

Catch22, Suffolk Positive Futures full year report (inc Outputs and Outcomes)

CRIME AND DISORDER REDUCTION GRANT

April 2017 to March 2018

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Supported by Suffolk's Police & Crime Commissioner

catch
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1.1 Project Outputs / Results

The award of crime and disorder reduction grant came with a set of outputs and outcomes to achieve. This first section lists these outputs and whether they have been achieved.

- **Generate 12,000 attendances to the project by young people;**
Project achieved 12,087 attendances for the period of April 2017 to March 2018
TARGET ACHIEVED
- **Provide opportunities for 1800 young people to engage in the programme**
Project worked with 1964 individual young people for the period April 2017 to March 2018
TARGET ACHIEVED
- **Upskilling vulnerable young people – Provide opportunity for 30 young people not in education or excluded from mainstream school to gain a recognised qualification.**
31 young people not in education worked towards a recognised qualification in the period April 2017 to March 2018 (Sports Leaders qualifications and Passport 2 Independence modules)
TARGET ACHIEVED
- **Target and deliver to the most deprived areas of the county**
886 activity sessions were delivered from April 2017-March 2018 – to areas including Ipswich, Lowestoft, Leiston, Bury St Edmunds, Haverhill, Newmarket, Mildenhall & Brandon
ON TARGET
- **Provide 1500 hours of activity for young people, predominantly in the evening;**
1345 hours of activity were provided during the period April 2017 to March 2018.
BELOW TARGET (Throughput and individual young person targets met though)
- **Encourage at least 17 young people to take up volunteer placements with the project and externally sourced placements.**
19 young people have taken up volunteering placements during the period April 2017 to March 2018. Predominantly in an informal volunteer role, supporting the head coach with session delivery and young person engagement, plus basic admin roles.
TARGET ACHIEVED

- **Consult and survey 100 young people per year on the impact the project has had on their lives**

136 survey monkey questionnaires complete during the period of April 2017 to March 2018.

TARGET ACHIEVED

What have you gained from attending the sessions?

52% of respondents stated the project has improved their confidence

48% of respondents stated the project has improved their fitness

27% of respondents stated the project has stopped them hanging around on the streets

24% of respondents stated the project has prevented them from getting in trouble

44% of respondents stated the project has given them access to positive role models

18% of respondents stated the project has given them pride in their local area

What motivated you to attend in the first place?

60% stated recommendation from a friend

5% Stated recommendation from social/careworker

15% Stated promoted via school

8% Stated they received an email about it

22% Stated they saw it shared on social media

37% Stated they saw a banner / flyer

Extra project target

- **Ensure Value for money – Secure an additional £60k of funding to further support young people in Suffolk**

£72,837 was secured during the period April 2017 to March 2018

TARGET ACHIEVED

All stats obtained from Substance Views database.

2.1 Statistical data

- Participant statistics attached below. Participants to Suffolk Positive Futures project 2017-18 (Sample of 1964)

Ethnicity	Count	%
White or White British	1551	79%
Mixed	98	5%
White Other	59	3%
Black or Black British	80	4%
Asian or Asian British	59	3%
Not disclosed	117	6%
	1964	

Suffolk Average for White British = 89%

Age	Count	%
9 & under	105	5%
10	134	7%
11	154	8%
12	177	9%
13	237	12%
14	335	17%
15	297	15%
16	195	10%
17	116	6%
18+	194	10%
Not Specified	20	1%

Gender	Count	%
Male	1395	71%
Female	569	29%

Referral Type of YP	Count	%
Self-Referral	1787	91
Formal Referral	177	9

Ethnicity of Formal Referrals*	
White/White British	79%
Non-White (BME)	21%

*Stat requested at 2017 accountability meeting

What area of the county do young people come from?

Areas of the county YP are attending from:	No's of YP attending since 1/4/17						
Ipswich	694	Hadleigh	32	Stowmarket	5	Hopton	2
Lowestoft	455	Saxmundham	25	Woodbridge	5	Martlesham	2
Newmarket	218	Beccles	22	Worlington	5	Moulton	2
Haverhill	130	Kessingland	21	Yoxford	5	Thetford	2
Leiston	87	Out of County (Inc Gt Yarmouth)	21	Lakenheath	3	Watton	2
Mildenhall	59	Red Lodge	16	Cheveley	3	37 Other locations with 1 participant	37
Unknown	45	Aldeburgh	8	Exning	3		
Bury St Edmunds	41	Blunderston	8	Felixstowe	3		
Brandon	39	Oulton Broad	6	Feltwell	3		

3.1 Outcomes / Results

The award of crime and disorder reduction grant also came with a set of outcomes to achieve, linked back to the Police and Crime Plan. Listed below are these 6 outcomes (including updated references to the new Police and Crime Plan) with examples of how they have been met, through session pictures, testimonies and case studies.

Outcome 1

Reduce re-offending by:

Supporting integrated offender management to tackle prolific and priority offenders

Diverting young people from coming into the criminal justice system by assessing needs and early intervention

This outcome is also linked into the new Suffolk Police & Crime objectives and action plan under the following headings...

- * Making Suffolk Safer – Caring about Communities
- * Making Suffolk Safer – Protecting vulnerable communities by preventing and reducing ASB
- * Caring about our young people – keeping young people safe and deter them from committing crime
- * Reduce re-offending

What the project has done this year to achieve outcome 1:

We continue to build and grow the Suffolk Positive Futures project providing young people with a range of open access community activities across Suffolk to divert them away from entering the criminal justice system. These sessions have been run to offer young people a positive alternative to crime, violence and ASB as well as providing a place where young people can be safe.

The project continues to be an early intervention tool by providing meaningful opportunities at a time when young people need them the most. It can be hard to gauge exactly what impact these interventions have further down the line in the life of the young person, but we believe offering positive opportunities at an early age can have significant impact upon the rest of their lives. We have tried to use statistics, testimonies and case studies to demonstrate project impact so far in 2017/18.

As well as the open access community activities, the project has also delivered a range of targeted interventions too. Working in partnership with the Youth Offending Service, Schools and Pupil Referral Units.

A complete list of all the activities and interventions that have been delivered since April 2017 can be seen in **Appendix 1 (inc locations)** but we have also chosen to pull out some of these projects and discuss them throughout the report

The main tool we have to divert young people from coming into the criminal justice is by ensuring we're delivering in the key areas of the county at the key times and were working with the right agencies. This forms the very basis of the project. To demonstrate examples of how we are doing this we have included three projects below – 1. Boxing Project with Suffolk Family Focus, 2. Work with Suffolk Youth Offending Service and 3. Alternative Curriculum work

1. Boxing Project with Suffolk Family Focus

Suffolk Family focus is an approach that empowers teams and key workers, across organisational boundaries, to support families with complex issues. It's a partnership between local councils, NHS, the police, voluntary sector, Job Centre Plus and others who all work together to help families in need. It was created as Suffolk County Council's response to the national 'Troubled Families Programme' which started in 2012 and will run until 2020.

