



*Working with communities
to learn how to serve them best*



*Train today
Thrive tomorrow*



*Your Hub for learning,
connection and growth*



***"Working with communities
to learn how to serve them best"***

Sporting Communities are pioneers of innovative community, youth work and sport development practices. Founded on 8th May 2012, our team is comprised of community, youth work and sport development specialists.

As an ethical, not-for-profit company we examine our behaviour towards the outside world taking into consideration morality and ethical reasoning. We are committed to developing cost-effective, timely and professional services that benefit communities and inform future services.



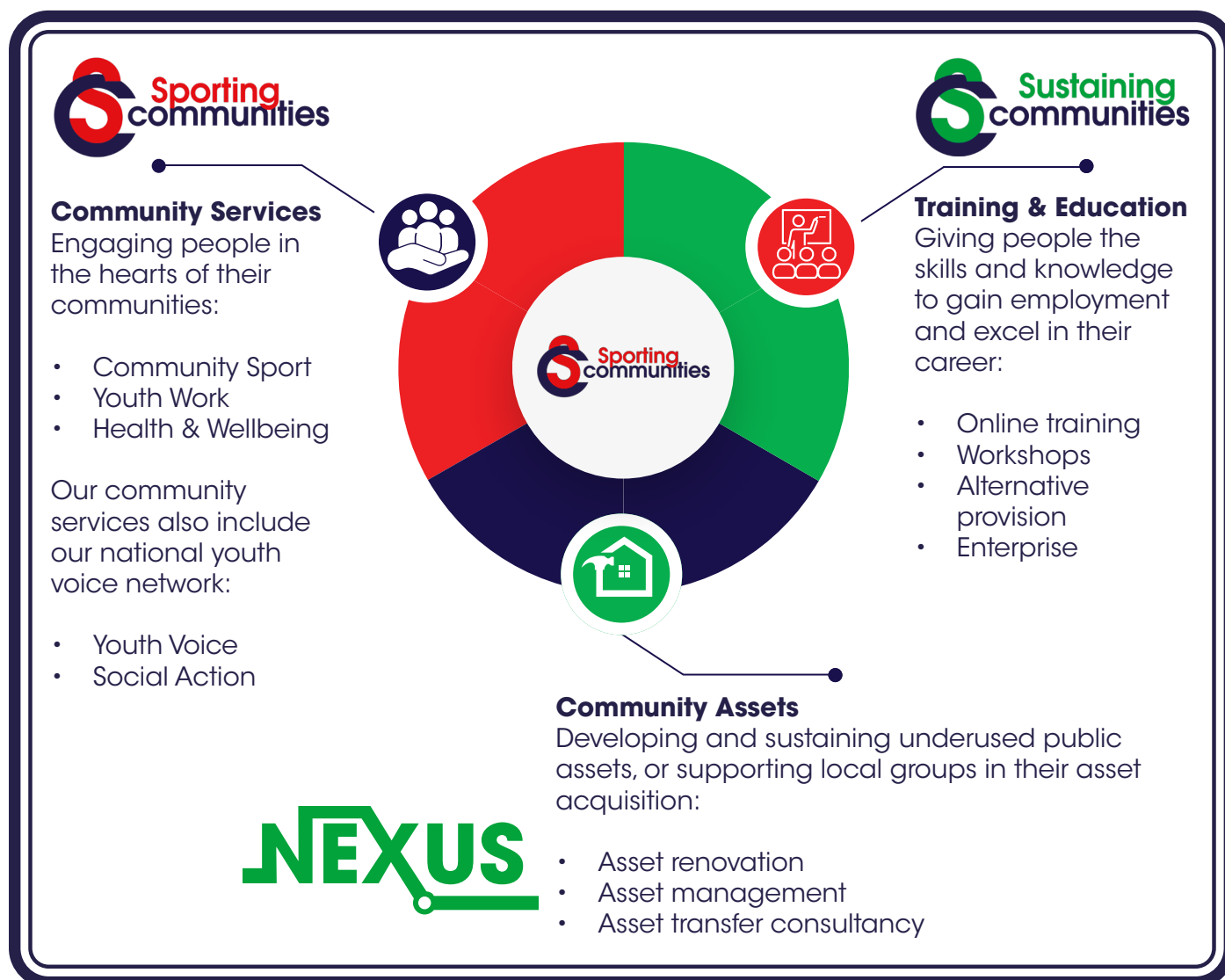
By listening to the needs of the community, we are continuously developing programmes that best support different community's needs and the individuals within them.

