



**Report Subject:
Your Housing Group
Ravenhead Foyer DSC**

**Title:
Delivering a vibrant and varied (VIVA) sporting offer,
Making an Impact Wider
Social Outcomes, Equity
& Encouraging Lifelong
Participation**

Ravenhead Foyer in St Helens provides homeless young people aged 16-25 with safe and secure accommodation. It also gives them a chance to access training and employment opportunities under one roof. Ravenhead Foyer has been delivering their Doorstep Sports Club (DSC) since September 2013.

Ravenhead Foyer DSC aims to provide some activity every day of the week for their residents, with the main club nights being open access 'drop-in' sessions every Tuesday and a Thursday 1pm-8pm.

The Club creates a vibrant and varied (VIVA) offer of activities to maintain the interest of participants and offer 'something for everyone'. The structured weekly activities include Zumba sessions at the local Parish Club, a weekly running club led by qualified Run Leaders who inspire and motivate participants, (once per month participants take part in the bleep test challenge to test their progress,

which really motivates them to continue aiding retention within the running session), and regular rugby league sessions including early morning 'burn your breakfast' training.

Club night 'drop in' activities include pool and table tennis (of which there is a weekly league with prizes up for grabs), dance, cycling, Wii and healthy cooking sessions followed by a healthy living quiz and movie night later into the evening as a reward to participants for their attendance within the DSC.

The DSC has recently attracted match funding to develop an on-site gym facility, which will further enhance the VIVA offer. The facility compromises 3 tread mills, 3 rowing machines, 3 cross trainers and 3 bikes. Out of the total of 49 registered participants at the DSC, over 20 are already signed up for their gym induction and are eager to make best use of the facility.



streetgames.org



Background Facts for Doorstep Sport

The Ravenhead Foyer staff have been crucial to the success of the DSC. Staff place a strong emphasis on not only engaging residents in sport and fitness activities, but also educating them around healthy living and nutrition through cookery classes and healthy living talks and advice.

Participation within the DSC helps develop the confidence

and motivation of residents to 'make their own way' in sport in the future. The result of this being the residents continued participation in these and other activities once they have 'moved on' from Sheltered Housing, in turn encouraging the development of a Sporting Habit for Life.

StreetGames

StreetGames is a national partner of Sport England and a centre of expertise for developing doorstep sport in disadvantaged communities.

The charity supports community based sports projects that deliver sport and volunteering opportunities to young people living in the 20% most deprived wards in the UK.

StreetGames works with National Governing Bodies of Sport to establish and develop links between community and mainstream sport. Recognised by the London 2012 Olympic & Paralympic Games Inspire Mark, StreetGames is creating a lasting legacy of doorstep sport in the UK.



streetgames.org