Suffolk Family Focus (SFF) approached Suffolk Positive Futures (SPF) back in May 2017 about delivering two boxing programmes in Ipswich. They had received a large number of requests from the families they worked with to provide this activity. They had also managed to bring funding into the county from Sport England via Suffolk Sport to enable the sessions to go ahead and they wanted Suffolk Positive Futures to deliver them based on previous partnership working between the two organisations.

The grant enabled us to offer two weekly sessions for an initial period of 12 months. One targeted the west of Ipswich and one in the East. The project is being delivered in partnership too with the Suffolk Youth Offending Service (SYOS). Their caseworkers are all aware of the service and encourage and even accompany their young people down to the sessions to engage. The sessions are also open to young people from the community too, so we have a real mixture of young people involved in the sessions.

As always, our boxing sessions are non-contact, so we don't have sparring but what they do offer is an excellent tool to work on the fitness of young people and an activity that installs discipline and probably most importantly as an opportunity for young people to really burn off some steam/anger/frustration in a safe controlled environment.

Both sessions are run within established boxing clubs - Mamba Martial Arts and Ipswich Boxing Club so there are pathways for the young people to continue and progress in the sport if this is a direction they would like to take.

Chris Bales from Suffolk Family Focus states *"The boxing and football sessions that you have delivered have been extremely useful for me as many of the young people we work with ask for these types of activities. The boxing sessions are especially popular with young people who do not feel confident to run around a lot. They have also been key in helping us to engage with the Roma community in Ipswich. The fact that they are placed around Ipswich and in areas of high demand also increases the impact of the sessions. The young people know the coaches and are comfortable with them, this encourages them to attend. The feedback I have had from the young people who attend has always been very positive and, in many cases, it has helped boost the confidence levels of the attendees and enabled them to try other things as well"*



CATCH22, SUFFOLK POSITIVE FUTURES

EAST IPSWICH BOXING PROJECT

WHEN: Suffolk Positive Futures will be at St Clements Social Club every week running a programme of free boxing
Every Wednesday

TIME Sessions are delivered by a qualified boxing tutor and are non-contact. Both males and females are welcome.
5.30pm-6.30pm

WHERE: THE SESSIONS ARE FREE SO JUST TURN UP AND JOIN IN
IPSWICH BOXING CLUB
(St Clements Social Club (Fulham Road))

AGES For further information on the project please contact paul.knight@catch-22.org.uk
10-19 Follow us on twitter and facebook:

STARTS 7th June

@suffolkpf

suffolk positive futures

Catch22 Suffolk Positive Futures is supported by the Suffolk, Police and Crime Commissioner. Funding for this project has been provided by Sportivate

catch 22 POSITIVE FUTURES Sportivate Suffolk County Council



Reco Smith (left) – one of our project volunteers (who we have referred to previously in reports) is back with the project and is shown leading the boxing session. Gaining confidence and giving something back to the project he has benefitted from previously.

Reco recently lost his job and full-time employment and needed the safety net of the Positive Futures project to fall back on. Re-introducing him to familiar surroundings and positive people. He is now back volunteering with the project at the same time as looking for full time employment

2. With regards tackling prolific and priority offenders we have chosen to show the impact of our work with the Suffolk Youth Offending Service to evidence this point.

After a request from the office of the PCC to try and evidence our impact on the young people referred by the Suffolk Youth Offending Service and we have put a system in place. We held discussions with the Youth Offending Service operations managers and data analysis manager and they agreed to provide the necessary level of detail to provide this analysis for us based on the information they held on the young people.

In the past 12 months we have received 18 referrals from the YOS directly. All these young people were included in the sample. In addition, we have also included young people referred to us via Pupil Referral Units since 1st April 2017. This was decided because some of these young people are also involved in the criminal justice system and are involved with YOS but were not directly referred by them. We choose to show these two sets of results separately.

The full set of results are very encouraging with only 4 young people out of 18 carrying out further offending since they started their involvement with Suffolk Positive Futures. So as a statistic:

78% of young people referred by the Suffolk YOS to Suffolk Positive Futures have not offended (since their referral)

This figure is also quite impressive when looking at the wider sample where we included all our formally referred young people who are on the YOS system. This showed that out of 30 young people referred to us, only 10 young people committed a further offence. So as a statistic:

66% of young people referred by external agencies (but also known to YOS) have not offended (since their referral)

These results have been shared with the Suffolk Youth Offending Service who through **Operations Manager Simon Bramford** commented *“Suffolk YOS has worked very successfully in partnership with Suffolk Positive Futures for many years now. They continue to be a valued and integral partner in supporting hard to reach young people into a wide variety of positive sporting activities across all parts of the county. The work of the Positive Futures steering group provides a high level of support and challenge to the organisation and these recent statistics demonstrate continued success in supporting young people to make positive choices and reduce offending”*

3. Alternative Education provision delivered by Suffolk Positive Futures / PRU sessions – Ipswich

A further example of how we have contributed to reducing youth offending is through our work with young people excluded from mainstream school and in particular our partnership work with the Raedwald Trust in Ipswich. Under the umbrella of Raedwald Trust comes the Pupil Referral Units of Lindbergh, Westbridge & St Christophers. We are currently delivering 4 weekly sessions to these groups and form an increasing amount of their curriculum.

We don't follow a specific syllabus with these groups but instead run activities in an informal way with emphasis on fun, creating relationships, increasing confidence and encouragement. The young people are attending these establishments due to behavioural difficulties. These groups of young people are particularly vulnerable and are considered a high risk of coming into the criminal justice system. Our work with this group initially offers the opportunity for them to play some sport in a relaxed informal environment, where relationships can be built with our coaches. Softer skills are worked on with the group such as communication through sport, confidence and teamwork. A variety of sports works very well with these groups, giving them new experiences and catering for different wants and needs.



In September 2017 we presented one of the groups with their certificates for those that achieved the 'Passport to Independence certificate for teamwork' The qualification involves working in small teams to plan, lead and then review a sports session. The course also encourages the young people to work together as a team to complete the task and it works particularly well with this group of young people who have previously been 'turned off' by mainstream class using sport as the main tool and the key element they can focus upon. We plan to deliver new units to the groups later this academic year when new relationships have been built and we have gained the young people's trust.

