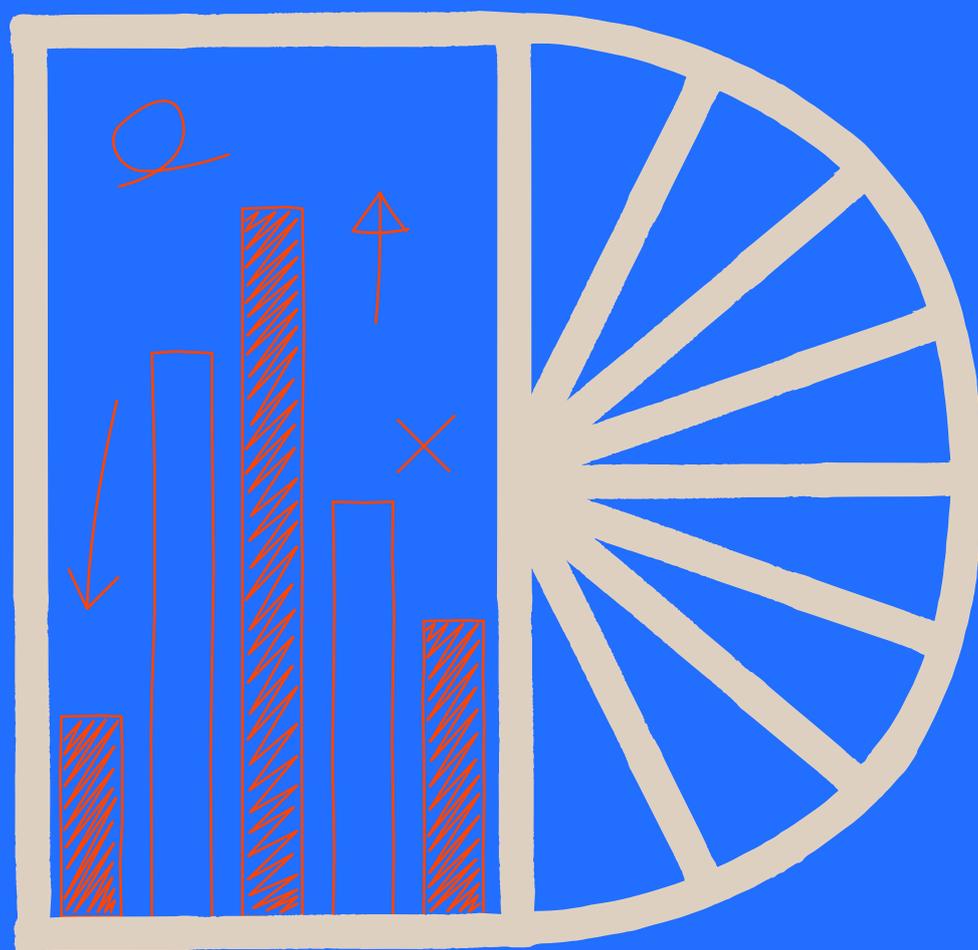


SNAPSHOT IMPACT REPORT 2022



OPEN DOORS

INTRODUCTION

THE MISSION:

Open Doors creates positive experiences for children and young people during school holidays, engaging them at the very time when many do not have access to role models or safe spaces. The programme uses school sports facilities as activity hubs so, when term-time ends, our children and young people stay active and engaged.

The Open Doors programme for summer 2022 provided sport, activity, and food to underserved children and young people in four major cities. As the cost of living rises and health inequalities grow, the programme has given children and young people the opportunity to have fun, try new activities, and stay active in a safe environment during the summer holidays, thanks to a range of athletes and coaches at 12 sites and schools across London, Birmingham, Manchester, and Liverpool.



DELIVERY MODEL:

The Open Doors delivery model varied across each city and its prospective school sites. Each site shaped its offer based on the needs of its local young people, capturing the youth voice to identify what activities would be delivered and the format in which these would be structured.

Participants were identified by the schools and were recruited based on reaching those young people who are most underserved and who would not typically get such opportunity. The 2022 programme saw a similar level of participation to the 2021 programme, which had 4,791 attendances across 16 schools (not unique individuals), compared to 4,573 in 2022, across 12 sites.