We use sport and the creative arts as a tool to engage with individuals and communities on a deeper level. We then wrap-around sustainable services designed to initiate social, individual and community development. Our approach ensures that people and communities are truly able to achieve lasting positive change.

Our step by step approach ensures that communities have a long term, sustainable plan, building suitable foundations for projects and services that go way above and beyond expectations; developing positive cultures and changing people's lives.



Our work is powered by three dynamic business arms, shown in the diagram below. Each plays a unique role, but together they create a powerful engine for innovation, value, and lasting change, delivering sustainable, cost-effective impact for our partners and stakeholders.



These three business arms are delivered through four key themes:

Community Reassurance

Engaging young people - Creating safe, meaningful opportunities for young people to connect, participate and thrive.

Amplifying Youth Voice

Ensuring young people are heard, valued and influential in shaping change.

Training and Education

Building skills, knowledge and confidence for brighter futures.

Asset Development

Investing in spaces, tools and resources that empower communities to grow.

Together, they ensure our work is rooted in people's experiences while building the skills and resources needed for long-term impact.



Community Reassurance

*Empowering communities
Supporting frontline services
Transforming lives*



The Problem: The Challenge Facing Our Communities

Key Statistics

- Violence with injury incidents increase by 49% in the year ending June 2024 compared to the previous year
- Knife-related offences climbed 4% in the same period
- 1 million ASB incidents were logged by police in the year ending September 2023
- There was an increase in the number of adults in England & Wales experiencing or witnessing ASB in the 12 months to June 2024

Local Context

- Serious violence increased by 3.45% in Derbyshire between FY 2021/22 and FY 2023/24
- Nearly 49% of suspects in Derbyshire's serious violence are aged 11–25, and 26% are 17 or younger
- Victims aged 12–14 saw the largest increase in serious violence, while knife-crime victims peaked among 15–19 year-olds

**£120 - £200
per police callout**

**£2.8m - £4.8m on ASB
alone in Derbyshire**

Behind every ASB report or knife incident is a young person slipping through the cracks; not just a statistic, but someone shaped by trauma, poverty, exclusion, or fear.

We see communities where fear controls behaviour, where children grow up normalising violence, and where residents no longer feel heard or safe. For frontline officers, the pressure is relentless. The system is stretched, and interventions arrive too late, if at all.

Meanwhile, young people are drawn into cycles that escalate fast. These patterns are not inevitable, but without early, targeted engagement, they harden, costing lives, public trust, and millions in public money.

Now is the time to invest in solutions that stop the problem at its root — not just contain the symptoms.



***"People think I carry
'cause I'm looking
for trouble, but it's the
only way I feel like
I've got a chance."***

***Male, 15
Derbyshire***

The Solution: Community Reassurance - Our Proven Intervention Package

Sporting Communities' Community Reassurance programme provides sporting activities within community settings such as local parks, or multi-use games area to prevent ASB and youth crime, create togetherness and address social inequalities.

Our award winning, academically published work has demonstrated a direct link to reductions in anti-social behaviour and serious youth violence. Through targeted, relationship-based engagement, we intervene early, preventing young people from being drawn into harmful cycles and tackling the root causes before they escalate.

Primary Supporting young people and communities to prevent young people from engaging in ASB

Secondary Referrals from the police, Neighbourhood teams and Housing Associations to areas of need

Tertiary Working with the police and ASB teams to directly tackle ASB and youth crime

What is Community Reassurance?

Weekly youth engagement sessions using sport as the "hook" to engage young people.

Who is it for?

Young people at risk of, or involved in ASB and Serious Youth Violence.

How it works?

In partnership with the police, local authority, housing associations and other local partners we conduct detached youth work to speak with young people and identify spaces where they feel safe.

We then co-design community sport sessions and provide bespoke wraparound support for each young person including mentoring, family support, training and community engagement.



