

# CRIME PREVENTION THROUGH SPORT FUND

2023-24



## About The Project

Avon and Somerset Police worked in partnership with Somerset Activity & Sports Partnership (SASP) and The West of England Sport Trust (Wesport) to deliver the 4th year of the Crime Prevention Through Sport Fund. Both SASP and Wesport fulfil the roles of Active Partnerships for their respective areas which cover the force boundary in which they are the strategic leads for sport and physical activity and act as connectors to community organisations.

The Crime Prevention Through Sport Fund aims to support projects that use sport and physical activity to reduce violence, crime, and anti-social behaviour in young people up to the age of 25. Our thanks go out to the funded partners, for their perseverance, communication, and high standard of delivery and care given to all their participants. This report contains summaries from a selection of the funded projects & the results from the participation survey, highlighting the added value of this partnership approach.

Detective Superintendent James Raphael, Avon and Somerset Police commented:

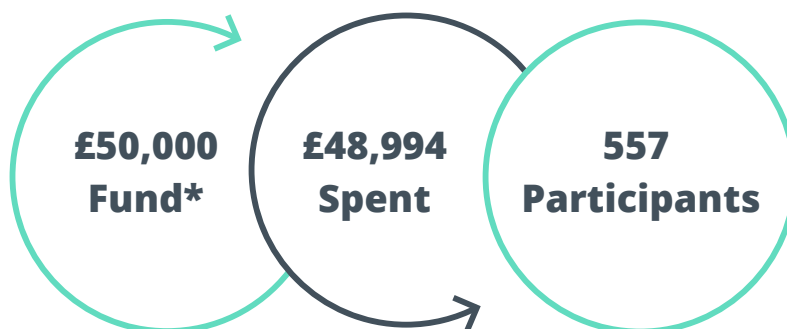
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I would personally like to thank Wesport and SASP for their unwavering support over the last four years and to thank the multi-agency Early Intervention Teams and all the organisations involved this year for delivering this outstanding outcome.

The feedback shows the positive impact that sport and physical activity can have on building confidence, a sense of community and team spirit, and overall having a positive impact on wellbeing.

I'm incredibly proud to have been involved, as each of you should be, for the positive influence within the community and on the individuals that took part.

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\*The Somerset Violence Reduction Units have contributed an additional £10,000 increasing the total fund to £60,000. The Somerset projects started later in the year and have therefore not been included in this report.



## **Baskerville School of Gymnastics**

- Age range: 10-16 years old
- Investment: £3116.00
- Participants: 15



Baskerville School of Gymnastics is an all-inclusive club offering classes and opportunities for all levels and abilities, enabling everybody to have the opportunity to participate. Gymnastics is a core sport where skills learnt can be transferred to all other sports and is a healthy, structured, disciplined sport and involves social interaction between coaches, students, and peers.

The aim of the sessions were to incorporate additional 'FreeG' sessions which is a dynamic and exciting activity which fuses parkour, gymnastics, free running, and martial arts for young people. 'FreeG' is an activity where skills learnt can be transferred to all other sports and is a healthy, structured, disciplined activity and develops social interactions.

## **Creative Youth Network**

- Age range: 13-19 years old
- Investment: £4260.00
- Participants: 35

**CREATIVE  
YOUTH  
NETWORK.**

The aim of this project was to provide positive activities (sport) for those at risk of exclusion, discrimination, and/or involvement in crime/community conflict to engage within a safe space where they can learn new skills and build confidence.

The funding for this project work was able to provide additional sports activity within our open access Hillfield sessions and additional outdoor activities and trips. The project has been developmental for all involved, leading to improved confidence, fitness, communication, mental health, and teamwork – all of which are transferable into other aspects of their lives, and help them make more positive choices.



## Crewkerne Boxing Club

- Age range: 13-17 years old
- Investment: £2870.00
- Participants: 8



This project was designed to have a dedicated training session purely for those who are struggling to control their behaviour and need a little more attention. Those in attendance could also benefit from attending other sessions, provided that they met a series of targets set out for them. All of the participants now get involved with other sessions and attend 3 nights a week, of which many were originally against.

As part of the project, the club travelled to various clubs around the country including London, Wales, and Birmingham, to give the participants a look at the bigger picture and to socialise with clubs from larger, and more diverse areas. Our trip to Mitcham in South London was a bit of a turning point for some of our group as the club was so focused and disciplined. This came across as the first time that the participants saw what boxing can do for an individual.

