



scottish sports *futures*

Impact Report 2021/2022

A black and white photograph of a young person with long hair, smiling and holding a large orange rectangular sign in front of their chest. The sign contains the title 'Changing Lives Through Sport' in white text.

Changing Lives Through Sport

Contents

Welcome	03
Our Charity	04
Our Team	06
Our Approach	07
Our Outcomes	08
Our Year	09
Our People	10
Our Finance	20
Our Communications	21
Our Recognition	22
Our Education and Training	23
Our Future Plans and Priorities	24
Annual Awards & Conference	25
Our Outcomes Data	26
Our Equalities Data	27
Local Authority Breakdown	28
External Evaluation	29

Welcome

I want to open by acknowledging how exceptional our team are, they have not stopped and are working tirelessly supporting young people into **positive destinations**. Our new infrastructure is allowing us to be truly **placed based** together with amazing partners. The young people we work alongside are progressing through our programmes as well as into community provision, back into school, jobs, training programmes and some are volunteering as newly recruited SSF Young Leaders and frankly, are set to change the world.

We always strive for excellence and are **doing the best we can, where we are, with what we have**.

What another fantastic year it has been here at SSF! As always, it has been amazing to witness and to hear of the great work being delivered by our staff and volunteers. However more importantly hearing the impact our sessions have on young people and families across Scotland is something heart-warming and special.

This year we have continued to expand and deliver high quality programmes across Scotland, continuing to tackle issues prevalent to our young people and their communities through sport. After a global pandemic we recognise the impact, it has had on our service users and ensure our sessions are more than just sports. We focus on mental health and wellbeing and ensure a person-centred approach is delivered for everyone to get the most out of the work we do. Each year I continue to be in awe of the work delivered and the impact generated, and this year has been no different. **My huge gratitude and thanks go to all our staff, volunteers and partners** to help us achieve this.

Scottish Sports Futures have positioned themselves as a **leader and innovator** in the 'sport for change' landscape by creating an organisation that works together as a team, utilising the strengths of all involved. Leading the way dealing with Adverse Childhood Experiences (ACEs) and trauma and sport, we support those most in need.

We always ensure that our work is led by the youth voice, and that their voices are heard by everyone. Working at a strategic level, using all our great connections, we continue to plan through our learning from the amazing work carried out in our communities.



Kirsty McNab
CEO



Andrew Marley
Youth Director



Maureen McGonigle
Chair

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.

Our Why

We work to combat the effects of living in poverty and buffer against trauma and adversity. Focused in the most challenged communities, we are privileged to work alongside exceptional young people who may not be engaged in education, training or positive activity.

Our Focus

SSF delivers timely, person-centered support and effective interventions, improving life chances for young people and their families in areas of deprivation across Scotland.

All of our programmes are:



