

Strike for Life



Paul Foster
Leisure Development Manager

Waheed Rashid
Sports Development Officer



Burnley.gov.uk

History

- First started in Feb 2006
- Aimed at 16-25 yr olds
- NEET
- Offenders or 'at risk'
- Each project 4-6 weeks
- Average 14 participants on each
- 8 projects delivered to date



Funding

- European Regional Development Fund (ERDF) Urban II
- Football Foundation
- Big Lottery



Referral Agencies

- Youth Offending Team
- YPS
- Stepping Stones (housing assoc.)
- Calico (housing assoc.)
- Probation Service
- Employment agencies
- Police
- Prince's Trust
- Job Centre



Partnerships



This project is being part financed by the European Community European Regional Development Fund



Delivery Partners

- Primary Care Trust – healthy eating, sexual health
- Drug Action Team – drug awareness
- NHS – ‘b-sure’ – sexual health
- Burnley College – skills for life
- NGB’s – coaching skills, qualifications
- Armed Forces
- Lancs Fire & Rescue
- Sports clubs – eg boxing
- Council employed coaches / healthy lifestyles team
- Schools



Project Delivery



- Healthy Eating



- Assisted Cricket Badge Course



School Participation

- Assessment methods
- Local junior schools
- Activities
- Coaching assessments
- Feedback



Heasandford Primary School

- Football Coaching Session to Year 4 pupils



Event Planning



- **Midnight Football League Event**
- **Friday 22nd February 2008 – 7 Weeks**



Project Delivery



- Football Coaching



- Boxing Coaching



Project Delivery



- Tri Golf



- Handball Level 1



WEEK 1	Mon 23rd June	Tue 24th June	Wed 25th June	Thu 26th June	Fri 27th June
	Pre Assessment/CRB's 11.00am - 1.00pm St.Peters MR	Pre Assessment/CRB's 11.00am - 1.00pm St.Peters MR	Sports Leader Intro 11.00am - 1.00pm St.Peters MR	CRB'S 10.30am - 12.30pm St.Peters MR	Team Motivation 11.00am - 1.00pm St.Peters SH Crt 1
	Football Coaching 2.00pm - 4.00pm BFC	Football Coaching 2.00pm - 4.00pm BFC	Football Coaching 2.45pm - 4.45pm BFC	Football Coaching 1.00pm - 3.00pm St.Peter's Sports Hall	Football Coaching 2.00pm - 4.00pm St.Peter's Sports Hall
WEEK 2	Mon 30th June	Tue 1st July	Wed 2nd July	Thur 3rd July	Fri 4th July
	Session Planning 10.00am - 1.00pm St.Peter's Sports Hall 2	Coaching First Aid 10.00am - 12.00pm St.Peter's Sports Hall Crt 4	Safeguarding Children 10.00am - 1.00pm St.Peters MR	Football Coaching 10.00am - 12.00pm BFC	Football Coaching 10.00am - 12.00pm St.Peter's Sports Hall
	Football Coaching 2.00pm - 4.00pm BFC	Safety in Sports Coaching 2.00pm - 4.00pm BFC	Football Coaching 2.00pm - 4.00pm St.Peter's Sports Hall	Skills for Life 1.00pm - 3.00pm St.Peters MR	Skills for Life 1.00pm - 3.00pm St.Peters SH2
WEEK 3	Mon 7th July	Tue 8th July	Wed 9th July	Thu 10th	Fri 11th July
	Skills for Life 11.00am - 1.00pm St.Peter's SH2	Fitness Session Planning 11.00am - 1.00pm St.Peters MR	Disability in Sports 11.00am - 1.00pm St.Peters MR	Skills for Life 10.30am - 12.30pm St.Peters MR	Tri-Golf Activator 11.00am - 1.00pm St.Peters LC - SH1
	Football Coaching 2.00pm - 4.00pm BFC	Fitness Session 2.00pm - 4.00pm BFC	Futsal 2.00pm - 4.00pm St.Peter's Sports Hall	Football Coaching 1.00pm - 3.00pm St.Peter's Sports Hall	Football Coaching 2.00pm - 4.00pm St.Peters LC - SH1



