

# SCORES!

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Increasing refugee participation in sports activities – a project from the Refugee Council

For longer versions of articles go to  
[www.refugeecouncil.org.uk/rcos](http://www.refugeecouncil.org.uk/rcos)



# WELCOME TO SCORES!

Welcome to SCORES! We hope you enjoy reading the first in a series of bi-annual newsletters for refugee community organisations (RCOs) that are interested in developing sports projects.

Funded by the Football Foundation, the aim of the Supporting Community Organisations – Refugees Engage in Sport (SCORES) Project is to increase participation of refugees in sports by supporting RCOs and enabling them to develop sports projects which address development issues facing refugee communities and facilitate their integration. This three year project will be delivered in London (first year) and the West Midlands (second year), with the final year focussing on both regions.

While funding from various sources may be available for community sports activities, the bureaucracy associated with making an

To find out how the project can support your RCO, call Ezechias Ngendahayo on 020 7346 1163 or email [ezechias.ngendahayo@refugeecouncil.org.uk](mailto:ezechias.ngendahayo@refugeecouncil.org.uk) or [penny.mclean@refugeecouncil.org.uk](mailto:penny.mclean@refugeecouncil.org.uk)

application often discourages applications from the established, let alone more transient refugee groups. The SCORES project has been set up to support RCOs to develop and fundraise for sports projects by providing one-to-one advice and support; by organising sports development training sessions for RCOs and refugee sports groups; and by raising awareness of the barriers refugees face in accessing and participating in sports and leisure activities.

## CRICKET FOR CHANGE



While Australia and England battle it out for the Ashes in Australia, a group of young talented refugees compete weekly at a cricket ground in South London. **Andy Dalby Welsh**, Director of Programmes at Cricket for Change tells SCORES! about how they use cricket as a vehicle to improve the lives of disadvantaged young people.

We have been running a Refugee Cricket Project for the last year at our cricket centre in Sutton. More than 60 young people have participated in the programme and we are looking for new investment in order to continue this fantastic programme.

Cricket gives young people the opportunity to develop sporting skills, play a team game and succeed as an individual through batting and bowling. More important, however, is its ability to equip them with a range of life skills such as team work, leadership and friendship building.

The project also creates a platform for us to support young refugees in other ways. They learn English, develop cooking and gardening skills and have the chance to speak to Refugee Council volunteers for advice and guidance.

As the project has developed we have been able to give the young people more opportunities and more responsibility. They are given responsibility as a group to organise equipment, fixtures and outings and it is up to them to guide the project in a way that suits their needs. Five young refugees have taken part in cricket's "Apprenticeship programme" which will help them understand and develop their coaching skills, and in February others will embark on a coaching qualification.

One of the high points so far came when the young people and staff organised

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## PROJECT NEWS

# SEASON'S GREETINGS FROM THE SCORES PROJECT

The SCORES project team would like to thank everyone who has made a contribution to the success of the first six months of the project.

In November we organised a very successful conference on the role of sports and physical activities which four sports funders attended – providing information on their funding programmes as well as sharing views on the positive outcomes they are expecting from future sports project developments.

The conference was also an opportunity for participating RCOs to learn from the experience of successful sports projects such as Street League, the All Nations Football League; Liver World

LONDON FOOTBALL ASSOCIATION



Community Sports from Liverpool, and Kick It Out. Participants also received tips on how to develop sports projects.

If you would like us to send any materials from the conference, please don't hesitate to contact us.

We will be running two other events in spring 2011, including a workshop on the role of sports and physical activities and a training workshop on how to develop sports projects.

We will communicate about these dates in due course. We are also conducting research on the barriers facing refugees and asylum seekers, and your contribution is very important to us.

We will keep you updated about this. Until then, Merry Christmas and Happy New Year!

# Sport for change



Olly Dawson, the Programme Manager for Sport for Change UK at Comic Relief, explains why he thinks participation in sport can be valuable for refugees

AS WELL as improving health and wellbeing, sport can also help refugees overcome social isolation and take part more fully in their local community.

Sport can bring people together from different backgrounds and communities, thus helping to increase community cohesion. Participation in sport can also lead to improved self-confidence, self esteem and respect for others.

Other benefits such as an increased understanding of teamwork, or a new-found respect for authority, can also be useful in other areas of people's lives.

However, refugees wanting to participate in

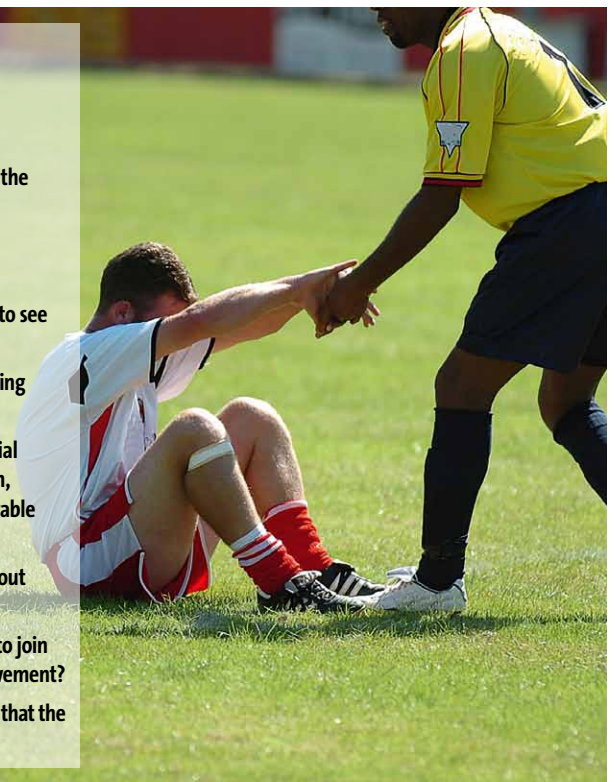
sport can face a number of challenges such as cost, childcare, cultural issues and discrimination. Refugees should be consulted about the best way to overcome these barriers and sports providers must be educated about the issues that refugees face.

