

CORPORATE PARENTING 2016-19 REPORT



“Never underestimate the value of sporting opportunities to care-experienced young people - they can be life-changing”

IAN, CARE-EXPERIENCED YOUNG PERSON

Introduction

Welcome to our first corporate parenting report.

In 2016, our first three-year corporate parenting plan set out our commitments to improving the lives of Scotland’s care-experienced young people. We also listed the actions we would take to meet these commitments.

In this report we outline what we’ve done since then and highlight some examples of our work in action.

We hope you enjoy this report and find it useful. We’d love to hear from you so please get in touch if you have any questions or would like to know more.

Chief executive’s foreword

Our vision is for an active Scotland where everyone benefits from sport. Our mission is to help the people of Scotland get the most from the sporting system. Our commitment to inclusion underpins everything we do.

This commitment means we want you, Scotland’s care-experienced young people, to feel welcome and involved in sport. It means we value you as individuals, giving you the same access and opportunities as everyone else. It also means we want to remove any discrimination or barriers to involvement you may have encountered.

I am therefore delighted to introduce our first progress report, which highlights corporate parenting as one of our key priorities for inclusion and demonstrates our commitment to an active Scotland where everyone benefits from sport.



Stewart Harris, chief executive, **sportscotland**

What is corporate parenting?

A corporate parent is an organisation or person who has special responsibilities for care-experienced young people.

sportscotland is a corporate parent. This means we should understand and respond to your needs as any parent should. We should do as much as we can to make sure you feel in control of your life and able to overcome any barriers you face.

Our duties are to:

- be alert to matters that might affect your wellbeing
- assess what services and support you would benefit from
- promote your interests
- provide you with opportunities to help your wellbeing
- help you access those opportunities
- improve our corporate parenting wherever possible.

sportscotland as a corporate parent

You might not know us, but we are the national agency for sport. Our vision is for an active Scotland where everyone benefits from sport, and our mission is to help the people of Scotland get the most from the sporting system.

We work with partners across the country who deliver sport and physical activity opportunities. This could be in a school, club, community or performance-sport setting. We make sure everyone can take part in and get the most from these opportunities.

We became a proud corporate parent in 2015. We set out three commitments that describe how we aim to improve the lives of care-experienced young people like you through participation in sport.

Our commitments:

- We will embed our responsibilities to you in our work and cooperate with partners to understand your needs and improve your experiences
- We will promote your needs to our staff and our partners and improve awareness of how sport and physical activity can improve your wellbeing
- We will make it easier for you to take part and benefit from sport.

Our progress so far

We will embed our responsibilities to you and cooperate with partners to improve your experiences

- We included corporate parenting as a key driver for inclusion in our new corporate strategy, [Sport For Life](#)
- We met with other corporate parents to share learning and good practice
- We created [an area on our website](#) to highlight our role as a corporate parent and promote our corporate parenting plan
- We worked with local authorities to help them capture information about care-experienced young people taking part in Active Schools. This information helps Active Schools teams think about how they can make opportunities more accessible
- We gave care experience the same importance as other protected characteristics like disability and race. We updated our internal policies to reflect this
- We hosted Who Cares? Scotland's first 'Care Collective' residential at our National Training Centre Inverclyde in Largs.

We will promote your needs to our staff and our partners

- We created a corporate parenting guide for staff to make them aware of your needs
- We used our internal communications to promote the needs of care-experienced young people and encouraged staff to support the 2018 Love Rally
- We updated our staff induction guidance to include information on corporate parenting, our corporate parenting plan and the needs of care-experienced young people
- We worked with Who Cares? Scotland to deliver corporate parenting training to staff working in Scottish governing bodies of sport. The training explained the challenges and barriers care-experienced young people face to participate in sport and how governing bodies can work to reduce these
- We considered the needs of care-experienced young people when we developed the new Standards for Child Wellbeing and Protection in Sport.

