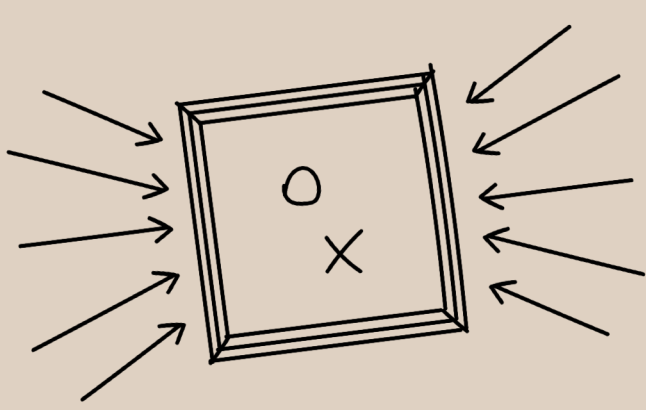


# EVALUATION REPORT

## 2021

UNLOCKED SPACES  
UNLOCK HOPE

TEAM



# WHAT IS OPEN DOORS?

Open Doors is an initiative that unlocks safe spaces in local communities for young people to be inspired through the power of sport. Open Doors creates positive experiences for young people during school holidays, engaging them at times when they often have no access to positive role models, enriching environments and safe spaces.

Since 2010, it has been reported that almost all local authorities have made cuts to their youth services<sup>1</sup>. This decline in youth services and facilities is supported by research that suggests 74% of Britons disagree that there are enough youth facilities for children and young people<sup>2</sup>. Furthermore, 77% of Britons feel there are not enough places for children and young people to be physically active during the summer holidays<sup>2</sup>.



The school holidays are often seen as a time when vulnerable children and young people are hit the hardest. This is reflected in research that shows a decline in fitness over the summer holiday period<sup>3</sup>, the Government's commitment to provide free meals and activities to young people over the summer holidays<sup>4</sup>, and ukactive's 'Schools as Community Hubs' delivery model that looks to unlock school facilities for children and young people over the holidays, introducing local activity providers to host subsidised clubs offering activities in a fun, social and safe environment<sup>2</sup>. Early intervention works to reduce the risk factors and increase the protective factors in a child's life<sup>5</sup>. Effective early intervention works to prevent problems occurring, or to tackle them head-on when they do, before problems get worse<sup>5</sup>. Evidence shows that effective interventions can improve young people's life chances at any point during childhood and adolescence<sup>5</sup>.



Unlocking opportunities and creating positive experiences during out-of-school times, by using under-utilised school facilities as activity hubs, Open Doors ensures that when term-time ends, engagement for vulnerable young people does not. The Open Doors programme provides coaching and mentoring to young people during school holiday periods, ensuring they have access to local role models, local delivery and enriching engagement.

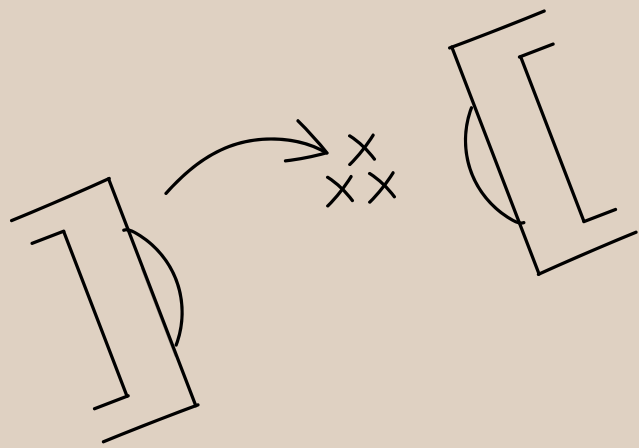
Open Doors was initially piloted for two days a week, four hours a day throughout four weeks of August 2019 and three weekdays of the February school half-term. The pilots successfully brought together young people from different backgrounds and built their confidence to interact with new and different people. Open Doors has the potential to support young people to build positive life skills by allowing them to engage in enjoyable activities and be guided by caring and influential role models in a safe environment, and was therefore scaled for wider delivery.

<sup>1</sup><https://www.unison.org.uk/content/uploads/2016/08/23996.pdf>; <sup>2</sup><https://www.ukactive.com/news/ukactive-calls-for-government-to-stop-disadvantaged-young-people-being-left-behind-by-summer-holiday-lockout/>; <sup>3</sup>[https://adc.bmj.com/content/early/2019/01/31/archdischild-2018-315567?utm\\_source=trendmd&utm\\_medium=cpc&utm\\_campaign=allijs&utm\\_content=americas&utm\\_term=1-B](https://adc.bmj.com/content/early/2019/01/31/archdischild-2018-315567?utm_source=trendmd&utm_medium=cpc&utm_campaign=allijs&utm_content=americas&utm_term=1-B);

<sup>4</sup><https://www.gov.uk/government/news/free-meals-and-activities-for-50000-young-people-over-2019-summer-holidays>;

<sup>5</sup><https://www.basw.co.uk/system/files/resources/realising-the-potential-of-early-intervention.pdf>





# 2021 DELIVERY

Across 2021, Open Doors was scaled up and delivered in London, Birmingham, Liverpool and Manchester as part of a collaborative delivery model model funded by various parties including GLA/VRU, Nike, Holiday Activities and Food Fund – DfE, Opening School Facilities – Sport England/Active Partnerships network and the City of Birmingham School.