Below is an example timetable of scheduled activity that took place at Core Arena Academy in Birmingham.

TIME	MON	TUES	WED	THURS	FRI
	25th July 2022	26th July 2022	27th July 2022	28th July 2022	28th July 2022
8:30-9AM	Registration	Registration	Registration	Registration	Registration
9-10am	Dance	Bikeability	Playmaker	Tanzi TV	Music
10-11am	Music	Dance	Bikeability	Tanzi TV	Stop animation
12am-1pm	Lunch	Lunch	Lunch	Lunch	Lunch
1-2pm	Stop animation	Music	Dance	Tanzi TV	Playmaker
2-3pm	Playmaker	Stop animation	Music	Stop animation	Bikeability
3-4pm	Bikeability	Playmaker	Stop animation	Playmaker	Dance
4pm	Sign out				

Birmingham CORE ARENA ACADEMY

Children will be split into 5 groups and will rotate round the activities

UK active OPEN DOORS

BLUEPRINT RESOURCE:

As part of the programme’s delivery in 2022, ukactive and Nike launched the **Open Doors Blueprint** on 6 June 2022 – a guide which has the potential to unlock the UK’s school sport facilities, giving every child and young person access to physical activities and food outside of school hours.

The document is a practical resource aimed at schools, local authorities, activity delivery partners and funding organisations, offering best-in-class guidance from the Open Doors programme, which has proved successful in London, Birmingham, Liverpool, and Manchester.

It introduces the essential components of the Open Doors model and provides advice on mentoring and coaching, food provision, and funding models, as well as testimony from children, young people and parents.



EVALUATION:

In 2022, the aim of the measurement, learning and evaluation process was to understand the lived experiences of the young people taking part in the Open Doors programme. This was undertaken by exploring experiences provided through Open Doors alongside day-to-day experiences outside of the programme. To do this, the ukactive Research Institute adopted a qualitative approach, through interviews, focus groups and ad-hoc conversations and observations with children and young people on the Open Doors programme throughout the summer.

Participation

Over the summer, 737 children and young people participated in Open Doors across four regions and 10 schools. The table below provides a breakdown across each of the four delivery 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 children and young people well, across the four different geographical locations.

CITY	NUMBER OF SCHOOLS	UNIQUE PARTICIPATION	TOTAL THROUGHOUT
London	1	80	1,200
Birmingham	2	42	285
Liverpool	1	97	438
Manchester	6	518	2,650
TOTAL	10	737	4,573

Demographic data

Demographic data was collected for the children and young people during Open Doors registration. The table below provides an overview of the children and young people engaged across the 2022 delivery. From the demographic data collected, the average age was 10.0 years. The ethnicity data shows engagement of children and young people from different ethnic backgrounds, with just over a quarter being of Asian or Asian British ethnicity. Just under two thirds of participants were male. Only a small proportion of disabled participants were engaged (5.8%). A high proportion (two thirds) of young people on free school meals were engaged.

Average age n=668	Gender n=657		Ethnicity n=678					Disability n=695		Free School Meals n=598	
	Male	Female	White or White British	Asian or Asian British	Black or Black British	Mixed	Other	Yes	No	Yes	No
10.0	64.4%	35.6%	34.8%	26.0%	17.0%	6.9%	15.3%	5.8%	94.2%	63.2%	36.8%

Demographic data is for unique participants. 'n' is the total number of children who provided data for each item as not all children who took part provided data.

Young peoples lived experiences

Conversations were undertaken with 50 children and young people from across the four delivery cities (male: 48% (n=24); female 52% (n=26)). Five people were team leaders (older children who were responsible for teaching the young people sports skills) from schools in Manchester. Children were aged between reception and Year 6 (ages 5 to 11), with team leaders being aged 14-16 years. They were asked to describe what they liked about the programme, what were the reasons they wanted to come back, their thoughts on sports and exercise, and their perception of the programme being hosted on their local school site. They were also asked to provide thoughts on what could be improved. Five themes emerged from the interviews and focus groups with young people – as shown and described below.