WEEK 4	Mon 14th July	Tue 15th July	Wed 16th July	Thu 17th July	Fri 18th July
	Boxing Coaching 11.00am - 1.00pm Above Grapevine	Running Sporting Events 11.00am - 1.00pm St.Peters MR	Skills for Life 11.00am - 1.00pm St.Peter's SH2	Session Plan 10.00am - 12.00pm St.Peter's SH2	Handball Level 1 Qualification 10.00am - 4.00pm St.Peter's Leisure Centre Sports Hall 1
	Project Planning Vol Workshop 2.00pm - 5.00pm St.Peters MR	Boxing Circuit 2.00pm - 4.00pm Above Grapevine	Football Coaching Prep 2.00pm - 4.00pm St.Peter's Sports Hall	Heasandford Coaching 1.00pm - 3.00pm St.Peter's Sports Hall	
WEEK 5	Mon 21st July	Tue 22nd July	Wed 23rd July	Thu 24th July	Fri 25th July
	Healthy Eating 1 11.00am - 1.00pm The Basement	Race & Diversity 11.00am - 1.00pm St.Peters MR	Skills for Life 11.00am - 1.00pm St.Peters MR	Skills for Life Tests 11.00am - 1.00pm Burnley College	Healthy Eating 2 11.00am - 1.00pm The Basement
	Gym Session Groups 2.00pm - 4.00pm St.Peters	Ten Pin Bowling 2.00pm - 4.00pm AMF Burnley	Snooker 2.00pm - 4.00pm Riley Snooker Club	Football Matches 1.00pm - 3.00pm St.Peter's Sports Hall	St.Peters LC Get off the Ropes' Programme
WEEK 6	Mon 28th July	Tue 29th July	Wed 30th July	Thu 31st July	Fri 1st Aug
	GET OFF THE ROPES' BOXING PROGRAMME 10.00am - 3.00pm Above Grapevine	GET OFF THE ROPES' BOXING PROGRAMME 10.00am - 3.00pm Above Grapevine	GET OFF THE ROPES' BOXING PROGRAMME 10.00am - 3.00pm Above Grapevine	GET OFF THE ROPES' BOXING PROGRAMME 10.00am - 3.00pm Above Grapevine	GET OFF THE ROPES' 10.00am – 1.00pm Graduation 4pm at BFC



Benefits

- Organising and planning sessions
- Increased confidence
- Meet new people
- Communication skills
- Coaching qualifications
- Engaging with community
- Session delivery
- Volunteering opportunities
- Employment opportunities

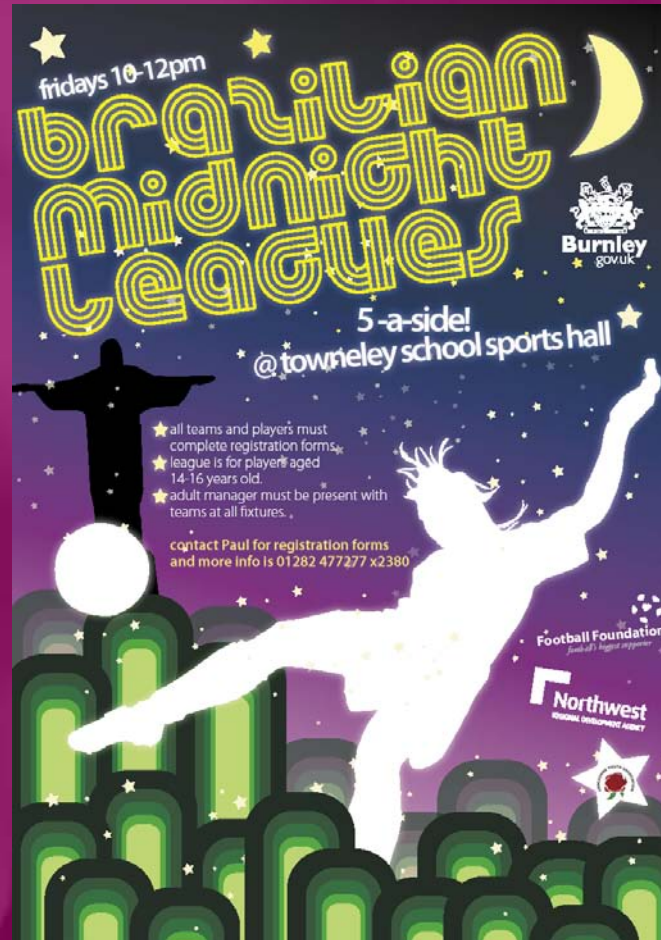


Volunteering

- 'Mental Health' football cup competition
- Summer holiday programme
- Midnight leagues
- Annual Sure-shot basketball event
- Streetgames / Youth games



Projects – Midnight Leagues



Burnley.gov.uk

 **betterburnley**
a new view

SLP7 Team



Burnley.gov.uk

 **betterburnley**
a new view

Case study

- Umar Farooq
- Deprived area
- Drug influence
- Gangs – anti social behaviour
- Referred through Police
- Volunteering
- YPS
- Involved in UCLAN research project
- Now employed in youth work within his community



Case Study

- Stacey Hebden
- Anti social behaviour
- Referred through E2E – Connexions
- Low attainment
- Motivated through Strike for Life
- Now employed as fitness instructor
- Casual coach
- Volunteer for disability sports club for 2 years



Further Development

- Secure funding
- Adapting the project
- Future Jobs Fund



Projects – Step2It Project

A poster for the 'step-2-It! women only' project. The background is a photograph of a woman's legs in white socks and sneakers, stepping onto a blue exercise mat. The text is overlaid on the image.

step-2-It!
women only

Are you aged 16 to 25?
Are you unemployed
or on benefits?

Would you like to get fit and gain qualifications that could help you find work in the leisure industry?

find out more and meet the team on...

Thursday 30th August • 1pm – 3pm (female coaches)
St Peter's Centre, Church Street, Burnley.

For further information contact: Waheed Rashid
t: 01282 664427 or 0797 0152 448

Burnley Council Sport & Play Development 



Burnley.gov.uk

 **betterburnley**
a new view

Thank you for listening

Any Questions ?



Burnley.gov.uk

 **betterburnley**
a new view