



scottish sports *futures*

ANNUAL REPORT

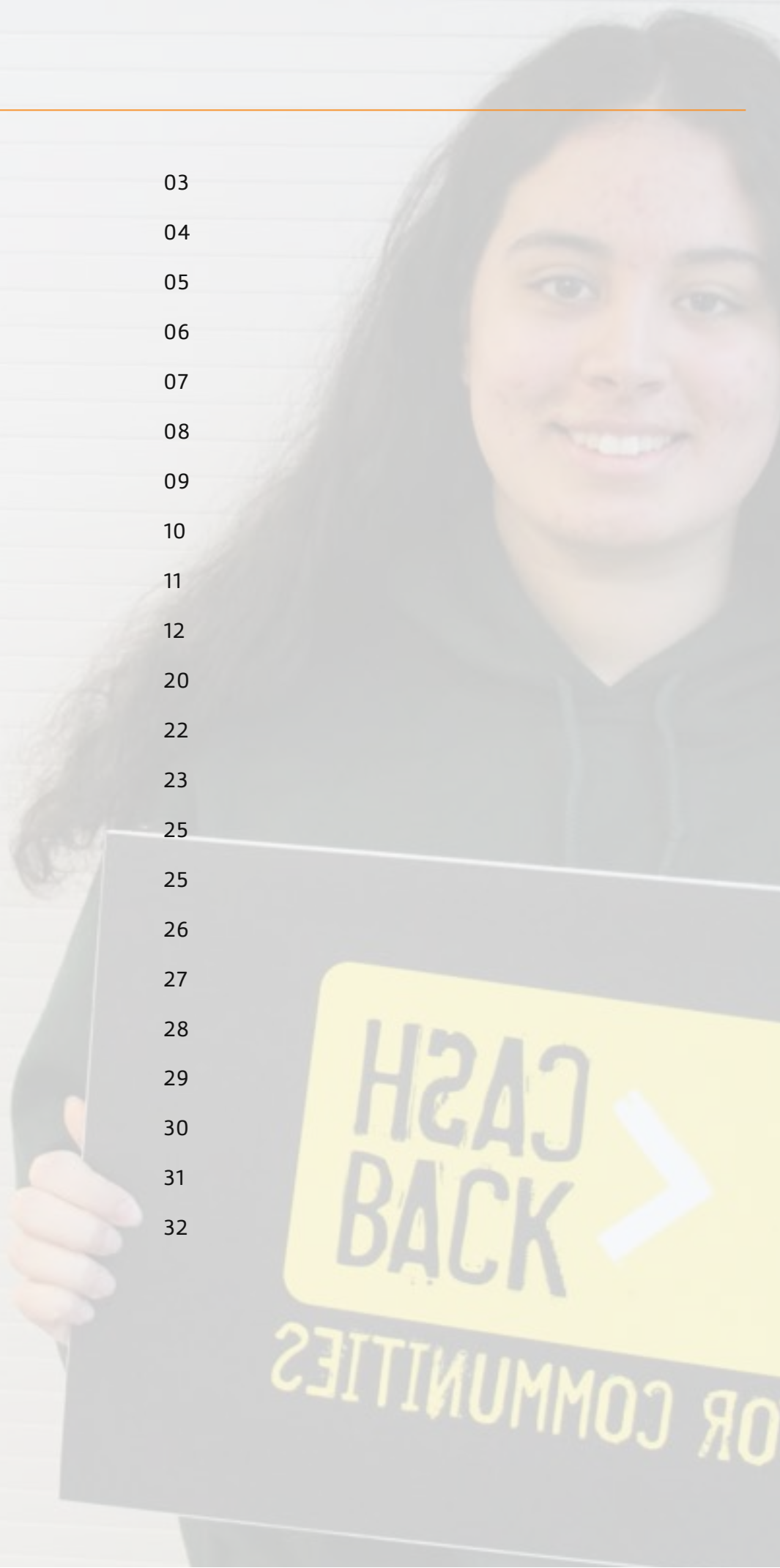
Changing Lives Through Sport

2022-2023



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Our Young People's Words

“

Thank you for everything SSF have done for me. SSF you guys are all my role models. I wish to work with SSF to show young people have a safe place to be.

”

"I can do more than what I think I can do and I can be myself."

"SSF has helped with my future as it has made me so much more confident."

"Having a blast with the troops and being a part of something I know is good for me."

"I liked how we go out and try new things. It's not the same every week, we are always on our feet doing stuff."

"The staff make me feel included. I can go to them for anything I really enjoy the sessions every week ."

"I like how I had the option to do this as it helped me go to school. I liked the opportunity to volunteer. Being out and getting a breather from sitting in a class where teachers don't listen to you.
I look forward to it!"



Check out some of our
SSF young people's stories

Welcome

What an incredible year we have had. It has been so good to get back to a world without restrictions so we could focus on connection, celebration and development of our exceptional young people and training others to use sport as the tool to change lives.

Throughout the year young people have achieved multiple qualifications, developed their confidence, aspirations and resilience and it has been my absolute pleasure getting out and about and hearing their stories. Using evidence-based approaches ensures we are needs led and so translating policy and research in to practical 'how to' was the focus of our first ever learning event in February. Huge thanks to our amazing workshop providers and based on feedback and the request for more of the same, we will be building a similar event into our plans moving forward. Being able to have our annual awards night again in 2023 was a personal highlight and once again we were all blown away by the achievements and journeys our young people and partners have been on. Enjoy reading and I look forward to working with you next year.