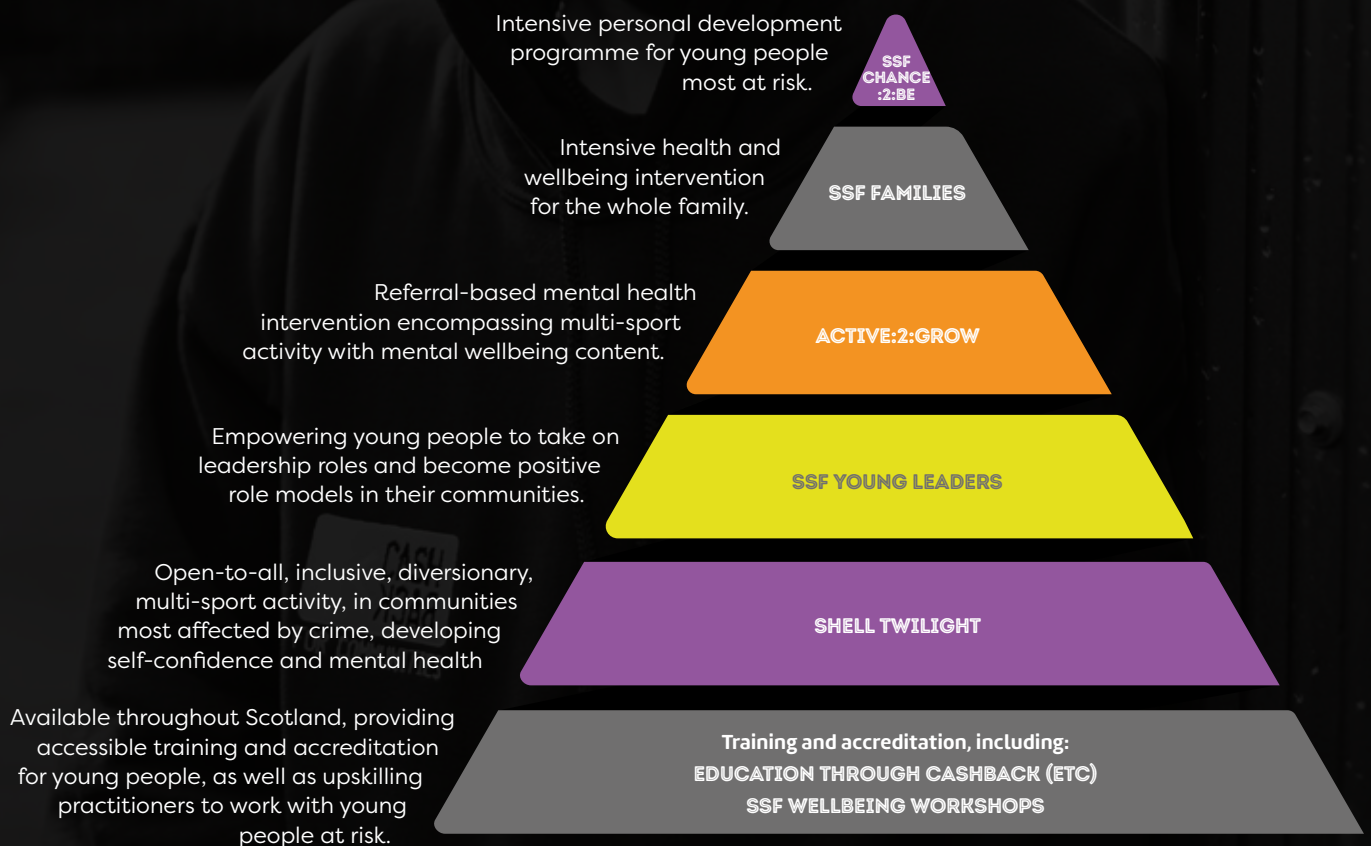
**Developing
People**

**Strengthening
Communities**

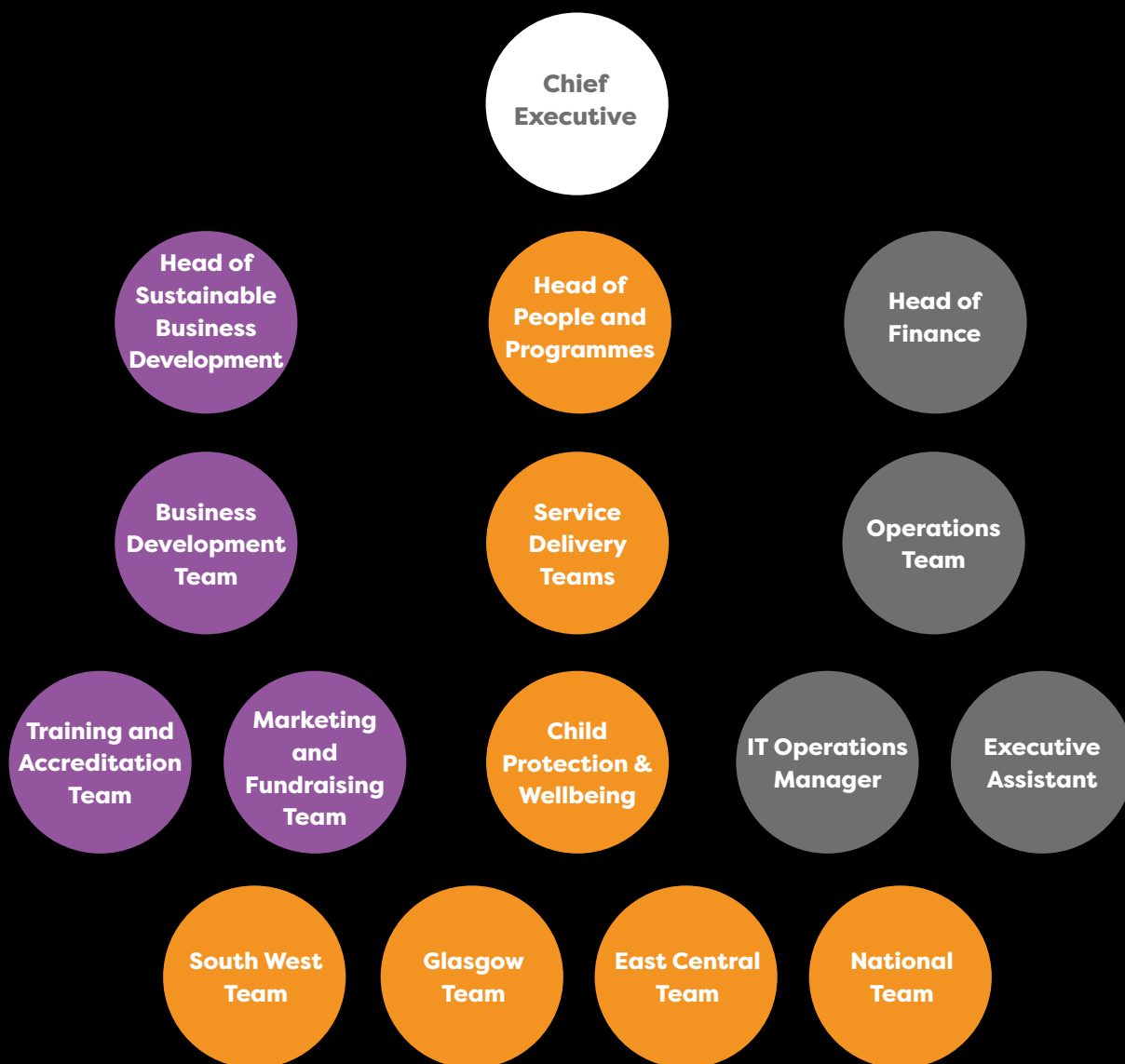
**Improving
Health and
Wellbeing**

**“You're probably the only
people who care about us.”**
SSF Young Person

Our Programmes



Our Team



Our Approach

We put Young People at the centre of everything we do

How

- > Consultation
- > Safe spaces
- > Assessing needs
- > Tailored support

What

We increase aspirations, confidence and life chances.

