communities they live in, and consequently adapting the support they provide to meet these needs. The ability and willingness to take this approach has a huge impact on our young people, their aspirations in both sport and life, and on their long-term future.

The experience that Scottish Sports Futures have in working with vulnerable and disadvantaged young people cannot be underestimated, and is a huge asset to our system, impacting directly but also allowing wider understanding of how such groups have been excluded in the past, what barriers they face, and how sport can work to engage them, ensuring inclusion underpins everything we do. Role models play a huge part in their work, with youth-led approaches helping to shape all their work, and this further level of engagement adds value to the system”

### **If you could sum up in one sentence, why to work with SSF what would you say?**



**SAMH** – “Committed to making a real and lasting difference in young people’s lives that listens and values their contribution in supporting young people’s physical, mental and social health”



**North Ayrshire Council** – “Relationships are vital when trying to create change – SSF and North Ayrshire Council have worked hand in hand to develop, deliver and work collaboratively to make a difference. Our whole systems approach to working and linking with other relevant partners who can support what we are trying to achieve has been paramount. Sharing good practise as well as providing a platform for young people’s voice has made sure our programmes have stayed on track and will build on the strengths and iron out any of the challenges.

The two SSF posts we have in North Ayrshire are vital and support not only the Active Schools Outcomes but also North Ayrshire Council priorities around children and young people.







SSF enable young people to be at the front and centre of everything they do from co-design all the way through to delivery. They upskill and make our young people more employable and confident in their own ability to succeed. SSF work with local partners to provide the best opportunities available to young people and support them to a positive destination.

The difference true partnership working has for our young people in North Ayrshire is remarkable. The impact we can create together is more effective which in turn allows more young people having a positive experience across our programmes. Furthermore, this enables North Ayrshire young people to lead a happier and healthier lifestyle while having the opportunity to be skilled to a higher level”.

**Leanne Hillen-Fowler, Active Schools Manager**



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**SSF is incredibly grateful for the support of the partners highlighted as well as all our partners across Scotland. Together we can make a huge difference to the lives of young people and families.**

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# Case Study: SSF Families

**Despite COVID restrictions we have established a strong partnership with Cranhill Development Trust allowing us to deliver the SSF Families programme within the community to support local families. Siobhann McGuire from Cranhill Development Trust talks about the partnership:**

“We have enjoyed working alongside the Team at Scottish Sports Futures. We have worked with them over the past few months to build relationships with families in the local area. It has been a trying time for them to deliver an exciting and engaging programme with the ever-changing restrictions.

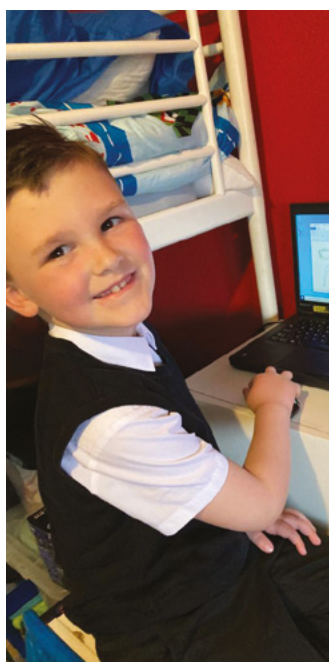
The team at SSF adapted their programme to make sure they still stayed connected to the families during the pandemic providing much-needed support. They used various methods and techniques to engage with the families, dropping off food packages, meeting the families outdoors in the local play area even when the weather was up against them keeping it informal so the families could feel relaxed and still feel they could share any key issues.

The team managed to deliver a safe programme and stay connected with the families each week. The feedback from the families was great, they loved being involved in the programme it encouraged them to explore different topics each week and gave them time out together and find light at the end of the tunnel

Cranhill Development Trust hope to build on the partnership working with SSF to deliver a long-term programme in the Cranhill area to assist in the health and wellbeing of local families. We as an organisation work closely with the local community supporting in other areas and listening to their needs. We hope to engage with families collaboratively with SSF around the themes of health and wellbeing and cooking in order to achieve increased confidence and capacity raising while increasing opportunities.”

Rosie and her 2 sons, Zach and AJ are one family who have benefitted from the programme they joined in November 2020 after being recommended to go along by Siobhann. They all become more comfortable as the programme progressed, especially Zach and AJ who began to have more fun and became chattier opening up and trusting the staff more.

As well as the sessions during the week, the family benefitted from the partnership with Cranhill Development Trust receiving weekly food from the local community shop ‘The Cabin’. We were also able to provide ALDI vouchers which supplemented the food packs, especially during pressure times around the Christmas period. Additionally and thanks to our partnership with **sportscotland**, we were able to provide the family with a refurbished laptop to use at home.