This year, like every other, SSF continues to grow and develop children, young people and families across many communities in Scotland. It is so heart-warming to see the evolution of programmes and people as well as hearing the many success stories and positive pathways people have gained from the direct work and support of SSF. This year SSF has continued to take further steps in supporting the many issues that face young people and families in Scotland and are taking direct action in tackling the adversities and inequalities communities are facing. SSF have also had a large focus on training this year and have been upskilling staff and various organisations through their training modules, in turn creating a more knowledgeable and equipped workforce across Scotland.

It is another proud year for me to see fantastic and inspiring work of everyone involved in SSF and I would like to echo my thanks and gratitude to all the young people, volunteers, staff and partners who truly help to change lives.

The outstanding growth of Scottish Sports Futures in the past year, continues to position us as one of the top 'Sport for Change' organisations in the country and through our dedicated staff, we are in a strong position to reach further to help young people. The need for partnership working and shared knowledge has never been greater and SSF embraced this with their first conference, Changing Lives Through Sport. This event was followed by our Annual Awards, first since 2020 and showcased the great work and amazing success of our many programmes. Our accredited Education and Training programme allows us to generate income and is positioned to support both practitioners and young people. All of this is testament to the SSF team, those based in the office and those delivering our programmes and as always, our SSF Board.



Kirsty McNab
Chief Executive



Andrew Marley
Youth Director



Maureen McGonigle
Chair



Changing Lives Through Sport



Scottish Sports Futures' vision is a world where young people have the opportunity to fulfil their potential.



Scottish Sports Futures use the power of sport and physical activity to engage with young people in Scotland and empower them to be confident, healthy and happy.

We work to combat the effects of living in poverty and buffer against trauma and adversity.

Focused in the most challenged communities, we are privileged to work alongside exceptional young people and support them to reach a positive destination.



We are proud to have a culture of hope, that places young people and communities at the heart. We take a dignified approach to supporting our people and deliver ground breaking programmes with love, care and empathy.



Empathy

Leader

Passionate

Inclusive



Our Programmes

“

It was fun getting to plan the sessions for the summer it gives young people a voice in their own communities.

SSF Young Person, 2022

”



Intensive personal development programme for young people most at risk.



Intensive health and wellbeing intervention for the whole family.

SSF FAMILIES

Referral-based mental health intervention encompassing multi-sport activity with mental wellbeing content.

ACTIVE:2:GROW



Empowering young people to take on leadership roles and become positive role models in their communities.

SSF YOUNG LEADERS



Open-to-all, inclusive, diversionary, multi-sport activity, in communities most affected by crime, developing self-confidence and mental health awareness.

SHELL TWILIGHT



Available throughout Scotland, providing accessible training and accreditation for young people, as well as upskilling practitioners to work with young people at risk.

Education & Training, including:
EDUCATION THROUGH CASHBACK (ETC)
SSF WELLBEING WORKSHOPS



Our Approach



“

If it wasn't for these sessions,
god knows where I'd be.

SSF Young Person, 2023

”

Developing People

Highly skilled staff and board

Young people lead strategic direction

Deliver SSF Education & Training to young people and practitioners

Improving Health & Wellbeing

Work to improve physical and mental health and wellbeing

Increase levels of physical activity

Work with expert partners covering topics such as mental health, resilience, suicide, equality & diversity

Strengthening Communities

Partnership working

Reduce anti social behaviour

Support young people to become young leaders & volunteer in their own community



Our Year

1675

SSF Participants

31

LA's receiving SSF
Education & Training

1120

Physical activity &
youth work sessions

2835

Qualifications
achieved

132

Education & Training
courses

11

SSF Young Leaders
graduated

960

Hours of
evening provision

3200

Hours of alternative
curriculum provision

1870

Hours on mentoring,
mental health inputs,
qualifications, youth work

13,638

Hours of
volunteering

2290

Hours of
Physical Activity

£47,414

Spent on food
at sessions

36

SSF staff trained to be
Mental Health First Aiders



Our Phase 5 Summary

Across Phase 5 CashBack portfolio we have achieved:



In 2019 and 2020 we carried out a comprehensive consultation to create a new strategy and programmes tailored with young people to meet their needs. We translated this into our phase 5 CashBack plan which we were delighted to be granted funding for. This took us in a new direction with a regional infrastructure for the first time and a triangle of provision to allow young people to progress within our programmes. 1 month prior to launching our activities, with newly recruited staff the world experienced a global pandemic. This meant that suddenly, and consistently for the next 2 years, we had to adapt plans in collaboration with our SSF Young Leaders and our families.

SSF have worked incredibly hard throughout CashBack Phase 5 to mitigate and tackle the ongoing effects of COVID-19 on young people and communities across Scotland to ensure that they received the best possible opportunities to reach and sustain a positive destination.

We have been committed to ensuring we are Developing People, Improving Health and Wellbeing and Strengthening Communities through our Changing Lives Through Sport and trauma informed approach. Despite the pandemic, we have exceeded our aims and many of our original and revised targets including logging 20,894 young person volunteer hours. Due to the hard work of our team, we navigated and responded to the ongoing and growing needs of our young people and communities post Covid-19.

