CONSULTATION with YOUNG PEOPLE

WALES

February 2020







Aim:

To enable young people in Wales (with lived experience of disadvantage) to share their experiences, and help shape the provision of sport and healthy activities in their community

Methodology:

Sported enlisted voluntary support from an experienced qualitative researcher, and conduced:

- 4 x 1.5 hour focus groups
- 3 x 1 hour paired interviews

Focus groups and interviews were recorded and later analysed by Sported's insight team.



Participants came from a range of backgrounds, many of whom had experienced disadvantage. (e.g. disability, poor mental health, at risk of school exclusion, living in areas of high deprivation.)

Summary of participants:

Format	Organisation setting	Gender	Age	Location
Focus group	Youth club	Males	14 - 15 years	North Wales
Focus group	Youth group	Females	15 - 17 years	North Wales
Focus group	Community organisation	Males & Females	10 - 11 years	South Wales
Focus group	Youth centre	Males	14 - 19 years	South Wales
Paired interview	Youth club	Females	11 - 12 years	North Wales
Paired interview	Youth group	Males & Females	11 - 12 years	North Wales
Paired interview	Community organisation	Males	17 - 20 years	South Wales

How participants feel (about their life now)



Participants were asked to choose pictures which demonstrated how they felt about their life now. Common themes were family and friends, but also many mentions of feeling stress, tired and somewhat 'trapped'.





"with a lack of jobs, lack of all that, most people feel like chained down and they can't do anything about it because of the lack of opportunities in work and other places makes them feel in a way, hopeless." [male, South Wales]

How participants feel (in the future)



Participants were then asked to choose pictures which demonstrated how they want their life to be in the future. Common themes were still friends and family, but also an aspiration to have a good job, a family and travel.







Motivations for joining group



time away from parents no trouble learn new skills food support a leasy to get to something out of trou e welcoming safe space help me improve my life

A clear theme is around having fun/ seeing friends /socialising.

However, young people also acknowledge that the group provides much needed support, and helps them forge a better path in their lives.

"if I wasn't here I'd probably be high as a kite, like." [male, South Wales] Challenges in their community (North Wales)



crime nothing else to do parents are struggling **Iack of opportunities** judged on how you look people people get judged ung people drugs for yours for yours of think this is the best help cos they've got somewhere the

"if this club wasn't a thing I'd be stuck at home on my backside, on my phone and it would just be boring." [female, North Wales]

"I think this is the best help young people here can get. Cos they've got somewhere to go instead of joining the wrong groups. Give them somewhere they can be instead of ruining their lives." [female, North Wales]

Challenges in their community (South Wales)



"with a lack of jobs, lack of all that, most people feel like chained down and they can't do anything about it because of the lack of opportunities in work and other places makes them feel in a way, hopeless." [male, South Wales]

problems Or International Inte

"feeling trapped because they don't know what they're doing. But once you find the right path you feel free." [male, South Wales]

SPORTED

What makes this youth group good

informa the flow tuck shop accepting dodgebal le banter interactive ao nised

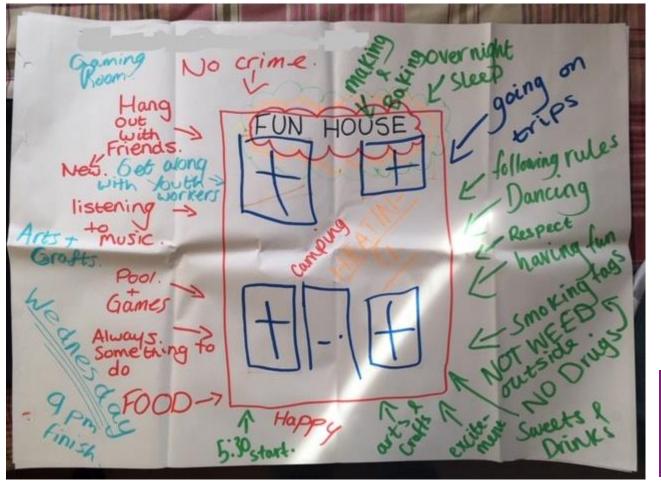
"The youth workers and children work together." [female, North Wales]

"if I had a bad attitude, they don't try to make me be a good person, they keep me as myself and try to calm me down." [female, North Wales]

The ideal youth group



Participants were asked to draw how their ideal youth group would look:



help with mental health learn rules of different sports **learn life skills** baking **Games room** help with homework no drugs help with homework kitchen healthy food smoking shelter

"No rules! Actually there should be two rules, - no fighting and you have to listen." [male, North Wales]

How groups could be improved



• <u>Qualified</u> mental health support

• A place to learn cooking and other life skills. Implies many are not getting those opportunities are home, and the youth group is an important lifeline. "[re mental health support] We need someone who knows what they're doing. Someone who works here could give us advice, but it's not the right advice, it could fall back on us. I went to another youth club years ago and they told me to walk away from problems. I then walked away from the Police and got arrested for it." [male, South Wales]

"I'd like to learn life skills, understanding bills, how to run a house, moving out etc." [female, North Wales]

• More funding for groups like this. Many felt volunteer [youth workers] should get paid. "They should have money for this place. They've done a lot for kids. Money's hard to get, but I do think [this group] should have money so they can do more things with kids." [male, South Wales]

Engaging young people in running their club



- The majority of young people are happy to consult with club leaders in supporting the running of their club.
- Should be done informally no pressure to take part
- Preference to support the development of projects and fundraising over day to day activities

"They're not letting the children tell them what they want. They're just giving what they think children would like to do."[female, North Wales]

"I would like to be more involving in running of club, would be fun, could have things that we enjoy doing." [male, South Wales]

THANK YOU!

To the young people of Wales who took part in this consultation.