Rosie talks more about her families experiences of the programme:

### **What has been the best thing about being involved with SSF?**

“The best thing about being involved with SSF Families is meeting new people. It was great to be a part of something especially with everything that has been going on. It was great to get out and socialise with other families, knowing we were all going through it together. We gained so much knowledge on topics such as fats and sugars, portion size, food labelling and eating on a budget. My 2 boys have made a fruit salad to eat after their dinner and my youngest is eating a banana with his corn flakes. Made the switch after finding out much sugar is in my son’s usual cereal!”

### **Can you tell me a bit about the SSF staff you have worked with and how they have supported you?**

“Drew and Kerry Ann have gone above and beyond to help us throughout lock-down with my boys coming out their shells with a lot of help from the staff. They have helped us at sessions and allowed us to chat about anything affecting us that week, making us feel very comfortable and being non-judgemental about anything we want to discuss. They have also checked in regularly with phone calls or the Whatsapp group that was made, keeping in touch even after the programme finished”

### **What are your hopes for the future? Have SSF helped you think about your future?**

“Thanks to everything SSF have taught me about SMART goals, I have been able to set myself realistic goals for the future. Although the lockdown has been tough, thanks to Drew and Kerry Ann I feel comfortable enough to contact them if I need any help in the future. I am so glad that my children have grown in confidence and will now be motivated to get more involved with activities in the local community”



# Case Study:

## SSF Chance:2:Be

### Whitehill Secondary School



For the past two years, SSF have been working in partnership with Whitehill Secondary School through our SSF Chance:2:Be programme. Initially the school referred pupils who were disengaging with school to our SSF Chance:2:Be community programme based at Reidvale Neighbourhood Centre. Recognising the success of the programme and the progress pupils made, the school then identified a group of senior pupils teachers were struggling to get through to who they felt would benefit from our support within the school system.

This progressed to the school funding an in-house SSF Chance:2:Be to run for a full academic year. SSF designed a programme to be delivered twice a week to support this group of young people. Throughout the year, the young people took part in:

- >> **Team building**
- >> **Workshops on positive/negative relationships**
- >> **STEM workshops**
- >> **Community Achievement Award**
- >> **Social media workshop**
- >> **Education Through CashBack accreditations - Communication and Goal Setting**
- >> **Mental Health workshops**
- >> **CV workshop**
- >> **Role model sessions**
- >> **Money/finance workshop**







This programme was disrupted by restrictions due to the COVID pandemic. SSF however continued to provide support to the young people throughout lockdown.

The success of the programme and the positive impact on the senior pupils led to the school requesting a further programme for younger students struggling due to the pandemic. SSF provided an additional 8-week programme for 30 S2 pupils who were struggling to re-adjust within a classroom environment.

The School feedback was that the programme had:

**“A phenomenal impact on the young people at Whitehill”**

Following involvement with the programme many participants have re-engaged with school and have a more positive outlook on life and their opportunities beyond school:

**“I’m definitely going to go back to do 4th year now and want to get an apprenticeship after”**

Following the success for the SSF Chance:2:Be programme within Whitehill Secondary, we hope to replicate this model with further schools as part of our social enterprise offer. SSF will offer bespoke in-house programmes, in consultation with teachers, and tailored to the needs of young people struggling to engage with the mainstream classroom environment. The programme will offer young people opportunities to take part in positive activity focussed on personal development and support them to identify and achieve a positive destination for them.



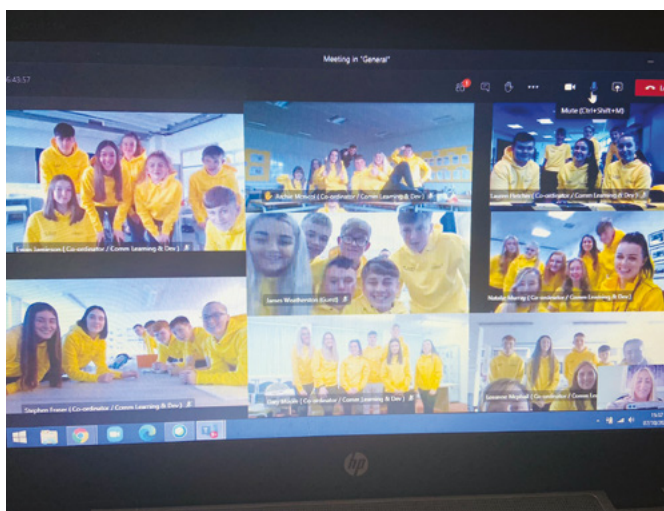
# Case Study: Education Through CashBack



Over the past year, we have taken significant steps forward to further establish our Education Through CashBack (ETC) social enterprise model. Investment from our funders (CashBack for Communities, The Gannochy Trust, Forteviot Charitable Trust, The Coop Foundation, and Foundation Scotland) has allowed us to deliver ETC to a wide range of people and lay solid foundations for the programme. This support has put us in prime position to create a robust social enterprise model that generates income for the charity whilst offering valuable training and accreditation Scotland wide.