In direct response to the pandemic and subsequent cost of living crisis and growing need we have:

- Worked with wellbeing ambassadors to update and digitalise wellbeing workshops to allow for online delivery
- Worked with SAMH and the Scottish Violence Reduction Unit to update SSF Human Connection module to include Adverse Childhood Experiences and Mental Health
- Digitalise all Education and Training modules initially to keep delivery going online and now can offer a hybrid model for learners
- Employed a Child Protection and Wellbeing Manager to support our young people and team
- Focussed on upskilling our amazing staff team and supporting their mental health and wellbeing
- Provide food at every session to alleviate pressure at home and ensure our young people are not hungry
- Partner with Apparel Xchange to ensure young people have access to free quality sports clothes
- Include Education and Training for all young people, for tangible recognition of learning and supporting them to achieve a positive destination
- Support our SSF Young Leaders with training and volunteer placements to put skills into practice



Our Outcomes

Developing People

94%

Young people reported feeling more confident

96%

Young people reported an increase in their skills

Improving Health & Wellbeing

96%

Participants reported an improvement in their wellbeing against Shanarri* indicators

*Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included

Strengthening Communities

688

Young People feel less inclined to participate in anti-social and/or criminal behaviour

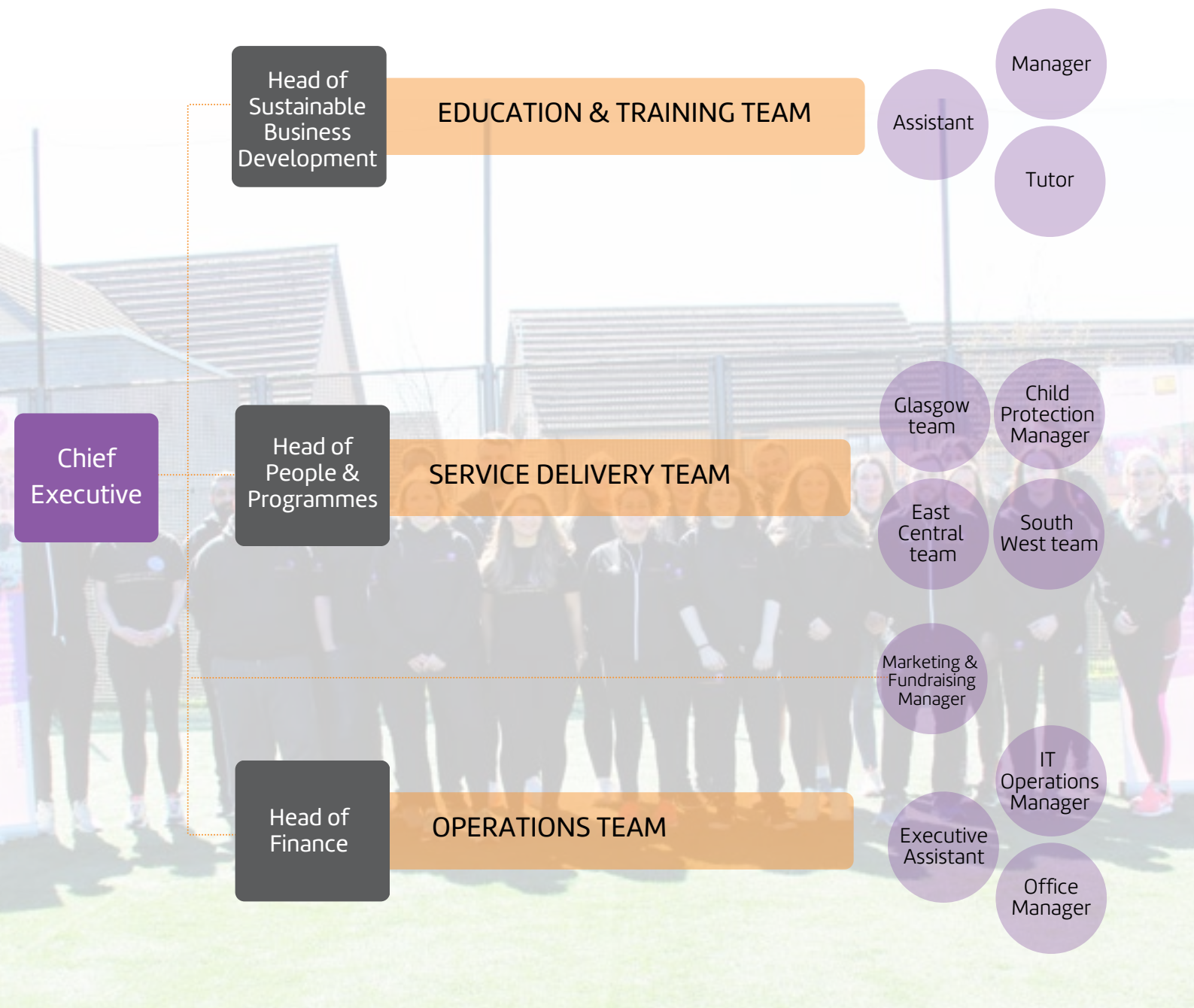
99%

Stakeholders saw a marked improvement in the Young People's contribution, links and social interaction in their communities





Our Team



Staffing Changes

‘National’ Team review

Completed and decision made to dissolve this team from the organisational structure with all programmes now in regional structure.

National Manager role therefore made redundant.

ETC and SSF Wellbeing Workshops

To become the SSF Education and Training team.

Board Recruitment

Alan Lynn

SGB, Higher Education experience

Cat Calvert

Education specialist

Jaz Sandhu

Equalities specialist

Chair of Equality, Diversity, Inclusion working group

Takes total board to 9 members



Developing People

Case Study: SSF Young Leaders Residential Trip

15 young people from Fife and Stirling attended a residential weekend at sportscotland's National Sports Centre, Largs in February 2023. The aim of the weekend was to allow the young people to connect and build positive relationships with each other in a supported environment, whilst engaging in physical activity. Over three days, the SSF Young Leaders focused on developing their leadership skills through various physical activities.

This residential provided all of our SSF Young Leaders with the skills, knowledge and understanding of the programme as well as understanding and identifying their strengths which they can utilise during the programme.

- We built trust and support with each young person to allow them to push themselves in a safe setting.
- We gave young people a chance to take part in a range of sport and physical activities. As well as provide the opportunity for them to participate in new experiences to broaden their skills and knowledge.
- All young people achieved an SCQF accreditation in Goal-Setting



"The highlight from this weekend was the improved self-confidence of the young people which developed across both days. This is a direct result of the range of activities and workshops delivered which expanded their comfort zones and allowed the young people to believe that they can do whatever they put their mind to.