We provide hope, a sense of belonging all with love, care and empathy.

Effective Partnership Working

We work alongside many partners to develop our practices, young people and staff



Progression & Development

- > Personal Development Plans
- > Training, learning and employment opportunities
- > Mentor young people into wider services
- > Monitor and evaluate progress
- > Ensuring young people are working towards their positive destinations

Increased Needs

- > The level of work has intensified
- > Wellbeing concerns and child protection
- > Providing dedicated services for smaller groups of young people to meet their needs

Trauma-Informed Practice

- > Build relationships
- > Create safe environments
- > Creation of ACEs and Mental Health modules
- > Support and teach emotional regulation
- > Removing barriers

Our Outcomes

“I can't believe the change in X, the rapport you have all built with him is just amazing. He is so much more confident in himself and future - thank you!”

Referring Partner

71%

Young people improved resilience

66%

Young people report an increased aspirations

91%

Young people and families developed physical and personal skills

95%

Participants are more active

81%

Young people improved their confidence

10%

Young people progress to positive destinations

79%*

Young people improve their health and wellbeing

80%

Young people improve their health and wellbeing against SHANARRI

71%

Young people made positive changes to their behaviour

63%

Participants improved their contribution and links with their communities

160

Young people volunteered in their communities

33%

Young people reduced involvement in antisocial and/or criminal behaviour**

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

**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 Year

Over the past year we have:

1,330
Young People

708

Male

548

Female

3

Non-Binary

31

Local Authorities

22%

Identified as having a disability, impairment, or mental health condition

70%*

From 20% most deprived communities

10%

Identified as being of an ethnic minority

*70% of young people accessing our core services were from the 20% most deprived communities in Scotland. This figure is 52% including young people accessing our training and accreditation programmes, including trading activities.

Delivered creative and innovative community sport

and youth work programmes across Glasgow, North Ayrshire, Fife and Stirling.

Provided food and health and wellbeing packs

to young people and families in a dignified way and have these available at SSF sessions.

Offered a blended approach to delivery

utilising digital and online platforms and face-to-face activity, to widen our reach and offer training online.

Grown our sessional staff delivery team

to meet the needs and demands of our young people and communities.

Worked in partnership

we could not have achieved what we have in the last year without our incredible partners.

Continually asked and listened to young people

to ensure we design and deliver programmes that are based on **need**.

Provided person centred environments

for young people and families to be active and receive support as we recover from Covid.

Created two new training modules for practitioners:

- > Mental Health and Wellbeing in Sport & Physical Activity
- > Human Connection and Adverse Childhood Experiences (ACEs)

Provided bespoke programmes focusing on:

- > Personal development
- > Education
- > Mental health and wellbeing
- > Youth leadership
- > Sport and Physical activity
- > Family health and wellbeing

A black and white portrait of a young man with short, dark hair and glasses. He is wearing a dark-colored hoodie with a visible drawstring. The background consists of vertical metal bars, suggesting an institutional setting. The lighting is soft, coming from the side, creating a slight shadow on his face.

“SSF is a place
where friendships
are made around
every corner
with people
you can trust”.

Liam



Developing People

Liam's Story

THE IMPORTANCE OF LOVE, CARE, AND EMPATHY

Liam (13) was initially referred to SSF after struggling in primary school. He lacked confidence and would avoid trying new things.

SSF Youth Workers supported Liam to engage in physical activity encouraging him to try different sports.

Building trusting relationships with the staff was key to Liam addressing his Mental Health and Wellbeing and developing tools for coping so much so that the SSF sessions were the highlight of his week:

"I never knew that I was good at Basketball, I normally sit at the side when we play it at school. I'm actually pretty good at it! Can we do this every week".

Liam then learned that there were other clubs which he could take part in to develop his love and skills for basketball and leadership. He now attends four different clubs each week and has a newfound confidence which has been noticed by all;

"Liam's behaviour has dramatically changed, his confidence has grown, he now understands the benefits of sport and physical activity, and how to better support his own mental health. While his full outlook on life has changed for the better, he is now happier, created more of a social circle and is more positive for his future."

Hana Nasser, SSF Youth Development Co-ordinator (Mental Health)

It was clear for everyone to see that Liam's behaviour and coping mechanisms dramatically changed, his confidence has grown, he now understands the benefits of sport and physical activity, and how to better support his own mental health. While his full outlook on life has changed for the better, he is now happier, created more of a social circle and is more positive for his future.

Liam now wants to give back to his community and to SSF as it helped him get to the stage he is at now. He has now joined the SSF Young Leaders Programme, as he would like to become a positive role model within wider SSF programmes and also is now aspiring to become a Fire Fighter.