A key element of our social enterprise model is our ETC Tutor Training. ETC Tutor Training upskills practitioners, already working with young people, to deliver our six SCQF-accredited modules. SSF generate income through their place on the initial Tutor Training, and an accreditation fee for each young person completing a module thereafter. This model has allowed organisations to embed ETC within their existing programmes in a cost effective and sustainable way.

A significant audience for ETC are schools and community groups, who, through the programme, can offer accredited learning opportunities to young people. To date, Active Schools teams from around 15 local authorities have completed ETC Tutor Training and are delivering to young sports leaders across the country.



During the COVID pandemic, North Ayrshire Active Schools were able to continue to embed ETC within their young leader programme using a blend of online and face-to-face delivery. This same model is being used by many other schools and community groups across Scotland.

*“The ETC modules have been a real positive, fun, and informative course addition to the NA Sports Academy. They have allowed our students to learn in more depth the mechanics of coaching, to better develop their delivery skills while also giving them more confidence working with young people of a range of ages.”*

**Natalie Murray, Active Schools Coordinator, North Ayrshire Active Schools**





Although schools and community groups remain two of our key audiences, within our social enterprise model, SSF also work closely in partnership with Scottish Governing Bodies (SGBs) for Sport looking to take more of a “Sport for Change” approach.

Scottish Rugby Union (SRU) are one of the more recent SGBs realising the benefits of ETC and have since upskilled 19 of their Development Officers to embed the modules within their clubs and programmes. They too were able to benefit from online delivery during the pandemic and are looking to further embed ETC across their Rugby Ambassador Award.

“Through this partnership work, guidance, and support received from SSF, we have been able to launch the award this year, with over seven schools joining the programme. SSF has guided us in the development and structure to the award so we have been able to shape a partnership programme that would best suit the needs of the ambassadors and Scottish Rugby. This has enabled us to embed a strong and sustainable award within our ‘Schools of Rugby’ programme. We hope to build on this fantastic partnership and roll the Ambassadors Award out to our entire 17 CashBack funded Schools of Rugby in August 2021.”

**Kieran Cooney, Regional Manager, Scottish Rugby Union**

The Scottish Football Association (SFA) have also been huge advocates of the ETC programme and, after having benefited from our funded modules, have paid for the modules to be delivered across their six regions over the next three years. Again, during the pandemic, we were able to fulfil the first year of this agreement by delivering to their groups online.

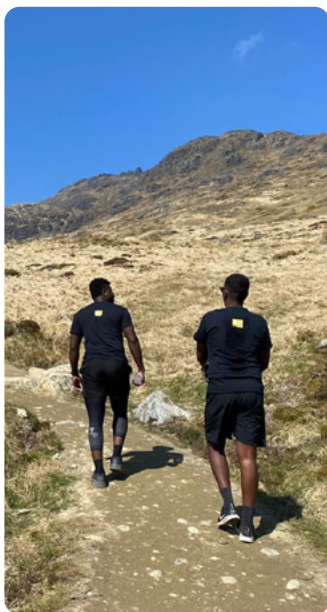
“The partnership with SSF has been invaluable this year as it has allowed us to enhance the learning opportunities we are able to provide to all the young people involved in the Volunteer Inspire Project (VIP). The flexible nature of the workshops has enabled our regional teams to tailor the specific workshop to the group of young people we are working with.”

**Paul McNeill, Head of Community Development, Scottish Football Association**

Due to the success of our social enterprise model so far, SSF have brought in two new roles to further develop this area of work and engage with new and existing partners. We are very excited about the potential of ETC as a social enterprise model that will allow anyone to access our training and accreditation offer.



# Social Enterprise



## Broadening our impact through enterprise activities

The funding landscape is ever changing and SSF is focused on diversifying its income streams to reduce dependency on grant funding and ultimately ensure long term sustainability. One of the key areas of focus is to generate trading income by offering training products and programmes to new partners who themselves have resource to engage SSF. In this way we will be able to reach and positively impact new beneficiaries while at the same time generating unrestricted monies for SSF.

Despite restrictions related to the pandemic this year we were able to generate £21,262 through enterprise activity. In 2021/22 we will recruit for an Enterprise Development Manager: a brand-new post for SSF which will focus on building customer relationships. Over the past year, there has been significant interest from education, sport, and community partners in our enterprise offer.

Our enterprise offering includes our ETC modules, SSF Wellbeing Workshops, and paid-for versions of our other core delivery programmes. The conversion of our Training and Accreditation products to a digital delivery format this year has allowed us to remain responsive to need and strengthen the range of services we can provide.





# Our Finance

2020/21 marked the first year of our new 3 year strategy implementation and we are incredibly grateful for all who have invested in us.

A year of great challenge and uncertainty, this required reprofiling and repurposing of funds in line with changing restrictions and needs. We are extremely grateful to all our funders, for their ongoing support and flexibility this year. This has allowed us to remain responsive to need within communities, and to continue supporting vulnerable young people and families most affected during these difficult times.