*Quote from Lindbergh Academy – "Working with Positive Futures has been an excellent tool for us to engage our young people in extra vocational activities and engage them through sport. We have noticed increased attainment in certain students and can use the sessions as positive reinforcement for behaviour and learning". Regards. **Martin Weston. Vocational and Transitional Manager.***

Quote from Westbridge - "Our work with Positive Futures continues to bring many additional benefits to Westbridge students. Students have been working alongside the coaching staff delivering football sessions weekly for many years and through this we have seen a great improvement in team work, collaboration, and the building of good relationships from our students. The promotion of good sportsmanship is very clear, the benefit of which is evident when back in school. The recent addition of boxing sessions was built of the positive relationships made with the coaching staff and we have seen a wider group of students (including a girl's session) accessing this activity who have benefit from experiencing a different activity. This has supported

students in working effectively with others, both peers and adults, learning new skills and enjoying taking part in this sporting session. The really good positive role models provided by the Positive Futures team is of great value to our students and we know through continued good attendance and participation at their sessions is something our students value and benefit from in other situations” **Carey Fish – Headteacher, Westbridge Academy**

We continue with the aspiration to be a county wide project and access the smaller pockets of deprivation in the county that sometimes get overlooked, as well as keeping a focus on the more urban high-profile areas of the county such as Ipswich and Lowestoft.

From the end of April, we will be **delivering in all 7 of the local authority areas in Suffolk**. The latest area to benefit from the project will be Mid-Suffolk. After attending the mid-suffolk ASB meetings and dialogue with PC Peck of Suffolk Police (Eye SNT) we are planning a new project targeting the Stradbroke area of Suffolk. ASB concerns were raised by Police teams and we will be working alongside partners such as the local school and county councillors to attempt to tackle this issue basing our project at the key location and key time which will have most impact. New project update will appear in the next report.

Also at the end of April we will be running a **new project in the Gainsborough/Nacton** area of Ipswich. This area is quite high profile with the issues around gangs and the concerns with 'County Lines'. Our project will be run early evening on a Friday to target perhaps not the young people who are already caught on in the gangs but more the ones on the periphery of joining. We will be trying to keep these young people engaged in a safe worthwhile activity and create a sporting habit as well as providing access to positive role models to try and deter them from going down other routes. This is where our project can have its biggest impact, in the early intervention and diversion of young people.

Outcome 2

Prevent the damaging effects of drugs and alcohol on lives, crime levels and the night-time economy by: Raising awareness of responsible alcohol use

This outcome is also linked into the new Suffolk Police & Crime objectives and action plan under the following headings...

* Drugs and substance misuse – Activities that reduce substance and drug misuse

What the project has done this year to achieve outcome 2:

- Delivered substance misuse talks and information handouts to young people at our open access and referred group sessions. The handouts contain information and criminal punishment for each category of drugs as well as the health effects of Substance and Alcohol misuse. Often the young people referred to us will admit to using some form of illegal substance as well as underage drinking and smoking. Alcohol and drug awareness talks are carried out in the schools and referral units as part of this alternative curriculum. Positive Futures staff use the relationships they have built up over a period of sessions to talk honestly with the young people about their experiences and temptations.
- **Sports Leaders** - We have continued to deliver the Sports Leaders qualification to upskill young people and make them more employable but also as a tool for discussing Substance and Alcohol misuse. In this unit we look at the effects misuse can have on the body as well as the criminal justice consequences both possession and usage can have. This course has been delivered to both high school and college students identified by staff as needing mentoring alongside the opportunity to gain a qualification. Using our approach, we can have honest open discussions with young people that may often be difficult for other agencies to have. **Picture below.**



- We continue to use our own handy resource for young people utilising the range of 'life skills' information available in Suffolk. We are not experts in this field, so we have collated the knowledge of local agencies and have produced a guide which we have started to give out to the young people as and when required. The booklet signposts young people to where they can access support for a range of issues including alcohol and drug use, mental health, sexual health, relationship and much more.
- The project continues to deliver activities at key times of the evening which have hopefully provided the diversion young people need to steer clear of the temptations of drug and alcohol use.
- Linked in with the 'Turning Point' substance misuse officers based in Ipswich and Lowestoft to ensure there is current, relevant substance misuse information available for our young people at our sessions. We have also established channels to signpost individuals to who may need greater support around their use of substances. This is not an area project staff expertise in so having 'local experts' and referral channels open is crucial and is an area we have utilised.
- Project staff have completed a 'Signs and Symptoms of Drug Use in young people' and 'Assessing the Impact of Substance Misuse' training. Giving staff and volunteers further confidence in the supporting, challenging and discussing substance misuse with young people.

Mental Health

- Although not directly linked to drugs and alcohol, the topic of mental health has become a very hot topic especially with regards the wellbeing of young people. Project staff have completed 'Youth Mental Health' first aid training. This was delivered through the Street Games network training. This training is designed specifically for people who teach, work, live with or care for young people aged 8 – 18. The training program is delivered by qualified Youth MHFA instructors who provide information, tools and techniques to promote a young person's mental and emotional wellbeing. We believe this will be an added string to our bow when working with young people out in the community.
- In addition to this, the project was approached by Suffolk Council with regards being part of a research project being conducted by themselves University Suffolk and Sport England. We were very happy to take part in this and contribute to some of the findings. The research is being linked to the role sport can play on a young person's mental health. The aim to identify whether the programmes offered have any impact upon mental health and physical activity levels. The research will be completed with 2 of our Ipswich groups using the following techniques:
 - *Project leaders to distribute questionnaires both at the start of the physical activity programme and at the end.*
 - *University of Suffolk to conduct focus groups with individuals in various programmes from each age cohort – **pic below***
 - *University of Suffolk to conduct stakeholder telephone interviews.*

We as a project will have access to any findings and we will be happy to share with partners as well as using it for our own benefit such a designing future delivery models using the findings in the report. (Analysis of data being undertaken May 2018)

Picture of group consultation exercise with Katie Tyrell – Research Assistant Suffolk University



Outcome 3 & 4

Support effective crime prevention activity

Crime prevention initiatives aimed at reducing crime ASB

Reduce ASB

Initiatives to prevent ASB arising and escalating

This outcome is also linked into the new Suffolk Police & Crime objectives and action plan under the following headings...

Police and Crime Plan Objectives (Items we're contributing too)

- 1 Making Suffolk Safer – Caring about Communities
- 2 Making Suffolk Safer – Protecting vulnerable communities by preventing and reducing ASB
- 3 Making Suffolk Safer – Delivering efficient and effective services with the right resources

Action Plan (Items we're contributing too)

- 4 Drugs and substance misuse – Activities that reduce substance and drug misuse
- 5 Caring about our young people – keeping young people safe and deter them from committing crime
- 6 Reduce re-offending

What the project has done this year to achieve outcome 3 & 4:

Appendix 1 lists the whole range of activities we have delivered since April 2017. These activities are our main tool to supporting crime prevention activity as well as reducing ASB.