Liam's Outcomes:

**Improved
confidence**

**Improved
physical & mental
wellbeing**

**Strengthened
support
networks**

**Positively
contributing to
his community**



Click here to
**Watch
Aiden's
video**

Developing People

Aiden's Story

THE IMPORTANCE OF LOVE, CARE, AND EMPATHY

"Aiden has been involved in gang behaviour in the local area and family have moved to ensure Aiden's safety. He has indicated he may be at risk when travelling to and from school Aiden may also be using cannabis and alcohol."

Referring Partner

Aiden, Glasgow, joined SSF after being stabbed due to gang violence. He was withdrawn from school and wanted to develop better habits to help him reach his positive destination.

Apprehensive at first, SSF staff established Aiden's trust by taking the time to understand his fears. Staff worked with him to find the following solutions: providing transport ensured he got to and from sessions safely, bringing in Police Scotland educated him on knife crime allowing him to understand the negative consequences and finally, building a relationship with Aiden's mum ensured she was part of his new journey.

Dedicated to turning his life around, Aiden never missed a session and gained four formal accreditations. SSF staff supported Aiden to explore what he was interested in learning about which would help him in the future. SSF encouraged Aiden to enrol in the Celtic Foundation Programme where he gained further qualifications and experiences. Since completion, Aiden continues to work on his personal development with FARE. Aiden has made great steps to turn his life around.

"Aiden has been an absolute pleasure, his openness and enthusiasm for sport shines. We will continue to support Aidan's personal development, ensuring he feels safe in his community again."

Ahmed Mumin, SSF Youth Development Co-ordinator (Glasgow)

Aiden's Outcomes:

Improved
confidence

Reduced risk
taking behaviour

Built resilience
and aspirations

Strengthened
support networks



Click here to
**Watch
Megan's
video**

Improving Health & Wellbeing

Megan's Story

THE IMPORTANCE OF LOVE, CARE, AND EMPATHY

Megan (14) was regularly involved in fights and skipping school due to low self-esteem and anxiety. As a result, her learning and relationships have suffered. Before becoming involved with SSF, Megan, by her own admission, did not care much about her future prospects.

Megan was the first participant to attend the newly launched SSF sessions in Fife in May 2021 and from here her aspirations, confidence, and self-esteem were slowly built upon. She has made a conscious effort to focus on building her confidence and taking herself out of her comfort zone.

Megan is now in a position where she is setting employment goals. SSF's Youth Workers have provided a safe and encouraging environment where all young people are treated with **love, care, and empathy**. It is this approach that has supported Megan to feel more positive about her future for the first time.

"You know that day we sat down and looked at college courses? It really motivated me to do well in school, because I want to be a child minder and go to college next year. Cheers for that."

The programmes have also introduced coping mechanisms to aid her anxiety, and Megan has expressed how useful it has been to learn about breathing techniques and understanding what her triggers are. The biggest changes she has experienced are being able to control her anger better, attending classes more at school, and improved confidence.

This has been noticed by not only staff members but also Megan herself.

"I'm more able to control my anger. I don't get into as many fights anymore."

Megan has expressed how she has been able to trust for the first time and is grateful for **"actually having someone to talk to"** and confide in. In the future she wants to go to college to become a child minder. She is focused on what she needs to do to get there and is now feeling positive about her future.

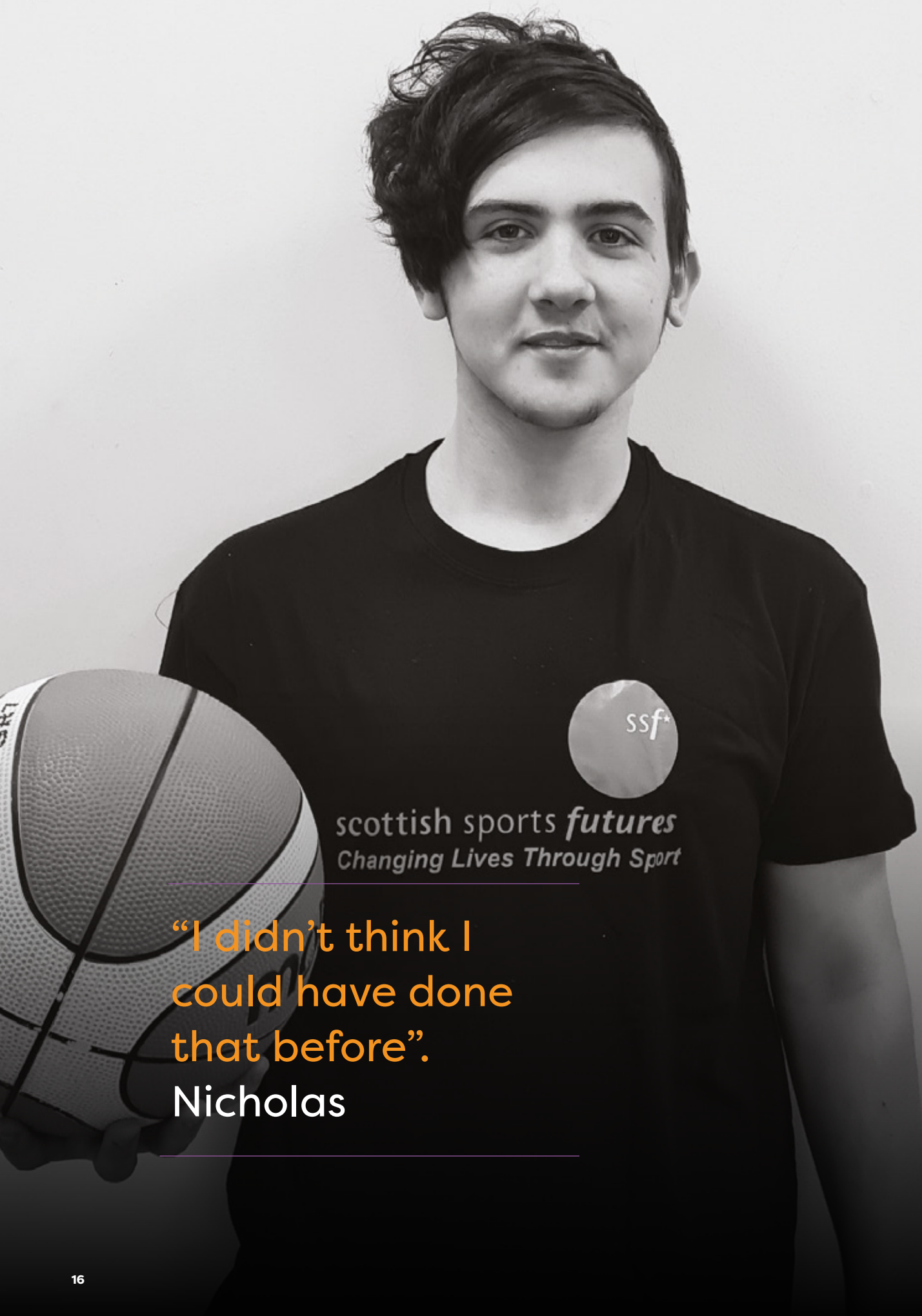
Megan's Outcomes:

