

Sporting Souls: Schools Cohorts

Therapeutic interventions for
young people at risk of
abuse & exploitation.



PROJECT OVERVIEW

Sporting Souls is a tailored group intervention that combines physical activity and group workshops designed to address contextual safeguarding risks, targeting young people aged 11-18 who show risk factors associated with future abuse or harm.

The intervention is based upon challenging young people on their mindsets, perspectives and where needed, harmful narratives, alongside providing physical activity to build social cohesion, physical regulation and confidence within cohorts.

Sporting Souls provides safe, supportive discussions where trusted adults and subject specialists help build resilience in young people against exploitation.

Facilitators specialise from backgrounds including domestic and sexual abuse, honour based harms, radicalisation, online harms, misogyny and more, enabling specialised interventions tailored to the risk profiles and themes of each cohort.

Combined with professional martial arts fighters and international wellness facilitators, the program offers a creative approach to supporting young people.

TARGET GROUP

- Aged 11-18; can be single-gendered or mixed groups.
- Display safeguarding concerns around harmful views, including misogyny, youth violence, friendships/relationships.

Display vulnerabilities to exploitation, including:

- Those struggling with emotional, media or digital literacy.
- Those who are socially isolated, including exclusion from mainstream sports.
- Those struggling with identity/belonging.
- Those struggling with emotional and physical regulation.
- Those struggling with self-confidence, self-value, self-belief, etc.

Sporting Souls is tailored to managing multiple harms/concerns, recognising that the most in-need young people will have complex, intersecting risk profiles.

DELIVERY SCOPE

Delivery Sites:

- 11 School-Based Cohorts (12-14 participants each)

Programme Structure:

- Weekly in-school sessions, in two-hour blocks.
- 1 Hour of Group Workshop/Group Therapy.
- 1 Hour of MMA or Yoga.
- Delivered over 12 weeks.
- Evaluation session conducted 1 month after the 12th session.

Staffing:

- 1-2 Trauma-Informed Sports Facilitators.
- 1-2 Specialist Psychotherapists and Subject-Specialising Interventionists.
- 3-4 Staff in each Cohort

Venue/Room Bookings:

- 1 sports-capable indoor space (E.G. Sports Hall, Drama Studio)
- 1 classroom/workshop space

SAFEGUARDING

- All staff are subject to Enhanced DBS checks.
- Adherence to Lasting Support's Safeguarding & Child Protection Policy.
- Referral pathways for escalation of concerns (MASH, Prevent, Police).
- Bi-weekly clinical supervision to refine and adjust the program throughout delivery.
- Continuous feedback to setting staff.

AIMS & OBJECTIVES

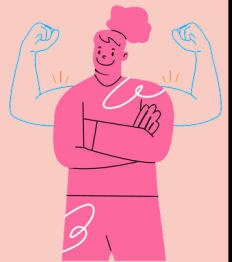
Sporting Souls is funded this academic year through both the Shared Endeavour Fund and Go!London, directly supporting their missions.

The programme contributes to the Shared Endeavour Fund's objectives by:

- Building resilience: strengthening psychosocial resilience and protective factors against radicalisation, exploitation, and violence.

And contributes to Go!London's Foundation Pillar by:

- Delivering sport and physical activity provision for underserved children and young people.
- Improving mental wellbeing through tailored provision of physical activity.



Sporting Souls also delivers wider outcomes for young people and their communities by:

- Providing positive role models and trusted adult relationships.
- Developing transferable life skills such as teamwork, discipline, and self-regulation.
- Improving self confidence and assertiveness.
- Providing safe, trauma-informed spaces for regulation.

IMPACT

Short-Term Outcomes:

- Improved engagement in positive activities.
- Increased self-confidence and resilience.
- Reduction in behavioural incidents in schools/community.

Medium-Term Outcomes:

- Reduction in risk factors linked to exploitation.
- Stronger peer and community connections.

Long-Term Impact:

- Fewer young people entering the criminal justice system.
- Reduced school exclusions.
- Contribution to community safety and cohesion.
- Improved resilience against exploitation.

MONITORING & EVALUATION

- Participant tracker to monitor/compare individual progress.
- Provide session notes to each educational setting.
- Complete a pre/post survey at the end of the program.
- Case studies capturing lived experience and impact.
- Funding partner visits (select cohorts, all visitors requiring Enhanced DBS checks).
- Formal, regular check-ins with education settings to monitor progress.