The Results: What Happens When You Work With Us

When communities invest in our intervention model, they see measurable change **FAST!**

In areas we've worked for 2 years, ASB has consistently dropped by an average of 44%, reducing by a further 25% in year 3. Our trusted, person-centred, trauma-informed practitioners build rapid rapport with high-risk young people, offering positive pathways away from violence, exploitation and reoffending.

Our programme leads to:

- Significant impacts on youth crime and improved community safety
- Reduced callouts to incidents, meaning time and resources can be invested into other areas of need
- Improved wellbeing, mental health and quality of life for local residents
- Proactive partnerships

"The outcomes for the young people are very clear, as is the way that your work enabled youth voice within the project. We also note the importance of relationships that you were able to develop with local providers which have shifted their attitude and impacted positively on local provision." Cheshire Community Foundation

This is early intervention that saves lives, frees up resources, improves image and restores confidence in services.

It's proven. And it's ready to deploy.

44% reduction in ASB

£6 SROI for every £1 invested

Newton (2021) The Social Return on Investment of Sport for Good



Case Study: Knife Crime and Ethnic Tensions

Sporting Communities were referred to work in Normanton, following our intervention work alongside Derbyshire Police through Project Delorean in Sunnyhill, which formed part of the wider Project Zao to address Knife Crime. At this point ASB and youth crime had been consistently increasing by 2.6% year on year. Our Community Reassurance programme intervened to operate a weekly Friday evening session to reduce tensions between different ethnic groups and create a safer place for women and girls.

Since 2020, delivering Community Reassurance in Normanton ASB has seen a decrease in ASB by 9.3% year on year, creating a saving to the police, council and wider society of approximately £250,000.

In addition, young people have reported feeling safer, more resilient and having greater wellbeing.

Case Study: B

We first engaged with B during detached work in Stoke in a highly deprived community with a lack of opportunities for young people. B was 'hanging around' with peers that were negatively influencing his behaviour and had been excluded from local facilities.

"I was just a young teenager, doing my own thing, getting into trouble quite a bit. Me and my friends used to go out climbing on stuff and just causing trouble really"

After asking what the young people wanted, we set up a local youth club and B began to see the youth club as a positive distraction from being on the streets and causing trouble.

"I just stopped causing trouble, you know, stayed in youth club when it was open and, even when the youth club wasn't on because I looked up to Sporting Communities that much, we didn't cause trouble when we went out anymore and I started leading by example a little bit to my mates"

B then became a local advocate and influenced his peers, training as a Youth Leader. After only receiving 1 GCSE, we supported B into employment. His employer highlighted that his Youth Leadership and experience was influential in his recruitment.



MYVoice

*Empowering Youth Voice:
Proven Solutions
for Authentic Engagement*



The Problem: Why Youth Voice Matters

Far too often, young people are sidelined in decisions that shape their futures, whether in local councils, schools, or public services. This exclusion has real consequences: disconnection from civic life, worsening mental health, limited opportunities, and a sense that society simply doesn't care.

When youth voice is genuinely embedded, the opposite happens. Young people thrive and communities benefit.

The Cost of Being Ignored

- Around 20% of adolescents in England experience a mental health problem each year, yet 70% go without appropriate early support
- 28.5% of young people reporting social, emotional, and mental health challenges, with 51% saying anxiety was their biggest barrier to getting work
- Youth violence often stems from social exclusion and cuts to youth services fuel criminal involvement

The Power of Youth Voice - Done Well

- In the Youth Engagement Impact Study, 69% of participants wanted to "represent young people's views," 58% to "make a difference," and 43% to "speak with policymakers"
- England's National Citizen Service evaluation found participation led to sustained increases in political engagement and civic participation
- In Scotland, enfranchising 16 and 17-year-olds has led to 80% youth turnout in follow-up elections. This is substantially higher than those who started voting at 18, demonstrating long-term civic engagement



"It has enabled my peers and I to have a voice and to be heard. Breaking down stereotypes and barriers...to focus on the positives and individuals compared to what society dictates."
Female, 19

The Solution: Our Approach

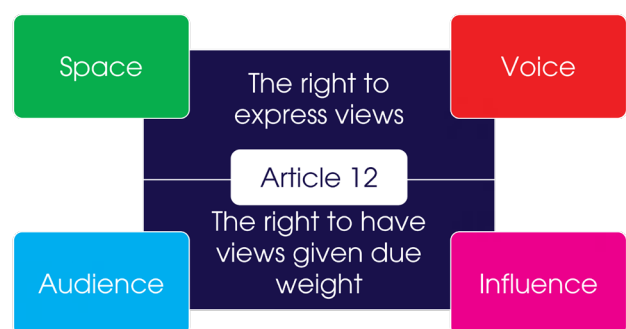
We don't just consult young people — we empower them.