Fantastic relationships were built between the staff and the young people on the project. We helped two of the lads return to school after 4 months of being absent. When we asked what made them want to return to school, one of the lads said, "I feel like I can take on anything now". The confidence and self-belief that this group has acquired is amazing.

## Downend Youth Boxing Foundation

- Age range: 7-25 years old
- Investment: £1494.94
- Participants: 150



Downend Boxing Club deliver a state-of-the-art facility for young people who deserve access to quality boxing facilities and investment in assisting to turn their lives around.

This funding replaced and extended previous over-used equipment to continue and expand the high-level voluntary services for the young people. The equipment being replaced was the most vital hitting apparatus, which made a huge difference to our participants' enjoyment and safety.

One participant from the sessions commented:



I self-harmed during lockdown and suffered badly from anxiety, so moving [to Bristol] was a massive step. Through a recommendation via the University [of Bristol] team, I attended and was made to feel at home. Being able to attend with other students, I was able to have the initial confidence to attend, and now I can attend on my own knowing I am [accepted] and valued







## **Hardknox Boxing Club**

- Age range: 11-16 years old
- Investment: £3600.00
- Participants: 10



The young people who had been referred to the boxing project were from the local community and known for being involved in antisocial behaviour/violence/county lines or at risk of being exploited. They have all shown a keen interest in the boxing project and are still attending/receiving regular mentoring/check ins.

Due to the nature of the young people we have been supporting we have made sure that they have access to the gym for all of its opening hours. This has been impactful and has provided them with a safe space that they're accessing for several hours a week across all weekday evenings and Saturday mornings keeping them off the streets and enabling them to be surrounded by positive influences. It provides our young people with a consistent safe space, where they always know what to expect which is often in contrast to their home lives. It provides structure and routine whilst teaching them not only the fundamentals of arguably a disciplined and skilled sport but has also massively increased their confidence, self-control and has allowed them to realise their potential.

## **Hartcliffe BMX Club**

- Age range: 4-16 years old
- Investment: £2850.00
- Participants: 112



This funding was utilised to develop our club further. There is a consistent need for more bikes as participant numbers climb ever higher, and with this comes costs for helmets and maintenance. Young people in the area do not always have access to safe working bicycles, or they are stolen, so the club ensures that every child has access, and also can obtain the relevant safety compliant headwear. Through this work there has been a continued offer of open access sessions, bikeability sessions to the covid-generation kids and positive interactions with the police through the bike marking scheme.



## In The Mix Youth Project

- Age range: 13-14 years old
- Investment: £2500.00
- Participants: 12



The objective of this project work has been to provide opportunity for personal growth through a mixed programme offering the opportunity to undertake skills development, physical activity, social action, and complete a bronze Duke of Edinburgh award at the same time. This was accomplished by working with individual young people to understand what a positive future looks like to them and to determine what barriers to engagement there are. It was important to identify how to break down these walls to reduce the possibility of a police intervention or criminality.

All young people are treated with respect, valuing each individual and their differences as well as promoting the acceptance and understanding of others. There is continual support and strengthening of young people to believe in themselves and their capacity to grow through a supportive environment. Young people that take part are encouraged/challenged but not forced to be outside their comfort zone.

Several group members have developed their leadership skills throughout this programme and this has enabled them to support other young people to take part as well as build perseverance and confidence.

## Krunch South West

- Age range: 14-25 years old
- Investment: £4950.00
  - Participants: 21



The aim of the funding was to be used to deliver skate/scooter and sports workshops for young people including those who are isolated through social anxiety, those who are at risk of educational exclusion and those at risk of substance abuse and criminal activity.

