



NOVEMBER 2022

**SPORTS  
DEVELOPMENT**

**IMPACT REPORT 2019-  
2022**

# Executive Summary

The Sports Development approach at London Youth includes a range of programmes that deliver support for young people with and through grassroots community youth organisations. Alongside this, it is building the capacity of youth professionals and facilitating connections and collaborations across London. In the last three years, through the intentional use of sport or physical activity, London Youth's Sports Development approach has enabled:

- \* Young people to be better physically and emotionally
- \* Young people to gain skills, knowledge and networks
- \* Young people to be inspired and enabled to make positive contributions to their communities
- \* Youth Workers and organisations to have increased relevant knowledge, networks and skills

## Achievements

Over the last 3 years the Sports Development Programme has:

- \* **Managed 9 distinct funding programmes** across a range of funders
- \* **Had 9,271 individual young people taking part** in programmes delivered by 188 unique community organisations
- \* Delivered 129,786 attendances (throughput) through 8,201 sessions, with a total of 195,677 hours of activity attended
- \* **Engaged 9,605 young people\*** through 129 sport events and residential during school holidays, with a total of 38,669 hours of activity attended
- \* **Reached vulnerable and marginalised young people, as well as those traditionally under-represented** in sport and physical activity, including young women and girls, the LGBTQ+ community, young people from ethnic minority communities, young people with disabilities and young people living in areas of multiple deprivation
- \* **Reached inactive young people:** 45% took part in no physical activity before joining the Getting Active programme.
- \* Delivered to **468 youth professionals and young leaders** a range of formal training and leadership development opportunities
- \* Established the LYSports Whatsapp

group, **an online community of practice** connecting and supporting over 100 youth professionals

## Impact

As a result:

- \* Young people are **more active**
- \* Young people are more **motivated and confident**
- \* Physical, motor and coordination **skills** have improved
- \* Young people have a greater understanding of the **health benefits** of being active
- \* The programme is helping to change behaviours and **build sporting habits**
- \* **Wellbeing** has improved, in particular through connections with others and friendships created
- \* The capacity of youth organisations has increased, through funding and support, which provided:
  - \* Equipment and venue hire,
  - \* Free physical activity sessions for young people
  - \* Workforce development or provision of specialist coaching
  - \* Opportunities to connect with, learn and network with other youth organisations

- \* The development of relevant coaching, leadership or youth work **skills** of youth professionals and young leaders

## Learning

The Sports Development programme was found to include unique elements that made it impactful:

- ✿ **Good quality youth work:** Sport is the hook, but youth work is how outcomes are achieved
- ✿ **Reach and relationships:** strong relationships and support for small grassroots organisations who reach the most vulnerable young people in London
- ✿ **Flexibility with support:** a flexible approach which enables youth organisations to do what they do best, combined with in-house expertise to support less-experienced organisations
- ✿ **Long term change:** an emphasis on achieving skills for life, creating sporting habits and wider health and wellbeing outcomes
- ✿ **Focus on learning:** a culture of reflective practice which means programmes continuously evolve and improve, are responsive to needs and achieve considerable impact for young people and youth organisations

# About Sports Development

Since 2019/20 London Youth has received a range of funding to deliver a number of Sports Development programmes. These have included:

- \* **Getting Active:** the flagship programme funded by Sport England (pan-London), London Marathon Charitable Trust (outer boroughs) and the John Lyons Charity (target boroughs). The programme aims to reach inactive or less active young people from specific target boroughs or young people who are from traditionally under-represented groups, such as young women/girls, young people from ethnic minority groups, lower socio-economic groups or disabled young people. Around 100 youth organisations deliver a 30-week programme of physical activity over the year and the programme has been delivered annually over the three-year period.
- \* **NGBs:** British Fencing (2019/20-2021/22) and the Golf Foundation (2020/21-2021/22) worked with a smaller number of youth organisations and aimed to introduce young people to new sports.
- \* **Satellite Clubs:** funded by London Sport this programme was delivered in 2020/21 for 14-19 year olds across London, and included a Covid-19 focused programme to test virtual and hybrid models of delivery.
- \* **Tackling Inequalities Fund:** delivered in 2020/21 and funded by London Sport, the programme focused on targeting young people aged 8-25 from traditionally under-represented groups in target boroughs.
- \* **Active Talent:** a 12 month programme delivered in 2020/21 and funded by The Mayor of London's Sports Unites investment programme. It provided training, development and activation opportunities for young people aged 16-24.
- \* **Jack Petchey Foundation:** delivered each year, the funding provides a programme of festivals, tournaments and hyper-local events as well as a weekend residential for

young people.