2020/21 funding secured from:

- >> **Bank of Scotland Foundation**
- >> **BBC Children in Need**
- >> **Big Lottery - Young Start**
- >> **Clyde Gateway**
- >> **Comic Relief- Ahead of the Game**
- >> **Co-op Local Area Fund**
- >> **Forteviot Charitable Trust**
- >> **Foundation Scotland - Response Fund**
- >> **Gannochy Trust**
- >> **Glasgow City Council - Glasgow Communities Fund**
- >> **Glasgow Life - GYNESA Trainee Programme**
- >> **Scottish Government - CashBack for Communities**
- >> **Scottish Government - Investing in Communities**
- >> **SCVO - Community Jobs Scotland**
- >> **SCVO - Wellbeing Fund**
- >> **Shell**
- >> **Spirit of 2012**
- >> **sportscotland**
- >> **The Robertson Trust**
- >> **Thriving Places**

## Fundraising and Corporate Relationships

The pandemic has naturally made this year's fundraising efforts more challenging. Many events had to be cancelled or postponed, sadly including our annual Awards Night. However, this has encouraged creative thinking, particularly with online events, with SSF taking part in the 2.6 Challenge and Scotland's Virtual Kiltwalk. Four members of our SSF staff team also took part in a half marathon just one weekend before Christmas! A total of £9,188 was raised this year through fundraising.

Our Charity of The Year partnership with Glasgow University Sports Association was a roaring success, despite working against the social distancing restrictions. The University encouraged their sports teams to raise money by taking part in a 24-hour physical activity challenge for SSF, of course adhering to COVID guidance.

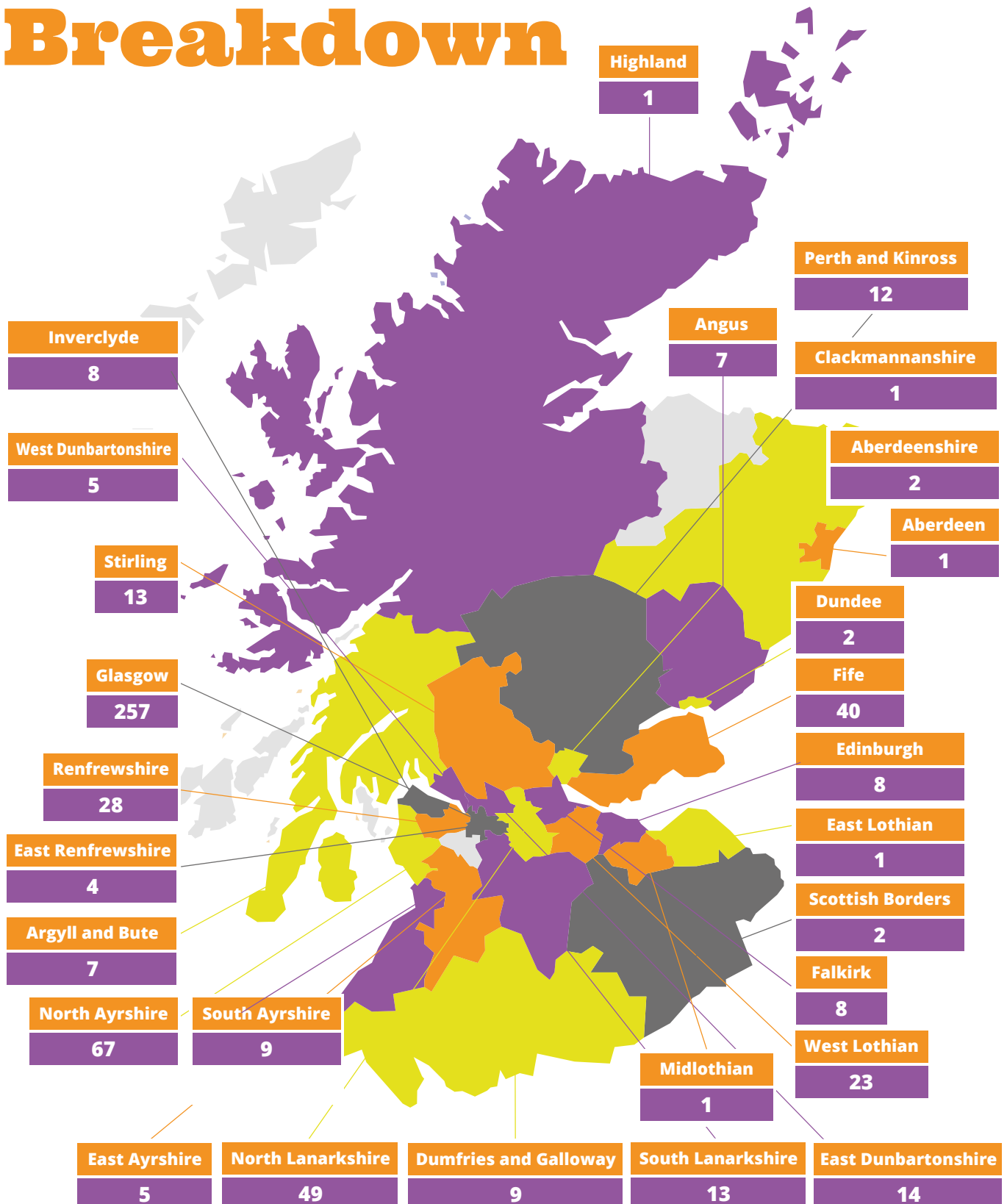
We also remain grateful to Barclay's for their continued support with our fundraising efforts, both financially and through participation on our Fundraising Steering Group.