The delivery of Open Doors took place in 8 London Boroughs: Barking and Dagenham, Brent, Camden, Croydon, Newham, Southwark, Sutton, and Tower Hamlets, as well as 2 areas of Birmingham and 1 area in both Manchester and Liverpool.

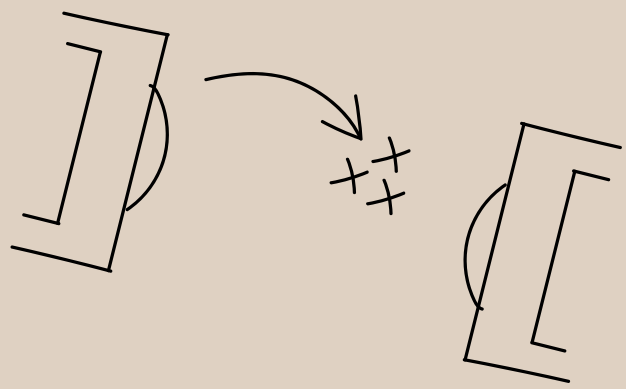


16 schools were opened during school holiday periods across the delivery. This was made up of 4 secondary schools, 1 primary school, 5 primary and secondary schools, and 6 Pupil Referral Units (PRUs).

Delivery varied slightly between schools but generally started at either 9am or 10am and finished at 3pm. Below are two example days from primary and secondary school delivery.

Timings	Example Day – primary school
9:00 – 10:00	New City Primary School – multi Sport Delivery
10:00 – 11:00	New City Primary School – multi Sport Delivery
11:00 – 12:00	New City Primary School – multi Sport Delivery
12:00 – 13:00	Lunch
13:00 – 14:00	New City Primary School – multi Sport Delivery
	Our Parks session
14:00 – 15:00	New City Primary School – multi Sport Delivery
	Our Parks session

Timings	Example Day – secondary school
	Jason Roberts Foundation – Football Activities
10:00 – 11:00	Our Parks Fitness Session
	Rio Ferdinand Foundation
	Jason Roberts Foundation – Football Activities
11:00 – 12:00	Our Parks Fitness Session
	Rio Ferdinand Foundation
12:00 – 13:00	Lunch
13:00 – 15:00	Zest of mind – Multi Sports



# DELIVERY PROVIDERS

## LONDON



AYBI AIM IS TO PREVENT YOUNG PEOPLE FROM BOTH ENTERING THE CYCLE OF CRIMINALITY OR TO BREAK THAT CYCLE OF CRIMINALITY IF IT HAS ALREADY DEVELOPED.



BLOOMSBURY FOOTBALL FOUNDATION USES THE POWER OF FOOTBALL TO IMPROVE THE LIVES OF CHILDREN IN LONDON AND TO ENABLE CHILDREN TO PURSUE THEIR FULL POTENTIAL.



SPECIALISE IN USING SPORT AS A TOOL TO ENGAGE AND CREATE CHANGE, WE TEACH BOXING, JIU JITSU, YOGA & FITNESS.



JASON ROBERTS FOUNDATION INVESTS IN LOCAL COMMUNITIES TO CHANGE OUTCOMES FOR THE MOST MARGINALISED



OUR PARKS IS A UNIQUE INITIATIVE BRINGING FREE, ACTIVITY CLASSES, TO LOCAL GREEN SPACES



PROVIDES OPPORTUNITIES FOR YOUNG PEOPLE TO DO SPOKEN WORD AND MUSICARTS WORKSHOPS



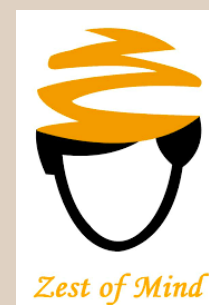
USE GAMES AND ACTIVITIES WITH DRAMA TO CREATE STORIES INVOLVING LOTS OF DIFFERENT CHARACTERS AND SCENES.



PROVIDE LIFE-CHANGING SUPPORT TO YOUNG PEOPLE SO THEY ARE EQUIPPED TO GET INTO SUSTAINED EDUCATION, EMPLOYMENT OR TRAINING.

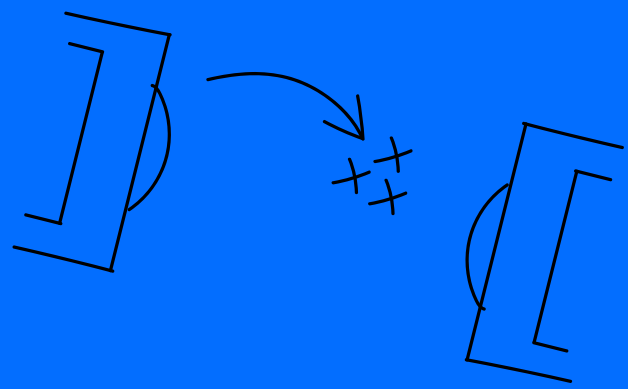


FITNESS COACHES AND YOUTUBERS, TANZII TV USE TECH AND GAMES TO SHOW JUST HOW FUN EXERCISE AND MOVEMENT CAN BE!