Alongside this, having a safe environment allowed young people to be themselves, make new friends and develop as individuals, all whilst having fun!"

Chanelle Gallagher, SSF Youth Development Coordinator, 2023



DAY 1

Games Training

The young people took part in new games and session delivery ideas. This provided them with an insight into how coaches and youth workers lead sessions. For some, these will be taken back into future SSF sessions where they will share ideas with other participants.



DAY 2

Ferry to Isle of Cumbrae

For some of the young people this was their first experience going on a ferry. Upon arrival, we rented multi person bikes to cycle around the island, developing resilience and teamworking skills. Many of them were apprehensive about the trip, yet they all worked together and supported each other through it.

Mindset Workshop

The young people were encouraged and supported to participate in a cold-water therapy session. Despite this being completely out of their comfort zones, they felt the benefits of the session and had an open mind about doing it again!

Archery & Team Building Activity

For many of the young people this was their first-time trying archery, for some they thrived in this activity as they had to remain focused and concentrate on the target. They all excelled in taking on leadership roles throughout both activities.



DAY 3

Education & Training: Goal Setting

All young people gained an SCQF accreditation in Goal Setting. During this, they learned about different aspects of goal-setting both in and out of a sporting context which they could utilise in their roles as SSF Young Leaders moving forward.

Walk & Talk

During this time, the young people were split into groups to go for walk around the grounds, to consolidate and reflect on everything they had learned over the course of the trip.



Improving Health & Wellbeing

Case Study: Craig's Story



“

My journey started with SSF before when I was going through a mental health problem. I had no confidence, I was scared and lonely. But when I joined SSF I had been given so many opportunities, I had confidence to speak up. I wasn't scared and my life has been better and I have had so many people supporting me with my journey with SSF.

”



“

Craig is an exceptional young person who has been involved in multiple SSF programmes throughout the last year where he has continually worked towards his goals. He has shown dedication, strength and is now positively contributing to his community. He is a true role model for the younger participants and is such a pleasure to work alongside.

Ahmed Mumin, SSF Youth Development Coordinator, 2023

”

Craig (15), Glasgow, became involved with SSF as he struggled with his mental health. He had a low self-esteem and lacked confidence however he always thrived in physical activity settings. Involved in multiple Scottish Sports Futures programmes over the last year, Craig developed his confidence, communication, and social skills and became a role model for the younger participants.

Challenging himself on a weekly basis, Craig worked with SSF Youth Workers to understand his personal development needs and goals for him to work on during the SSF programme.

Upon reflection, Craig wanted to reduce his risk-taking behaviours and subsequently be integrated back into his community and positively contribute.

He recently took part in the first SSF Young Leaders residential, where he flourished and made new friends within the programme whilst also taking part in 4 workshops and gaining his Dynamic Youth Award qualification. Moving forward, Craig will continue on the SSF Young Leader programme and volunteer with local community partners where he will further continue his development and be supported by SSF. Craig is an inspirational young person who has worked extremely hard over the past year to challenge himself and work towards positive outcomes for himself.



“

When he was taking part in the activities, his confidence soared. This helped him make new and lasting friendships. With every Active:2:Grow session he came to, his confidence grew leaps and bounds.

Zoe Leverage, SSF Lead Youth Worker, 2023

”

***Craig participating in come-and-try Wheelchair Basketball session at the SSF National Event**

Strengthening Communities

Case Study: Partnership spotlight on North Ayrshire Council Extended Outreach Service & North Ayrshire Active Schools



“ I think SSF is a wonderful organisation that truly understands what communities need. ”

ETC External Tutor, 2023



The impact of the work which SSF has delivered would not have been possible without the support and collaboration of our regional partners. As an organisation we recognise the importance of adopting a collaborative approach to delivery, and ensuing we can work together to maximise the impact of our service delivery for our young people and their communities.

This year we have worked with the North Ayrshire Council Extended Outreach Service, as well as North Ayrshire Active Schools to adopt a collaborative approach to the delivery of programmes in North Ayrshire. This meant we could specifically target young people from across North Ayrshire who have been excluded from mainstream education and are at the most risk of becoming further socially excluded and potentially entering the criminal justice system.

Utilising the knowledge and expertise of both services provided a more efficient way to engage and build relationships with the young people. This has allowed us to support them to engage in their own learning and development through the implementation of a sport for change approach, which uses sport and youth work to engage with the young people in a non-traditional educational environment.

Through this partnership we were able to establish a network of support around the young people, including multiple points of contact to assist with their learning and development over the course of the programme and beyond. This was very effective in ensuring that we could adopt a person-centred approach, tailoring the programme to the needs of each young person.



“One of the most positive aspects of SSF has been the wide range of activities the young people were able to access and experience. The group’s interest was held week-in-week-out, due to each session being a different experience to remember

Sam White, North Ayrshire Council
Extended Outreach, 2023

“The SSF staff were very positive in their attitudes towards getting involved in all activities with the young people. This effectively strengthened our aim of creating and maintaining an equal environment within the group, where young people and staff work alongside each other. Reinforcing the fact that we’re all in it together, working hard and encouraging each other to succeed! An excellent few weeks!

Alan McAtee, North Ayrshire Council
Extended Outreach, 2023

“The partnership with the North Ayrshire Council Extended Outreach Service and North Ayrshire Active Schools has been amazing. With their support we have been able to engage with and support some of the most at-risk young people in the local authority.

Alan Hendry,
SSF Regional Manager, 2023

Participant to Professional

Case Study: Precious James Miene



“The personal and developmental growth I have experienced whilst working with SSF; from not playing basketball at all, to playing and coaching competitively; from being shy and introverted, to outgoing and willing to speak at events. They have allowed me to recognise that it is ok to not be the best, it is okay to fail as long as you continue to address them. My story should stand as testament that as long as you're trying, you're already succeeding.”