# Local Authority Breakdown

**Local Authority**

**New Participants**





# External Evaluation

We are excited to have partnered with the University of the West of Scotland (UWS), who will undertake external evaluation of our CashBack funded activities for Phase 5. Over the past year, we have worked with UWS to agree the evaluation aims and methods for this piece of work, which are summarised below.

## Education Through CashBack (ETC) - Evaluation Aims

- >> How is the learning from delivery of ETC being implemented and used?
- >> How is ETC developing practitioners in the field?

## SSF Chance:2:Be - Evaluation Aims

- >> Assess the barriers and catalysts to change that young people who attend this project experience.
- >> Analyse this alongside the supports given to young people to highlight what works and identify gaps in provision.

## SSF Young Leaders - Evaluation Aims

- >> Explore the different journeys into Young Leaders from each of the projects (ETC, SSF C2B, Shell Twilight, community), capturing the different areas of delivery.
- >> Identify the “critical” moments and the event/behaviour which acted as catalysts for the young people in becoming an SSF Young Leader.

## Shell Twilight - Evaluation Aims

- >> How and in what ways are the diversionary activities benefiting the young people and their communities?

## Evaluation Methods

- >> Young person interviews
- >> Staff focus groups
- >> Documentary analysis
- >> Focus groups with young people
- >> Community mapping exercises with young people
- >> Longitudinal case studies of practitioners
- >> E-survey completed by young people

In addition, based on input from our Youth Advisory Panel, we have incorporated the opportunity for young people to be trained as peer researchers to support our external evaluation. For this, 2–4 SSF Young Leaders from each area will take part in a two-day peer researcher training course. This will enable them to engage those involved in the Shell Twilight programme in peer-led photo elicitation interviews. Peer research has many benefits for the researcher and the participants, and we are excited about the unique insight this project will provide.



# Our Communications



## Highlights

- >> Following the launch of our new website, <https://ssf.org.uk>, we have been sharing regular blog content showcasing SSF's impact and the stories of the young people we work with.
- >> One of our Wellbeing Ambassadors, Amanda Hiddleston, appeared on Clyde 1's 'Catch up With Cat' podcast promoting our Mental Health and Wellbeing programme and her own Mental Health journey.
- >> Three of our SSF Young Leaders were guests on the GH Media Driving Force Podcast – Episode 18.
- >> One of our Wellbeing Ambassadors appeared on ScotGov radio as part of their Clear Your Head Campaign.
- >> As part of our new strategy, we have expanded our Operations Team to include a Marketing and Fundraising Manager. We were also fortunate to host two young people through Community Jobs Scotland, who supported us with social media content.
- >> Taking part in **sportscotland's** monthly #SportHour, connecting with others in the sport and physical activity sector, with our youth advisory panel now taking the lead on creating and posting content.

## Key Campaigns

- >> #OurCOVIDResponse
- >> #MeettheSSFteam
- >> #ThanksToFunders

## Social Media Impact

- >> Launch of Instagram – 592 followers
- >> Total Twitter Impressions – 942 200 – 23.2% up from last year
- >> LinkedIn Followers – 504 followers – 29.6% up from last year



## Press Coverage

- >> **Daily Record. June 2020.** Scottish Sports Futures Wellbeing Ambassadors supporting West Lothian youngsters during lockdown.
- >> **Irvine Times. May 2020.** Mental health sport initiative marks one year since starting.
- >> **The Inverness Courier. April 2020.** Nairn wellbeing ambassador helping to improve the mental health of people through sport.
- >> **East Fife Mail. March 2021.** East Central Team – Rallying Fife's Young Leaders.
- >> **Inside Strathclyde. March 2021.** A Health and Wellbeing Journey.

## Support

We are incredibly grateful to receive continued support from both Loop PR and **sportscotland** around our communications and marketing.

# Our Future Plans and Priorities

Looking forward, we will continue to embrace a blended approach to delivery, utilising digital and online platforms, alongside face-to-face activity, to widen our reach. Learning from the past year has highlighted the importance of face-to-face interaction for the young people and families we support, allowing them to build positive relationships and social interactions, and we will strive to provide this important human connection for young people wherever possible. However, where face-to-face delivery is not possible, we have learned to be creative in engaging with young people and families through digital means. In particular, the creation of online versions of our ETC modules has allowed us to expand our reach across Scotland, providing training and accreditation opportunities for those that may not be able to access our existing face-to-face delivery model.

