

Scottish Sports Futures Strategy 2023 – 2026



scottish sports *futures*



👍 SSF is really a life changer 🗨️



Thank you **all**,
For making sure the SSF Young Team have a **ball**
Your commitment, hard work and **drive**
Ensures the young people of Scotland **thrive**
They deserve love and **care**
And to live in a word that is **fair**
At times it's **tiring**
But we ain't yet **retiring!**
Inside them all is a wee **gem**
Talk with them, not at **them**
Everyone is welcome **here**
Especially those living with **fear**
Together, we need to remove shame and replace with **hope**
To all staff and young people, keep going, keep looking
forward and keep smiling
We believe in you all.

Ro Gallacher
Head of Programmes
Scottish Sports Futures

Kirsty McNab, Chief Executive



It's been 3 years since we launched a very new strategy for Scottish Sports Futures in 2020. This saw us working **intentionally in a targeted way with young people** and for the first time having a regional infrastructure with delivery teams based in North Ayrshire, Glasgow, Stirling, and Fife. We have, like everyone, had to adapt plans, be flexible in our approach to **continue to meet the needs of our exceptional young people** and ensure our staff have the skills and confidence to support them.

We continually learn from our expert partners and take an **evidence-based approach** to provide quality programmes and education and training. You can read our independent evaluation from University West of Scotland [here](#) who have been incredible evaluation partners from 2020 – 2023. They have provided skills to young people to become peer researchers and shared insights on what is working best for our young people. We also commissioned research from Glasgow University to look at trends post covid related to poverty, adversity and equalities in Scotland and you can read this [here](#).

Our refreshed strategy for 2023 – 2026 as always is based on this evidence and recommendations, what our young people tell us, what gaps there are in our communities and what opportunities there are for us to work in partnership to ensure that **we all strive towards the common vision of every young person fulfilling their potential.**

Our Charity

Changing Lives Through Sport

Our Vision

A world where young people have the opportunity to fulfil their potential

Our Mission

SSF 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.

Our Values

Empathy

We are compassionate and understanding

Leaders

We are leaders in Changing Lives Through Sport

Inclusive

We are diverse, equitable and inclusive by design

Passionate

We approach all our work with love and care

Our Culture

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.

Our Approach

Sport + Youth Work

Needs based

Person centred

Outcome focused

Create Impact

Evidence Impact

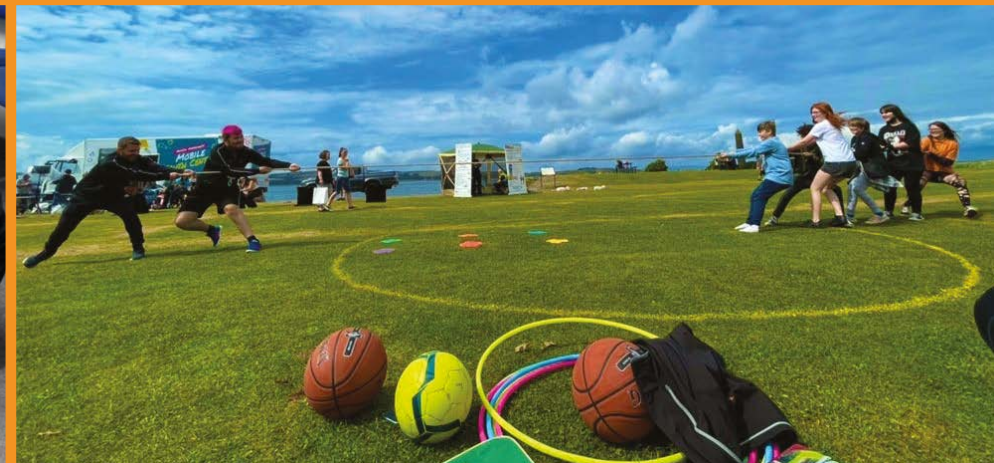
Fund Impact

Share Impact

Background

All our work contributes to the following global and national policy areas and outcomes:

- > UN Convention on the Rights of the Child (UNCRC)
- > UN Sustainable Development Goals
- > Active Scotland Outcome Framework
- > **sport**scotland sport for life
- > Child Poverty Action Plan
- > Justice and Safer Communities



SSF and the UN Sustainable Development Goals (SDG's)

SSF has taken a holistic approach to sustainability, recognising that we need to consider environmental, economic and social elements of sustainability. Our work aligns with the outcomes of the global UN SDG's which recognise (SGD's) which recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth.



At SSF we are passionate about the role of physical activity to improve physical and mental health and wellbeing.



At SSF we firmly believe that providing quality education and training is a core pillar of tackling widespread problems currently faced by society.



