

# Lidl 'Community Works' Sport for Good



## i REACH



23

secondary schools took part in the programme



5217

young people, including 662 student mentors and 864 young people in the peer-to-peer group



## What was the best thing about taking part in the programme?

Responses can be themed into:

- Participating in sport and physical activity
- Having fun
- The Athlete Mentor
- Being with friends / meeting new people
- Developing skills (such as leadership, communication and team work)



Everyone was able to work well together to help encourage young people to take part in sport and to have fun while doing it.

Getting to speak to a Paralympic athlete and seeing what their journey has been like throughout their career and what they did to overcome the problems.

Being able to think and reflect on myself and have more confidence and belief in myself

Having the opportunity to educate someone younger than me was a freeing experience.

Learning and developing new leadership skills. I also enjoyed making new friends with students in younger age groups through the programme.

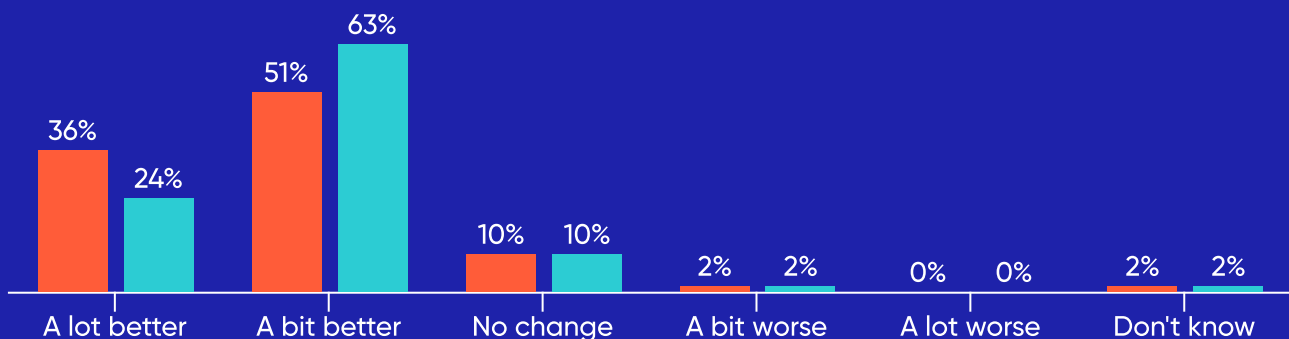
We got to take part in a new sport and get involved with other year groups. The programme has really helped with my leadership skills and confidence. I have really, really enjoyed taking part and it has really benefited me in many ways.



## Benefits for mentors

### Has being involved in the programme changed any of the following...

● Confidence in supporting others ● Leadership skills



Sample size: 59 mentors

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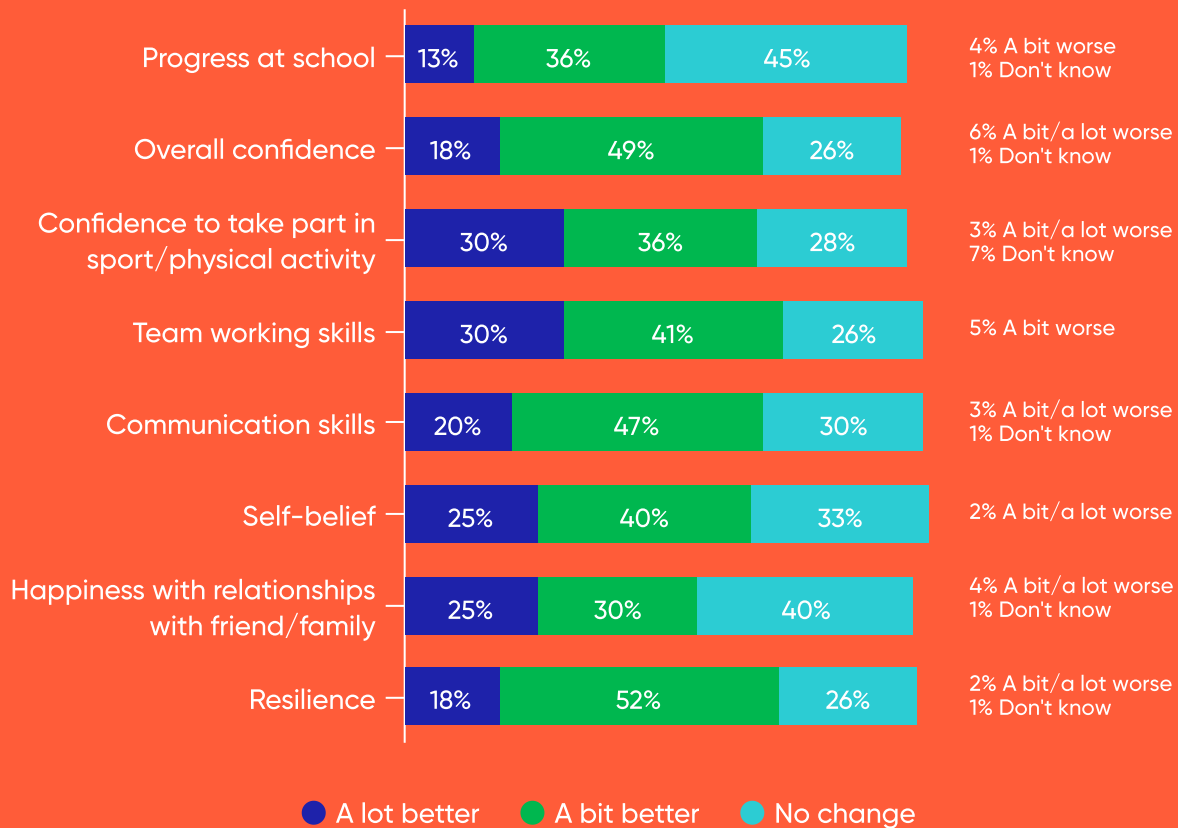
Challenges young people faced at baseline