ZEST OF MIND PROMOTES WELL-BEING AND A HEALTHY LIFESTYLE FOR EVERYONE TO IMPROVE PHYSICAL AND MENTAL FITNESS,





# DELIVERY PROVIDERS

## MANCHESTER



WE INSPIRE,  
NURTURE,  
CHALLENGE AND  
UNITE PEOPLE,  
ESPECIALLY THE  
YOUNG PEOPLE  
USING  
BASKETBALL



**Foundation**

USING  
FOOTBALL TO  
ENGAGE AND  
INSPIRE YOUNG  
PEOPLE TO  
BUILD A BETTER  
LIFE FOR  
THEMSELVES



PROVIDES  
OPPORTUNITIES  
FOR YOUNG  
PEOPLE TO DO  
SPOKEN WORD  
AND MUSIC/ARTS  
WORKSHOPS



ART WORKSHOPS  
TO PROMOTE  
RELAXATION,  
STRESS RELIEF,  
MINDFULNESS &  
ENJOYMENT



MULTISPORT  
ACTIVITIES WILL BE  
DELIVERED BY THE  
SCHOOL INCLUDING  
SKATEBOARDING,  
CYCLING, DODGEBALL

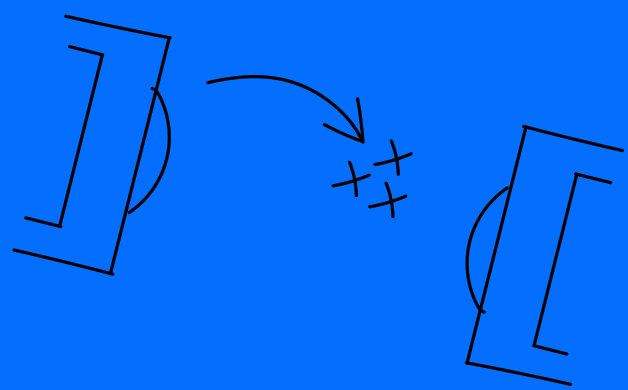
## LIVERPOOL



INSPIRING YOUNG  
PEOPLE WITH  
FOOTBALL AND  
MENTAL  
HEALTH/CONFIDENCE  
WORKSHOPS



WORKING WITH THE  
INSPIRATIONAL EARL  
JENKINS KINGSLEY  
COACHING AND  
LEADERSHIP  
OPPORTUNITIES TO  
KIDS

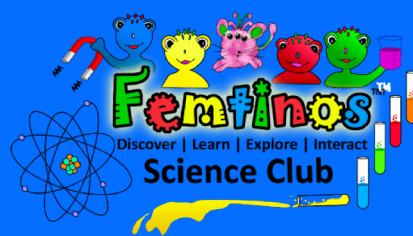


# DELIVERY PROVIDERS

## BIRMINGHAM



ASPIRE - PROVIDE  
MULTISPORT HOLIDAY  
CLUBS THEMED AROUND  
SUBJECTS FROM THE  
CLASSROOM, COMBINING  
EDUCATION AND ACTIVITY.



FEMTINOS PROVIDE OF  
CREATIVE, EDUCATIONAL,  
FUN AND INTERACTIVE  
SCIENCE, TECHNOLOGY,  
ENGINEERING, ARTS AND  
MATHEMATICS)  
WORKSHOPS



OUR PARKS IS A  
UNIQUE INITIATIVE  
BRINGING FREE,  
ACTIVITY CLASSES,  
TO LOCAL GREEN  
SPACES



ART WORKSHOPS  
TO PROMOTE  
RELAXATION,  
STRESS RELIEF,  
MINDFULNESS &  
ENJOYMENT



PREMIER  
EDUCATION RUN  
ACTIVITY CLUBS THAT  
FOCUS ON HEALTH AND  
WELLBEING OF  
CHILDREN THROUGH  
ACTIVE LEARNING.







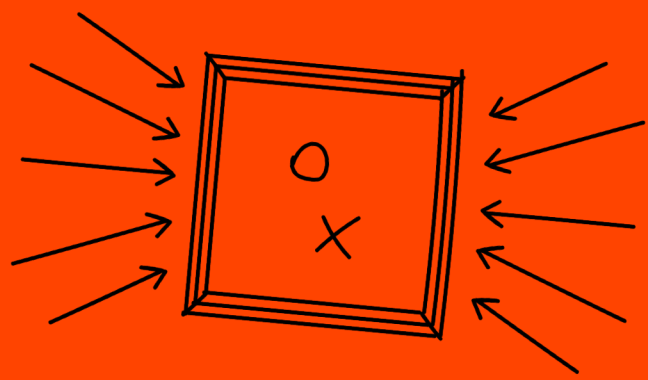
# EVALUATION APPROACH

To measure and understand the potential impact of the Open Doors pilot on those taking part the ukactive Research Institute conducted a mixed methods research evaluation. This included combining registration and throughput data with questionnaires to collect outcomes data and focus groups to explore areas in more detail. This mirrors the approach taken across the GLA delivery between Summer 2020 and Summer 2021 with the addition of testing the feasibility of data collection across a greater number of locations.