At the heart of our work is the belief that youth voice is not a tokenistic gesture. It's a powerful, structured process that, when implemented correctly, leads to better outcomes for young people and the organisations that serve them.

Our approach is grounded in the internationally recognised Lundy Model of Participation. The Lundy Model provides a way of conceptualising a child's right to participation, as laid down in Article 12 of the UN Convention on the Rights of the Child, emphasising space, voice, audience, and influence, which guides us in creating environments where young people can freely express their ideas and concerns.

"We ensure that young people's voices are not only heard, but that they are acted upon"

Ben Rigby, Managing Director



Space

We create safe, inclusive environments for all young people to openly express their views without judgement

Voice

We support young people to articulate their views and use tools like digital platforms, art, storytelling, and structured discussion formats to unlock expression

Audience

We ensuring the right people listen. We connect youth insights to senior decision-makers, service leads, and organisation executives

Influence

We co-design between young people and decision-makers, facilitating feedback loops and action planning to turn youth input into measurable change

Why It Works

Our model creates deep, sustained engagement because:

- Young people feel seen, safe, and skilled to participate
- Adults gain confidence to share power and listen actively
- Services evolve in ways that are more inclusive, relevant, and effective
- Everybody sees and feels the positive impact of youth input

The Solution: Our Services

We offer a range of dynamic, engagement packages designed to transform how you work with the voices of young people. Whether you're starting your youth voice journey or ready to embed Youth Voice into strategy and policy, we've got you covered.

Listen

Goal: Hear from young people in your area or service population and receive professional insight and analysis.

You get:

A detailed understanding of what young people think, feel, and want – without needing long-term structures.

Youth Voice Group Creation

Goal: Set up a youth voice group tailored to your needs – and train your team to run it sustainably.

You get:

An active youth voice group with trusted, trained adult to sustain it.

Youth Advisory Board & Peer Consultation

Goal: Establish a representative Youth Advisory Board with the skills to lead, consult peers, and influence decision-making.

You get:

A self-sustaining youth board that speaks with and for young people, and feeds directly into your strategy and services.

Optional Add-On:

Youth-Led Social Action Projects

Empower young people to lead real change in their communities through supported social action campaigns. Whether it's improving local green spaces, tackling discrimination, or launching mental health initiatives, we guide young people to plan, deliver, and evaluate impactful projects.

You get:

Visible impact led by young people, boosting confidence, leadership, and public visibility.



The Results: Impact

Our work creates tangible improvements in how organisations listen to young people and in how young people see both themselves and the organisations that they work with. From councils to corporates, our clients see better services, stronger engagement, and long-lasting improvements.

Here's what our partners and young people have to say.

Location: Manchester

Challenge: Disconnect between young people's services and needs.

Our Solution: Created the Youth Innovation Conference, a national youth voice platform for organisations to learn and decision-makers to listen.

Result: Over 200 young people and professionals per year coming together to address issues and co-design solutions.

Location: Derby

Challenge: No youth pathway to feed into services for young people.

Our Solution: Created a youth voice forum connected to local public and third sector providers that support young people. Trained young people how to consult with their peers for broader representation.

Result: Young people from the city feed directly into the strategic Children and Young People's Partnership. One young person now sits on the scrutiny panel.

Location: Staffordshire Moorlands

Challenge: Limited engagement with young people in shaping local facilities.

Our Solution: Created a youth voice forum with 15 young people, connecting them to the local authority planning team.

Result: Youth-led insight fed into Section 106 funding decisions. Young people are now utilised in future 106 funding decisions in the district.