Our progress so far

We will make it easier for you to take part and benefit from sport

- We shared the application for our Young People's Sport Panel with the Children's and Young People's Commissioner Scotland and Who Cares? Scotland. We used their networks to encourage more care-experienced young people to apply
- We provided support to Young People's Sport Panel applicants and members selected to be on the panel. This included making travel arrangements and repaying travel expenses
- We invited a group of care-experienced young people to provide their views on how the Year of Young People National Lottery Fund should be used
- We provided funding to Who Cares? Scotland and Active Communities to deliver sport and physical activity to care-experienced young people in Renfrewshire. This is part of our Changing Lives through Sport and Physical Activity fund
- We worked with local authorities to support their work with care-experienced young people through community sport hubs and Active Schools.

Where we can improve

We can do more to become a better corporate parent. We will take time to review our plan to see what worked well, where we can improve and how we can make a bigger impact working with other corporate parents.

Some of the early improvements we want to make include:

- improving how we connect with care-experienced young people like you to know more about your needs, the barriers you face and your experiences in sport
- signing up to the Scottish Care Leaver's Covenant
- working with Who Cares? Scotland to offer better training to our staff on your needs and our role as a corporate parent and to improve our communications
- continuing to explore ways we can support you with career and participation opportunities through our National Centres
- making it easier for you to work towards coaching qualifications.

Case studies

Active Schools in Aberdeen

“When it’s a coach day I feel excited. It’s good group work when we play group games. It’s fun and it helps because it’s not really noisy, so it gives me a break from all the loud noise.”

David, 9

In November 2018, the Active Schools team in Aberdeen began working with Sport Aberdeen to support David*, a care-experienced young person who was finding it difficult to focus in school and interact with his classmates.

Initially they arranged one-to-one sessions outwith school time. This gave nine-year-old David a chance to try different activities including swimming and horse riding. He also took part in after-school kickboxing through Active Schools and really enjoyed it. However, after some time David decided he wanted to take part during school.

The Active Schools team agreed with the primary-school headteacher that a Sport Aberdeen coach would hold small group activities at the same time every week with David and some of his classmates. The aim was to use team sport to help David build positive peer relationships and support social interactions within the school environment.

This has been a positive experience for David and the other children who took part in the activity.

“The coach was brilliant with the children yesterday. David told one of the pupil support assistants that it was the best day of his life. We feel it has allowed him to enjoy success in team sports where he may have struggled unsupported. It has also provided him with some respite from the classroom.”

Primary School deputy head

Changing Lives in Paisley

“Being able to offer our participants the chance to get a qualification, go to a stadium or take part in a new sport for the first time, all have a significant role to play in building the confidence of young care-experienced people and opening doors for the future.”

Tina Hodge,

Active Communities youth development worker

A new project between Active Communities and Who Cares? Scotland is breaking down barriers and helping care-experienced young people in deprived** areas of Renfrewshire take part in sport.

Care2B Active launched in spring 2019 to provide opportunities for care-experienced people aged 10 to 18. It offers free weekly football sessions at Ferguslie Park in Paisley, welcoming boys and girls to play alongside non-care-experienced peers. It recently launched come-and-try sessions across a range of sports in Foxbar. This is driven by young people.

Care2B Active also runs a wellbeing hub in Johnstone which looks at both physical and mental wellbeing. The hub combines physical activity with guided meditation, self-care and coping mechanism workshops. It creates a space for discussion so participants can explore their care identity.

Care2B Active is one of 17 projects to benefit from the Changing Lives through Sport and Physical Activity fund. Changing Lives is jointly managed by sportscotland, The Robertson Trust, Spirit of 2012 and Scottish Government. It aims to change lives and create a more inclusive and healthier nation.

“I am care-experienced and share my experiences with the young people as I recognise the problems they face and can empathise with their situations. It’s important they have visible role models delivering these activities.”

Kareen Stewart, Who Cares? Scotland youth engagement support officer

*David's real name has been omitted to protect his privacy.

**Based on 20% most deprived communities, from the Scottish Index of Multiple Deprivation 2016

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