

# ESSEX ACTIVATE & LEADERS IN TRAINING (LIT)

SUMMER 2023 CASE STUDY

#HAF2023



Department  
for Education



Essex County Council



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The Essex ActivAte programme highly values in working with local partners who embed themselves into their local communities and engage with wider families by understanding their needs and giving support. Giving young people in local communities across Essex and Thurrock a platform to develop their skills through resources provided by us has helped to further encourage them towards employment, and wellbeing was just one way that this support was given.

The Essex ActivAte, Leaders In Training (LIT) programme has been developed through the natural progression of young persons engagement with the HAF programme from a young age, seeing the positive outcomes that the programme delivers.

Many of our HAF delivery partners expressed an interest in using skills that some of the young people attending the HAF clubs developed through activities delivered, therefore the Essex ActivAte team harnessed this interest and developed the LIT programme, to give young people valuable experience in community sport settings, help build their confidence and develop key skills further.



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The LIT programme provides:

## SUPPORT BOOKLET

- ✓ This booklet contains information about the programme and a log with prompt questions for the young leaders to think about and complete when volunteering during the summer HAF programme.
- ✓ The young leaders are encouraged to complete the booklets and feedback to the Essex ActivAte team to help with the evaluation of the project at the end of the summer.

## ONLINE SUPPORT

- ✓ Each participating young leader has access to the Active Essex web page which can be used to support them during their learning journey. The web page includes information about the programme, free courses, session support including BOING games and first aid, SEND, mental wellbeing and safeguarding support.

## MATERIALS

- ✓ Each participant receives an Essex ActivAte drinking bottle, branded t-shirt and pen. They will also be awarded a certificate of completion at the end of summer. The Essex ActivAte team and the delivery provider will supply a written reference that can be used with the certificate when looking or applying for future employment.





## WHAT DOES THE PROGRAMME OFFER YOUNG PEOPLE?

- ✓ Working closely with the HAF programme to deliver and gain experience supporting holiday clubs
- ✓ The opportunity for future involvement in other volunteering opportunities such as at the Essex School Games, Active Essex events and further community opportunities
- ✓ Get rewarded for your volunteering hours (A minimum of 20 hours volunteering required; this could be one day a week throughout the summer) with a certificate of achievement and a written reference
- ✓ Access training and qualifications from a range of providers to suit your interests and build your CV
- ✓ Work alongside industry experts to build confidence and improve personal wellbeing



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John from the Department for Education was welcomed at ATF Millhouse on 22nd August during the summer programme, alongside Jason Fergus, director of Active Essex and some of the team, to see the holiday club in action, as well as speak to the young leaders about their experiences so far in their roles, their key learnings and how it's supporting their wellbeing.

“

ATF helped me build up my confidence by showing me that I shouldn't be afraid of what people think of me! The coaches are role models and an ambition I would like to work towards being in the future!

— Alisha, ATF Young Leader

”



The LIT programme with Essex ActivAte has engaged over 40 young people this summer holidays, each with their own stories as to why they signed up and what they are hoping to get out of the opportunity at the end of the programme. We look forward to sharing their experiences, feedback and progression with you at the end of the programme.



Essex have been working with the Straits Committee who deliver a youth event every two years. Along with partners from France, Holland, Belgium and Kent, we have been offered the opportunity to take 15 young people across to Paris for 3 days. This event wants to bring together young people aged 13-14 to take part in workshops, mentoring, olympic stadium visits and team building. The Straits Committee has a particular interest in bringing together young people who would not normally get the opportunity get this opportunity, and so have asked us to identify young people who have experienced disadvantage of some form, therefore we will be nominating some of our HAF young leaders to take part in this opportunity.



# WHAT'S NEXT FOR THE LIT PROGRAMME?

We look to expand the LIT programme next year and provide accredited training which will help support young leaders with future employment, as well as offer young people the chance to come together as a group so they feel more supported and can form friendships moving forward. Active Essex will also look to involve them in a range of opportunities including our HAF celebration event, Youth Board and more to gain extra work experience in multiple different settings.



To hear from some of our young leaders and how the Leaders In Training programme has impacted them this summer, click here.



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