- \* **Sport for Development Learning Grants:** delivered in 2021/22 this new pilot programme provided additional funding to members delivering Getting Active. The aim was to test ways of delivering Sport for Development programmes, with a focus on wellbeing and skills development. It also helped generate learning to inform the design of a larger Sport for Development programme.
- \* **Champion Girls:** a 12 month programme funded by the Mayor of London's Sport Unites investment programme, in partnership with sports brand Champion, to support girls and young women to lead more active, happy and healthy lives and develop new female community sport role models.
- \* **Active Leads:** the final year of this three-year sports and social programme was delivered in 2019/20. Funded by Sport England's Potential Fund, it developed the confidence, skills and knowledge of girls and young women to be more active volunteers.

Over the three years London Youth's approach to delivering and managing sports programmes has evolved. The large increase in funding in 2020/21 created **more opportunities**, as well as insight into how to improve programme design and delivery. The biggest improvements have been in how **the team communicates and supports youth organisations**, as well as the implementation of a more consistent and robust approach to monitoring, evaluation and learning (MEL), which have enabled the team to **better understand the impact of what they do**.

# Who took part?

Over the three years of delivery, the Sports Development programme has engaged a total of 188 unique youth organisations and 9,271 unique young people. Despite fewer individual programmes in 2021/22, the current year has engaged the largest number of organisations and young people.

The demographic data collected for young people shows that the programmes have successfully reached young people from traditionally under-represented or marginalised groups. Just looking at data for Getting Active, over the last three years the programme has reached:

- \* 41% female participants,
- \* 79% are from ethnic minority communities,
- \* 12% have a disability or limiting health condition, and
- \* 56% live in the top 30% most deprived communities in England

In addition, the programme has also reached a large proportion of young people who were inactive before taking part, with almost half (45%) taking part in no physical activity before signing up to Getting Active.

All the youth organisations delivering have successfully engaged young people from at least one of the target groups, demonstrating that London Youth has strong reach into communities via organisations that support young people who traditionally do not engage in sport/physical activity.

Through the programme delivery, London Youth have also captured considerable insight and understanding into the barriers that young people in London face when trying to access physical activity opportunities. These include:

- \* lack of safe and affordable facilities in their communities,
- \* accessibility barriers,
- \* limited after-school provision,

- \* gender and cultural barriers,
- \* high levels of additional needs,
- \* lack of motivation and low levels of confidence and wellbeing,
- \* high levels of inactivity, unhealthy lifestyle choices and obesity.

These barriers were exacerbated during the pandemic, and the effects are still being seen in terms of poor mental health and isolation levels.

**“We want to bring children together in a safe way and provide opportunities to participate in sports because there has been limited opportunity to do so outside of school hours for free. Children have been inactive for a long time and we aim to get inactive children active again.” (youth worker)**

**“All our young people are from homes with both fuel and food poverty. They were concerned about COVID-19, many had missed long periods of school and concentration had to be redeveloped. Many were eating unhealthily and were concerned about body image having gained weight during lockdown” (youth worker)**

The following sections of the report demonstrate how these barriers have been broken down.

# What was delivered?

Over the last three years, the Sports Development programme has delivered:

- \* 129,786 attendances (throughput)
- \* 8,201 sessions
- \* A total of 195,677 hours of activity attended

In 2021/22 members have reported that attendance levels have been high following the relaxation of Covid-19 restrictions and young people are enthusiastic to join programmes again.

**“We are engaging more young people than expected and sessions are growing fast.”**  
(youth worker)

In 2019/20 and 2020/21 the Covid-19 pandemic resulted in significant challenges to youth organisations delivering what have been traditionally in-person, group based activities. However, many were able to change their delivery to virtual, or a hybrid model when restrictions allowed, and have created new ways of working. **For many youth organisations the funding from London Youth enabled them to maintain contact with their young people during this critical period.**

During 2021/22 many have moved back to in-person delivery, recognising the importance of reintegrating and reconnecting young people back into positive activities. However, some have continued to deliver elements online, in recognition of the accessibility benefits for some young people; for example young carers.