Growing up, I felt like I struggled with a lot of darkness surrounding family life and my early childhood experiences. I lived in an abusive household and witnessed how difficult things were for my mum on a regular basis. We migrated from Nigeria to London initially, then to Edinburgh and finally to Glasgow. It was difficult at home and I struggled to accept that my mum was struggling and all I wanted to do was help.

I wanted to find some sort of salvation, happiness and wanted to make friends. I was in a place with so much uncertainty, but no one knew what was going on.

Thankfully, I met a group of amazing individuals who were part of Scottish Sports Futures. This largely created the foundations which would change my life.

Upon learning of the SSF programme during a session at my school, I decided to attend their open day alongside my diverse group of friends. We continued to attend the sessions, and this would later encourage other youths from minority backgrounds to join in. It quickly became a place where community was created, where young people did not feel isolated and enabled connections.

Through sport and youth work I found people who cared, asked questions about me, my interests, and my aspirations. Understandably, my mum couldn't be that person because she had so much going on.

Through the SSF programme I grew in confidence, having engaged in training opportunities, volunteering and running my own basketball club. I was in receipt of the support I had wanted and needed for a long time. Volunteering and engaging with SSF youth workers enabled me to identify which direction I wanted to take in life - that being the engineering field.

I applied for college and was accepted. However, the environment wasn't the greatest, there were not a lot of people of colour so I stood out. People tried to belittle me, put me down, it did not feel good. But it was a stepping stone. I knew my goal, I knew where I was going.

I achieved my NC and then took a year out where I volunteered with SSF to gain work experience before continuing further education. Thereafter, Ally helped me to apply for colleges and I was into mechanical engineering at City of Glasgow then into university. With dedication and determination I am proud to say I gained my University degree in Computer-Aided Mechanical Engineering.

I'm 26 now, I'm still growing, reflecting and putting that learning into my practice.

Reflection has allowed me to realise that I fear failure, I never want to feel like I'm not good enough. There have been so many things that have happened to me out-with my control so I continue to focus my efforts to overcome the things I can have control of.

I am passionate about the work I do with young people in our community, and hope to continue to make a positive impact on the lives of those I come into contact with, both in and out-with the SSF programme.

In SSF, there are a wealth of like-minded people with a shared ethos of helping others to achieve their goals. This motivated me as a tool to help people.

I am privileged to have become a part of creating the diversity observed within SSF, and hope to continue to influence young people of every race, colour and religion to attend young development programmes like SSF as the benefits are endless.





Our Education & Training

Education Through Cashback

1,291 1,446

Participants delivered to

SCQF accreditations achieved

132 57

Modules delivered

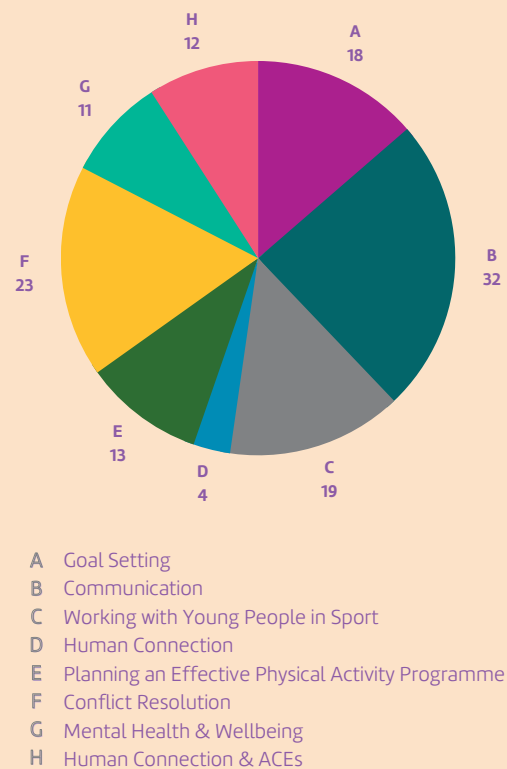
Educational institutions delivered to



The tutors were excellent. Very engaging and understood how to facilitate the groups learnings whilst understanding the needs of individuals.



Modules Delivered





Education Through CashBack

Case Study: North Lanarkshire Active Schools

North Lanarkshire Active Schools worked in partnership with SSF to embed ETC modules into the school curriculum at Bellshill Academy throughout the 2022/23 academic year.

This helped improve pupil attainment by offering over 150 pupils the opportunity to gain practical knowledge, skills and SCQF qualifications outside of a traditional learning environment. Pupils highlighted that being able to participate in interactive modules, tailored to their needs, created a setting they could thrive in.

“*I really enjoyed that, much better than sitting in a boring classroom and what we spoke about is going to help me when I play football this weekend.*”

SSF Participant, 2022

Through the Sport Leadership Academy we worked with 30 S5-S6 pupils, eager to learn more about sport and leadership. Each participant completed 6 modules, gaining multiple qualifications, accredited to level 4 and 5 on the SCQF framework. Each qualification provides additional credits towards a National 5 award, providing value to the pupils in their leadership role, their academic journey and professional career.

This year the school identified an attainment gap due to a lack of engagement from several S1 and S2 pupils. We delivered the SCQF Level 4 Communication module to 120 pupils residing within the top 25% of areas of multiple deprivation, who have now successfully gained an SCQF qualification.

“*The aim of the Leadership Academy for Sport programme as well as offering certified qualifications, has been to provide the students with life skills such as leadership, teamwork, and communication. By embedding the 6 ETC modules into the programme, it has provided the young people the opportunity to understand the wider impact sport can have in people's lives and how they can make a positive contribution to other people.*”

The students have also had the opportunity to undertake volunteering placements, giving them the confidence to put into practice what they have learned to create a positive impact in their school, local community and for their futures.