The outcomes that were collected focused on the young people's physical and mental wellbeing, activity opportunities, feelings around school, social interaction, confidence, and the Open Doors delivery. These questionnaires were completed during activity delivery by young people participating.

The focus groups were conducted to explore the participants thoughts and feeling towards their participation. This focused on social interactions, mental wellbeing, physical activity, and the Open Doors delivery. Focus groups were also conducted with with commissioners/project team, teachers and school staff, and delivery providers. The focus groups were transcribed and analysed using content analysis with the key themes and findings reported.





# PARTICIPATION

Across the Summer 2021 delivery 4,791 young people participated in Open Doors. The table below provides a breakdown by schools across each of the four cities.

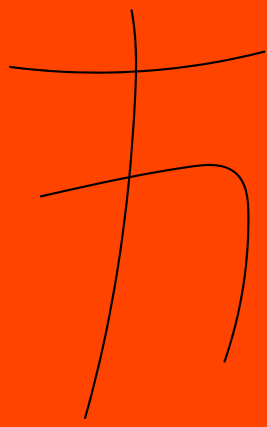


The participation numbers at each school are dependent on the capacity so comparison between schools is not representative of the success at each school. However, as a whole project the participation figures indicate that Open Doors was able to engage a high number of young people across different geographical locations.

School	City	Summer 2021
Crest Academy	London	261
LEAP (London East Alternate Provision)	London	14
Phil Edwards PRU	London	4
Beckmead	London	51
Camden Haverstock	London	263
Harris Academy St John's Wood	London	519
King Solomon	London	60
Maria Fidelis	London	43
Mayesbrook Park School	London	40
SILS (Southwark Inclusive Learning Service)	London	45
The Limes College	London	3
New City Primary	London	810
King's Leadership Academy Hawthornes	Liverpool	1,050
MEA Central	Manchester	1,210
Arena Academy	Birmingham	384
City of Birmingham School	Birmingham	34
Total		4,791

*Note – this is throughput and not unique young people.*





# DEMOGRAPHIC DATA

Demographic data was collected from young people during Open Doors registration. The table below provides an overview of the young people engaged across the 2021 delivery. However, data was only reported by nine schools with age and disability only provided by five schools. Data was mainly missing across the schools as part of the London delivery.

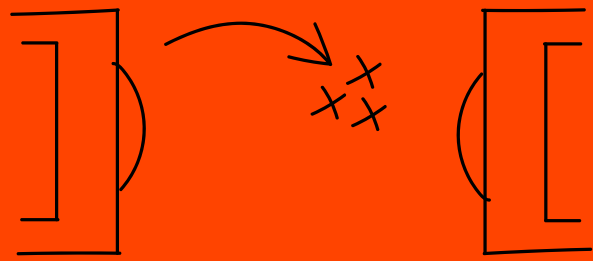
From the demographic data collected, the average age was 10.1 years reflecting the delivery split between primary and secondary schools. The ethnicity data shows engagement of young people from different ethnic backgrounds however there was an underrepresentation of female participants and only a small proportion of disabled participants engaged, which did include children with Special Educational Needs (SEN), from the delivery where data was collected.



Average age <sup>1</sup> n=339	Gender n=713		Ethnicity n=706					Disability <sup>1</sup> n=348		Free School Meals <sup>2</sup> n=TBC	
	Male	Female	White or British	Asian or British	Black or British	Mixed	Other	Yes	No	Yes	No
10.1	64.8%	35.2%	36.5%	27.3%	16.3%	12.3%	7.5%	4.0%	96.0%	TBC	TBC

Demographic data is for unique participants. <sup>1</sup>Age and disability data was only reported by five schools. <sup>2</sup>Free School Meals data reported by six schools. 'n' is the total number of children who provided data for each item as not all children who took part provided data.








# QUESTIONNAIRE DATA

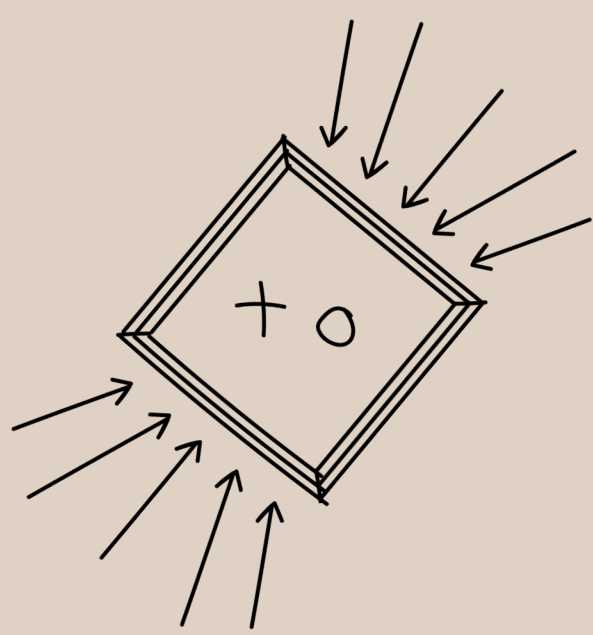
Questionnaire data was collected from a total of 138 young people across the Summer 2021 delivery. Not all young people answered all of the questions so sample sizes for each may vary slightly. The below section presents the data collected overall and segmented by time period.