In addition to the activities in appendix A we have also:

- **Secured a contract with Suffolk County Council via Sport England and Street Games in 2013 to deliver 5 doorstep sport clubs across the county over a 4-year period.** (Staggered start to clubs – 2 in Year 1, then 5 in year 2) A stipulation of the funding was that only the most deprived areas of Suffolk were eligible to deliver to – namely Lowestoft and Ipswich. This is a four-year agreement which brings investment into Suffolk and into the project of £75,000 over the 4-years. Doorstep sport is a nationwide programme established by the national sports charity 'Street Games', to engage young people from disadvantaged areas in sport. We have established doorstep sports clubs in Ipswich and Lowestoft through a partnership between Suffolk County Council, Ipswich Borough Council & Waveney District Council. Doorstep Sport Clubs are all based around the doorstep sport approach of 'right time, right place, right price and in the right style'. Young people feel a strong sense of belonging to their club and enjoy taking part in social activities alongside the sports programme. Two of these clubs deliver 'girls only' sessions, to try and encourage more girls into the programme.

In April 2017 StreetGames along with Suffolk County Council agreed to keep the Doorstep Sport Sessions delivered by Suffolk Positive Futures running with another 12 months of funding. Plans are already in place for the end of this period to make them a permanent fixture and permanent offer to young people living in Ipswich and Lowestoft.



Doorstep Sport Club – (Whitton) Ipswich.

This 'club' continues to provide opportunities for young people living in and around the Whitton estate of Ipswich predominately in the activity of 'turn up and join in' football. Picture shows our picture for the local press, highlighting the fact the project has worked with 5000 young people over the past 5 years



Girls Doorstep Sports Session (Chantry) Ipswich.

This session has offered many different activities to engage with the girls from the local area including tennis, fitness circuits, basketball and also just offering them a place to come into the warm and hang out with mates. We also have guest 'coaches' weeks' with boxing and cheerleading being two activities the girls enjoyed.

“Doorstep Sport Clubs (DSC) are set up to increase participation in sport in deprived areas, positively impact on crime, anti-social behaviour and substance misuse, and improve health and well-being. Suffolk Positive Futures has successfully grown participation over the period and has significantly exceeded targets with good diversity statistics which demonstrate a high level of inclusivity for the project”
Andrew Anastasiou, Network Services Co-ordinator, Street Games



Lowestoft Doorstep Sport Clubs - Harbour and Whitton

Through our close work with the Youth Offending Service we have been able to identify and engage young people who benefit from attending our Doorstep sport projects in Lowestoft. At these sessions, our staff work to build relationships to challenge behaviour and attitudes but also just attending an organised activity will divert some away from the ASB caused by boredom in the evenings.

“The Suffolk Positive Futures project has been instrumental in delivering 5 Doorstep Sport Clubs in Suffolk. The Clubs are a key part of Suffolk’s efforts to become the most active county in England because they provide important sporting opportunities for young people in disadvantaged areas. Not only have the clubs successfully engaged hundreds of young people in Ipswich and Lowestoft but they have also been recognised nationally for the quality of delivery. Without the Suffolk Positive Futures Project and the hard work and dedication of their staff and coaches it is unlikely that Suffolk would have been chosen to host these clubs. Suffolk Positive Futures is delivering positive life enhancing opportunities for many young people from the county which in turn is having a positive impact for the community at large”

**Adam Baker –
Most Active County Project Manager, Suffolk County Council**

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- **Delivered the ‘KEEP ACTIVE PROJECT’ – Forest Heath (In partnership with Abbeycroft Leisure)**

Abbeycroft Leisure

**KEEP
ACTIVE**

In Jan 2016 and in partnership with Abbeycroft Leisure we started delivering the Keep Active Project. This was made possible due to a £130k, 3-year grant from Sport England. Approximately £50k of this money has been made available for the young person’s delivery, targeting ages 14-25 and Suffolk Positive Futures are responsible for leading this aspect of the delivery. This has seen three geographical areas targeted and delivered to.

A three-year confirmed programme of funding and delivery is great news for the project and the young people of Forest Heath. In terms of some of the outputs of this work, we were responsible for generating a throughput of 1600 young people in year 1, 1850 in year 2 and are currently working through a year 3 target of 1200. This money is new money coming into the county and into Forest Heath.

The project delivers 3 separate sports sessions across the district as part of the Keep Active project. There is a Girls Football and Fitness session delivered in Newmarket. A Street Dance session delivered in Brandon and Football session delivered in Mildenhall.

The project relies heavily on working in partnership with three local school (IES Breckland, Newmarket Academy and Mildenhall College). Our project staff spend time in the school at lunchtime and after school to speak with their young people finding out their interests, running taster sessions and trying to push and promote these opportunities to them. More recently the marketing for these projects has been widened to include things like posters in nightclubs, attendance at large community events and flyers left with young mum's groups to reflect the upper age range of the project.

Keep Active Project - Session Pics



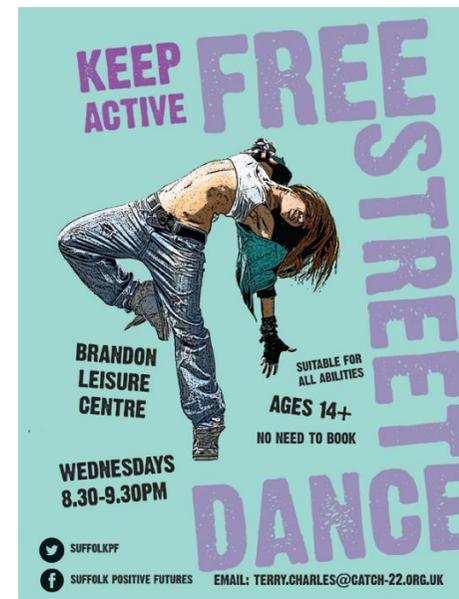
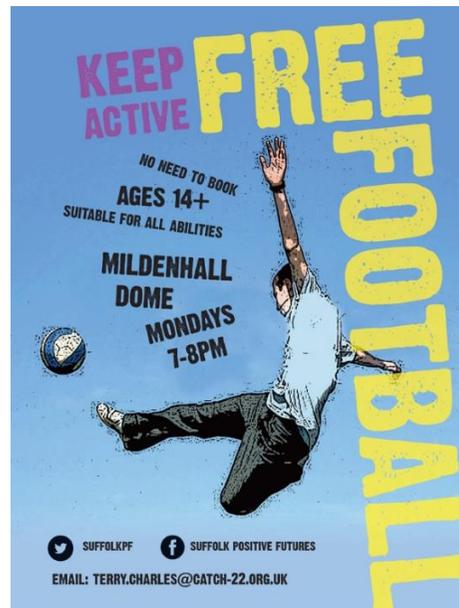
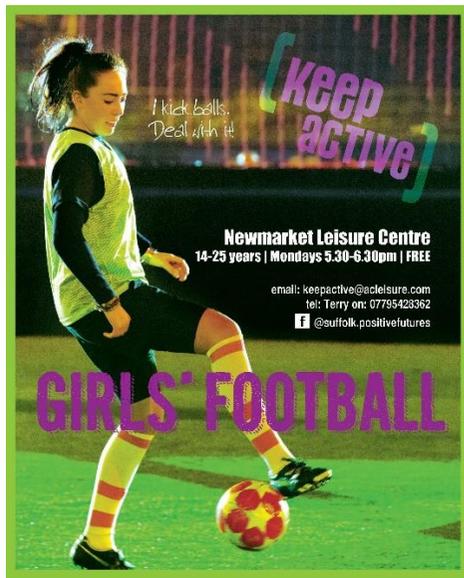
Girls Football and Fitness Sessions in Newmarket



Mildenhall Football session



Street Dance session in Brandon



Keep Active Project promotional material

Other work contributing to objectives 3 and 4

- **Haverhill Friday evening project** continues to be popular with young people of the town. On a Friday evening 40/50 young people regularly turn up at the sports centre in Haverhill to take part in the provision we offer them. The initial request for this project to be run came via the community safety team at St Edmundsbury Borough Council through low level ASB being recording on a Friday evening. The project has continued to target this same time for many years through various funding supporters. The funding is currently supplied from the West Suffolk Community Chest and is working towards the community plan at West Suffolk Council.