**Improved
employability
options**

**Increased
attainment**

**Improved health
& wellbeing**

**Improved
confidence**



“I didn’t think I
could have done
that before”.

Nicholas

Improving Health & Wellbeing

Nicholas' Story

THE IMPORTANCE OF LOVE, CARE, AND EMPATHY

Nicholas became involved with SSF programmes due to concerns around the lack of engagement and attendance in school. Suffering from low confidence, resilience and self-esteem, Nicholas had become socially isolated and very rarely left his house.

It took Nicholas 12-weeks to build trust with the SSF staff having attended one of the programmes. SSF staff continued to support Nicholas by working on his confidence and relationship building skills which eventually led him to engage with the wider group and start to push his boundaries by stepping out of his comfort zone.

“It has been great to see the change in Nikky. From being a young person who had barely left the house in two years, to where he is now, having not missed a session and seeing him getting involved in everything, he is so much more confident and chattier.”

SSF Youth Worker, 2022

Nicholas has now achieved 7 formal qualifications and taken part in continuous improvement workshops, thus developing his employability skills. As well as this, he has grown in confidence and regularly delivers activity sessions within the programme to his peers.



Nicholas' Outcomes:

Increased
physical activity

Increased
attainment

Increased
confidence

Improved
employability
options



Strengthening Communities

Partnership spotlight on Govan Youth Information Project (GYIP)

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

The Govan Youth Information Project (GYIP) have been a valued partner, supporting a number of SSF programmes. Based in Govan, targeting young people, GYIP and SSF work towards achieving a similar mission, putting young people at the heart of everything. We both develop young people to empower them to be healthy, happy and confident whilst supporting them towards their positive destinations.

Over 200 young people have benefitted from this partnership. GYIP provide their knowledge and expertise of the types of barriers, challenges, and poverty which young people in Govan face daily. This has allowed us to shape our programmes to ensure we are addressing the needs of local young people across all of our sessions.

“Together SSF and GYIP have built young people’s confidence and self-esteem. There is a consistent team here every week which helps to build rapport and trust with the young people – This is why it works!”

As a result of this partnership, young people have been able to experience going on a number of trips (e.g. Auchengillan, Belfast), providing quality lifetime experiences for our young people to enjoy.

“It’s one of the best partnerships we have ever had because both organisations have something to give. We are always supporting each other and evolving the programmes to suit the needs of the young people.”

“The quality of the service is excellent. The programmes are thought-out, and it’s proven to be a success.”

“This partnership gets the best out of the young people who GYIP wouldn’t have gained access to in the past... Its great that we are reaching young people who we have struggled to reach.”

“If you want to join a team who actually makes a difference – join SSF!”

“Meeting the SSF staff has been a personal highlight, lots of staff with different qualities and skills to bring.”



Click here to
**Watch the
GYIP video**

Our Finance

Total income has grown 6.6% from 20/21 to £1.125m while expenditure has increased by 39% to £1.108m. This represents the increased activity as the restrictions from Covid-19 have eased.

Earned income (trading, fundraising, corporate relationships)

Trading activities generated **£36,000** (£21,262 in 20/21) an increase of 51%.

Schools - **£10,500**

Housing Associations - **£6,500**

Training Modules - **£19,000**

Fundraising and donations generated **£15,400** (£9,188 in 20/21), an increase of 50.52%

Our Funders

Thank you to all of our funders who continue to invest in us. We feel trusted, valued and appreciate your continued flexibility and support.