What young people say:

"It was the first time anyone asked what we think and actually used it."
— Young person, Birmingham

"We did a mental health campaign and people at my school still talk about it. I feel proud of that."
— Youth Social Action Participant, Derbyshire

Training Academy

*Learning That Lasts,
Opportunities That Grow*



The Problem: Training and Employment Needs

Key Stats

- Nearly 1 in 7 young people are NEET – not in education, employment or training.
- By age 18, one-third of young people have already left education or training.
- There is an increased demand on organisations who support young people to be equipped to deal with a broader range of need and disadvantage.
- There is a growing demand for youth services: with rising NEET rates and cuts to traditional education pathways, organisations need to provide relevant, engaging alternatives.

"For young people, vocational training isn't just about a job – it's about opening doors to independence, opportunity, and brighter futures."

"For organisations, vocational training strengthens services, improves outcomes, and builds resilient communities."



Why Vocational Training is so Important

- Graduates of vocational enterprise schemes like the Prince's Trust earn up to 50% more by age 30 and are twice as likely to start a business
- Vocational training reduces long-term unemployment, increases productivity, and improves wellbeing – leading to lower crime rates and greater social inclusion.
- Vocational training builds real-world skills, confidence, and resilience, giving young people a pathway into work, further education, or self-employment
- Improved staff retention and motivation: Staff feel valued and invested in, improving staff quality, loyalty and reducing recruitment costs
- Greater Organisational Resilience, enhanced reputation and sustainability: offering vocational pathways shows funders, partners, and stakeholders that organisations are delivering tangible, impactful solutions.

The Solution: Our Approach

The Sustaining Communities Training Academy equips young people, and the organisations who support them, with the skills, knowledge, and confidence to succeed in education, employment, and life. Our training is flexible, engaging, and includes practical, online and hybrid learning opportunities.

- Accredited and non-accredited training programmes tailored to real-world needs
- Online training courses that allow learners to study at their own pace
- Specialist training for staff and volunteers on youth engagement and best practice
- Online and in-person workshops to build confidence and leadership
- Pathways into volunteering and employment
- Inclusive, supportive learning environments
- Ongoing support and collaboration opportunities to strengthen youth services and community impact



Why Choose Us?

- **Youth-Centred** - We design training with young people, not just for them
- **Highly Experienced Team** - Our training is delivered by skilled facilitators with real-world experience.
- **Flexible & Accessible** - In-person, online, and blended learning options.
- **Bespoke training packages** - Custom training offer for organisations, adapted to their priorities and challenges.
- **Proven Impact**
 - Young people report a 40% increase in confidence and leadership skills after completing our programmes.
 - Organisations we've trained see improved youth engagement and retention, with staff reporting greater confidence in working with young people.

The Solution: A Sample of Our Courses

An Introduction to Youth Work Training

Discover the fundamentals of youth work and safe, effective, impactful community engagement.

Serious Youth Violence

Gain knowledge and tools to better understand, identify, and respond to issues around Serious Youth Violence.

Virtual Reality Knife Crime Training

Gain empathy and insight by stepping into a virtual world where you experience choices around knife crime.

Emergency First Aid at Work

Provides essential skills and knowledge to help individuals respond effectively to first aid emergencies in the workplace.

Sports First Aid

A three hour course for sports coaches, referees, umpires etc. Training can cover sport specific injuries as requested.

Youth Leadership

Learn about different leadership styles, skills and how to lead inclusively and ethically.

Peer Consultation

Learn why peer consultation matters, tools and techniques, and how to consult ethically and effectively.

Developing and Managing Volunteers

Learn how to effectively recruit, retain and support volunteers.



The Results:

"The Introduction to Youth Work training gave me the confidence to step into my role with clarity. The toolkit was a game-changer too. Having practical resources at my fingertips made it so much easier to put what I learned into practice."



"Before the Peer Consultation training we weren't sure how to involve young people in that way. The training gave us a clear framework to work from and helped our team learn how to support young people to peer consult."

***"It was powerful to hear from Lived Experience presenters and honesty and openness of the presenters along with the opportunity to ask questions and speak with them."
(Serious Youth Violence Training)***



"Before the Youth Leadership training I didn't see myself as a leader. Now I know my voice matters, and I've got the skills to not only work with others and make a real difference in my community, but also to use those skills when I start my career."

The logo for Nexus, featuring the word "NEXUS" in a bold, white, sans-serif font. A stylized white line with a dot at its end extends from the letter 'X' towards the right.