Funding for this project has already been secured for 2018/19 with Haverhill Town Council seeing the benefits of keeping the sessions going and how they support young people of the town



- **We have been working in partnership with the Suffolk FA to deliver its Football Mash-Up programme.** This is a national initiative looking to encourage more young people into football through the development of fun skills and drills. This has been taking place in **Ipswich** and previously **Lowestoft** for the past 4 years.
- **We continue to deliver in the Babergh District of the County.** We have linked up with South Suffolk Leisure to deliver a weekly boxing project in **Hadleigh**. Project is based from Hadleigh Leisure Centre. We continue to have good numbers of young people attend this session, often exceeding 20. We also have young people stepping up to support the tutor and the sessions. South Suffolk Leisure support the session through providing free facilities.

- In 2016 we were chosen by Sentinel Leisure to deliver a **Parklives** project to young people living in deprived wards in Lowestoft and following successful period the project returned in 2017. This national initiative funded by Coca Cola and the national charity Street Games offered 16 weeks of free activity in a central location at a time when young people would be inactive or wandering the streets. After an initial launch event including inflatable football, 59 young people took part in a range of sports over 16 weeks to help reduce the risk of obesity, increase health and fitness as well as community cohesion.
- **Saxmundham** - Following concerns raised regarding ASB levels at several parks in Lowestoft and Saxmundham, Suffolk Positive Futures were approached by Waveney and Suffolk Coastal Council with a request to use our Summer '**Schools Out**' project to provide positive activities in these areas during the October Half Term. The project provided 12 hours of activities in these areas of need to engage 9-16 year olds who live in the community. As well as our popular Football, Dodgeball and Basketball activities the participants also had the opportunity to try Wall Climbing and Zorb Football.



'We approached Suffolk Positive Futures to run a diversionary project in Saxmundham during the October half term following reports of Anti-Social Behaviour in the local park. The Schools Out project was used to try and engage young people into a positive activity and steer them away from less productive past times. We are continuing to monitor the youth behaviour and will use the program again in future holiday periods.'

Zoe Botten ASB Officer, Suffolk Coastal and Waveney District Council

- **Leiston** - Our 'Friday Club' in Leiston is an example of a diversionary activity which young people have come to rely on as part of their weekly routine and without this they would be looking for another form of entertainment with their friends. The project was designed to engage young people late on a Friday to stop them following the footsteps of older young people who had become involved with crime and ASB. By target advertising to 13-18 year olds we have been able to engage and maintain contact with many of these and provide an opportunity to spend time with friends and burn off energy in a productive activity. Many of these young people have now been attending for many years and have become informal volunteers, helping to pick teams and provide positive role models for new attendees. This change is shown in the ages attending with 14-22 year olds accessing the project regularly. 37% of attendees are female with many of these actively taking part but also a large number turning up for somewhere to be and to chat with the staff which leads to honest discussions and guidance on life choices including relationships, alcohol and substance use. Through recent work with Waveney District Council ASB officers we know many of their targeted young people attend. **Zoe Botten ASB Officer, Suffolk Coastal District Council states** *"Suffolk Positive Futures*

run a free weekly sports project on a Friday night which is a key time in Leiston due to the lack of provisions available to young people. It is seen as a place of safety where young people have built positive relationships with the coaches which they do not have in their home life or in education due to exclusions and negative experiences at School. We see the important link with Suffolk Positive Futures offer us and the police with young people who attend”

April 2018 Update – Funding now secured to keep session running up to April 2019

- **Chantry Library Project (Ipswich)** – The library has big plans to truly make the space a place for all the community with young people and older people interacting. Unfortunately, this at times is a difficult relationship to broker with the young people being young people in the library whilst other users want to sit and read quietly. The library enlisted Suffolk PF to come in and engage with the young people in the library and also to utilise the library’s other facilities the sports court and try just to diffuse any issues users were facing. **Emma Currie, Library Manager** said *“We love working with the Catch22 team. They understand the needs of young people and bring out the best in them through team games and individual attention. The instructors have patience and will spend time encouraging the less confident to take part. The library is often almost empty when the Catch22 session is on because all our young people are on the basketball court engaged with the instructors. There are few activities which get this much take up among young people. The Catch22 team support library staff and help us develop confidence in our work with young people. We hope that Catch22 will continue to work with us to make the library a safe and welcoming place with positive activities for all, and we look forward to future collaboration as long as resources are available to support this valuable work. Thank you”*



Basketball sessions at Chantry Library

- **We have maintained close contact with Sgt Darren Oxbrow from Suffolk Constabulary** who is a member of our Positive Futures Steering Group, enabling quick identification of new hot spot / priority areas of the county and enabling us to respond quickly to these needs. Darren is also a very useful link to push and promote our work through the police and wider networks. **Sgt Oxbrow states** *“I have been part of the Positive Futures steering group for the past five years representing the Police. Our relationship is very positive, and we try to support one another in respect to initiatives and activities. Our close ties enable a joint approach to identify areas needing intervention and engagement, at times the delivery is single agency and on other occasions it is a joint/multi agency approach. What Positive futures does is deliver a selection of alternative activities for young people, which enables the Police to sign post young people to those activities and away from more destructive pathways. The publication of Positive futures program of events is passed onto the local SNT for support and engagement opportunities”.*
- **We have continued to add to our pool of trained and qualified volunteers and sessional staff members** enabling us to react quickly to the changing needs of local communities and deliver multiple projects on the same evening e.g. Friday evening. The training offered has been in specific areas relating to our work this includes First aid training, engaging women and girls, mental health and working with challenging young people. There have also been some more specific training courses for staff such as Boxing and Badminton ‘smash-up’ training in the past 12 months.

Press coverage around reducing ASB

The work we do across the county at key times and in key locations plays an important role in our contribution towards reducing ASB, however we wanted to back up all the delivery with some actual statistics. We felt this would give us a more factual evidence of our impact. We managed to secure the county's ASB statistics from Suffolk Police and were able to cross reference this with the areas we deliver.

