

Mental Health Charter Case study – emerging activity

May 2017



1. **Project name:** Safe, Fit & Well

2. **Organisation name:** StreetGames

3. **Target group:** Young people aged 14-25 living in areas of deprivation

4. **Aim of project:** To understand the connections between participation in community sport and improving young people's mental health and wellbeing.

5. Project overview

Safe, Fit & Well provides sport sessions to young people who are either already diagnosed with mental health problems or who are in a high-risk group and live in deprived areas. The sessions are delivered by StreetGames and its partners in Manchester, North Tyneside, Warrington and Brentwood. Sessions combine physical activity with other activities designed by young people themselves to challenge the stigma around mental health and to build their resilience.

The project's objectives are:

- To explore the role of the sports coach as mentor, and the role of peer support in protecting and improving young people's mental health and wellbeing
- To identify the training needs and other enabling and inhibiting factors affecting community organisations working in this area
- To create a Theory of Change for further testing and refinement
- To record young people's lived experience of taking part in sport, with a particular focus on mental health and wellbeing
- To analyse the differences, if any, between taking part in organised, social sport compared with self-directed exercise or physical activity

Organisations delivering the project will receive:

- Mental Health First Aid training for staff
- Youth Health Champion (peer support) training for participants
- Face to face support from a specialist advisor
- Referral and signposting systems and pathways
- Monitoring & evaluation support

StreetGames successfully raised funds from Sport England, the Garfield Weston Charitable Trusts and the Souter Foundation to run the project during 2017/18.