NEXUS

A wide-angle photograph of an outdoor artificial green football pitch. The pitch is surrounded by a dark fence and a running track. In the background, there are trees and residential houses under a cloudy sky.

Community Assets

A photograph of an indoor sports hall with a large wooden floor. The walls are blue and white, and there are various pieces of sports equipment and furniture scattered around, including a table, chairs, and a rack of equipment.

*Bringing
Underused Spaces
Back to Life*



The Problem: The Challenge Facing Our Communities

Local authorities in the UK possess a significant stock of non-domestic properties, like community hubs, libraries, and civic buildings, that are chronically underinvested in. Years of budget cuts and limited staffing render councils unable to maintain, repurpose, or bring these spaces fully into use.

The result is too often empty, closed or underused buildings. Spaces that should be the beating heart of local communities are left to decline and residents lose vital access to services and safe meeting places.

Key Statistics

- Councils across England have been pressured into selling off publicly owned buildings and spaces, valued at approximately £15 billion, over the past decade. This includes civic halls, libraries, and youth centres that could have served community needs, and many more are under imminent threat.
- The National Audit Office has identified a maintenance backlog of at least £49 billion across government-owned buildings.
- Decades of underinvestment and rising costs have resulted in service disruptions and safety risks.
- Many properties under council oversight have been unoccupied for more than two years.



**Unused public
buildings costing
£Millions in local
authority expense**

These figures paint a sad picture: public, non-domestic properties, meant to serve communities, but instead being left idle, unsafe, or being sold off simply to plug financial gaps.

That gap between potential and reality underscores the urgency of a sustainable alternative.

The Solution: Nexus Centres

Nexus Centres are designed to be centres for learning, connection and growth. This community assets approach provides a sustainable alternative. We work in partnership with local authorities to identify properties with real potential. If they meet our criteria, we take on the facility, assume responsibility for management, and deliver a programme of renovation and renewal.

Crucially, before restoring a building, we consult with the local community to understand their needs, priorities and aspirations. This ensures that the services, spaces and opportunities created are rooted in what matters most to the people who will use them.

Once restored, the building becomes a thriving hub for community life. We bring in services tailored to local needs, from training and education to youth provision and wellbeing activities, all without ongoing running costs to the local authority.

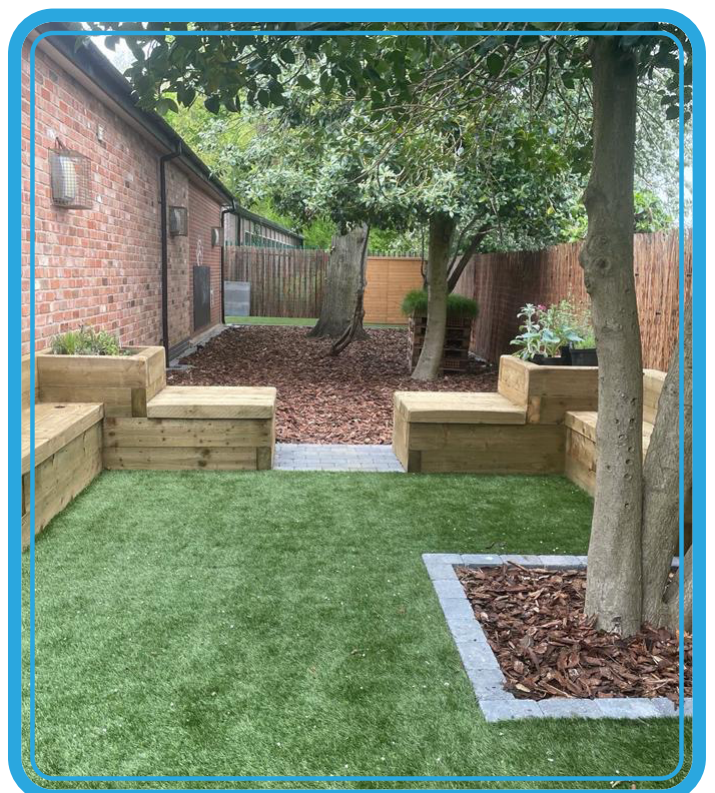
To secure sustainability, we also build in community-beneficial income generation models. This means the building supports itself financially while reinvesting value back into the community, ensuring the asset continues to thrive for years to come.