The figures provided showed a 37% drop in ASB in the Suffolk towns where we had operated since 2014.

We appreciate that we cannot just say our project was the sole reason for these figures, but we feel confident enough to say that along with other initiatives taking place our project contributed to the positive findings. The local press picked up on the story and were very happy to produce an article which featured in the East Anglian Daily times. Article provides good exposure of the project and has led to further enquiries across the county of other local agencies that want to partner up with us and hear more about what we can offer.

Newspaper article from East Anglian Daily Time dates Tuesday 30th May 2017.

Essex yesterday morning.

In the early hours, spectacular forks of lightning ripped through the blackened skies - which some readers

said the storm was widespread across the region and warned more rain could fall during the day.

Phil Garner, from Weatherquest, said the worst of the stormy conditions

5-9mm of rainfall earlier in the day.

"We are watching an area over northern France at the moment, which is likely to bring further showers and thunder from mid-morning,"

muggy" with top temperatures around 23C-26C.

Suffolk police said heavy rain caused several road accidents with drivers sliding in the wet, but none were serious.

Anti-social behaviour drops 37% after youth sports groups set up

A project to help get young people into sport has been credited with helping to achieve a 37% drop in anti-social behaviour in the Suffolk towns it has operated in since 2014.

The Catch 22 Positive Futures project offers free, open access sport and physical activity as a positive alternative to crime, violence and anti-social behaviour.

It has recently reached a major milestone, working with more than 5,000 young people aged between 10 and 19, delivering 50,600 free activity sessions in the last five years.

It currently operates in Ipswich, Hadleigh, Leiston, Bury St Edmunds, Newmarket, Mildenhall,

MATT REASON

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Haverhill, Brandon and Lowestoft.

Paul Knight, project manager, said: "Obviously we can't take all the credit for the reduction in the recorded number of anti-social behaviour incidents, however, our free weekly sessions of football, boxing, street dance and multi-sports continue to attract large numbers of young people and we definitely offer a positive alternative to poor behavioural choices."

Tim Passmore, Suffolk's Police and Crime Commissioner, said:

"I have seen first-hand the positive impact that Suffolk Positive Futures can have on young people and I'd like to think the reduction in antisocial behaviour can be linked in some way to the various programmes funded through my crime and disorder reduction grants.

"All too often young people make a wrong choice as teenagers and this limits their choices in the future.

"By showing our young people how to make positive life choices they become good citizens and giving them positive role models will help them to become more confident and principled adults.

"This approach helps our

youngsters know what's right or wrong and to have a purpose in life."

As well as the weekly community sessions and the school holiday programmes they run, Suffolk Positive Futures has also established five "doorstep sport clubs" in Ipswich and Lowestoft, as part of a national programme called StreetGames, to encourage young people facing difficult or challenging circumstances into sport.

For more information about Suffolk Positive Futures visit www.catch-22.org.uk and search for Suffolk, or call Mr Knight on 07717 290545

Outcome 5

Support families

Provide families most in need with support to make positive change.

This outcome is also linked into the new Suffolk Police & Crime objectives and action plan under the following headings...

Police and Crime Plan Objectives (Items we're contributing too)

- 1 Making Suffolk Safer – Caring about Communities
- 2 Making Suffolk Safer – Protecting vulnerable communities by preventing and reducing ASB
- 3 Making Suffolk Safer – Delivering efficient and effective services with the right resources

Action Plan (Items we're contributing too)

- 4 Drugs and substance misuse – Activities that reduce substance and drug misuse
- 5 Caring about our young people – keeping young people safe and deter them from committing crime
- 6 Reduce re-offending

What the project has done this year to achieve outcome 5:

Our summer sports projects '*Jumpers for goalposts*' in Ipswich and the Lowestoft '*Summer beach sports project*' form a large part of this feedback under this heading. Both projects were very well attended and received some encouraging feedback from parents who see the project as a valuable resource to keep their kids busy and engaged over the summer. We have included some information on both projects below as well as a new project for us this year called '*Fit and Fed*' which we plan to roll out even further in the summer of 2018.

1. Fit and Fed 2017

We have continued our work with the National charity StreetGames in 2017 and have delivered a pilot Fit and Fed project following research showing families battles with paying for food. The study discovered that families with an income of less than £25,000 cannot always afford food during School holidays and those families with an income of less than £15,000 report a 'constant struggle' to feed children. This is backed up with the finding that family's food bills increase £30-£40 per week during this period.



Prince Harry shown visiting a Fit and Fed project over the summer (unfortunately not our one!)

Using this research, we linked with a local school to identify young people in receipt of free school meals and from the deprived ward of Kirkley to offer a combination of free healthy lunches and free sporting activity over the summer holidays. The school were able to invite young people and parents especially to the project ensuring the sessions were targeted to the most in need individuals.

Young people had 1 hour in the kitchen and took an active role in preparing and cooking healthy lunches, including Pasta, Omelettes and Sandwiches. On first arrival food hygiene is discussed along with the workings of a kitchen and the plan for the day. Attendees then worked individually or in small groups to decide what they wanted to make with the ingredients before preparing and cooking with help of our staff. The group would then sit and discuss healthy eating, favourite foods and costings before eating their prepared food at a table, which some of the group only do on special occasions.

We hope this approach will help tackle the triple threat deprivation can lead to - Isolation, Hunger and Inactivity. 'Some school children are losing 80% of fitness' over the summer holidays so Suffolk Positive Futures are perfectly placed to tackle these issues using our experience in building relationships and engaging young people to offer free lunches as well as advice on healthy eating.



Group learning about food preparation and then given opportunity to cook their own meal

This was our first steps into this area of work and we plan to expand the project and the offer to more young people in 2018 including more information for families on healthy eating.

2. Jumpers for Goalposts 2017

The 'Jumpers for Goalposts' project has been around for 13 years with Suffolk Positive Futures staff and coaches being involved throughout this time. This year's project consisted of 10 venues in total with sessions running for 4 weeks from Monday 31st July to Friday 25th August. As always football remained the key engagement tool however as with previous year's projects there was always the offer of street golf, cricket, tennis and some tag rugby. The project was again funded by the 'Ipswich Borough Council Area Committees' and formed part of a wider offer by Ipswich Borough Council to offer constructive activities to young people over the 2017 school summer holidays. The 2017 project again proved popular for young people and families with 702 attendances in total despite some bad weather. When there are ever increasing pressures on families and even tighter constraints on money we are happy to be able to offer families a free activity for their children. One where they can just send them along too and know their safe and will be looked after. Parental feedback this year included comments:

Mrs Smith: (Landseer Park) *"Thank you to all the team involved in running the project. My sons love coming to these sessions. They follow it around most of the holidays. The coaches are brilliant too".*

Mrs Jacobs: (Alexandra Park) *"It's great having a free activity that the kids can take part in over the school holidays. My kids can get very board, very quickly so having a project like this to occupy them and wear them out a bit is great!"*



Within the project we like to reward an individual who has shown a good level of attendance, behaviour and sportsmanship throughout the programme and this year's winner was Kelvin Lincoln who received a year's free I-card membership to allow him free use of the council's sports centres and gyms. We invited the local press and Portfolio for holder for Leisure, Cllr Rudkin along to present the award.