Overall, young people were active for 60 minutes per day 4.6 days a week on average. By activity levels this meant that only 39 young people were classified as active. There were 45 young people classified as inactive and 44 classified as fairly active. This suggests that Open Doors is providing activity opportunities for young people who consider themselves to not be very active and therefore promoting positive activity behaviours.



	Average days per week achieving 60 minutes of activity	 Inactive – average <30 minutes per day	 Fairly active – average 30–59 minutes per day	 Active – average 60 minutes or more per day
Overall	4.6	45 (35.2%)	44 (34.4%)	39 (30.5%)





# QUESTIONNAIRE DATA

	Feelings of happiness	Feelings of satisfaction	Feelings of worthwhile
Overall	8.1	8.1	8.1
Average out of 10			

Feelings of happiness, satisfaction and worthwhile were used to measure the mental wellbeing of young people taking part in Open Doors. . Overall, each measure had the same average of 8.1 out of 10.

An important part of Open Doors is providing the participants with the opportunity to meet and mix with others. To measure the social connections between participants two questions were asked. The vast majority of young people stated they had made new friends whilst taking part in Open Doors.

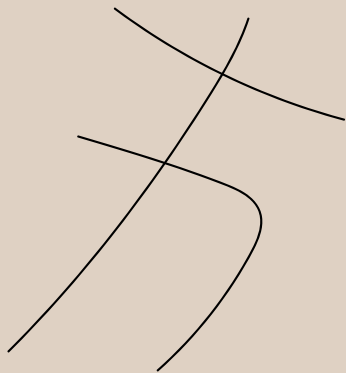
Have you made any new friends whilst on Open Doors?		
	Yes	No
Overall	118 (90.8%)	12 (9.2%)

The second question asked comfort levels with mixing with others from a different background with the majority of young people stating they were always or often comfortable . Overall, only eight young people were rarely or never comfortable indicating that although this does not happen often the Open Doors delivery needs to ensure all young people are supported to socially interact.

How comfortable are you with mixing with others from a different background to your own?					
	Always comfortable	Often comfortable	Sometimes comfortable	Rarely comfortable	Never comfortable
Overall	63 (50.8%)	28 (22.6%)	25 (20.2%)	7 (5.6%)	1 (0.8%)







# QUESTIONNAIRE DATA

The level of instruction, support and guidance was rated as excellent or good by the majority of young people attending across the Summer 2021 delivery.

Overall, how do you feel about the level of instruction, support, and guidance received through Open Doors					
	Excellent	Good	Satisfactory	Poor	Very poor
Overall	64 (48.5%)	52 (39.4%)	16 (12.1%)	0 (0.0%)	0 (0.0%)

Overall, the majority of young people were looking forward to returning to school after the holiday. Only a small proportion were not looking forward to going back to school.

What are your feelings about going back to school			
	Looking forward to going back	Neither looking forward or not looking forward to going back	Not looking forward to going back
Overall	77 (63.1%)	30 (24.6%)	15 (12.3%)

The majority of young people stated they had the same amount of opportunities at school to be active and take part in sport and activities as they usually would. A small proportion stated they had more opportunity and some stating they had less opportunities.

Have you had as many opportunities at school to be active and take part in sport and activities as you usually would?				
	Yes – the same amount	No – less opportunity	No – more opportunity	Not attending school
Overall	84 (70.0%)	27 (22.5%)	8 (6.7%)	1 (0.8%)





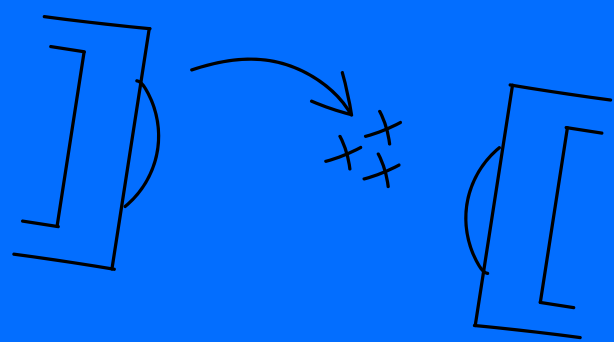


**“What have you been doing differently to stay active? Both in school and outside of school.”**



“Is there any other feedback that you would like to provide?”





# QUALITATIVE DATA

## YOUNG PEOPLE'S EXPERIENCES

Qualitative data was also collected to understand the experiences and opinions of young people who took part in Open Doors and to specifically understand how they felt about the concept of the programme. Focus groups (group discussions) and interviews were undertaken at all programme delivery timepoints with young people. Over 100 young people took part in interviews and focus groups from across schools in Birmingham and London across delivery time points, including in Manchester and Liverpool in Summer 2021. Young people were aged between 5–17 years old.