Stuart McLaughlin, Sports Leadership Academy, 2022



Our Finance

2022/23	Actual (£)	Target (£)
Delivery Staff Costs	245,618	245,618
Sessional Costs	88,886	88,886
Training and Development	106,664	106,664
Delivery – Project Resources and materials	31,194	31,194
Delivery – Events	85,249	85,249
Total Project Activity	557,611	557,611
Management and Marketing	42,785	42,785
External Evaluation	11,666	11,666
Total Expenditure	612,062	612,062



Our Fundraising

Case Study: The Open St Andrews Golf Links Trust





Ahead of the historic 150th Open at St Andrews, Callaway revealed the unique Staff Bag designed by a local student, which was used by 34 players at this monumental championship. Budding artists from two St Andrews schools – Madras College and St Leonards – were commissioned by Callaway and St Andrews Links to design a St Andrews inspired golf bag, and 17-year-old Iona Turner had her winning design chosen by Callaway executives and a team of Staff Professionals. The Tour pro judging panel included Danny Willett, the 2021 Alfred Dunhill Links champion, and Min Woo Lee, the 2021 abrdn Scottish Open champion.

As an extension of the design challenge, larger than life sculptures of the final 10, celebrating the creative excellence of pupils from each school, were positioned in various locations around St Andrews running up to The Open. Iona's winning design takes inspiration from many of St Andrews' iconic and recognisable landmarks, including the famous Swilcan Bridge on the 18th hole of The Old Course, and the town's beautiful seafront location.

Following the conclusion of The Open, the 10 sculptures from The Big Bag Trail were auctioned at a special evening event at St Andrews on July 19 2022, with all proceeds going to Children's Hospices Across Scotland (CHAS) and Scottish Sports Futures (SSF).



We're delighted to have been involved in such an exciting and innovative project as the Big Bag Trail and would like to thank Callaway, St Andrews Links Trust and everyone else involved for raising an incredible amount of money that will make a real difference in people's lives through the power of sport.

Kirsty McNab, Chief Executive, Scottish Sports Futures



Seeing the designs created by the young artists for the first time gave us a real sense that we were on the road to something special.

We're delighted to have raised so much money for two such worthy causes, while also promoting the incredible community spirit that surrounds the home of golf.

Neil Howie, President, Callaway EMEA





Our Communications

12%

Increase in Twitter followers

13%

Increase in Facebook followers

580,500

Twitter impressions

124,000

Facebook reach

34%

Increase in Instagram followers

32%

Increase in LinkedIn followers

44,815

Website views

Over the last year we have used social media to:

- Stay in touch with and support our young people
- Recruit for exciting new positions
- Connect with our partners, participants, funders and staff
- Demonstrate our impact and reach across our 4 local authorities
- Promote newly launched and existing sessions along with partners
- Engage in key campaigns such as: #SportHour, #NoWrongPath, International Women's Day, Red Nose Day, Volunteers Week, Challenge Poverty Week, Mental Health Awareness Week
- Share key learning, success and case studies
- Promote tickets and success of our internal SSF events: #SSFconference2023, #SSFawards2023, SSF National Multi-Sport Event

Our Recognition

Press Coverage

Our Environmental Sustainability

SSF/Apparel Xchange Clothing Donation Drive

Our Fundraising

St Andrews Golf Links: the Big Bag Trail

Our Young People Recognition

Chloe Lawson MBE Recipient

Our Research

Trauma & Poverty: Post COVID-19 challenges affecting vulnerable young people in Scotland

Shell Twilight

Fife Programme Launch

Awards

We are proud to have been recognised nationally for continuing our mission of Changing Lives Through Sport

The Herald & GenAnalytics Diversity Awards WINNER

Diversity in Sport

Glasgow Business Awards FINALISTS

Green Champion
Sustainable Development
Net Zero
Fair & Healthy Workplace

We are incredibly grateful to receive continued support from both Loop PR and sportscotland around our communications and marketing.

SSF Conference & Learning Event



SSF Awards

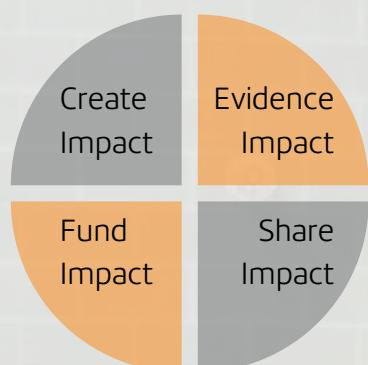


SSF National Event





Our Future Plans



Understanding the needs, trends, who we are, and why we are best placed to do the work.

It is our vision that we continue to be reflective of the communities we serve and everything we do encompasses diversity, inclusion and lived experiences.

In 2023/24...