Another interesting piece of learning has been the readiness of young people to embrace outdoor delivery. At some of our session locations, young people have even indicated they would like this to remain the default delivery method moving forward, rather than moving indoors. We want to understand exactly the needs of our young people and so consultation and being youth-led continues to be our priority.

We anticipate our work will continue to be intensive, working with young people with complex needs and challenges, who have been hardest hit by COVID. The pandemic has only intensified the need within communities, the complexity of the issues faced by the young people we work with, and the support required from SSF. We anticipate that even as restrictions begin to ease, the intensity of our work will continue to demand higher staff to young people ratios and are aware that our numbers will be impacted as a result. We will continue to deliver our services with love care and empathy, remaining agile and flexible in our response to the needs of young people most affected by inequality and the pandemic itself.

Communication with our partners and our funders will be a priority. We want to share learning as well as impact, and we continue to seek partnerships with organisations with shared values. What we have learned is that working with those with complex needs requires intensive support. To deepen our impact, we will ensure all our delivery is meaningful and concentrated on ensuring young people achieve all they can. We are also excited about our developing partnerships with Children First and the Violence Reduction Unit. Being trauma informed and responsive is critical to our ability to engage children, young people, and families.

We are operating as a social enterprise and are in the business of changing lives. Therefore, we want to build our portfolio of customers and partners to widen the reach of our training products and programmes. We want to work with schools on the attainment challenge and know our interventions – SSF Chance:2:Be and ETC – make a huge difference to the lives of those young people disengaged from mainstream education.

We now have an excellent model for growth and will explore new local authority areas and communities to expand into, ensuring our triangle of delivery will complement existing provision in these areas.





# Our Organisational Development



**We are delighted that in the last year we have been able to implement our strategic reorganisation, creating regional teams to enhance our place-based approach to addressing community need. By embracing digital and online technology, we have recruited utilising Zoom.**

Though many of the teams have not met in person, our robust approach to training, induction, and development, coupled with a focus on connection and wellbeing has meant they are fully integrated into the organisation. To support this move to digital, strengthen and grow our visibility, and deliver on our ambitious strategy, we are building the Operations Team and have created a new role in Fundraising and Marketing which has proved critical to our success this year.

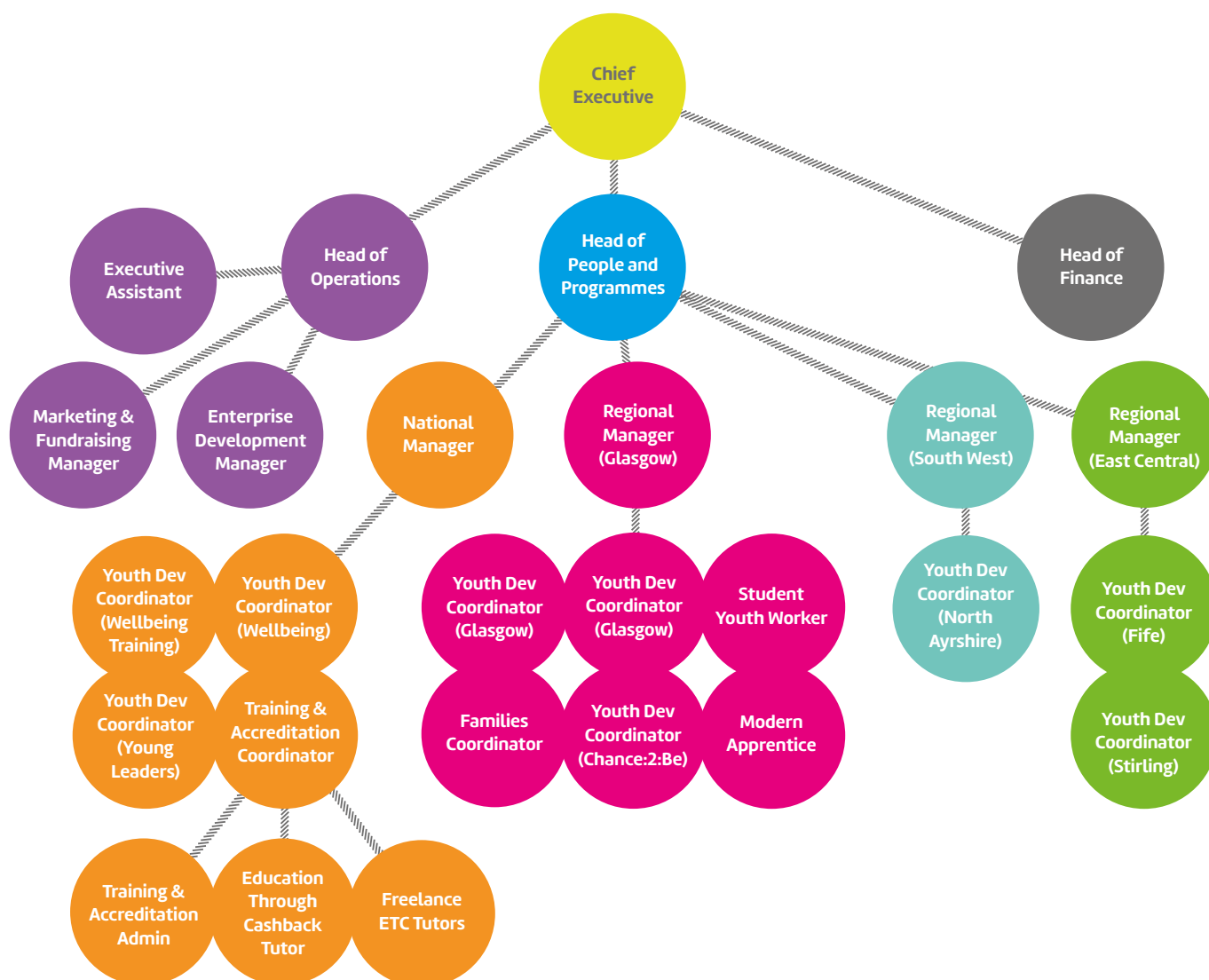
Our partnership with **sportscotland** has enabled and supported our work with local authority partners, and we have taken time to build excellent foundations, genuine partnerships, and collaborations. This will ensure we will add value, avoid duplication, and work effectively together to create referral pathways into and out of our provision for young people in a joined up and cohesive way. It has also meant we now have operating bases in North Ayrshire and Fife as well as in Glasgow.