- > **Aldi**
- > **BBC Children in Need**
- > **Comic Relief: Ahead of the Game**
- > **Fife Council: Active Schools**
- > **Gannochy Trust**
- > **Glasgow City Council: Glasgow Communities Fund**
- > **Glasgow City Council: Culture and Sport**
- > **Glasgow University: Find a Solution**
- > **North Ayrshire Council: Active Schools**
- > **Scottish Government: Cashback for Communities**
- > **Scottish Government: Investing in Communities**
- > **Scottish Government Adapt and Thrive**
- > **Scottish Government: Active Scotland**
- > **Spirit of 2021: Staff Wellbeing Support**
- > **SCVO: Community Jobs Scotland**
- > **Shell**
- > **sportscotland**

Our Reach

11%

Increase Twitter followers

879,000

Twitter impressions

9.6%

Increase Facebook followers

43,157

Facebook reach

18%

Increase Instagram followers

28%

Increase LinkedIn followers

32,904

Website views

Our Communications

Over the last year we have used social media to:

- > Reach out and support our young people during lockdowns
- > Recruit for exciting new positions
- > Connect with our partners, participants, funders and staff
- > Demonstrate our impact and reach across our four local authorities
- > Promote newly launched and existing sessions along with partners
- > Engage in key external campaigns such as: Kiltwalk, Giving Tuesday, No Wrong Path and Sport Hour
- > Share key learning, successes and case studies: Thanks to Funders month, Good News Friday's and E-newsletters



Support

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

Our Recognition

Press Coverage

SSF Families

Ministerial Visit for Scottish Women and Girls in Sport Week 2021

SSF Chance:2:Be

'Your Pay Your Way' Partnership, 2021

SSF Chance:2:Be

Success in Govan, 2021

Shell Twilight

Lochgelly Session Extended, 2021

Awards

We are proud to have been recognised nationally for continuing our mission of Changing Lives Through Sport

Scottish Women in Sport Awards – QTV Power of Sport WINNER

Evening Times Awards: Nomination Jamie-Lee

Glasgow Business Awards: Health and Wellbeing award FINALIST

Our Education & Training

SSF can support practitioners, schools, and organisations to improve outcomes for children and young people impacted by poverty, with a focus on tackling poverty-related attainment.

We will work with you to create a bespoke package designed to:

IMPROVE HEALTH & WELLBEING

SSF Wellbeing Workshops are designed in partnership with SAMH, by young people for young people aged 11-25 to improve health and wellbeing.

Each workshop uses a series of physical activities to explore mental health & wellbeing and highlight the importance of being physically active for overall wellbeing.

INCREASE SKILLS & CONFIDENCE

SSF Chance:2:Be is a personal development programme aimed at young people who are not engaging in education, training or employment. Offering an alternative and safe environment to increase attainment by exploring challenges, setting goals and completing training and accredited learning.

INCREASE ATTAINMENT WITH SCQF ACCREDITED LEARNING

Education Through Cashback is a series of SCQF accredited modules. They empower young people to shape their learning and develop confidence and transferable skills to take back into their communities.

For further information and to discuss your requirements, please contact Jude@ssf.org.uk

“Participation in SSF Chance:2:Be has been so positive for him overall and we have really seen a much more mature pupil inschool. Thank you for all that you are doing to support him.”

Glennifer High School



“An inclusive organisation with high standards and the best interests of young people at heart.”

SSF Stakeholder



Our Future Plans and Priorities



Understanding the needs, trends, who we are and why we are best placed to do the work.

It is our vision that we continue to be reflective of the communities we serve and everything we do encompasses diversity, inclusion and lived experiences.

In 2022/23...

- > We will continue to be sector leaders and for the first time hold a conference and learning event to influence change and upskill practitioners
- > We will have gathered a robust evidencing of need and trends, thanks to Glasgow University Find a Solution Programme
- > We will have externally evaluated our work carried out by University of the West of Scotland
- > We will continue to collaborate with our local authority partners together to address local need
- > We will work using education to improve outcomes for children and young people impacted by poverty, with a focus on poverty related attainment gap
- > We will continue to invest in our people through: staff training and development opportunities, staff wellbeing, and overall being a people-led organisation
- > We will have a new dedicated child protection and wellbeing manager in place, thanks to sportscotland
- > We will continue to work with local and national partners on the mental health agenda and deliver initiatives to support young people's mental health.
- > We will continue to take a trauma informed approach to delivery
- > We will continue to learn and develop to become a trauma informed organisation.
- > We will continue to invest in our people through: staff training and development opportunities, staff mental health and wellbeing, and overall being a people-led organisation
- > We will continue to work alongside our young people and partners to create the next version of our strategy for 2023-2026
- > We will embed sustainability into everything we do to create a net positive impact on people and the planet

SAVE THE DATE

Conference

23rd/24th Feb 2023 | Radisson Blu Hotel

Developing People, Improving Health & Wellbeing,
Strengthening Communities

Translating research on current post COVID needs/trends and positive ways
and practical examples of how to use the power of sport to change lives.