The Nexus model eases financial and staffing pressures on councils while giving communities welcoming, vibrant spaces designed around their needs.

Criteria

- No staff attached to the asset
- Structurally sound
- HSE compliant
- DDA Compliant
- Has utilities and toilets in place
- Free parking available

If you have properties that meet this criteria, our Community Assets approach is the perfect solution to unlock their potential and turn them into thriving community hubs.



The Results: What Changes with Nexus

We have already demonstrated how disused or underused spaces can be transformed into thriving assets that benefit entire communities. By working closely with local authorities, funders and local residents, we have delivered projects that are not only sustainable, but also life-changing for the people who use them.

Normanton Park Community Centre

This derelict community centre, which had been closed for 3 years prior was turned into a vibrant hub, secret garden and nursery. It now provides childcare, community activities and a safe, welcoming environment.

"We wholeheartedly recommend Normanton Park Community Centre. Their exceptional team and facilities have left a lasting impression" - Fazia (local resident)



Derby Sports Courts

Two disused park courts were converted into exciting facilities: a Cruyff Court and the UK's first Football Foundation PlayZone. These spaces give residents access to high-quality sport and recreation right in the heart of their community.

"I think it's a lot better, just how it looks, it's perfect." - Daud (local young person)



Moss Farm AGP

After being closed down for several years, this multi-use artificial grass pitch forms part of a larger vision for Moss Farm Sports Complex. We give local residents access to a top-class pitch. It has become a hub for physical activity, teamwork and community pride.

"The astroturf at Moss Farm has made such a difference. It feels like the heart of our community again." - James (local resident)



How to Commission us Directly

Ready to Tackle ASB & Youth Violence Head-On?

Step 1: Book a free strategy call with our Strategic Director

Get in touch to arrange a free 30-minute call or meeting. We'll assess local needs, explain our delivery model, and outline measurable outcomes tailored to your area.

Step 2: Select Your Package

Choose from flexible delivery options based on your priorities: youth violence, ASB hotspots, estate-based outreach, or early intervention. We'll align with your local strategy and budget.

Step 3: See the Benefits

Commissioning us is quick, compliant, and high-impact. You'll see reductions in ASB and youth crime, increased youth engagement, and better multi-agency outcomes.

Let's turn strategy into visible change and make Derbyshire a Safer Place together.

Ready to Put Youth Voice at the Heart of Local Decision-Making?

Step 1: Book a Free Strategy Call with Our Strategic Director

Get in touch to arrange a free 30-minute call or meeting. We'll explore how our Youth Voice model can deliver measurable outcomes for young people and your community.

Step 2: Select Your Package

Choose one of our packages, designed to capture authentic youth insight. We'll align the approach with your strategy, timescales and budget.

Step 3: See the Benefits

Commissioning us is quick, compliant and high-impact. You'll get clear evidence of young people's views, stronger community engagement, and a framework for shaping services that genuinely reflect youth priorities.



Ross Podyma - Strategic Director
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07809 536703

Sustaining Communities Training Academy

Grow Skills. Build Futures.

Get in touch to explore our Training Academy offers. We provide young people and professionals with accredited qualifications, practical workshops, and Professional Development opportunities designed to inspire growth and open new pathways.

Flexible, impactful, and tailored to your needs.

Access Our Training Academy Portal

As well as commissioning bespoke programmes, you can explore our full range of training directly through the Training Academy portal on our website. From workshops to accredited qualifications, the portal makes it easy to browse, book, and benefit from our training opportunities.

For your bespoke training needs contact:

Jon Keresztury - Sustaining Communities Manager
jon@sustainingcommunitiescic.org
07809 536703



Nexus: Turning Empty Spaces into Thriving Places

Step 1: Book a free strategy call with our Managing Director

Get in touch to arrange a free 30-minute call or meeting. We'll discuss your local properties, assess which fit our criteria, and outline how the Nexus approach can unlock their potential.

Step 2: Explore the Best Sustainable Approach

Choose how you'd like to work with us: full building transfer and management, joint development, or service-led partnerships. We consult with the community to design sustainable models.

Step 3: See the Benefits

Commissioning us is quick, compliant, and high-impact. Disused or underused buildings are transformed into vibrant community hubs and local authorities save costs.

Ben Rigby
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