Sample size: 7 teachers



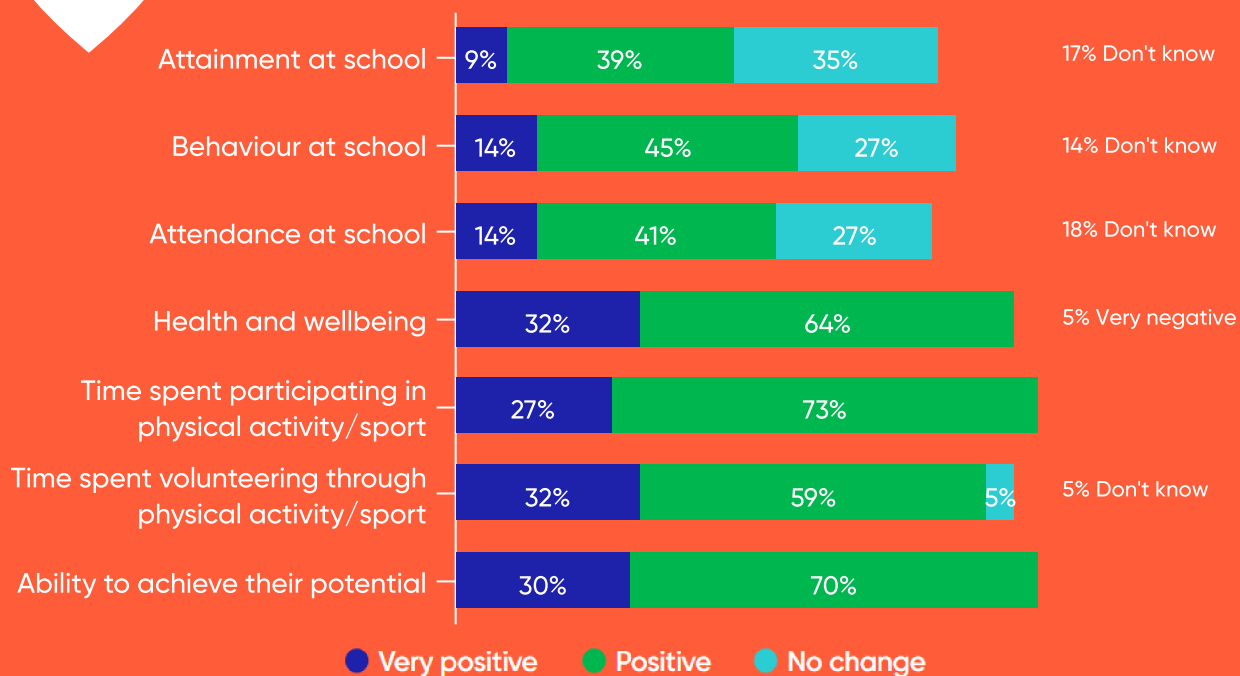
Has being involved in the programme changed any of the following?



Sample size: 141 young people



### How did the programme impact young people's health and wellbeing?

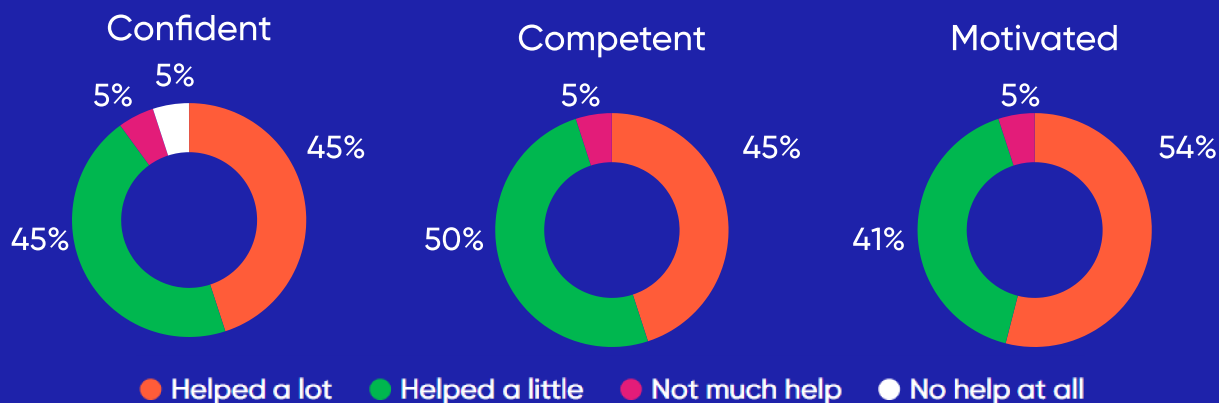


Sample size: 22 teachers



### Benefits of the programme - Teachers' perspectives

How much did the programme help teachers feel more...



Sample size: 22 teachers

### Wider school impact

As a result of the programme, **87%** of teachers have made some/lots of improvements to delivery

**86%** of teachers report the programme has helped school staff's awareness of the value of physical activity to address the mental health challenges of young people a lot/a little

Sample size: 22 teachers