Youth organisations have chosen to deliver a range of traditional sports and less traditional or non-competitive physical activities, including dance, wellbeing walks, yoga, trampolining and martial arts.

Encouraged by London Youth, youth organisations have also built in other activities alongside the sport/physical activities, for example healthy eating or nutrition sessions, providing a healthy meal, or opportunities to

share how young people are feeling using the ‘talking circles’ model. Youth workers have also started to build in more ‘unstructured’ time in and around the sessions, to provide time for social interaction, reflection and peer support.

This additional support was taken one step further with the Sport for Development Learning grants programme, where organisations used sport as a hook to achieve wider personal development and wellbeing outcomes. Youth workers supplemented sport or physical activities with specific interventions designed to build skills or improve wellbeing, including nutrition and cookery sessions, mindfulness techniques, wellbeing workshops, communication and leadership skills sessions and coaching opportunities for

## Case study: Bexley Snap

Bexley Snap works with children and young people with disabilities and delivered Getting Active in 2021/22. It supported a total of 18 young people, delivering a total of 20 sessions. The sessions involved a range of different sports, games and activities each week which aimed to encourage participation and give the young people opportunities to try new things. For example, they ran their own Olympic games, with obstacle courses, throwing games etc, and they made medals out of paper plates and decorated them in gold and silver. 65% of young people showed initial unwillingness to join in which they overcame with planning, social stories, visual aids and lots of encouragement. 83% attendance demonstrated the children's confidence increasing and overcoming their apprehension of trying something new.

These sessions reinforced the importance to Snap of finding out about their disabled children's needs in advance and that good preparation is essential to the success of the session and individuals' experience. By investing time in getting to know the young people and having effective planning and preparation in place has provided them with the most successful experience possible and has helped encourage them trying out other experiences at Snap and in the wider community.

young volunteers/leaders. **One of the main insights from the S4D programme was the need for more time, space and therefore resources around session delivery to enable intentional delivery of wider outcomes.**

In addition to youth organisation-based delivery, the sports development programme also includes a range of opportunities for young people to come together and take part in events, competitions and residential. In 2019/20 the focus was on delivering large-scale events, which provided opportunities for competition and enabled young people to travel to new areas of London. In 2020/21 the model changed from a focus on mass participation to locally-led events, **which has enabled more members to be reached and smaller organisations to take part.**

## Supporting members

A large part of London Youth's role is in supporting often small, grassroots youth organisations to benefit from funding they would not normally be able to access. Of the 188 organisations supported, 53% had a turnover of £250k or less and 32% had a turnover of £100k or less, demonstrating London Youth's ability to **reach and support smaller organisations.**

Of the 33 London Boroughs London Youth have supported organisations in 31 Boroughs over the three-year period, demonstrating the pan-London reach.

The Sports Development team have built **strong relationships** with a large number of London Youth's membership, and have been able to use this knowledge to benefit both youth organisations and programme delivery. **Demand for the programme is increasing** year on year, as word of mouth spreads amongst members, and the team are able to proactively target particular organisations to apply, for example LGBTQ+ organisations. This has resulted in large number of organisations that are either new to delivering sport, or new to accessing London Youth funding taking part in Getting Active; which is often used as a gateway to other funding programmes.

The team are also supporting members to network and share learning and good practice, through the creation of WhatsApp groups and annual 'share and learn' focus groups. The team's expertise in delivering community sports also means members can access advice and support when needed as well as connections to NGBs and other stakeholder partners.

Youth organisations are also able to **access training** through London Youth's membership development team. Youth workers and young people have taken part in a range of training opportunities. A total of 468 young leaders and youth workers have received training in mental health first aid, managing and organising events, coaching, running activator sessions and physical literacy.

### Case study: Supporting LGBTQ+ organisations

In 2021/22 Getting Active ringfenced funding for youth organisations working with young people from the LGBTQ+ community. This was in response to identifying a need to tailor the programme to specific under-represented groups. Through this, Getting Active supported 8 members to focus on this group, who supported a total of 120 people from the LGBTQ+ community.

