

# ACN

Manchester Edition 2  
April 2019

Active Communities Network

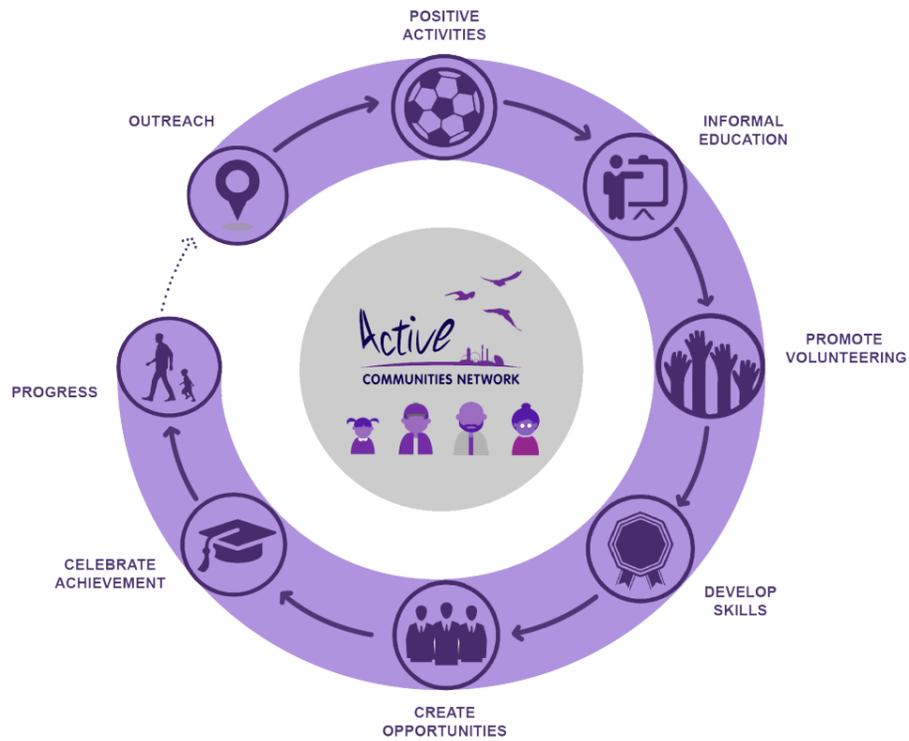


**Jess,**<sup>20</sup>  
Reddish, Manchester.

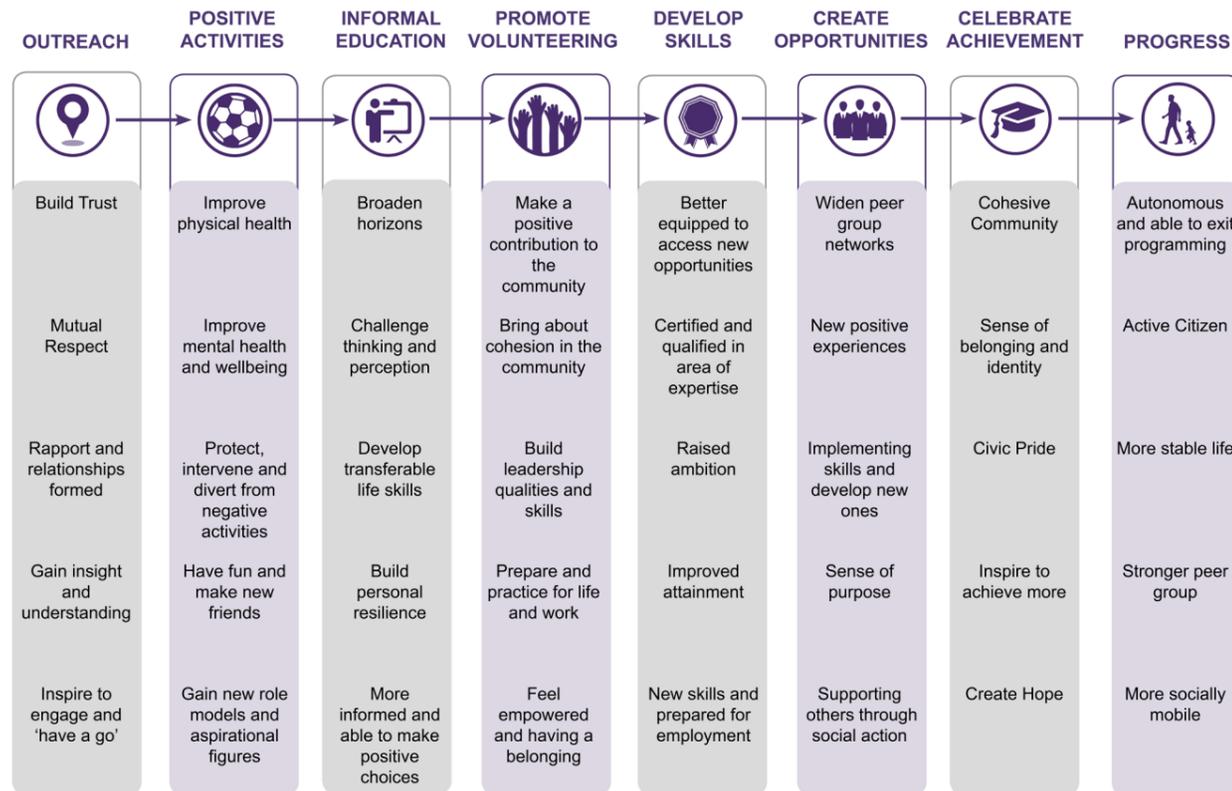
## Inside

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## PARTICIPANT PATHWAY



## THEORY OF CHANGE



# WELCOME

Hello All,

Welcome to the second edition of our Manchester newsletter. For those of you already working with us, thank you for your ongoing support and collaboration. It's been another fantastic 6 months working with such a range of talented and proactive partners and funders, together we have supported over 600 young people.

Your continued support has enabled our programme to grow with work starting in Tameside, as well as adding depth to our flagship work in Manchester, including the expansion of our provision to work with ages 8 through to 25 years old.

To ensure we have a strong evidence base and we measure our collective impact I'm pleased to announce that we are working with Leeds Beckett University to produce a piece of independent research and evaluation of our work to date in Greater Manchester that will be published in 2020.

For those of you not so familiar with our work, ACN is a registered charity, utilising sports, cultural and educational activities to broaden horizons, raise aspirations and offer pathways to achievement for participants within local communities. Using sport physical activity, arts and cultural activity, our programmes deliver grass roots activities that promote personal, social and community wellbeing.

This developmental approach is best illustrated by the graphic on the opposite page.

In pulling this newsletter together it helps remind us of the distance travelled by young people engaged in the programme and reflects the value of our work in supporting their journey. We hope you enjoy the read as much as we have.

Warm regards

**Jamie Lees**  
Head of Programmess  
Greater Manchester, ACN

[Jamie@activecommunities.org.uk](mailto:Jamie@activecommunities.org.uk)  
07538 300 477



Tackle Poverty  
Create Opportunities  
Inspire Change



A world where everyone  
has the same opportunity  
to succeed, regardless of  
backgrounds

Active Communities Network  
magazine

Manchester Edit 2019

**Manchester:**  
The Grange Community Resource  
Centre  
Pilgrim  
Manchester  
M11 3TQ

**London:**  
The Clarence Centre  