At SSF we are all too aware of the impact of societal inequalities and we are working with many young people who are deeply affected by inequality.

Our Strategy

Developing People	Improving Health and Wellbeing	Strengthening Communities
By 2026 we will...		
<p>Have a diverse, highly skilled board and workforce.</p> <p>Identify and remove barriers to attract participants to ensure sport is open to all.</p> <p>Achieve wider impact through SSF Education and Training available across Scotland.</p>	<p>Purposefully use sport and physical activity as a tool to increase wellbeing, resilience, and tools for self-care.</p> <p>Reduce the stigma attached to mental health and buffer effects of trauma and Adverse Childhood Experiences (ACEs).</p>	<p>We will work to identify specific community needs and complement and add value to existing organisations and activities to improve outcomes for young people.</p> <p>We will develop environmentally sustainable business practices.</p>
Our Outcomes		
<ul style="list-style-type: none"> > Increase skills, training, accreditation > Increase Confidence > Increase Aspiration 	<ul style="list-style-type: none"> > Improve mental health > Increase wellbeing > Increase levels of physical activity 	<ul style="list-style-type: none"> > Young people achieve positive destinations > Increase volunteer hours > Increase understanding on social, financial, and environmental responsibilities

What we will actually do

Deliver SSF Education and Training modules and learning events.

Provide training for board, staff, and young people.

Organise celebration events to recognise achievements.

Include positive role models and experiences designed to increase aspiration.

Focus on underrepresented groups, linked to our equality, diversity and inclusion action plan.

Provide referral routes into and out of SSF programmes.

Work with subject experts (such as Enable, SAMH, SDS, Children 1st, SVRU, LGBT Youth Scotland).

Include mental health and wellbeing inputs into delivery.

Strategically influence to raise awareness of trauma, adversity, mental health, and link with sport.

Deliver a volunteer young leader programme for SSF participants.

Continue to create meaningful partnerships with other organisations.

Identify routes out of SSF programmes for young people and support their transition to a positive destination.

Sustainability working group, action plan and workshops.



What our stakeholders say

SSF Referring Partner, 2022

“J has done amazingly well over the last 5 months. His aspiration, drive and confidence to achieve his newly found goals are unrecognisable from where they were when he started. J has done so well to push himself into his stretch zone, take on new challenges and tackle new problems head on.”

SSF Education and Training Customer, 2022

“We work with young people who have a lot of mental health issues and don’t have great experiences with authority and establishment so this training, and the resources, will allow us to explore the young person’s mental health in an engaging and informal manner.”

SSF Parent, 2022

“Thank you for everything you all do. K really enjoyed himself after the initial part of being overwhelmed.”

SSF Conference Attendee, 2023

“Great mix of people and workshops all led by an excellent team with great energy.”



“I have never done anything like this before. It was a little scary as I didn’t know what to expect. But I think this will be useful for me in the future.”



“SSF is a place where friendships are made around every corner.”



“I am back at school and not missed a day. Going to apply for college to do brick laying or painting decorating.”

What our stakeholders say

Forbes Dunlop, sportscotland, 2023

“The work of the Scottish Sports Futures team, which puts young people at the centre of their planning and delivery and uses sport as a tool for inclusion and change, is essential. We are proud to work in partnership with the SSF team who are incredibly committed and passionate about improving the lives of the young people they work with. They understand partnership working and bring expertise and insight to our collaborations while always keen to learn and develop their approach. Their commitment to driving improvement for young people across Scotland is evident.”

sportscotland
the national agency for sport

Kirsty Giles, Scottish Violence Reduction Unit, 2023

“The Violence Reduction Unit Scotland has been supportive of SSF’s trauma-informed work with young people across Scotland for many years. This [report](#) highlights the need now, more than ever, for us to invest in our young people’s health and wellbeing. Access to sport and physical activity is a proven successful conduit to that.

We all want what is best for young people. Taking a trauma-informed approach to helping them must involve listening to young people’s voices, in particular those facing poverty and inequalities.

We will support SSF as a partner, in continuing their trauma-informed work in changing lives through sport and physical activity.”



Johanne Miller & Blair Melvin, UWS, 2023 (Evaluation of SSF)

“Our findings indicated SSF was a powerful impetus for change in young people’s lives. SSF created physically and emotionally safe places for young people to attend which had the result of:

- > Developing support networks
- > Increasing friendship groups
- > Building young people’s belief in self, and confidence levels
- > Improving physical and mental health
- > Acting as a barrier to mental health issues such as anxiety, loneliness, depression and self harm
- > Helping young people transition into education and employment
- > Widening young people’s life experiences”

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WEST of SCOTLAND

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To bring SSF to life for you, check out some of our SSF young people's stories.



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Charity No: SC034085

