

Sporting Souls: Tower Hamlets

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



PROJECT OVERVIEW

Sporting Souls: TW is a tailored group intervention that combines physical activity, group workshops and 1:1 support designed to address contextual safeguarding risks, targeting young people by building up their psychosocial resilience to help them thrive.

The intervention is based upon providing a safe space to challenge young people on their mindsets and perspectives alongside providing physical activity to build social cohesion, physical regulation and confidence within cohorts.

Based at Haileybury Youth Centre, the program runs two-hours every week for aged 14-19, including over term breaks.

Combining a team including professional martial arts fighters, qualified therapists and interventionists the program offers a creative approach to supporting young people.

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

TARGET GROUP

- Aged 14-18; for young people that may live, study or otherwise interact with Tower Hamlets, but can include young people in nearby boroughs.
- Display safeguarding concerns around harmful views, including misogyny, youth violence, social identity and digital harms.

Displays vulnerability to exploitation, including:

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

DELIVERY SCOPE

Delivery Site:

- Haileybury Youth Centre, E1 3FQ

Programme Structure:

- Two-Hour Group Session:
- Minimum 1 Hour of MMA.
- Variable Length Group Workshop/Group Therapy, dependent on topic.
- 1:1 mentoring and intervention sessions.
- Initial 1:1 interventionist meeting to tailor engagement and identify/structure 1:1 support.

Staffing:

- 2 Martial Arts Facilitators
- 2 Specialist Psychotherapists and Subject-Specialising Interventionists.

Referral Pathways:

- Social Care
- Youth Offending Team / Youth Justice sERVICE
- Education Settings
- Statutory Services/Bodies
- Community Organisations
- Self Referrals

SAFEGUARDING

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

AIMS & OBJECTIVES

The common theme amongst the young people we will be working with is risk of exploitation. Risk profiles are going to be highly variable, meaning we will need to determine what works best for each young person. It is expected we will be working with cohorts of young people that fit two profiles:

- Psychosocial Vulnerability [E.G. Identity, Confidence, Social Skills, Social Isolation, Emotional Literacy.]
- Digital Resilience Risks [E.G. harmful social media usage, desensitisation, lack of alternative activities.]

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.



As a team, Lasting Support has experience delivering on intersecting safeguarding issues including misogyny, domestic abuse, youth offending and school exclusion.

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.
- Formal updates with parents/referral partners where requested and appropriate.

TARGET GROUP

- Website: <https://lastingsupportfoundation.org/sporting-souls-tower-hamlets/>
- Email: faysal@lastingsupportservices.com
- Secondary Email: info@lastingsupportservices.com

Simply visit our website to complete a referral form, or get in touch by email for an informal conversation or meeting. Our team will guide you through the process and ensure young are matched with the right support.