Our National Team support each of our focussed areas, and work in collaboration with our Regional Teams and partners to ensure our offer – the SSF triangle of provision – is tailored to be reflective of local need.

Our Training and Accreditation programmes remain available across Scotland. Working with Governing Bodies for Sport and community partners, we are strengthening our offer by including Tutor Training as well as our own direct delivery. We are proud our products have developed based on need and demand to include a module on Adverse Childhood Experiences, and one on Mental Health and the link with Sport and Physical Activity.







### SSF Sessional Workers and Volunteers

## A note from our Chair

The impact of the global pandemic has been felt by all. The frustrations experienced by those who deliver SSF programmes has been tangible, as they recognise that we serve some of those who have been most severely affected by the restrictions imposed in 2020. All staff members have risen to the challenges presented to them and have, through innovative means, ensured that no-one was left behind at this exceptional time.

Our focus is changing lives through the power of sport, and collectively the SSF team have proven that the delivery method applied to their work ensured positive results and happy destinations for so many.

I cannot understate the hard work and dedication that was required from all this year to ensure success across all our programmes and that is the collective strength that is Scottish Sports Futures. I give thanks to all involved, from the CEO, to those delivering the programmes on the ground, to our Board of Trustees, and to the participants themselves.

To survive and thrive during this time takes exceptional people and we are delighted to have so many of them within the SSF family.



**Maureen McGonigle**  
SSF Chair

# Our Outcomes

**2020/21**

## Young people improve their confidence

- >> Young people report increased confidence
- >> Young people report they are able to do new things
- >> Stakeholders report increases in young people's confidence

89%  
93%  
100%

## Young people build resilience and aspirations

- >> Young people feel more positive about themselves, their lives, or their futures
- >> Young people feel more able to tackle problems and overcome challenges
- >> Stakeholders report increases in young people's resilience
- >> Stakeholders report increases in young people's aspirations

84%  
81%  
97%  
100%

## Young people have strengthened support networks

- >> Young people build positive relationships with others
- >> Young people feel more supported by others in their community
- >> Young people report increased knowledge and access of local services available to them

86%  
80%  
79%

## Young people reduce risk taking behaviour

- >> Young people report positive changes in behaviour
- >> Stakeholders report positive changes in young people's behaviour

86%  
94%

## Young people and families develop physical and personal skills

- >> Young people report an increase in their skills
- >> Stakeholders report young people's skills increasing
- >> Total accreditations completed by participants
- >> Total individuals completing accreditation

93%  
100%  
512  
299

## Young people improve their learning, employability, and employment options, and progress to positive destinations

- >> Young people take part in training
- >> Young people take part in learning
- >> Young people progress to employment
- >> Young people report their attendance and/or attainment at school improving
- >> Other stakeholders report improved attendance of young people at school
- >> Other stakeholders report improved attainment of young people at school
- >> Young people progress to positive destinations

414  
418  
6  
46%  
52%  
64%  
23

## Young people improve their health and wellbeing

- >> Young people report increases in wellbeing against SHANARRI indicators
- >> Stakeholders report increases in young people's wellbeing against SHANARRI indicators
- >> Families report making healthier choices

89%  
100%  
100%

## Young people are more physically active

- >> Participants report being more active since taking part in SSF activities
- >> Families report increased awareness of physical activity opportunities in their local area
- >> Parents/carers report increased confidence in promoting physical activity and play in the home