6 St George's Circus  
London, SE1 6FE  
020 7407 8177

**Belfast:**  
Unit 8 Curran House  
155 Northumberland Street  
Belfast, BT13 2JF  
028 9024 5969

**Hampshire:**  
Unit 315 Victory Business Centre  
Somers Road North  
Portsmouth  
PO1 1PJ  
02393 686 123

**Ballina:**  
Unit 6 Garden Court  
Garden Street  
Ballina, County Mayo  
Ireland

**South Africa:**  
Eta Special Projects  
WPCC Sports Centre  
Avenue de Mist  
Cape Town, 7700  
+27 21 671 3054





Gorton, Manchester 2019

Our Manchester social action group ran a 3v3 basketball tournament in their local community. The 10 young volunteers wanted to give back to their peers whilst engaging wider cohort of young people in positive activity.



## OUTREACH

When establishing a new project in Charlestown, North Manchester, we set out to engage young people both at the session and using street-based outreach to raise awareness of the project. We have found that when working in a new area, it is important to raise awareness of our programme and what we offer but also ensure positive relationships are built with local young people on their terms, in their environment with voluntary engagement being the key.

We delivered outreach sessions in areas covering Charlestown, Higher Blackley and Dam Head on a weekly basis to build rapport with local young people.

As the weeks progressed numbers started to grow at the session as a result of the outreach work delivered, this also gave our workers a clearer understanding and insight into the local area and young people.

The session is now boasting with over local 20 young people per session and 75 unique participants. This wouldn't have been achievable without the hard-work and initial outreach.



## POSITIVE ACTIVITIES



Mo joined our sessions in 2015 when he was approached by one of our coaches who heads up the Friday night football session. At the time, Mo was 16 and new to England having moved from Liberia, West Africa in 2013. He has always had a keen interest in football but being new to the area he wasn't sure of the opportunities around him. He initially engaged with the intention of meeting other young people, to gain confidence and more experience of playing football in England. and was provided the opportunity to do something productive, rather just be out on the streets with his peers; who had been getting involved in anti-social behaviour within the community.