We will continue to support our young people to fulfil their potential

We will finalise and share our 2023–2026 strategy

We will increase diversity in our programmes, staff and board

We will continue to support and upskill the sector with SSF Education and Training

We will gain CIMPSA endorsement for Education and Training (Mental Health and ACEs)

We will grow our SSF Education and Training tutor workforce

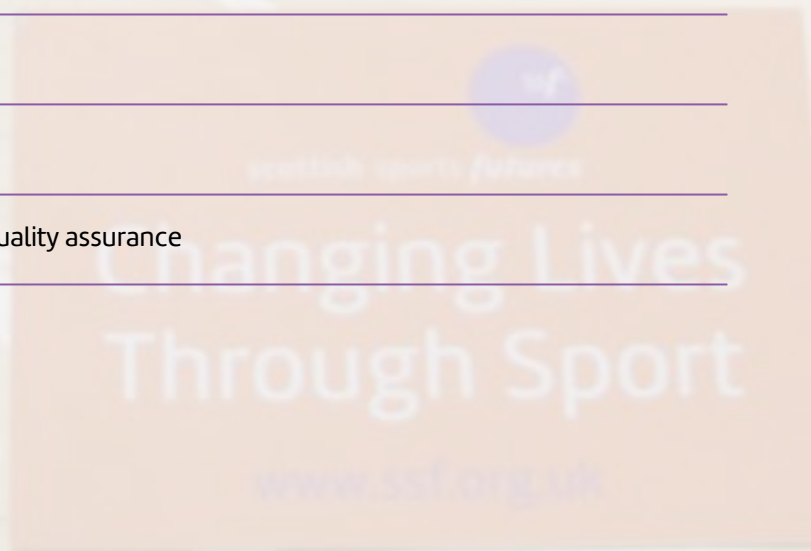
We will source new Charity of the Year Partnerships where values align

We will share our evidence-based approaches to achieving outcomes

We will hold an annual awards night

We will increase active travel

We will work on developing programmes and focus on quality assurance





Our Local Authorities

Local Authority	Investment (£)	New Participants
Aberdeen	1187	10
Aberdeenshire	1426	12
Angus	3090	26
Argyll and Bute	713	6
Clackmannanshire	14,026	118
Dumfries & Galloway	119	1
Dundee	5824	49
East Ayrshire	5824	49
East Dunbartonshire	2972	25
East Lothian	595	5
East Renfrewshire	1908	8
Edinburgh	7369	62
Eilean Siar	357	3
Falkirk	28,066	51
Fife	122,976	108
Glasgow	133,206	225

Local Authority	Investment (£)	New Participants
Highland	1426	12
Inverclyde	595	5
Midlothian	1189	10
Moray	357	3
North Ayrshire	92,747	249
North Lanarkshire	25,205	204
Orkney	0	0
Perth & Kinross	9866	83
Renfrewshire	11,423	80
Scottish Borders	238	2
Shetland	832	7
South Ayrshire	1664	14
South Lanarkshire	2496	21
Stirling	125,569	153
West Dunbartonshire	238	2
West Lothian	8559	72



Our CashBack partners

Basketball Scotland

- We have delivered a mix of ETC modules to young people through SSF Tutors and Basketball Scotland staff who have been trained to deliver ETC modules.
- Basketball Scotland has taken the lead role in delivering evening basketball provision for local young people in the Easterhouse community with support from SSF.

Scottish Football Association

- This year we have delivered a mix of online and in person ETC modules to young people participating in the SFA Volunteer Inspire Programme across the East, Central and West SFA Regions.
- We delivered our Adverse Childhood Experiences and Human Connection module to a range of SFA practitioners.

Scottish Rugby Union

- We've worked with Scottish Rugby to train several of their Development Officers to deliver ETC modules within their Cashback Schools of Rugby and associated community rugby clubs.
- Fully trained Development Officers from Scottish Rugby have been delivering ETC modules to young people and we have processed these SCQF accreditations through Glasgow Kelvin College.

Celtic Foundation

- We have worked with the Celtic Foundation to cross-refer young people into personal development and employability programmes.
- The Celtic Foundation have provided pathways for young people who have completed the SSF Chance:2:Be programme, supporting them to gain further accreditation and training opportunities.





Our CashBack Outcomes

Young people improve their confidence

Young people report increased confidence	1572
Young people report they are able to do new things	1602
Young people feel more resilient	1499
Other stakeholders report increasing confidence and resilience in young people	100%
Young people report positive support networks	1587
Young people report positive changes in behaviour	1616
Other stakeholders report perceived positive changes in behaviour of young participants	96%

Young people develop their physical and personal skills

Young people increase personal skills, achieving accredited learning	1218
Young people report an increase in their skills	1616
Other stakeholders report skills increasing in young people	100%

Young people's health and wellbeing improves

Young people improve health and wellbeing against SHANARRI indicators	1616
Other stakeholders report perceived increases against SHANARRI indicators for young people	97%

Young people participate in activity which improves their learning, employability, and employment options (positive destinations)

Young people achieve positive destinations	250
Young people improve school attendance	919
Young people improve school attainment	993

Young people contribute positively to their communities

Young people take on a volunteering role	177
Number of hours of volunteering by young people	13638
Number of community focussed awards gained by participants	221
Young people feel their contribution, links with communities, and social interaction are improving	1097
Other stakeholders perceive improvement in young people's contribution, links and social interaction	99%
Participants have a heightened sense of belonging to a community	830
Participants have increased motivation to positively influence what happens in their community	517

Young people are diverted from criminal behaviour or involvement with the criminal justice system

Young people report own participation in anti-social and/or criminal behaviour has reduced	673
Young people feel less inclined to participate in anti-social and/or criminal behaviour	688



Our Equalities Data

Being inclusive is one of SSF's core values. We gather equalities data, alongside direct consultation, to allow us to better understand the communities we work in, and ensure our services are open, safe, and inclusive for all.

AGE PROFILE

Under 10	–
10 – 15 years	49%
16 – 18 years	43%
19 – 24 years	7%

SIMD PROFILE

0-5% (Most deprived)	21%
0-10%	54%
0-20%	86%
0-30%	93%
0-40%	99%
0-50%	100%
50-100% (Least deprived)	0%

GENDER REASSIGNMENT

Does gender differ from that assigned at birth?