100%  
86%  
100%

## Young people contribute positively to their communities

- >> Young people volunteer in their communities
- >> Young people contribute volunteer hours
- >> Young people complete community focussed awards
- >> Young people feel their contribution, links with communities, and social interaction are improving
- >> Stakeholders report improvement in young people's contribution, links with communities, and social interaction
- >> Young people have a heightened sense of belonging to a community
- >> Young people have increased motivation to positively influence their community

117  
2,582  
33  
83%  
97%  
59%  
68%

## Young people and families build connections with their local community

- >> Families receive information on local services
- >> Families receive free meals as part of the programme
- >> Families receive information on healthy low-cost food choices

50  
390  
50

## Young people are diverted from criminal behaviour or involvement with the criminal justice system

- >> Young people report their involvement in antisocial and/or criminal behaviour has reduced

55%\*

\*Young people that reported they had been involved in anti-social and/or criminal behaviour beforehand, and who reported reductions in either inclination towards or actual participation anti-social and/or criminal behaviour as a result of their engagement with SSF.

# Our Equalities Data

Being inclusive is one of SSF's core values. We gather equalities data, alongside direct consultation, to allow us to better understand the communities we work in, and ensure our services are open, safe, and inclusive for all.

## Age

Under 10	5%
10 – 15 Years	40%
16 – 18 Years	34%
19 – 24 Years	14%
Over 24 Years	3%
Did not consent to breakdown	3%

## SIMD profile

0 – 5% (Most deprived)	25%
0 – 10%	44%
0 – 20%	58%
0 – 30%	66%
0 – 40%	68%
0 – 50%	72%
50 – 100% (Least deprived)	28%

## Sex identity

Male	52%
Female	43%
Non-binary	<1%
Prefer not to say	<1%
Don't know	–
Did not consent to breakdown	5%

## Gender reassignment

**Does gender differ from that assigned at birth?**

Yes	1%
No	62%
Prefer not to say	<1%
Don't know	<1%
Did not consent to breakdown	36%

## Sexual orientation

Heterosexual / Straight	60%
Gay / Lesbian	1%
Bisexual	1%
Other	<1%
Prefer not to say	2%
Don't know	1%
Did not consent to breakdown	35%

## Disability, impairment or mental health condition

**Total young people reporting a disability, impairment and/or mental health condition\*** 24%

Vision	<1%
Hearing	<1%
Mobility	1%
Dexterity	<1%
Learning, understanding, or concentrating	10%
Memory	<1%
Stamina, breathing or fatigue	1%
Social or communication	3%
Behavioural	5%
Mental health	2%
None of the above	53%
Other	2%
Prefer not to say	1%
Don't know	2%
Did not consent to breakdown	27%

## Religious beliefs

None	43%
Church of Scotland	6%
Roman Catholic	8%
Other Christian	2%
Muslim	1%
Buddhist	–
Sikh	–
Jewish	–
Hindu	<1%
Pagan	–
Other religion	–
Prefer not to say	1%
Don't know	2%
Did not consent to breakdown	36%

## Ethnicity

**Total young people from a minority ethnic group (including white minority ethnic groups)\*\*** 7%

White – Scottish	79%
White – Other British	4%
White – Irish	<1%
White – Gypsy/traveller	–
White – Polish	1%
White – Other	1%
Mixed or multiple ethnicity	1%
Asian, Asian Scottish, or Asian British – Pakistani	1%
Asian, Asian Scottish, or Asian British – Indian	<1%
Asian, Asian Scottish, or Asian British – Bangladeshi	–
Asian, Asian Scottish, or Asian British – Chinese	<1%
Asian, Asian Scottish, or Asian British – Other	<1%
African – African, African Scottish, or African British	1%
African – other African ethnicity	<1%
Black, Black Scottish or Black British – Caribbean	–
Black – Black, Black Scottish or Black British	–
Black – other Black Ethnicity	–
Arab, Arab Scottish, or Arab British	–
Other ethnic group	–
Prefer not to say	–
Don't know	–
Did not consent to breakdown	11%

## Marital and civil partnership status

Single	35%
Married	1%
In a civil partnership	<1%
Divorced	<1%
Separated	<1%
Widow	<1%
Other	10%
Prefer not to say	3%
Don't know	<1%
Did not consent to breakdown	49%

## Pregnancy and maternity status

Not pregnant	50%
Pregnant	–
Has been pregnant within last 12 months	–
Prefer not to say	<1%
Don't know	<1%
Did not consent to breakdown	49%

\* Note that young people may report more than one condition listed and so percentages against each disability will not combine to give the overall total. This figure is the total young people reporting any one or more disability, impairment, and/or mental health condition overall. This statistic excludes 'prefer not to say' and 'don't know' responses, and those who did not consent to their data being gathered for this purpose.

\*\*For analysis purposes, we have grouped all categories other than 'White (Scottish)' and 'White (Other British)' as ethnic minority. This statistic excludes 'prefer not to say' and 'don't know' responses, and those who did not consent to their data being gathered for this purpose.





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