

Feedback Form – Branch Case Study

This form is designed to capture details of a project that you have undertaken that has had a significant impact within your branch. Please fill in the answers to the following questions, providing as much detail as possible – there is no limit on how much to write. Thank you.

Your contact details:

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Branch: Forth Valley Disability Sport
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Your case study title:

Approaches to Include Inactive Participants

AIMS

What were the aims of the project?

Engage with inactive groups, P1 to Adult, To reduce isolation through activity & sport. Specifically focusing on females & VI/HI, physical.

How did you identify the need for the project?

Regional ratio imbalance between males & females, low opportunities to access their community to stay physically active.

Ratio Stats: 4:1 IN 2013

2.5:1 IN 2017

ACTION

What did you do and how did you do it?

Advertise, recruit volunteers, train and deliver various activities (Get out Get Active sessions plus Youth Work) to engage individuals both socially and physically within their community.

Over what time period did the project take place?

Between 3 to 4 Years

GOGA – Started in 2017 January and it will be ongoing

Youth Work – Started in 2013, ongoing project since then

Who did it involve and how did you go about getting them involved?

Community clubs, day centres, both Primary & Secondary Schools. Ages P1 to adult. Approached face to face to build up a relationship, trust, enthusiasm and used key links to get people involved (Local Authority). Also approaches to specifically attract female, VI/HI, and physical disability.

What were the resources (Financial, human and /or in kind) for your project and how/where did you source the resource(s)?

Spirit of 2012 Funding for Get Out Get Active (GOGA) project. Roberson Trust & Rank Foundation to fund Youth Work.

We are encouraged to attend conferences, Learning Set days and meeting with funders which helps to develop M/ E totals.

The resources were found by advertising and online partnership. Once the funding was granted, FVDS aimed to employ someone to establish the project; Eva and Mitchell were then employed. We then have to report back to funding bodies to ensure we have made the outcome and the impact on our community.

How did you promote your project?

Advertise (website, social media), talks to groups, face to face with Links to groups/schools etc. and also links with partnerships (Local Authority)

RESULTS (If relevant)

What were the project outcomes/results?

GOGA – Yr. 1 – Engage inactive people in Walking, Cycling and Swimming, enable them to be more connected with their community and furthermore increase participation each year the project develops.

Youth Work – engage & increase confidence of Individuals to achieve goals and their skills to be shared in Forth Valley Disability Sport (FVDS) – Youth Committee ongoing project. Also set demand around individual needs.

How did you monitor and evaluate the project?

GOGA – Member forms/update Database – Numbers/ Statistics

Youth Work – Increase Confidence and Sustaining of their interests in participating – Monitor by engaging, face to face practice using questionnaire, informal chat and furthermore develop ambition.

What went well and what went less well?

GOGA – Going into Schools has worked well, and offering new activities has also proved to be popular (something new in our area such as Walking, Cycling and Swimming). Recruiting and maintaining volunteers is proving to be tough. We need to make more links with Volunteer Scotland and organisations alike and perhaps make more connections with high school pupils/ colleges.

Youth Work – Increasing confidence and maintaining interest is working well in youth committee and community clubs. What went less well, would giving them tasks to do and waiting for feedback from them when done so.

What one feature of your project would you highlight as a particular success or unique aspect?

We do more One to One Guidance and Engage with hard to reach groups which is Female approaches and VI/HI, Physical.

Qualitative feedback about the positive impact of the project

Committee Feedback
Case studies / Interviews / Reports
Measuring Outcomes to improve our Projects

FUTURE DEVELOPMENT

If you came up against any barriers or problems, how did you overcome them?

GOGA – Discuss / Feedback from Group to progress forward. Try Taster Sessions to see what works.

Youth Work – Accommodate group / Adapt to their needs for the best outcome. e.g. Travel Issues and Venues.

Do you have any recommendations for other people running a project like this in future?

Do it! We would recommend this approach to groups. Always ask individuals what they would like first, do taster sessions which will then allow you to identify what issues / needs are required.

Please provide details of any links made with other individuals or key organisations to develop the project:

- Local Authorities – Clacks, Stirling, and Falkirk help to link with Primary & High Schools.
- NHS
- SDS
- Forth Valley Day Centres
- Blazing Saddling
- The Braveheart Association
- Path For All
- Scottish Swimming
- Social Work
- Forth Valley College
- University of Stirling
- Forth Valley Sensory Centre

How do you plan to develop the project so that it keeps on working in the future?

GOGA – recruit & train / bring volunteers on board to run.

Youth Work – provide / develop training / workshops to allow participants to learn / up skills about running a committee, setting & achieving goals and developing self-esteem & confidence.

ADDITIONAL INFORMATION:

Is there anything else you'd like to tell us about your project?

In summary, we work over Forth Valley to engage with individuals with physical, sensory and learning disabilities to become more physically active & socially confident.