



**JUMP START OFFER**



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## JUMP START OVERVIEW

SASP's Jump Start team provides high quality, trauma informed, young person-centred alternative provision for young people across Somerset. We focus on creating safe, trusting relationships and environments for young people to develop.

We strongly believe in the importance and value of sport and physical activity and how it has the potential to transform lives. Not only can it empower communities as a whole, it can give individuals the life skills, aspirations and experiences they need to nurture stronger self esteem.



# WHAT WE DO



Provide targeted support to young people aged 8-18



Help reduce barriers to positive school engagement



Help develop a pro- social identity



Provide SEMH support through active sessions.



Build trust and relationships



Find positive ways of moving forward



Work in a trauma informed way



# WE WORK ALONGSIDE YOUNG PEOPLE TO HELP



Build their self-confidence



Manage their anxiety



Be able to regulate emotions



Feel part of a community



Build positive peer and adult relationships



Gain a qualification



Positive experiences



Employability



Build resilience



Volunteer



Social skills



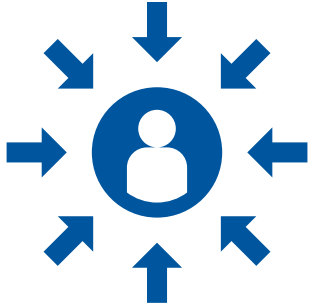
Leadership



Duke of Edinburgh



# WHAT DOES PROVISION LOOK LIKE



Young people centered, driven by what the young person would like the support to look like



On school site and/or in the community



1-2-1 face to face sessions up to 3 hours a week



Experienced, committed and passionate mentors

# SCHOOL NOMINATION TO SASP JUMP START PROGRAMME



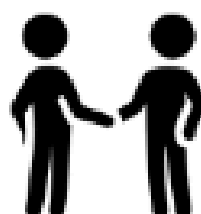
**YOUNG PERSON IS IDENTIFIED BY SCHOOL – INTEREST IN SPORT AND PHYSICAL ACTIVITY SHOWN**



**SCHOOL FILLS OUT SASP JUMP START NOMINATION FOR YOUNG PERSON. TO INCLUDE RISK AND PROTECTIVE FACTORS.**



**SUPPORT FOR YOUNG PERSON AGREED. SASP MENTOR & YOUNG PERSON AGREE GOALS & INTERESTS**



**SCHOOL, YOUNG PERSON AND SASP MENTOR MEET TO DISCUSS THE JUMP START PROGRAMME**



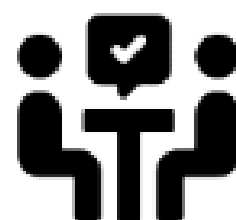
**SASP MENTOR & YOUNG PERSON MEET WEEKLY FOR 121 SUPPORT FOCUSED ON BEING ACTIVE**



**SASP MENTOR CONTACTS SPORTS CLUB AND SUPPORTS YP TO TRANSITION INTO THE COMMUNITY CLUB**



**YOUNG PERSON REGULARLY ATTENDS AS A MEMBER OF THE CLUB AND TAKES PART REGULARLY IN CHOSEN SPORT**



**YOUNG PERSON ATTENDS COMMUNITY CLUB ON OWN WITH SUPPORT OF CLUB JS 'AMBASSADOR' AND CHECK IN WITH SASP MENTOR**



**YOUNG PERSON GIVEN THE OPPORTUNITY TO BE PART OF THE LEADERSHIP PROGRAMME – GAIN EMPLOYMENT SKILLS, RECOGNISED LEADERSHIP QUALIFICATION AND DUKE OF EDINBURGH**

**REGULAR FEEDBACK FROM SASP MENTOR TO SCHOOL AND PARENT/CARER, WELLBEING SNAPSHOT, ENGAGEMENT MATRIX, OUTCOMES, ACHIEVEMENT-ONLINE DIARY.**



# WHAT CAN SCHOOLS /AGENCIES EXPECT FROM US

- ✓ Mentors who are young person centered and work in a trauma informed way
- ✓ Multi-agency approach to supporting young people
- ✓ Representation at relevant multi-agency meetings
- ✓ Mentors who are well supported within SASP through group supervision, 1-2-1 supervision, relevant staff training and CPD opportunities, team shadowing and weekly team check ins
- ✓ Half termly meet between mentor and school
- ✓ Regular updates - including progress reports, photos/videos, wellbeing snapshots
- ✓ A partnership agreement detailing expectations of all parties
- ✓ Safe handling of confidential data
- ✓ Relevant policy, procedures, and risk assessments in place
- ✓ Safeguarding embedded throughout, alignment to keeping children safe in education (2023), Local Authority safeguarding procedures and a qualified Designated Safeguarding Lead (DSL)





# WHAT THE YOUNG PERSON CAN EXPECT



Information about your mentor before you meet them.



Weekly face to face sessions with your mentor based around being active.



A safe space to be yourself, explore, talk and be active.



Access to an online diary where you can share photos/videos/goals with mentor



Support into a local sports club/active group of your choice.



Support with getting equipment kit/membership if needed.



Text/phone support from your mentor through the week.



All we ask of you is to be yourself and give it a go!



# WHAT WE WOULD LIKE FROM YOU

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- ✓ Detailed nomination form completed.
- ✓ Young person is aware of nomination, understands what Jump Start is and is onboard to 'give it a go'.
- ✓ Any relevant updates regarding the young person be made to the mentor.
- ✓ Invitations to any relevant meetings about the young person.
- ✓ Provision of appropriate space on school site for 1-2-1 sessions that will be active.
- ✓ Flexibility for the mentor to work with young person on and off site where appropriate





# WHAT NEXT

Please contact Laura for more information, cost and to discuss further.



[ldyke@sasp.co.uk](mailto:ldyke@sasp.co.uk)



01823 653990

Somerset Activity and Sports Partnership (SASP) is dedicated to increasing the health and happiness of residents in Somerset through physical activity and sport.

SASP is a charitable trust and a member of the nation-wide network of 43 Active Partnership's, sharing a mission of transforming lives through sport and physical activity. Each Active Partnership is independent, governed by a Board of Trustees and funded through Sport England, and grant giving bodies, companies and individuals whom share their mission.