Yes	6%
No	69%
Prefer not to say	4%
Don't know	2%
Did not consent	20%

SEX IDENTITY

Male	50%
Female	41%
Non-binary	<1%
Prefer not to say	2%
Don't know	1%
Did not consent	6%

SEXUAL ORIENTATION

Heterosexual / Straight	69%
Gay / Lesbian	1%
Bisexual	3%
Other	<1%
Prefer not to say	6%
Don't know	2%
Did not consent	20%

PREGNANCY & MATERNITY STATUS

Not pregnant	69%
Pregnant	2%
Has been pregnant within last 12 months	<1%
Prefer not to say	4%
Don't know	2%
Did not consent	23%

DISABILITY/ IMPAIRMENT/ MENTAL HEALTH CONDITION *

Vision	1%
Hearing	<1%
Mobility	1%
Dexterity	–
Learning, understanding or concentrating	7%
Memory	<1%
Stamina, breathing or fatigue	2%
Social or communication	2%
Behavioural	1%
Mental Health	3%
None of the above	44%
Other	3%
Prefer not to say	11%
Don't know	11%
Did not consent	19%

RELIGIOUS BELIEFS

None	56%
Church of Scotland	5%
Roman Catholic	7%
Other Christian	3%
Muslim	1%
Buddhist	<1%
Sikh	<1%
Jewish	<1%
Hindu	<1%
Pagan	<1%
Other religion	<1%
Prefer not to say	5%
Don't know	4%
Did not consent	19%

MARITAL & CIVIL PARTNERSHIP STATUS

Single	56%
Married	2%
In a civil partnership	2%
Divorced	<1%
Separated	<1%
Widow	–
Other	9%
Prefer not to say	6%
Don't know	3%
Did not consent	20%

ETHNICITY

Total young people from a minority ethnic group (including white minority ethnic groups)**	10%
White – Scottish	79%
White – Other British	2%
White – Irish	<1%
White – Traveller	<1%
White – Polish	1%
White – Other	1%
Mixed or multiple ethnicity	1%
Asian, Asian Scottish, or Asian	1%
British – Pakistani	
Asian, Asian Scottish, or Asian	<1%
British – Indian	
Asian, Asian Scottish, or Asian	<1%
British – Bangladeshi	
Asian, Asian Scottish, or Asian	<1%
British – Chinese	
Asian, Asian Scottish, or Asian	<1%
British – Other	
African – African, African Scottish, or African British	1%
African – Other African ethnicity	1%
Black, Black Scottish or Black	<1%
British – Caribbean	
Black – Black, Black Scottish or Black British	<1%
Black – Other Black ethnicity	<1%
Arab, Arab Scottish, or Arab	
British	<1%
Other ethnic group	<1%
Prefer not to say	2%
Don't know	1%
Did not consent	9%

**Note that young people may report more than one condition listed and so percentages against each disability will not combine to give the overall total. This figure is the total young people reporting any one or more disability, impairment, and/or mental health condition overall. This statistic excludes 'prefer not to say' and 'don't know' responses, and those who did not consent to their data being gathered for this purpose.*

***For analysis purposes, we have grouped all categories other than 'White (Scottish)' and 'White (Other British)' as ethnic minority. This statistic excludes 'prefer not to say' and 'don't know' responses, and those who did not consent to their data being gathered for this purpose.*



External Evaluation

The University of the West of Scotland are the external evaluators for Scottish Sports Futures CashBack project.

Young people are living through unprecedented times and the services being provided by Scottish Sports Futures (SSF) are acting as a barrier to the harms that have been, and are, unfolding since the Covid-19 pandemic and the ongoing cost-of-living crisis. The main findings that emerged from this year's evaluation of SSF are regarding the impact of Covid-19 and how SSF are building experiences with young people, helping them re-engage with society.

Many of the findings from the previous year's evaluation (21/22) have been replicated within this report. Prior to discussing the findings of this year's (22/23) evaluation the main findings that have been replicated are listed:

- The environments that the young people come from are disproportionately affected by crime, poverty, and lack of suitable leisure activities. SSF continue to work with the ideal population for Cashback for Communities funding.
- Young people in attendance have complex needs and experience isolation, loneliness, boredom, lack of opportunities, and report high levels of mental illness.
- Discussions of violence and safe and unsafe places was still situated within hegemonic understandings of place as being territorial. Young people reported that safety was about the people who occupied the spaces. The issue of women's safety was raised again as an area which requires further focus.
- SSF continues to be an impetus for change in young people's lives across Scotland and acts as a barrier to the above issues.

SSF develop meaningful experiences that allow people to connect with those around them, develops resilience, improves well-being, builds acceptance for difference, creates opportunities, and allows young people to engage in opportunities that are wider than themselves. Not only are SSF achieving their outcomes and helping young people transition to positive destinations, but they are helping young people transition back to society.

SSF overachieved regarding meeting the six outcomes they were evaluated against:

Outcome 1: Young people build their confidence and resilience, benefit from strengthened support networks and reduce risk-taking behaviour.

Outcome 2: Young people develop their physical and personal skills.

Outcome 3: Young people's health and well-being improves.

Outcome 4: Young people participate in activity which improves their learning, employability, and employment options (positive destinations).

Outcome 5: Young people contribute positively to their communities.

Outcome 6: Young people are diverted from criminal behaviour or involvement with the criminal justice system.

The impact of SSF is far wider than that of those who attend their sessions or education programmes. SSF have a ripple effect within Scotland by providing trauma-informed education to children, young people and practitioners. This knowledge and trauma informed practices are then passed onto those who attend their sessions resulting in thousands of children and young people feeling understood, being seen, and feeling a part of society.

The main themes that emerged this year were "building" and "developing". Young people in a post-pandemic Scotland have lost many experiences that allow them to grow and develop into confident and resilient citizens. As such, it is being reported that there is a mental health crisis concerning young people and as a society we need to address this.

Scottish Sports Futures is a Registered Charity
(Scottish Charity Number SC034085)



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