It didn't take long for the staff to recognise that Mo was a very talented player, this also earned him a lot of respect with the other young people. It was evident to see his confidence increase week after week and new friendships being made. Mo has now gone on to achieve a professional football contract with Newcastle United, but still drops back into the session to catch up with his peers, coaches and youth workers.



## INFORMAL EDUCATION

Our flagship session in Ancoats and Beswick has always been popular with over 40 young people attending each week. However in the lead up to Bonfire Night last year there were a series of incidents before and after the session involving fireworks. To address the issue we invited the Greater Manchester Fire & Rescue service to attend the session and deliver an informal workshop on the impact youth anti-social behaviour and fireworks have on their work.

The session was great in humanising fire fighters, building rapport and raising awareness of the impact young people have when setting fires and using fireworks, potentially taking valuable time

away from saving someone's life. The fire service was on-call in their engine for the workshop which gave the young people more of an insight into what their day to day work looks like and the pressure of being an emergency service.

To further the relationship between the fire service and the young people, we held a football tournament and invited the Fire Service down to further embed relationships and show the young people they are more than just Fire Fighters!



Tripoli, Lebanon, January 2019

Laura our project coordinator travelled to Lebanon to deliver leadership and resilience qualifications to local coaches. She used the knowledge she had gained delivering across Manchester to share techniques and experiences to community leaders in local refugee camps.





# PROMOTE VOLUNTEERING

Morgan is 16 years old from Clayton, and struggles to engage in mainstream education and Pupil Referral Units engaged with our programme when successfully completing the accredited Level 1 Employability & Enterprise qualification.

greatly since we first met him!”

Morgan was also shortlisted for the Young Volunteer Award at The Manchester Youth Buzz Awards in November 2018 and was invited to attend the Ceremony at The Midland Hotel.

Morgan has gone on to complete another qualification with ACN, this time it was his Level 1 Sport Leadership qualification. Again despite Morgan’s lack of engagement and poor punctuality at school, he was the first person to arrive for the course every single day with a 100% attendance.

*“I’ve enjoyed doing all the different activities and working with young people. I have learnt about behaviour management skills and become more confident when addressing the children. They seem to like it when I turn up and I find it really rewarding. It gives me a positive focus when I’m not in school.”*

Morgan has now volunteered as an Assistant Sport Coach on our volunteering programme with MCRActive at the Regional Arena and staff there have spoken very highly of Morgan: “He is brilliant with the children and they all love him, he organises games, gets involved and really embraces the experience. He has progressed



*“It’s been amazing to complete both my level 1 and 2; a great experience! There have been lots of opportunities to develop my skills and I really enjoy working with children. I hope to complete my Level 1 in Netball in the future and gain a part-time coaching job in sport”*



# DEVELOP SKILLS

Toni is a 15 year old girl from Moston, North Manchester who attends The Co-op Academy North secondary school. She has always had an interest in sports from a young age and really enjoys netball, athletics and rock climbing.

Toni completed her Level 1 Sport Leader UK Qualification with Active Communities Network (ACN) in October 2018 and demonstrated she was a very strong leader and delivered excellent sport sessions during the course. She also expressed an interest in completing her Level 2 and this year there was an opportunity for her

Level 2 and this year there was an opportunity for her to do this.

In February 2019 Toni completed her Sport Leader Level 2 with ACN and has developed her confidence when leading young people, planning events and communicating with others.

Toni is currently completing her PE GCSE at school and is planning on attending Connell College and complete a Sport B-TEC.



# CREATE OPPORTUNITIES

In partnership with the Manchester Youth Zone, Smart Futures, and Harpurhey alternative provision school, we engaged a challenging group of young people in physical activity and employment opportunities using our methodology, and in this case boxing as its engagement tool.

The boxing sessions were used as a hook and engagement tool to build relationships with the young people, whilst supporting outcomes linked to physical and mental wellbeing.

Once these relationships were established we started to weave in employment encounters within the sessions which provided the group with opportunities to increase their knowledge and awareness of future job opportunities.

We needed to be inventive and flexible in our approach to encounters to maintain engagement.

An example of this would be with the army, where young people were engaged in both boxing and army based training with a conversation at the end about the opportunities, trades, social skills and employment opportunities that can be attained through army enrolment.

9 young people started the project and 7 have gone on to complete it, increasing their awareness of employment opportunities available to them, increasing their physical and mental wellbeing and gaining an accredited qualification in Boxing.