Annual Awards

Sponsored by **sport**scotland

24th Feb 2023 | Radisson Blu Hotel

Drinks, dinner, dancing and an evening celebrating
inspiring young people.



Our Outcomes Data

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

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

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

Young people reduce risk taking behaviour

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

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

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

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

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

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

Young people and families build connections with their local community

- >>Families receive information on local services
- >>Families receive information on healthy low-cost food choices

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

*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 in anti-social and/or criminal behaviour as a result of their engagement with SSF.

2020/21

81%
81%
94%

66%
71%
89%
95%

80%
67%
53%

71%
98%

91%
98%
1762
894

895
902
19
37%
64%
63%
130

79%
96%
100%

95%
67%
100%

160
4674
177
63%

96%
45%
48%

86
86

33%*

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 years	7%
10 – 15 Years	51%
16 – 18 Years	30%
19 – 24 Years	6%
Did not consent to breakdown	-

SIMD profile

0 – 5% (Most deprived)	15% (24%)*
0 – 10%	30% (47%)*
0 – 20%	52% (70%)*
0 – 30%	61% (79%)*
0 – 40%	70% (86%)*
0 – 50%	77% (91%)*
50 – 100% (Least deprived)	23% (9%)*

Sex identity

Male	53%
Female	41%
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	69%
Prefer not to say	1%
Don't know	<1%
Did not consent to breakdown	29%

Sexual orientation

Heterosexual / Straight	64%
Gay / Lesbian	1%
Bisexual	2%
Other	<1%
Prefer not to say	3%
Don't know	1%
Did not consent to breakdown	29%

Disability, impairment or mental health condition

Total young people reporting a disability, impairment and/or mental health condition**	22%
Vision	<1%
Hearing	1%
Mobility	1%
Dexterity	-
Learning, understanding, or concentrating	7%
Memory	<1%
Stamina, breathing or fatigue	1%
Social or communication	2%
Behavioural	2%
Mental health	3%
None of the above	55%
Other	2%
Prefer not to say	2%
Don't know	1%
Did not consent to breakdown	27%

Religious beliefs

None	47%
Church of Scotland	7%
Roman Catholic	9%
Other Christian	2%
Muslim	3%
Buddhist	<1%
Sikh	<1%
Jewish	<1%
Hindu	-
Pagan	<1%
Other religion	<1%
Prefer not to say	1%
Don't know	1%
Did not consent to breakdown	30%

Ethnicity

Total young people from a minority ethnic group (including white minority ethnic groups)***	10%
White - Scottish	74%
White - Other British	5%
White - Irish	<1%
White - Gypsy/traveller	<1%
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 ethnicity	3%
African - other African	1%
Black, Black Scottish or Black British - Caribbean	<1%
Black - Black, Black Scottish or Black British	<1%
Black - other	<1%
Black Ethnicity	<1%
Arab, Arab Scottish, or Arab British	<1%
Other ethnic group	<1%
Prefer not to say	<1%
Don't know	<1%
Did not consent to breakdown	12%
Black, Black Scottish or Black British - Caribbean	<1%
Black - Black, Black Scottish or Black British	<1%
Black - other	<1%
Black Ethnicity	<1%
Arab, Arab Scottish, or Arab British	<1%
Other ethnic group	<1%
Prefer not to say	<1%
Don't know	<1%
Did not consent to breakdown	12%

Pregnancy and maternity status

Not pregnant	59%
Pregnant	<1%
Has been pregnant within last 12 months	<1%
Prefer not to say	1%
Don't know	1%
Did not consent to breakdown	39%

* For SIMD profile, the number in brackets denotes the percentage of young people accessing our core services (excluding training and accreditation) from each SIMD bracket. The number outside the brackets includes those accessing our training and accreditation programmes, which are delivered throughout Scotland, including to organisations who pay for our services and in less deprived communities.

