

Youth Indoor Sports Program

2019 Program Two - Final Report
(comparisons to Program One)



Between October and December 2019, an eight week indoor sports program for multicultural youth was conducted by Migrant Information Center. The 2 hour sessions were held on Wednesdays after school at Action Indoor Sports in Ringwood. The project aimed to provide a safe and active environment for young people as a protective factor against alcohol harm. Extending on the learnings from the Term 2 project (Program One), the program was altered from an exclusively Soccer program to a Volleyball / Soccer / 'Hang out' program to increase participation.

Process Measures

Target

- 8 x 2 Hour sessions
- Average 20 participants each week
- Participants attend at least 50% of sessions
- At least one support service attends each week

Result

- 16th Oct to 4th Dec ✓
- 82 average ✓
- Achieved ✓
- Achieved ✓

Participants



82

46

An average of 82 youth attended each week
46 average in Term 2

Attending Support Services

- Youth Support & Advocacy Service (YSAS)
- Eastern Legal Community Centre (ECLC)
- Maroondah Youth Services
- EACH Youth Services
- AMES Youth Services
- Yarra Ranges Youth Services

Impact Measures

Participants indicate an increase in social connection

Discussion were held with participants who had demonstrated leadership qualities. All of these participants agreed that the program offered an ideal opportunity to connect with the wider population and make new friends.



Service providers report a level of relationship building with participants

Participants report that they encouraged their peers to attend

100%

100% of respondents indicated that they promoted this program to their friends.

Participant comments

- "Great place to vibe with friends"
- "I enjoy this program and I was invited by a friend"
- "I hope we can continue this program"
- "I hope it happened next year"
- "I hope we can continue this program and more weeks"



"Our organisation was initially planning to send staff members who are involved in ground-level operations. But once we had an update about the attendance....we decided to send two members from management. We were very impressed and looking forward to discussing the possibility of funding this program"



"Young people asked very important questions related to our service. Effective program"

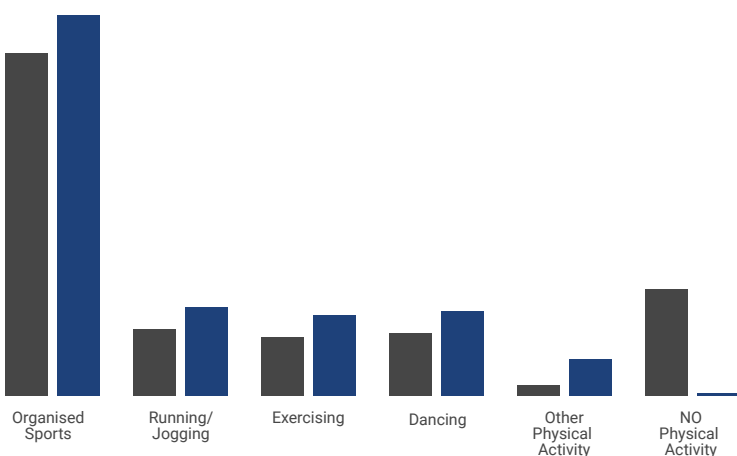


"Our organisation is constantly working on improving the participation of CALD youth. This program is a great platform for us to achieve that goal"

Participants report opportunities for increased physical activity

Self reported weekly physical activity

■ Pre ■ Post



Participants report an increased knowledge of support services

Self reported service awareness

■ Pre ■ Post