**B Active Parliament Event, London, February 2019**

Young people travelled to London to receive certificates for achieving 50 of volunteering hours from England Ladies Lioness Nikita Parris and sport minister Mims Davies at Westminster Parliament..



# CELEBRATE ACHIEVEMENT

## Manchester Sports Awards 2018

Active Communities Network were delighted to win the youth and community sports project of the year, at the tenth annual Manchester Sports Awards, hosted by Manchester City Council and MCR Active in October last year.

The award recognises the distance travelled by the charity over the last 3 years and the work being done by young people, volunteers, coaches and youth workers from ACN.

The award was taken to each of our sessions and presented to the young people, to recognise and celebrate their achievements. The gift cards as part of the award will be used to support young people when searching for local employment

## Youth Buzz Awards 2018

The Youth Buzz awards hosted by Manchester City Council are a great way of celebrating the achievements of young people and youth work across Manchester.

ACN were delighted to be nominated and shortlisted in 3 categories including young volunteer of the year, most effective youth group and outstanding achievement.

It was great to receive the recognition and celebrate the distance travelled by young people we work with, the evening was also a great way of further raising ambition for young people in Manchester.



# PROGRESS

Jess is 20 years old, lives in Reddish with her mum, brother and sister. Jess has always had a passion for Netball and was introduced to Active Communities Network by her now fellow co-worker Laura as she was approached to take on a Level 1 Leadership qualification and work experience.

It became obvious that Jess had a passion and talent for coaching and working with young people so ACN worked to create opportunities for this to develop, providing coaching opportunities at sessions and holiday camps where she volunteered.

In the meantime, ACN developed a University degree titled "Sport for Development" with support from partners Laureus Sport For Good Foundation. Jess was offered an amazing opportunity to attend the university course, with the addition of having a full-time traineeship based in the Manchester Office.

Jess is now in her second year of university and has brought a lot to the team, including delivering sports sessions, engaging young people, and supporting office work and staff delivering qualifications.

The progress and impact Jess is having was also recognised at the BUZZ awards in Manchester in November 2018. Jess was nominated for the category titled outstanding achievement, which she came runner up in.

Jess is now in her second year of university and has brought a lot to the team, including delivering sports sessions, engaging young people, and supporting office work and staff delivering qualifications.

*“ In life if you have the determination to get to where you want to be, you believe within yourself and focus on your end goal then you will achieve greatness. It’s about young people and seeing them progress as participants and volunteers. ”*



ACN receiving the award for Youth and Community Sports Project of the Year 2018 at the Manchester Sports Awards.



# WEEKLY SPORTS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5-7pm</b> <b>14-19 years</b> Ten Acres Sports Complex 	<b>5-7pm</b> <b>10-14 years</b> Bradford Park 	<b>5-7pm</b> <b>8-13 years</b> Ten Acres Sports Complex 	<b>4-5pm</b> <b>16+ years</b> Manchester Communications Academy 	<b>6-7pm</b> <b>8-13 years</b> Wright Robinson College 	<b>2-4pm</b> <b>14-19 years</b> Active Me Dance Studio 
<b>6.30-7.30pm</b> <b>11-18 years</b> Manchester College 	<b>5-7pm</b>  <b>14-19 years</b> Moston & Collyhurst boxing	<b>5-7pm</b> <b>14-19 years</b> Ten Acres Sports Complex 		<b>6-8pm</b> <b>14-19 years</b> North Manchester Coop Academy 	<b>2-3pm</b> <b>11-16 years</b> Manchester College 
<b>7.30-8.30pm</b> <b>13-19 years</b> Active Oxford Park 	<b>5.30-7.30pm</b> <b>13-19 years</b> Katherine Street Ashton 	<b>6.30-8.30pm</b> <b>14-19 years</b> Active Me Dance studio 		<b>7-9pm</b> <b>13-19 years</b> Curzon Ashton FC Ashton 	<b>7-10pm</b> <b>10-18 years</b> National Cycling Centre 
	<b>6.30-7.30pm</b> <b>10-16 years</b> The Scout Hut 			<b>7-9pm</b> <b>14-19 years</b> Wright Robinson College 	
	<b>7-8pm</b> <b>11-16 years</b> Manchester College 			<b>8-10pm</b> <b>14-19 years</b> Tennis and Football Centre 	
				<b>8-10pm</b> <b>11-16 years</b> Manchester youth Zone 	

 **Girls ONLY**

 <b>American Football</b>	 <b>Basketball</b>
 <b>Football</b>	 <b>Netball</b>
 <b>Multi-sport</b>	 <b>BMX</b>
 <b>Boxing</b>	 <b>Cricket</b>

