



## Report Subject: **Doorstep Sport Club Case Study**

## Title: **Finchampstead Doorstep Sport Club - Activating Participants**



Finchampstead Baptist Church in Berkshire currently provides one Doorstep Sport Club (DSC). The sessions take place on Monday evenings between 6-7pm at the Finchampstead Baptist Church Centre - a multi-purpose building which includes a main sports hall, activity/meeting rooms plus a café and library.

The sessions grew from a previously popular sports session which had been provided on-site by Reading FC that had attracted 50-60 young people but had only provided football.

Jamie Walker, Sports and Community Outreach Worker for the Church wanted to build on the popularity of these sessions and widen the appeal by developing a DSC that would include a wider range of activities.

Jamie encourages the participants to help shape the sessions, by asking them what activities they would

like to do, but will also sometimes just put on taster activities in sports they may not have previously tried. To date, sessions have included a range of both traditional sports such as: table tennis, badminton, short tennis, futsal, basketball as well as some more 'wacky' activities such as indoor kayaking, tri volle and 4 square.

The DSC is also planning to provide opportunities for participants to take part in one-off activities and trips such as swimming and weekends away.

Most young people hear about the DSC activities through word of mouth from their friends or from attending the centre for other activities/facilities such as the library, café, youth club or fitness classes.

The multi-purpose nature of the centre has played an important role in attracting participants whilst its informal 'environment' has also been an important factor. Sessions are specifically designed to be



# Background Facts for Doorstep Sport

welcoming to the teen market, in terms of the music played and inclusion of a 'chill out' area for young people to relax in.

The sessions attract a cross-section of young people from the local area, mainly aged 14-18 years including previously inactive young people that would not consider themselves to be 'sporty'.

For example, one young person, who did not take part in any other sports session started to attend the DSC. Initially, however, he didn't feel that he was good enough at sport, so he wouldn't take part in the activities. He would arrive early most weeks, so Jamie, the Outreach Worker was able to engage with him on a one-to-one basis and boost his confidence by asking him to help out.

Through support from Jamie, he now joins in with a range of different activities, helps out at the DSC sessions and also supports Jamie to deliver a tennis coaching session for 9-10 year olds.

Nathan told us that prior to attending the sessions he wasn't doing much with his spare time - he'd mainly be *'just messing around on my x-box'*. He became aware of the sessions through his friends *'we were just hanging out and one of them said they had been before'*.

He was *'nervous at the first session because I didn't really know anyone.....The first two or three sessions I didn't feel that confident but then I settled in. It was when I started to get to know people that I really enjoyed it'*.

He enjoys coming to the sessions and said that he thinks *'it's quite important because it's the only fitness I have outside school'*.

He's motivated to keep coming back to *'have a laugh and play sport'* and says although he has GCSE revision he thinks he's 100% likely to carry on attending.

## 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.



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