

Case Study

KICK-START YOUR FUTURE!



The Kick-start programme was organised by Basingstoke Consortium, in association with Basingstoke Rugby Football Club, and with funding from The Four Lanes Trust. It was designed to re-engage young males not in education, employment or training in Basingstoke, and provide a vital stepping stone to more formal skills-based programmes that will support them to fulfil their potential. Its aim was to offer life skills to help raise confidence, self-esteem, motivation and aspirations.



Hosted by Basingstoke Rugby Club, the four sessions focused on sport and employability, and on visual and experiential learning. The participants heard from male role models, took part in speed networking with professionals associated with sport (including a coach, a first aider, a journalist, a manager and a sponsor) and in the final session had to organise and run a tag rugby activity for children – which they did very successfully.



The programme was very well received and feedback excellent. The three participants, David, Danny and Freddie, were engaged throughout and worked well together as a team to run the final activity. They all felt they had benefited from the sessions and had a positive view of the whole programme. They made particular mention of increased self-knowledge and raised confidence: *“It has helped me learn a lot about myself and has helped me have more positive thoughts about myself”* and *“I have learnt that I can be confident and disciplined if I need to be”* were typical comments. They recognised that the skills and values associated with rugby – teamwork, respect, discipline and enjoyment – also apply to working life.

Jerry May, Community Rugby Coach, said: *“To see what little confidence and belief the participants had when they arrived and to see what they achieved over a very short amount of time shows how programmes like this will change the thought process of all involved. Young people who get into this ‘rut’ just seem to require the encouragement and belief of others to help them see the potential they have.”*

After completing the programme, David decided to return to education, and enrolled at BCOT to study for a BTEC Sport qualification. Danny was keen to pursue suggestions made by Peta in order to find work, and has since found employment. Freddie and Danny have also helped out at the Rugby Club.