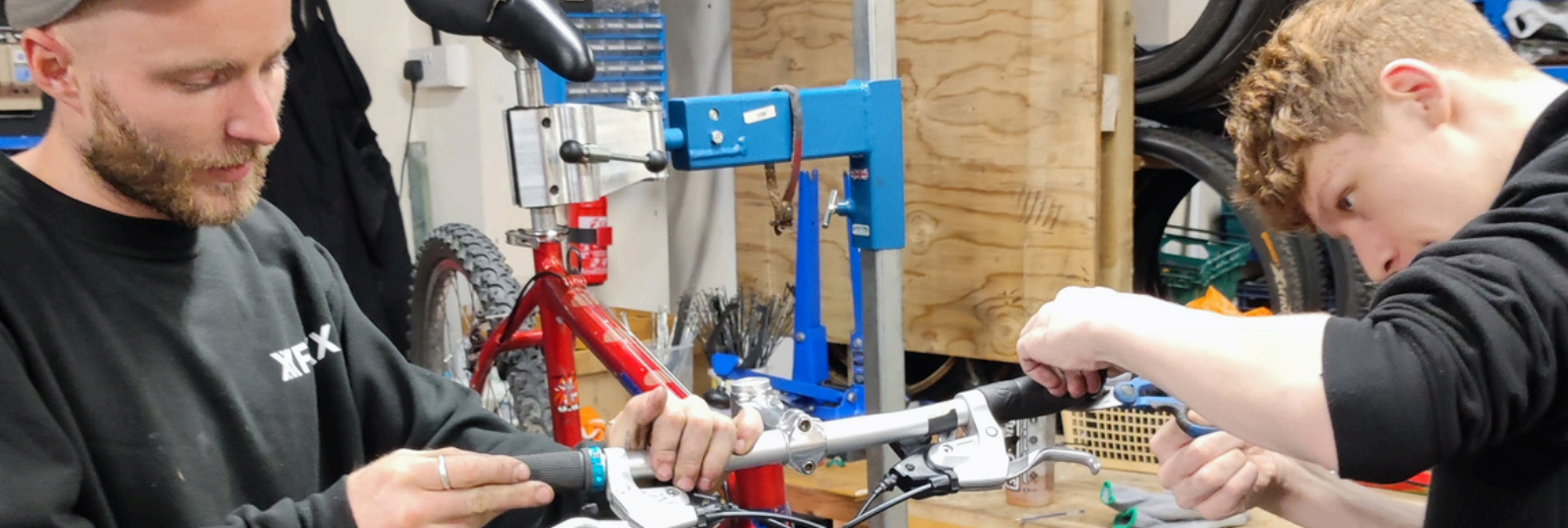
Taking place at The Pod, sessions included tutoring, mechanic support, team games, group talks, and supervised open skate sessions. There has been collaboration with the police to deliver bike tagging sessions in order to build and enhance relationships between young people and the police.

Krunch South West staff commented:



We actually struggle to end the session as they [the young people] really would like to be there longer. They have said it's a place they feel they belong. Young people are working towards taking part in a skate competition in the summer.





## **Langport and Huish Youth Group**

- Age range: 13-17 years old
- Investment: £1310.00
- Participants: 4

Boxing sessions were held in the boxing centre as an activity that the young people had directly expressed that they were interested in and were eager to engage with. The instructor had experience of needing support when they were younger so was someone that the young people could look up to and aspire to be like.

Each boxing session consisted of the instructor, a youth worker, and a retired police officer to support with cohesion and trust between young people and the police. To continue the positive influence of the sessions we also shared some food which in turn allowed the opportunity to talk about healthy eating.

## **Sporting Weston Football Club**

- Age range: 7-18 years old
- Investment: £800.00
- Participants: 40



Funding allowed our coaches to enhance their skillset and gain further qualifications which directly benefited the participants and the club. An increase in qualifications & knowledge assisted in providing the best training, which improved each player's ability, state of mind and continued commitment.

As an inclusive club, Sporting Weston FC want to ensure barriers are minimised. So, funding allowed concessions to be made for the young people who cannot afford a monthly subscription to the club or it supported with relevant equipment and clothing for participants so they can engage in organised sessions.

## Trojan Education Centre

- Age range: 10-15 years old
- Investment: £4720.00
- Participants: 20



The Trojan Education Centre offers a Brazilian Jiu Jitsu academy that is partnered with dedicated mentoring and wellbeing sessions to engage and build confidence in the girls who come from some of the most deprived areas in the country.

At Trojan, it was felt there was a need for more support for young girls as there seems to be a lot of funding for boys. These girls lacked confidence and self belief initially, and after participating were transformed into young confident girls looking forward to life. The effects of the sessions helped equip the girls with strategies to help them deal with stresses during their education and beyond.

One of the participants from the sessions commented:



My friendship groups were not helping me and I was always getting in trouble - now I have a purpose at Trojan and have made new friends who are a positive influence on me



A parent of one of the participants also commented:



This support from Trojan has been amazing for my daughter who would be very difficult in and out of the house before and is now so happy coming to the gym - she is a changed person.