One organisation reported that through Getting Active funding they have:

*"Created a safe space and offered an environment where you can try something out at your own pace without fear of judgement. It's really important that we form the positive connection for our young people between physical activity and mental wellbeing and it's a conversation we have on a regular basis so they see the interlink"*

Another organisation reported that London Youth Sports team expertise had:

*"Enabled us to connect the young people with the outdoors and create a safe space where some of the most vulnerable young people in I've seen in my long career able to access expert support at the time they need it most"*

# What has been the impact?

## Increased enjoyment and empowerment

The Sports Development programme has resulted in extremely high levels of satisfaction amongst the young people, and the majority feel that they had a choice and their voices were listened to. Young people continue to value opportunities to have fun with their friends, take part in a range of different activities in a welcoming and supportive environment, by friendly and empathetic coaches.

A new approach to monitoring and evaluation was introduced in 2020, and found that:

- \* 98% of participants enjoyed taking part,
- \* 82% felt they had a choice over what they did or didn't do, and
- \* 86% felt they were listened to

*"I enjoyed playing a variety of new sports as it allows me to experience new things and helps me to get out of my comfort zone." (young person)*

*"The coaches made it adaptable for me to take part. Normally people just give up or don't know what to do but they talked to me. Asked me what worked for me. I did not have to hide. Thank you." (young person)*

## Improved physical activity and physical literacy

As a result of taking part, young people are now more physically active as a result, with the proportion of young people taking part in Getting Active who were inactive reducing from 40% to only 6%, the proportion of young people who were fairly active (1-4 days) increasing from 54% to 75%, and the proportion of young people who were active (5+ days) increasing from 6% to 18%.

In addition to the increase in physical activity

levels, young people feel more confident about taking part in sport and physical activity and are more willing to try new things.

*"I now enjoy exercising, I have found a group of people that can push me but have fun at the same time." (young person)*

The evidence collected from the evaluation helps to demonstrate how Getting Active is positively supporting **physical literacy**:

- \* Young people are more **motivated and confident**: 87% feel more confident taking part in physical activity
- \* Physical, motor and coordination **skills** have improved
- \* Young people have a greater understanding of the **health benefits** of being active: 84% better understand how to live a healthy life
- \* The programme is helping to change behaviours and **build sporting habits**: 69% of young people surveyed a year after their Getting Active programme finished were still taking part in physical activity at their youth organisation, 51% were spending more time being active with friends and family and 32% had joined a sports club at their school

*"I feel more confident and it's helped improve my skills. It's really fun and I am less bored." (young person)*

*"I have joined an after school football club and I am loving it. My dad has also been really helpful in helping to take me over the park to increase my fitness." (young person)*

## Improved wellbeing

Many organisations have recognised the importance of sport and physical activity on young people's wellbeing, and the evaluation of the programme demonstrates how young people are benefiting from connecting with each other, learning new skills, feeling happier and healthier.

The outcomes for the programme clearly align to the NHS's 5 Ways to Wellbeing as follows:

- \* Providing opportunities to **connect** with others, socialising and making new friends; 87% have made new friends
- \* **Being active** through taking part in variety of sports and physical activities
- \* **Taking notice**; many organisations incorporate discussions around issues young people are facing; 90% feel happier as a result of taking part
- \* **Learning**; young people are learning new skills; communication, teamwork, leadership etc, as well as how to better live a healthy life
- \* **Giving**; youth workers encourage a culture of peer support, and many young people are encouraged to take up leadership or volunteering opportunities within sessions or the organisation as a whole; 68% of participants feel more confident about being a leader in activities

"I am eating a healthy diet, sleeping more and getting my daily exercise" (young person)

"I was able to make new friends and create new bonds also because of the pandemic I did not do a lot of exercise and this made me get up and try different sports. It was fun to be out of the house and learn different things and it always makes me happy even when I am really down" (young person)

## Drivers of Change

Ultimately, youth organisations are able to achieve the outcomes detailed above through good quality youth work. Specifically for sports programmes this involves:

- \* Giving young people a **choice** and involving them in designing and delivering sessions
- \* Providing a **range of activities** and taster sessions
- \* Involving a **range of ages**, so older young

people can support younger, as well as building team working and social skills

- \* **Involving parents** in conversations about their child's needs and support
- \* Taking young people to other venues – e.g. local sports centres and supporting them to feel comfortable in these **new environments**
- \* **Progression routes** in volunteering/young leadership opportunities and paid roles
- \* **Access** to other staff and programmes, e.g. support with wellbeing
- \* Getting to know the young people and **understand their needs** and what motivates them as individuals
- \* The importance of **having fun**
- \* Providing positive **role models**

"I enjoyed the way everyone is friendly and welcoming, everyone is accepting and really fun to be with, they know the limits and boundaries of others and everyone respects one another." (young person)