Through a process called thematic content analysis key themes have been developed from the qualitative data, represented and described in the following bubble diagrams.

### **Mentoring and social support**

The social interaction and informal chats with providers, deliverers and some teachers allowed some young people to discuss issues that were bothering them and receive a level of social support and mentoring.

### **Building and making new friendships**

Taking part in team sports or activities together encouraged young people to talk and interact in a way that they would not usually. In general, the young people enjoyed taking part in the programme with their existing friends or school mates, and this interaction provided them with confidence to interact with new people. Especially during the Summer of 2021, when bubbling was dropped, young people commented on the fact that they had made a number of new friends.

### **Social interaction and building friendships and relationships**

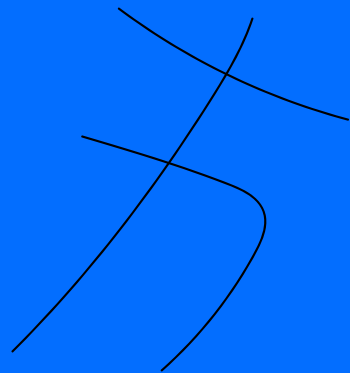
### **Positive role modelling**

The deliverers, providers, teachers and ambassadors that supported the programme were seen as providing positive role modelling by some young people. For example, coaches and deliverers facilitated social interaction and encouraged young people to feel more confidence talking to new people, and this care made the young people feel supported. Additionally, the ambassadors and athletes who attended some locations, like John McAvoy, made the young people feel appreciated and 'remembered', and shared positive messages which the young people said felt inspirational.

### **Face to face interaction**

Following the social distancing and lack of social interaction due to the pandemic and lockdowns young people, especially older ones, felt they really benefited from having extra face to face interaction with others their age. They expressed that not having this had been very difficult throughout the pandemic, and some noted that they felt face to face interaction was particularly important for mental health, reducing things like loneliness, anxiety and depression.





# QUALITATIVE DATA

## YOUNG PEOPLE'S EXPERIENCES

### Engagement with new activities

Young people took part in a range of activities, the ones most often mentioned were rugby, football, basketball, archery and boxing. Some of these were activities they did not usually get a chance to take part in (e.g. archery) and so gave them a chance to try new things and have new experiences. Boxing was a popular choice among young girls (e.g. 12–14 years) which they enjoyed the opportunity to take part because they felt they wouldn't usually have that chance. When other activities such as art and poetry was integrated into the programme, young people particularly liked being able to join up being creative and active.

### Physical activity participation

### Increased physical activity participation

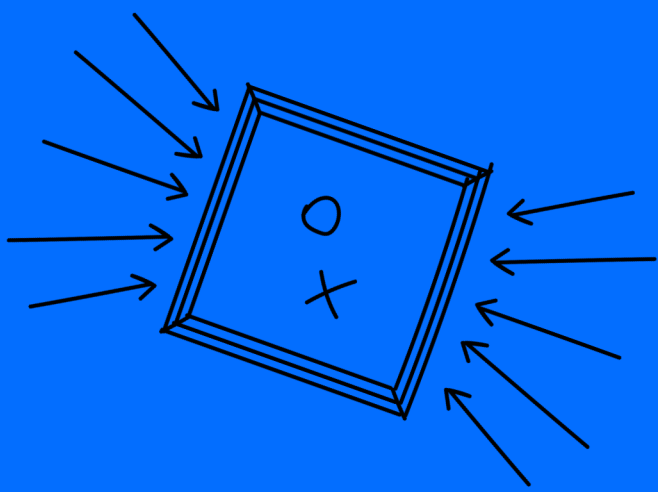
The programme gave young people an opportunity to do something active and productive with their time compared to what many said they would normally do, which was stay in house (e.g. on phone, computer, video and board games). During Summer 2021 a number of young people said they had been more active because of the programme and also outside of it, including going to the park with friends, walking up and down stairs or to school, and walking the dog.

### Variety to routine

Young people felt more energised and positive from the routine of going to the programme compared to staying at home. It appeared to provide needed stimulation and variety, especially after the covid-19 pandemic lockdowns, and especially for young people who lived in less affluent areas, without gardens and were not allowed out.







# QUALITATIVE DATA

## YOUNG PEOPLE'S EXPERIENCES

### Familiarity and settling before term time

An extra benefit to hosting youth clubs in young people's existing or local schools was that it allowed them to re-familiarise with the school or become settled in if it was becoming their new school (e.g. school transition), and helped them feel more comfortable with going back to school post the holidays. This was particularly the case after Summer delivery.

### Safe spaces for young people outside of term time

Young people of all ages commented on the benefit and appropriateness of using their schools for youth clubs because they felt like safe, accessible and familiar spaces to them. Some of the youngest young people (ages 5) noted that they felt safe in schools because of the teachers, the gates, security, and the other adults (e.g. caretakers) they knew and trusted to look out for them. Older young people (e.g. ages 12–15) felt safe getting to the school because of knowing the area.

