

Satellite Clubs

2019-20 Case Study

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| At Sport England we believe that participating in sport and physical activity changes lives for the better. Articulating this – in a compelling way – is a central part of our communications strategy.  Case studies are an excellent way to raise awareness of the impact of your work and show the public and other deliverers how The National Lottery supports brilliant projects that make a difference.  These case studies will also help to demonstrate the impact that satellite clubs are having on the five government outcomes set out in Towards an Active Nation;   * Physical Well-being * Mental well-being * Individual Development * Social and Community Development * Economic Development   We are seeking stories that bring to life the power of sport and physical activity. Our aim is to create external facing media that highlight the most impactful case studies across the intervention. W**e will always seek permission prior to sharing.**  The case study you choose should highlight the impact you have seen in a specific satellite club or across a number of satellite clubs, but should have a particular focus on the positive impact this has had an individual or group of young people attending the satellite club.  The satellite club or approach selected for your case study may have started at any time but must be currently active and should reflect the impact of your work during the 2019-20 delivery year.  Please do include names, high-resolution images, quotes, charts and figures where applicable to demonstrate impact. We have also included a list of example questions for young people you may want to use to help you bring the story to life.  We would also like you to explain how the case study may potentially be used to the young people/project that you are highlighting to ensure they understand and give relevant consent.  Whilst there aren’t any specific word counts for each section of the case study, please try to be succinct.  Please return your completed case study to satelliteclubs@greatersport.co.uk by 5pm on **Friday 7th February 2020** |
| Case Study Title |
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| Project Summary | |
| Provide a brief overview of your project in less than 50 words. |  |
| Who is the lead organisation and partners involved? |  |
| Where is the satellite club/project based? |  |
| What is the sport/activity being delivered? |  |
| Who is/are the key target audience(s)? |  |
| How much National Lottery investment has been provided? |  |
| What date did the satellite club/approach start? |  |
| Which one of the government outcomes is the satellite club primarily demonstrating impact against? (delete as appropriate) | Mental Wellbeing  Physical Wellbeing  Individual Development  Economic Development  Social and Community Development |

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| What were you aiming to achieve?  Introduce the project and describe what you were trying to achieve at the outset, why did you identify this target audience. Provide any key insights into their behaviours, motivations and barriers. Add any relevant local context. |
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| What action was taken to achieve the outcomes?  Outline the approach you and partners took and why, what role did you play in this? |
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| What was the impact on young people at the satellite club?  Describe the impact on the young people or one young person attending the satellite club. Please include a high-resolution photo (if relevant consent is provided), quotes or anything additional that captures the story of how the young person/group of young people have benefitted from attending the satellite club.  *You may find the example questions for young people useful to complete this section.* |
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| What have you learnt from this satellite club/approach?  Describe what you have learnt from this satellite club. Include any evidence that has emerged from this project and what are you now doing differently as a result. |
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| What are the next steps for this satellite club/approach? |
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| Please add any other relevant information that helps to tell this story |
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| Consent  Please indicate if appropriate consent has been sought from the partners and individuals described in this case study for Sport England to share this story externally, including any photographic images. |
| Yes/No |

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Example questions for young people

If you are gathering information from young people as part of your case study, you may find the list of example questions below useful to help shape your final case study.

Please ensure you have obtained appropriate consent from young people to share this information with Sport England in your case study.

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| Question | Response |
| How active were you before you got involved with this sport, activity or project? e.g. how many times did you exercise a week? |  |
| How did you feel about being active before you got involved? |  |
| Was there anything that made being active hard for you? For example, health issues, disabilities, lack of time, childcare, nearby opportunities, too expensive, etc. |  |
| Please tell us why you decided to get involved in this project. |  |
| What kind of things did you do? |  |
| How did you feel when you were taking part? Did you enjoy the experience? |  |
| Please tell us about any difficulties you faced (if any) and how you overcame them. |  |
| Can you describe how has taking part this has changed/improved your life? For example, do you feel fitter, more able to cope with stress, have you learned a new skill or been able to help your community etc |  |
| Have your friends and family noticed a difference in you? If so, please tell us in what way. |  |
| Have any of your friends or family been inspired to take up activity after seeing what you’ve done? |  |
| Has this inspired you to take part in more sports or physical activity? |  |
| What you would say to encourage someone who was thinking about getting active or trying a new activity themselves, but wasn’t quite sure it was for them? |  |
| Is there anything else you’d like to tell people about? |  |
| The project you attended was funded by the National Lottery through Sport England. What would you say to lottery players to encourage them to keep playing to support good causes? |  |
| Can you provide a brief statement to sum up your experience of this project/programme? |  |