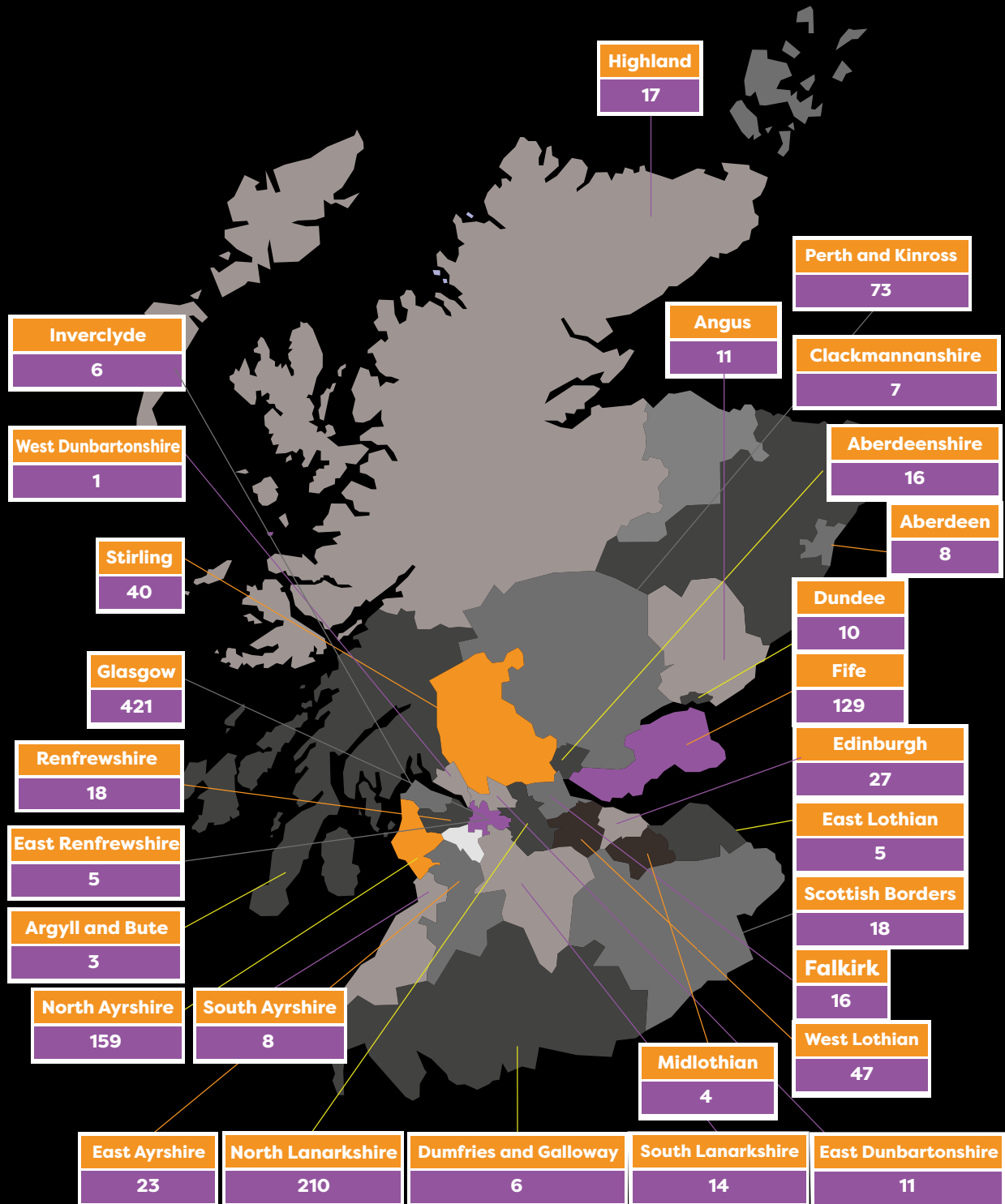
** Note that young people may report more than one condition listed and so percentages against each disability will not combine to give the overall total. This figure is the total young people reporting any one or more disability, impairment, and/or mental health condition overall. This statistic excludes '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.

Marital and civil partnership status

Single	23%
Married	2%
In a civil partnership	<1%
Divorced	<1%
Separated	<1%
Widow	-
Other	26%
Prefer not to say	6%
Don't know	<1%
Did not consent to breakdown	41%

Local Authority Breakdown



Local Authority

New Participants

External Evaluation

The External Evaluation was carried out by researchers at the University of the West of Scotland during the period June 2021 – June 2022.

The findings below are a summary from the full external evaluation report.

SSF worked with young people whose families and communities are the most affected by crime. Residing in the 20% most deprived areas in Scotland (SSF, 2022) and described their communities as having unsafe people and places that they had to navigate to stay safe.

The young people in attendance at SSF programmes, for the most were young people on the margins of anti-social behaviour (ASB) and crime but did not come to the attendance of policy makers or the authorities. In contrast, for most young people participating in the SSF Chance:2:Be programme they were involved in formal justice systems and had more complex needs.

Young people from across all targeted local authorities and SSF programmes reported high numbers of problems associated with mental health that affected their trajectories including anxiety, loneliness and isolation, depression, self-harm, and suicide. It was evident from carrying out this evaluation that the Covid-19 pandemic had limited the social supports that young people used as barriers against these feelings. External Evaluation findings indicated SSF was a powerful impetus for change in young people's lives and acted as a barrier to these feelings.

SSF created physically and emotionally safe places for young people to attend which had the result of:

- >> Developing support networks
- >> Increasing friendship groups
- >> Building young people's belief in self, and confidence levels
- >> Improved physical and mental health
- >> Acting as a barrier to mental health issues such as anxiety, loneliness, depression, and self-harm
- >> Helping young people gain accreditations and transition into education and employment
- >> Widening young people's life experiences

SSF achieved this by providing universal services that young people could attend and progress through. For example, they could attend the SSF Chance:2:Be programme, move into Shell Twilight sessions and then become an SSF Young Leader.

The application of a universal approach also applied to their health and well-being workshops which helped limit labelling and stigmatisation. We know from research (McAra and McVie, 2010) that universal services that are there when children and young people need them at critical moments in their lives are what works in diverting young people from becoming involved in crime and ASB and this is what SSF provides to young people in Scotland.



Scottish Sports Futures
The Legacy Hub
301 Springfield Road
Glasgow G40 3LJ
Tel: 0141 218 4640
Email: info@ssf.org.uk
www.ssf.org.uk



scottish sports *futures*

Changing Lives Through Sport

ScottishSportsFutures 

@SSF_2000 

Scottish Sports Futures  scottishsportsfutures 