### Using school facilities for youth clubs

### Combating holiday hunger

A majority of young people felt that the free food provided was an extra incentive to attend the programme because it meant they, or their parents, did not have to worry about being fed. As pointed out by the teachers involved, this was particularly important for those on free school meals, who did not have access to such meals in the holidays. Schools were also appropriate locations for providing food because of existing facilities.

### Good facilities

The majority of young people felt that schools were a suitable place to host youth clubs because they already had a good selection of high quality facilities that could be used. This wasn't the case for all schools, but the concept of using existing schools facilities, especially in schools in their local area, was an encouraging factor to get young people to participate.

### Other safe spaces for young people

While the majority of young people said they felt school was a safe place, they also noted a number of other spaces which included sports clubs (e.g. footballs clubs), fast food locations (e.g. KFC) and places with Wi-Fi and home.

### Safety in relationships for young people

A number of young people said that it was hard to trust and confide in others about personal problems or mental health, especially peers, because they could do things to hurt or break the trust in a relationship. In conversation exploring safe people to talk to, some young people (ages 14–15) stated that they felt there was no one they could trust, while others said friends, teachers and school counsellors felt safe to talk to.





# QUALITATIVE DATA

## DELIVERER AND PROVIDER FEEDBACK

Deliverers, providers and teachers were also asked to provide feedback on the challenges and successes they faced supporting the delivery of the Open Doors programme, and any suggestions for improving future delivery. Focus groups and Interviews took place from February 2021 – August 2021 with twelve deliverers, providers and teachers involved with setting up, running or facilitating the programme delivery over multiple time points.

### Enablers or factors that facilitated successful programme delivery

#### Trust and relationship building

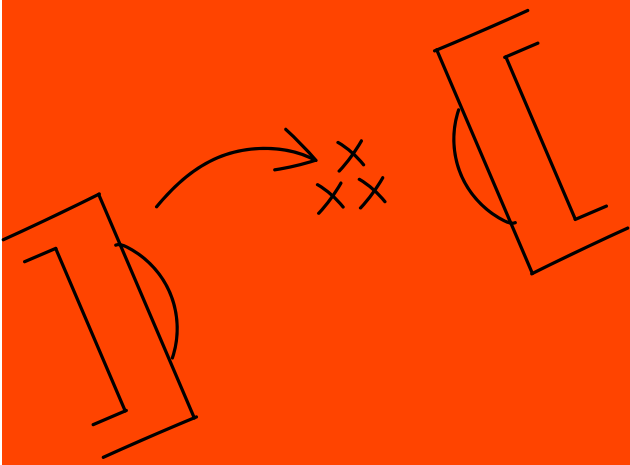
- ❖ Building trust with the young people was essential to participation and then continued engagement across the summer, especially with young people from the PRUs. Deliverers who already knew the school and the young people found engagement easier from the offset, but those who did not said that after a few days, once trust and familiarity had been built up, engagement grew.
- ❖ Existing relationships with the school was an enabler and facilitated the ease of deliverer of the programme, in addition to how much awareness of the programme was raised and how many young people signed up. Where the school facilitated and took control of raising awareness of the programme and promoting it regularly to its parents, this really supported sign ups. However, this was less successful in some schools (.e.g. PRUs).

#### Flexible funding

- ❖ Providers and deliverers noted that the flexibility and the openness of the funding from Nike for the Open Doors programme made it much easier to deliver the programme successfully because it allowed delivery to be catered to the school and young people's needs. Deliverers commented on the fact that it allowed certain schools to be included in the programme, if say funding had come from Sport England or Department for Education (DfE) because the criteria were not as strict and did not limit delivery potential. Nonetheless, it was also noted that a balance was needed between the open and flexible funding provided and some required standard of delivery which ensured a baseline level of quality assurance across all of the different location. This was mentioned because some deliverers working across multiple sites noted very different standards of delivery and felt not all young people received the same high quality or level of opportunity.

#### Use of school facilities

- ❖ All providers, deliverers and teachers were fully supportive of the concept of Open Doors and the appropriateness and suitability of schools and their sporting facilities as places to host youth sport clubs and programmes such as this one. This was firstly because they considered them safe spaces for the young people to get to and were more likely to get engagement from the young people and their parents because they felt safe sending their young people to a programme hosted in a familiar space. Secondly, having school equipment and facilities readily available and accessible was a huge enabler for deliverers and providers, because it removed a barrier of not having the right equipment or space to conduct certain activities. Facilities and space were not available in all schools, especially some of the PRUs, however this was not considered a barrier if deliverers knew what was available as they could adapt their activities and could leave appropriate equipment behind so the school could continue hosting the activities outside of the programme time (.e.g. Wall Ball).



# QUALITATIVE DATA

## DELIVERER AND PROVIDER FEEDBACK

### Challenges to successful programme delivery

#### Time and forewarning

- ❖ Having a lack of forewarning to plan and engage with school was a challenge for a majority of deliverers and providers, in part provoked by the uncertainty caused by the pandemic. Having more forewarning into the lead up of delivery at each time point was considered beneficial because it allowed time to build new relationships with schools or re-engage existing relationships, raise awareness of the programme and improve sign ups, and maximise participation by being able to pick the most popular weeks for delivery across the holidays.