## Westfield Academy

- Age range: 11-20 years old
- Investment: £4470.00
  - Participants: 115



Sport has been one of the most important socio-cultural learning experiences for boys and girls for many years. Our aim is to make sure all young people get the opportunity to take part in boxing and hopefully give them a chance to gain an interest that will stop them getting into problems outside of education.

Westfield is in an area of deprivation where not all students join community clubs due to financial restraints. We financially support our students to access club sport. By focusing on young people at school that we can see may be on the verge of taking the "wrong path" we are creating a group that have similar issues but more importantly they learn together.







## Working Young

- Age range: 11-25 years old
- Investment: £3960.00
- Participants: 46



The FixX project ran bike mechanic courses for young people, which included in-depth tuition from a professional bicycle mechanic and support from youth workers, with bikes being donated by Avon and Somerset Police. As part of their development plan young people were rewarded with a fully serviced bicycle and participated in individual or small group mentoring workshops. The mentoring element purposely works with young people to steer away from negative peer influences and raise awareness of skills development, explore barriers, and commitment to positive development goals.

## Young Bristol

- Age range: 10-15 years old
- Investment: £5000.00
- Participants: 56



The aim of the project was to highlight and work with young people who are vulnerable and at risk of offending/anti-social behaviour/gang-related pressures, knife crime or any other factors. The programme focused on early intervention and a preventative approach.

The offer for these young people was the utilisation of local facilities including basketball on a MUGA, football sessions delivered by Bath City Football Foundation and the continued use of the Youth Club on Wheels (YCOW).

Due to local circumstances there was undesired behaviour brought to the area which we worked with our group to help understand the effects of negative choices. On the whole we were very proud of the group we worked with and not allowing themselves to be involved in negative behaviour.

## Youth Moves

- Age range: 11-18 years old
- Investment: £3093.00
- Participants: 25



With sessions taking place at Hareclive Primary School, delivery consisted of two-hour sessions each week which mainly revolved around football whilst bringing in opportunities for the young people attending to take on leadership skills and talk about wider challenges they face growing up in the area.

The location ensured that young people from schools across the area can access the space and participate. The aim has been to use sport as a tool for good, improving attitudes, behaviours and developing skills and traits for life which will support young people's prospects, development, and transition into adulthood.

Through engaging in group sports and activities young people have been able to develop valuable skills including confidence, communication, resilience, determination, team-working, and leadership. The utilisation of sport is to build self-esteem and raise aspirations among young people and encourage them to stay active outside of the project, alongside engaging in positive actions.

The continuation of this work is to signpost young people to our mainstream youth services for continuous engagement and reduce the risk of offending and antisocial behaviour with the aim that they engage in more activities with our youth workers across the week.



## **Sustainability**

The cost for investment in community prevention far outweighs the cost per head for young people who become involved in the criminal justice system. For more intensive programmes with less participants, the cost ratio increases but will still be a system efficiency to spend money on a wider prevention agenda.

## **Added Value**

A key partnership benefit for the Crime Prevention Through Sport Fund was for the insight and support from SASP & Wesport to further embed the use of sport as a tool for development. This partnership also streamlined the application process, opened the funding pot up to a wider audience and used a theory of change to assess the projects.

## **Other Funding Streams**

Both SASP & Wesport manage other funding streams through Sport England and other programmes of work. This enabled the team to fund projects that weren't necessarily right for the Crime Prevention Through Sport Fund but the project idea could be supported through another avenue.

## **Next Steps**

Wesport and SASP are pleased to be in the position to coordinate this funding programme again for 2024/25.

Our continued relationship with Avon and Somerset Police and understanding of the system will help support the network of providers delivering key intervention and prevention work across the area.





## Participant Survey

This year we requested that all participants should complete a survey before they attended any sessions and then complete it again at the conclusion of the programme. Participants were asked to give themselves a score out of 10 across 8 questions. The results below are taken from the online responses and show an increase in satisfaction at the end of the programme across all questions.

A sample of surveys are below taken from 243 responses:

Overall, how satisfied are you with your life nowadays?



Overall, to what extent do you feel that the things you do in your life are worthwhile?



Overall, do you see yourself having a happy and positive future?



Overall, do you feel you are resilient and can cope with challenges you face?