Thursday, October 5, 2017 | Ipswich Star

Record numbers keep active in Ipswich thanks to free sports sessions

LAUREN HOCKNEY
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A record number of young people kept active in Ipswich thanks to free sports sessions in the town's parks and open spaces.

Jumpers For Goalposts has been delivering a wide range of free sport and activities, including football, basketball, street golf, cricket and tennis into local parks and play areas in Ipswich for the past 13 years.

The programme is run by Catch22 Suffolk Positive Futures in association with Ipswich Borough Council.

The five week programme of activities this summer saw 702 attendances in 36 organised park sessions across the town.

Kelvin Lincoln, 14, was at over half of the sessions. His sportsmanship and attitude was so appreciated by coaches and the other young people at the sessions that his dedication won him a year's Junior iCard, giving him free access to the council's sports and swimming centres.

Councillor Bryony Rudkin, portfolio holder for culture and leisure at Ipswich Borough Council, said: "We are proud to support this long standing



Paul Knight, project manager for Catch22 Suffolk Positive Futures, Kelvin Lincoln and Ipswich councillor Bryony Rudkin.

Picture: SUFFOLK POSITIVE FUTURES

project which makes sporting programmes much more accessible. I want to thank Paul for leading the project and also Kelvin for his fantastic attitude."

Paul Knight, project manager for Catch22 Suffolk Positive Futures, added: "We were very happy with the attendances this year, with all locations proving popular, and youngsters having a go at most of the sports on offer.

"As always we are very grateful to the area committees for funding this project and to Tim Passmore, Suffolk Police and Crime Commissioner for supporting our wider project across Suffolk."

Mr Passmore said: "I've seen first-hand the very positive impact that Suffolk Positive Futures has had on young people across the

county so I am very pleased to see so many young people attending this most recent programme of activities. I am delighted to financially support Positive Futures through my Crime and Disorder Reduction Grant fund.

"I truly believe that using sport to show young people how to make positive life choices will help them become good citizens and develop leadership qualities that will help them to become more confident and principled adults."

Jumpers for Goalposts will also be running during the October half term with locations and times available at www.ipswichfit.co.uk or on the Suffolk Positive Futures Facebook page.

Andy Wilesmith – Leisure Operations Manager, Ipswich Borough Council stated *"The Jumpers for Goalposts programme Positive Futures delivered for us this summer was, once again an excellent programme that helped us deliver on our objectives. With 702 attendances across the 4 weeks, it was one of the most successful to date. What was pleasing was the 248 unique individuals that they attracted, many living in disadvantaged areas. By attending these sessions, they were engaging in activities they wouldn't normally. This is evidenced by the fact the best attended area is also our most disadvantaged area. Another pleasing statistic was that 30% of attendees came from a BME background, which shows we are growing the number of BME groups engaging in physical activity. Overall the project helps us to achieve key parts of our Corporate Plan, including Priority 3 "An Enjoyable Place to Live, Work and Study and Priority 4 "A Healthy Community".*

3. Lowestoft Summer Beach Schools Out Diversionary Project

During the summer holidays, we delivered our joint youth diversion project at Lowestoft beach with Waveney District Council Communities team. The project, which we have delivered for a number of years aims to divert young people from hanging around and getting bored in Lowestoft and provide a positive project offering a range of sports and activities. The project provided over 1400 hours of activities for 257 young people throughout the 10 sessions.

The project is open access for all young people aged 9-16 but we work closely with the Youth Offending Service and Waveney District Council Anti-Social Behaviour Officer to target individuals and families that are in need or have a history of low level offending.

As well as providing a diversionary activity, the project also keeps young people moving and therefore increasing their fitness as well as reducing the risk of Mental Health problems contributed to inactivity.

“Positive Futures – Catch22 A highly motivated and hardworking team, who has recently completed their fourth summer season working alongside our Communities Team based within the district council. Working with fully qualified and experienced teams who have a wealth of experience and proven track record ensures each project delivered on time and to the best of their ability. The team have a proactive approach which has again resulted in yet another successful ‘School’s out’ project. The staff’s meticulous attention to detail and friendly, professional manner gives our team the confidence and reassurance that all our projects are delivered to their maximum potential”. **Rachel Tucker - Active Communities Officer, Waveney District Council**



Young people and staff photo



Vicki our Sports Leader who is shown putting her newly learnt skills into practice and volunteering at our summer project

Two further projects we've delivered linked into the aim of providing families most in need with support are our Lowestoft Sports Mentoring project and our Girls only sports sessions

Lowestoft Sports Mentoring Project



We have continued to offer Sports Mentoring to pupils from Lowestoft Schools who have been identified as having difficulties in education due to lack of confidence and social skills or behaviour issues. The project takes students out of their comfort zone using sports such as Boxing, Wall Climbing and Water Sports to enable staff to build relationships with young people, build confidence and challenge behaviour.

Teachers and support staff at the school noted that students who attended the project showed better behaviour and attitude towards learning and each other. The school have now identified a new cohort of 10 students to start the Sports Mentoring Scheme in May 2018.

'By attending the Suffolk Positive Futures Project Jayden is able to cope better in lessons, demonstrates increased confidence when communicating with staff at school as well as now feeling part of something positive.' **Mr Winram, Northfield St Nicholas School.**

Friday night Girls Only Sports Project – Whitton, Ipswich & Lowestoft

Another session linked into supporting families is our two Friday night Girls Only Sports projects. Main aims of these sessions are to tackle female inactivity as well providing families with a free, safe activity for their children on a Friday evening. One where they know the children will be safe at and is run by a team of trusted staff and volunteers.

Early days for both projects and we will provide a more concise case study in the next report but numbers for these sessions have been extremely encouraging with the Ipswich session regularly attracting 25+ young people each week. Session runs 7pm-8pm on a Friday evening again providing that opportunity for young females to take part in a safe activity in their local community

Parental feedback

Dear Paul.

RE: Faith and Grace Driver (15.05.04)

Both Faith and Grace really enjoy the Friday night activity sessions that you provide. They look forward to meeting up with their friends and often encourage one or two to join them (usually congregating at mine!) and just generally burning off some energy and socialising.

As parent, I really appreciate that this is a free activity, especially as the service you provide gives them something to do on a Friday night which is imperative on cold, dark winter nights. Having fun and letting off steam is always a bonus!

Keep up the good work and thank you.

Kind regards.