#### Awareness and advertisement

- ❖ A majority of deliverers and providers felt that word of mouth and working with the schools directly was the best way to increase awareness of the programme and help advertise it. They felt that presence of the Nike logo was a great form of advertisement for the programme which encouraged parents to sign their young people up, however suggested that this could be even more influential if further advertising and more branding was provided by Nike to increase the perception of the legitimacy of the programme.

#### Data collection

- ❖ Whilst data collection to demonstrate the impact was considered a good thing, deliverers and providers felt that some of the questionnaire items were difficult to implement alongside delivery, especially with the younger young people. A variety of methods were used to collect data – questionnaires on paper and online, and focus groups and interviews. Deliverers and providers felt that the questionnaires were more appropriate for older age groups (e.g. 12+) and that games or conversations worked better with the younger age groups.

### Suggestions for future delivery

A number of suggestions to enhance future delivery of the programme were made based on the challenges and successes experienced.

- ❖ To increase lead in time to allow longer to raise awareness of the programme and increase likelihood of sign-ups.
- ❖ To develop a communication network between providers and deliverers to allow them to share learnings between each other.
- ❖ To maximise the use of the Nike branding to further facilitate sign ups and awareness of the programme.
- ❖ To maintain the flexibility in the funding, however incorporate in a baseline level of quality assurance to ensure an equal standardised level of delivery quality across all sites.
- ❖ To continue data collection to demonstrate programme impact but consider simplifying questionnaire items, gamifying data collection or maximising qualitative methods for younger age groups.





## WHAT NEXT?

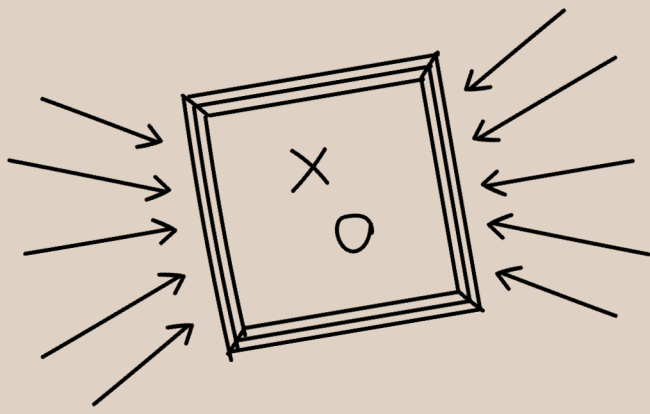
The delivery of Open Doors across the Summer holiday period was the first time the programme had been scaled. Building on the pilot development and delivery undertaken from Summer 2020 the current Summer 2021 delivery has seen participation throughput of over 4,700 young people. These young people have had access to safe spaces in local communities to be inspired through the power of sport. The feedback and data received highlight the positive experiences these young people are receiving during school holidays, often at a time when they have no access to positive role models, enriching environments and safe spaces.

Outcomes data was collected from young people, building on the GLA delivery across 2020 and 2021. This also tested the feasibility of collecting data from a scaled Open Doors delivery. The data collected indicates that Open Doors provides an opportunity for young people to be physically active and to have the opportunity to try new sports. The programme also provided young people with the make new friends and mix with people they would not normally. The coaches played a big part in this with young people suggesting they were positive roles models and allowed them to discuss issues they could not discuss elsewhere were. The face to face interaction missing due to Covid-19 restrictions and team work were also important to those taking part. Delivery, support and guidance was seen as good or excellent across the data collection time points.

Using the school facilities outside of term term was seen as a positive by those taking part and delivering the programme. From a young persons perspective it allowed refamiliarisation after not being at school, or familiarisation if moving schools. Again, the schools were deemed safe and had good facilities. This was echoes by delivers, teachers and commissioners. The food provided has also helped to combat holiday hunger and seen as an extra incentive for young people to attend. Deliverers felt for continued success greater planning time is needed to engage the schools which in tern would lead to more time to engage families and children.

The collection of data was broadly successful however there are areas for development. All of the delivery schools provided throughput data however only nine of the schools provided demographic data. Outcome data was received from 138 young people across seven of the schools. Deliverers suggested that the evaluation approach should be refined to maximise uptake of young people to demonstrate if there is positive impact.





## WHAT NEXT?

This evaluation report brings together the scaled delivery of Open Doors during the summer holiday period of 2021. The delivery, engagement, positive outcomes, and feedback all indicate that Open Doors is providing a unique and important opportunity for young people who may not have access to safe spaces, role models or physical activities.

In addition to the delivery discussed in this report, Open Doors was also delivered across London between Summer 2020 and Summer of 2021. The combined evaluation findings and delivery learnings should be used to continue the evolution and increased delivery of Open Doors providing young people across the country to have access to the programme.

To see more about Open Doors a video of the delivery can be found [here](#) as well as location videos for [London](#), [Birmingham](#) and [Manchester](#).







For more information on Open Doors please contact the ukactive young people, Young people, and Families team - [kids@ukactive.org.uk](mailto:kids@ukactive.org.uk)

For more information on the evaluation or the ukactive Research Institute please contact the ukactive Research Institute - [research@ukactive.org.uk](mailto:research@ukactive.org.uk)