NEW EXPERIENCES

Children and young people got to try new activities they had never experienced before, and thus discovered new activities they did not think they could like and learnt new skills that could be transferrable outside of sport (e.g. leading others, working in teams).



SOCIAL INTERACTIONS

Children and young people said they were able to maintain existing interactions with friends they would not otherwise see over the summer holiday period, in addition to new interactions, making new friends with children in their local area and school. They reported that this helped them feel less scared of 'not knowing anyone' going into the new school year, especially if they were moving up a key stage.



PREPARATION

Children and young people felt that having this programme at their local school site allowed them to prepare for the new school year, in addition to helping them stay fit and healthy throughout the summer.



FAMILIARITY AND SAFETY

Children and young people felt safe taking part in activities in their school because they knew and trusted the teachers and surrounding area. They claimed that having the programme locally allowed them to access it in a way they would not have been able to if the programme had been located further away – especially those whose parents worked.



REDUCES BOREDOM AND IMPROVES MOOD

Children and young people enjoyed taking part in sport and exercise, and interacting with others because it made them feel more energised and improved their mood. They reported that often they feel bored during the holidays and spend an extended period indoors and being sedentary, so the change in routine was stimulating both physically and mentally.

Feedback from deliverers and schools

Teachers, other school staff, and activity deliverers were also asked to provide feedback the challenges and barriers they faced to Open Doors programme delivery and suggestions for programme improvement. Focus groups and interviews took place once all delivery had finished, from 26 August to 6 September 2022, with six individuals (n=2 deliverers; n=4 school staff) who were located or provided services across London, Liverpool, Manchester, and Birmingham.

- **Facilitated relationship building:** For members of school staff who do not teach the children and young people directly, facilitating the Open Doors programme provided an opportunity to build new relationships with them. For teachers, such as PE teachers, who did regularly teach the children and young people, seeing them over the holiday period helped solidify existing relationships and build new ones ahead of the new school year starting.
- **Supported school year transition:** School teachers reported that the programme helped many children and young people build the confidence in the transition between year groups or key stages (e.g. from reception to Year 1, or Year 5 to Year 6) because they had the opportunity to interact with new young people and get to know each other ahead of term time.

CONCLUSION

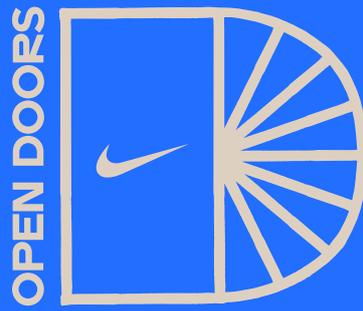
The Open Doors mission was to create positive experiences for children and young people during their summer holidays, using local school sports facilities as hubs that were trusted and safe for the young people to access. Overall feedback from the children and young people, the school staff and the activity deliverers was that the Open Doors programme was delivered successfully and an experience that the children loved taking part in. The research evaluation aimed to understand the children and young people's lived experiences as part of this programme, which it was able to explore successfully through the focus groups and interviews.

The Open Doors programme provided the children and young people with a variety of lived experiences. The main reason the young people enjoyed the Open Doors programme were because it broke up their usual routine of inactivity and boredom often experienced during the summer holiday period. Other benefits included improvements to confidence and mood, built through the new connections with the staff, other school children, and being more aware of the layout of the school ahead of the new term time.

Children and young people felt that their local school was a suitable location to host the programme because they felt safe knowing and trusting the school staff and being familiar with the local area. Therefore, it is suggested that any further iteration of this programme ensures they are hosted in a space that young people feel is safe and familiar. In line with this, schools also saw the benefit of keeping things local, and felt that the sustainability of the programme relied on having local activity providers – as the delivery model aimed to achieve – but that this could be improved in some areas. They also felt the programme was extremely accessible for schools due to its flexible funding model.

Those supporting the delivery of the programme did so because of their passion to support the health and wellbeing of the children and young people. All were extremely passionate for the programme to continue to support those most in need and continue along its original model of unlocking school sports facilities for those children and young people who need the most support during the summer period. This included children and young people in the more deprived areas of the country and those excluded from mainstream physical education and holiday sports clubs, helping to reduce health and social inequalities for these people.





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