## Increasing the capacity of youth organisations

Through the funding and support provided by the London Youth team, youth workers have reported the following outcomes for their organisations:

- \* Opportunities to develop new or more **partnerships** with schools and/or other community organisations
- \* Ability to design and deliver new sporting/activity programmes, or a greater **range of physical activities**
- \* Deliver more **targeted provision** (e.g. girls groups and LGBTQ+)
- \* Take advantage of new **networking** opportunities with other youth organisations

- \* Attract and **engage** more and new young people and families
- \* Purchase new **equipment and resources**, which means young people can benefit from a bigger range of activities
- \* Employ or pay for expert/specialist coaching **staff** or improve existing skills
- \* Develop a greater understanding of the **impact** of sport and physical activity on young people, particularly their mental health and wellbeing
- \* Enable young people to access **other support/provision**, who attended because of Getting Active
- \* Develop a greater understanding of the **needs and challenges** young people and their families are facing
- \* Improve **co-production** skills

“We want to continue the sports sessions within our youth club, as we have realised the importance of them and how much it helps the young people” (youth worker)

“We have been able to really push our women and girls programme and enhance our provision.” (youth worker)

“More people are hearing about our charity and our site which is good as we are getting more children attending sessions.” (youth worker)

## Case study: Phoenix Rising – 3 years of delivery and capacity building support from London Youth

Phoenix Rising is a youth and community centre based in Brent, and provides support, activities and opportunities for disadvantaged children and young people primarily living in the NW10 postcode. The organisation has delivered a range of London Youth programme since 2019/20, including:

- \* Getting Active from 2019/20, including Satellite Club support
- \* British Fencing
- \* Champion Girls Residential
- \* Holiday activities
- \* Young leader and wider youth worker training

In 2019/20 Phoenix Rising and the young people they support were deeply affected by the Covid-19 pandemic, with young people losing family members, moving out of the borough and at considerable risk of losing touch with their youth organisation. As such, Phoenix Rising were extremely grateful for the support London Youth provided in helping them establish a virtual youth club, which enabled them to continue delivery.

*"From 2019 we had high expectations on so many different fronts - we were the borough of culture and everything tied together to have a positive explosion in 2020. And in the first part of the year our steel pan band performed at the British Library... and then the Covid lockdown hit. And an even closer relationship started to be formed between us and London Youth. London Youth set up a network so we were able to talk to others on WhatsApp. And they set up a virtual youth club, so all our young people were able to access activities that other youth organisations were able to put on. We all shared each others resources and it was excellent. It was so, so needed, they were so isolated. We had people dying on our doorstep and the impact on young people's mental health was massive." (youth worker)*

As soon as restrictions allowed, they started a regular programme of walks around their local community, and beyond. They also engaged with the community through the steel pan orchestra and local community clean ups.

*"We wanted to set up a walking and cycling project, but because we were well-known for our steel pan funders didn't want to give us money. But we started through Red January [2020] regular walks and if it wasn't for London Youth we wouldn't have known about this and it informed everything we do from today." (youth worker)*

Walking around their local streets provided an opportunity for the young people to learn about the history of their community and how it has evolved and changed over the years, and canalside walks showed them how much open space they have near where they live. Longer walks into the city provided them with opportunities to learn more about London. The organisation also incorporates walks into their daily activity, as a way of encouraging young people to take part regularly, not just part of the funded programme. The young people told us:

*"We went for walks by the reservoir, and the Welsh Harp. It was interesting – the fact that it was so close to where we live, and the overall environment is just beautiful and knowing it's right next to your doorstep and you can just walk there is great."*

*"We walked on the River Brent and to the Grand Union canal. We saw lots of wildlife; some swans and baby ducks, and some artwork on the railway bridge. I've never been there before"*

*"I liked the walking and going to the park"*

*"The walking was good for exercise. It helps to clear my head and it's good to find new things, it was interesting finding out about my area. When you start you think 'I don't want to do this', but at the end you feel more energetic and want to do more. The better you get, the more your energy levels go up. Seeing all these things, and being with my friends, the atmosphere was great."*

*"It was so good to get out and see each other again after lockdown"*

Overall, in 2020/21 Phoenix Rising supported 25 young people in the Getting Active programme; 60% were female and 40% male and the majority (92%) were aged 10 or 11 years old. Three quarters were from ethnic minority communities. They delivered 29 sessions, achieving 725 individual attendances and on average young people attended 29 sessions each, extremely high levels of engagement. Results of the survey completed by a sample of young people who took part showed that:

- \* 91% enjoyed taking part
- \* 73% have tried new activities
- \* 64% made new friends
- \* 82% feel more confident taking part in sport/physical activity
- \* 73% feel happier
- \* 100% understand how to lead a healthy life

*"I've learnt to be more confident in myself and I'm more open minded to other people's ideas"*

*"I have been more involved in activities taking on more of the leader role than on the receiving side"*

An important part of Phoenix Rising's physical activity offer has been through the partnership with British Fencing which started in 2020/21. In 2021/22 they engaged a total of 60 young people in 13 sessions during school holidays, teaching young people the skills and discipline of foil fencing, a sport that most had never had the opportunity to try before. The fencing club is now an established part of the organisation, with the youth worker a trained coach, and will continue beyond the life of the NGB funding.

*"The children were all really keen to take part as they had all seen Pirates of the Caribbean! But there was a negative perception by some parents at first, as they associated it with knife crime. But they came along, they saw the discipline, the fact that if I say 'salute' it's not 'when', it's 'now'. They can see that their children do understand, they can follow instructions and listen. It's helping build a better relationship with their parents. And even though fencing is a sport, and it's competitive, when you're with your peers, it's not about competition. It's about practice. It's about support from your peers, so that you can improve on any of your weaker points. The fencing has been wonderful, and it's something we are going to take forward into our regular 2023 Saturday morning delivery." (youth worker)*

Overall, Phoenix Rising see the relationship with London Youth to be a partnership, rather than a traditional funder/grantee dynamic. The funding, equipment, training and support all contributes to high quality youth work and raising standards in delivery.

*"All the support and the training that we've received, it's not just for ourselves, but our young people. It's ongoing, a constant, and it's been of serious benefit. I see them as partners, as we have the same mission and values. We are at the coalface, we are in the community and we are responsive to the needs we can see. And they trust us to do that. The relationship is based on mutual respect and regular communication." (youth worker)*

# Summarising the learning

Through our evaluation of the Sports Development programme, we have been able to identify its unique selling points:

## Good quality youth work

At the heart of the Sports Development programme is the focus on high quality youth work. Sport is the hook, but youth work is how outcomes are achieved. London Youth members need to demonstrate how they deliver high quality support to be eligible for the programme, however this is continuously improved through the capacity building support and expert advice London Youth is able to provide.

## Reach and Relationships

London Youth have a unique role, acting as broker between small grassroots organisations and larger funders. The youth organisations are able to reach and support the most vulnerable and marginalised young people in London, and through regular communication and 1-1 support London Youth build strong relationships with these small organisations which enables a range of activities to be delivered.

As a result of the strong relationships the team have built with members, and the insight into needs and gaps in provision, programmes can be shaped to meet these needs. This results in organisations that would not traditionally be able to access sports funding to deliver high quality physical activity programmes.

## Flexibility with support

Although programmes are designed with broad outcomes and deliverables in mind, London Youth takes a flexible approach which enables youth organisations to do what they do best. Youth organisations understand the needs of their young people and communities, and London Youth trusts them to deliver. However, the expertise of the team and the insight

gained over years of programme delivery means they are also able to offer advice and support youth workers, particularly those who may lack experience.

## Long-term change

Although the origins of the Sports Development programme have a focus on sports participation, this has evolved over the years to have a greater emphasis on achieving skills for life, creating sporting habits and wider health and wellbeing outcomes.

This is achieved on two-levels; firstly through programme design that focuses on engagement and retention rather than throughput and the intentional delivery of wider outcomes. And secondly through supporting youth organisations that provide holistic, wrap-around support to young people and are able to embed physical activity delivery beyond the life of the grant.

## Focus on learning

Lastly, one of the USPs of the Sports Development programme at London Youth is the focus on continuous improvement through evaluation and learning. The approach to evaluating the Sports Development programme over the last two years in particular has been a significant step-change in London Youth's approach to MEL, and demonstrates their ongoing commitment to better understanding the impact of their programmes and capturing learning to improve what they deliver.

The dataset and insight that is being developed provides a rich source of both quantitative and qualitative evidence and learning for future programme development and the reflective culture at London Youth means programmes are responsive to needs and achieve considerable impact for young people and youth organisations.