Rachael



Outcome 6

**Ensure value for money for the PCC by bringing in further investment into the project to work directly with young people.
Bring in an additional £60k of funding to further support young people by 31/3/18**

(Not a PCC outcome but very much part of the plan to ensure value for money with ever increasing demands on budgets)

This outcome is also linked into the new Suffolk Police & Crime objectives and action plan under the following headings...

*Making Suffolk Safer – Delivering efficient and effective services with the right resources – ‘Value for Money’

What the project has done this year to achieve outcome 6:

An additional pledge made was to demonstrate value for money and to ensure that we would use the grant to actively generate additional funding to the project which in turn would create even more opportunities for young people and greater project sustainability. We have written successful funding bids, we have worked and continue to work in partnership with local organisations and we have managed to maintain a high-quality programme, which local agencies and organisations feel secure to invest in.

In the financial year 2017-18, we have managed to bring in an additional £72,837 to the project directly for the delivery of sessions and activities across the county. The funding has not simply come from one source and the fact we have managed to secure additional funding for activities from 15 different organisations including local authorities, funding charities, sports governing bodies and Leisure Trusts, demonstrates the wide impact the project can have over a range of agendas. Approximately 25% of this additional income is new money being brought into the county from national agencies.

Funders this year have included Waveney District Council, Tesco's, Abbeycroft Leisure, Ipswich Borough Council, Suffolk Community Foundation, West Suffolk Council, Suffolk County Council, Sentinel Leisure, Westbridge Pupil Referral Unit & Phoenix St Peter Academy, Lindbergh Academy, StreetGames and Suffolk Family Focus, Suffolk Sport.

This figure demonstrates a 13% rise in income from 2016/17 in a time where funding is becoming increasingly tighter for organisations. This also demonstrates for every £1 invested from the Suffolk PCC, 85p of additional funding has been secured by the project, ensuring the impact of the PCC's investment goes further and is felt wider across the county.



Attendance at stakeholder events such as the ‘Most Active County’ conferences (left) help to raise the profile of the project and introduce a range of new partners/funders to the work we do.

APPENDIX 1

Catch22, Suffolk Positive Futures activity list April 2017 to March 2018

Day	Activity	Time	Location	Group	No. of young people	Hours / week	Session Dates	Local Authority Area
Monday	Sports Mentoring	1pm-3pm	Various Activity Centres	Referred YP from Northfield St Nicholas Primary School	10	2	Term time only	Waveney
Monday	Lowestoft Multi Sports - Parklives Project	5-6pm	Normanston Park	Open Access	20	1	16 week project	Waveney
Monday	Girls Only Multi Sport - Keep Active Project	7pm-8pm	Newmarket Leisure Centre	Open Access	15	1	On-going	Forest Heath
Monday	5-a-side Football - Keep Active Project	7pm-8pm	Mildenhall Dome	Open Access	20	1	On-going	Forest Heath
Tuesday	Girls Only Sports Leaders Level 2 Qualification Course	10am-12pm	Water Lane Leisure Centre	Referred YP from Lowestoft College	12	2	Term Time Only	Waveney
Tuesday	Lindbergh Pupil Referral Unit	12.30pm-2pm	Gainsborough SC, Ipswich	Referred YP from Lindbergh	10	1.5	Term Time Only	County Wide
Tuesday	Boxing / Fitness	5pm-6.30pm	Hadleigh Leisure Centre	Open Access	15	1	On-going	Babergh
Tuesday	Football Mash Up (In partnership with Suffolk FA)	5pm-6pm	Chantry Sports Centre	Open Session + Referrals. Ages 12-18	25	1	On-going	Ipswich
Wednesday	Lindbergh Pupil Referral Unit	12.30pm-2pm	Gainsborough SC	Referred YP from Lindbergh	10	1.5	Term Time Only	County Wide
Wednesday	Football - (Doorstep Sport Club)	4pm-5pm	Whitton SC	Open Session + Referrals. Ages 10-16	25	1	On-going	Ipswich
Wednesday	Boxing	4pm-5pm	Mamba Martial Arts	Open Session + Referrals. Ages 10-19	5	1	On-going	Ipswich
Wednesday	Boxing	5.30pm-6.30pm	St Clements Boxing Club	Open Session + Referrals. Ages 10-19	15	1	On-going	Ipswich
Wednesday	Football - (Doorstep Sport Club)	5pm-6pm	Ormiston Denes Academy	Open Access	25	1	On-going	Waveney
Wednesday	Girls Only Multi-Sport Session - (Doorstep Sport Club)	6pm-7pm	Chantry Sports Centre	Referrals / Open Access	20	1	On-going	Ipswich
Wednesday	Street Dance - Keep Active Project	8.30pm-9.30pm	Brandon Leisure Centre	Open Access	12	1	On-going	Forest Heath
Thursday	Whitton Estate Teenage kicks Project Doorstep Sports Club	6.30-7.30pm	Kirkley and Pakefield Football Club	Open Access	20	1	On-going	Waveney
Thursday	Chantry Library Sports Project	4.30pm-5.30pm	Chantry Library	Open Access	10	1	Ended 26/10/17	Ipswich
Thursday	St Christopher / Alderwood / Montgomery Rd PRU sessions	1pm-2.30pm	Various	Referred YP				
Friday	Lindbergh Pupil Referral Unit	10.15am-11.45am	Gainsborough SC	Referred YP from Lindbergh	10	1.5	Term Time Only	County Wide
Friday	Football & OCN Accreditation Sports session	1pm-2.30pm	Whitton SC	Referred YP from Westbridge PRU (Year 10/11)	10	1.5	Term time only	Ipswich
Friday	Multi-Sport	4pm-5pm	Chantry Library	Open Access	15	1	20 week project	Ipswich
Friday	Girls Only Sports Project - StreetGames	5pm-6pm	Ormiston Denes Academy	Open Access	10	1	20 week project	Waveney
Friday	Haverhill football project	7pm-9pm	Haverhill Leisure Centre (Abbeycroft Leisure)	Open Access	50	2	2 weeks on 1 off	St Edmundsbury
Friday	Girls Only Sports Project - StreetGames	7pm-8pm	Whitton SC	Open Access	25	1	On-going	Ipswich
Friday	Leiston Teenage Kicks Project	7.30pm-8.30pm	Leiston Leisure Centre	Open Access	30	1	On-going	Suffolk Coastal
Friday	Street Sports	8pm-10pm	Newmarket Leisure Centre (Abbeycroft Leisure)	Open Access	60	1.5	On-going	Forest Heath
Saturday	Haverhill football project	4pm-6pm	Haverhill Leisure Centre (Abbeycroft Leisure)	Open Access	same as Fri Haverhill	same as Fri Haverhill	Every 3rd Week	St Edmundsbury
In addition to the above activities are the School holiday sessions we run too - 'Jumpers For Goalposts', 'On the Beach sports project' and the 'Schools out programme'								