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| **Street League – Sport Worx 2018** |
| **Specialist Support for: Jobless residents in Dundee aged 16-30 with multiple barriers**  |
| **What are we doing and how are we doing it?** | We support young people to achieve their goals and progress to employment opportunities. Each individual has an agreed action plan prepared following our Initial Assessment Process which incorporates access to ongoing free sporting activity and 1-1 discussion as part of the process prior to registration, if appropriate.We then assist clients overcome their personal barriers in a number of ways:-‘Sport Worx’ sessions, 1/2 times per week for up to 20 weeks – with a focus on group formation, confidence building, personal identity, self- awareness, barrier removal and motivation for change;-Introduction of personal development and light touch employability;-1-2-1 and group sessions including but are not limited to: Communication Skills; Assertiveness; Roles and Responsibilities; Strengths and Weaknesses; Skills and Qualities; Goal Setting; Barriers & Choices;-Through partnership organisations, a range of external support will also be made available on specific health related issues including: Smoking cessation; diet & nutrition; drugs & alcohol; and sexual health-Encourage participants to engage with other necessary support, provision or lifestyle activity out with Street League that supplements their individual needs-Holistic approach with a focus on mindfulness, nutrition, muscle recovery and promotion of the evidenced links between ‘healthy body – healthy mind’ |
| **Who’s Eligible?** | People aged 16-30 who are not in employment, education or training. |
| **Target Audience:** | Unemployed clients aged 16 – 30 in Dundee City Council postcode boundaries. Not exclusive to, but with particular focus on engaging clients with the following barriers: Mental health issues; Long-term Unemployed; Long-term Unemployed ; Low skilled; No work experience; Care Experienced; Criminal convictions; Substance related conditions; From Employment Deprived Areas; Refugees/Ethnic Minorities |
| **When can we apply?** | Anytime Mon - Fri 9am-5pm. |
| **Where will it be held?** | The service is run from Douglas Sports Centre and Menzieshill Community Centre.Street League base staff at/in community centres/halls etc. in several locations across the city and engage with clients in their local area where possible and relevant.Also libraries, coffee shops & other hospitality settings for 1-1 activities.**Monday football/fitness taster 2-3pm Douglas Sports Centre, Baldovie Terrace, Dundee DD4 8TG,** **Wednesday football taster 1-3pm Menzieshill Community Centre Orleans Place, Dundee DD2 4BH,**  |
| **How do we refer?** | The referral process is very flexible – the intention is to meet with potential participants face to face to allow for an informal discussion.We welcome email or telephone contact in the first instance. Weekly taster sessions for those interested in joining our provision to attend and participate in free sport activity and get to meet our staff etc. People can attend these sessions regularly before registration to any ‘formal’ programme.The Street League website has the facility to enquire about accessing our services in local areas, and we have a strong social media presence. |
| **Contact Details** | Cheryl Jenkins, operations Manager – 07826518462 cheryl.jenkins@streetleague.co.ukJordan McMahon, Progressions Co-ordinator – 07789917205 jordan.mcmahon@streetleague.co.uk Suite 16 Marketgait Business Centre, 152 West Marketgait, Dundee, DD1 1NJ [www.streetleague.co.uk](http://www.streetleague.co.uk)  |
| **Stages Covered** | 1, 2 |
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