

SportWorks

SportWorks work with local sports clubs, community groups, and charitable organisation across the country. They provide inclusive sports opportunities, as well as education, skills, mental health, and wellbeing support.

They run the Aspire programme which is aimed at disengaged young people (aged 16 to 24) who are economically inactive and live in the East End of Newcastle. The project aims to raise aspirations and support young people by boosting their confidence and self-esteem so that they become actively ready for the next steps towards looking for work. Participants will engage in informal classroom and physical activity sessions over a 12 week period, with pastoral support available for those needing extra assistance. They will also work towards developing their key skills required to be a coach or a leader, gaining a core skill set through sport and physical activity.

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Cost: Free

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