The aim of the Sport for Change programme is to understand more about how sport can play a part in delivering positive change within the lives of individuals and communities.

We also want to understand how sport can be used to tackle identified social issues, as part of a broader programme to achieve a measurable social change.

## TIPS FOR ORGANISATIONS THINKING OF DEVELOPING A SPORTS PROJECT

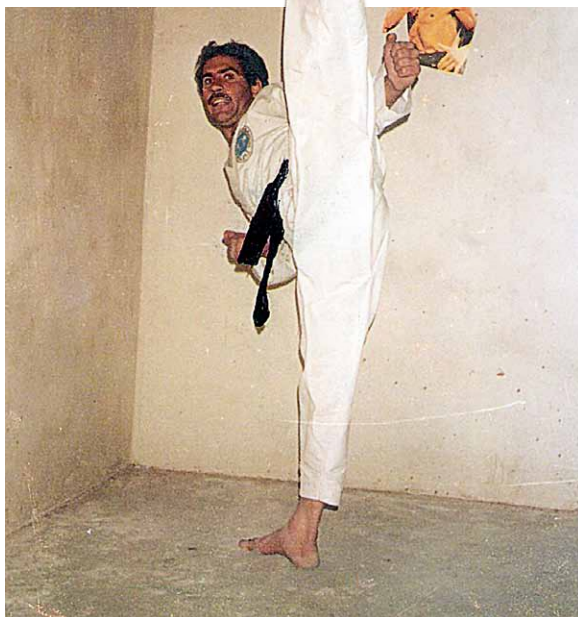
-  Why are you thinking of developing the project – what is the need?
-  Have you consulted potential service users?
-  What positive changes do you hope to see as a result of the sports project?
-  Will the project be focusing on sporting competition and health?
-  Or will the project be focused on social outcomes such as increased cohesion, reduced isolation, increased transferable skills?
-  How will potential participants find out about the sports project?
-  How will participants be motivated to join the project and maintain their involvement?
-  How will you measure the difference that the sports project makes?



[www.comicrelief.com/apply-for-a-grant/programmes/sport-change-0](http://www.comicrelief.com/apply-for-a-grant/programmes/sport-change-0)

## THE RCO SPOTLIGHT

SCORES! talks to  
Abdul Ghafoor  
Nabi, taekwondo  
master at the  
Afghan Association,  
London



# Sport is helping us to integrate into society

“PARTICIPATING IN sports activities helps refugees to integrate into society and through sports people feel welcome and accepted in the social life,” says Ghafoor Nabi from the Afghan Association.

“I have always been active and engaged in sports,” he continues. “Back in Afghanistan I was training the national team in taekwondo, working for ten years with the National Olympic Committee.

“I then started a taekwondo academy to train young people in several clubs across Kabul. Now I am a qualified instructor of the British Taekwondo Control Board and am a member of the World Taekwondo Federation.”

Ghafoor Nabi’s personal experience is a driver for his engagement in his work today. “I am involved in the sports activities of the London based Afghan Association because I have noticed that numerous young Afghan refugees face various difficulties.

“We have successfully built a sport academy and are providing regular sports activities for them in order to help them to integrate into British society.”

When conversation turns to challenges for engaging refugees in sports Ghafoor Nabi emphasises several issues. “There are various challenges relating in particular to engaging young people and women in sports, one is financial but also personal barriers are hindering

participation in sports. It is for example a problem that some refugees don’t feel welcome and they don’t have the courage just to find a club they like and become a member.

“Sport is as important for women as it is for men. I believe that women need to be encouraged to participate even more than men to break the emotional barrier of leaving their home and to integrate into a new life and new surroundings.”

[www.afghan-association.org.uk/serviceandactivities.htm](http://www.afghan-association.org.uk/serviceandactivities.htm)



Master Ghafoor Nabi’s taekwondo students

## Engaging women in sport

The Women’s Sport and Fitness Foundation (WSFF) is a UK charity that campaigns to make physical activity an everyday part of life for women and girls.

WSFF HELPS sport and fitness organisations understand what women want; they inspire women to take part and they campaign to persuade policy makers that having more active women will benefit us all. WSFF believes it is very important to engage all women in sport and suggests the following tips for this to be achieved:

- Consult to ensure provision meets women’s wants, needs and expectations
- Consider existing programmes/projects that you may be able to tap into
- Develop a clear project plan that considers what facilities, times, workforce might be most appropriate
- Think about the women’s motivations and expectations when developing marketing/communications materials
- Consider exit routes from the project before it gets underway.

There are particular benefits for women taking part in sport: women are more likely to suffer from mental ill health, low self-esteem and have body confidence issues. These are all problems that physical activity can help address.

The main reason women cite for not being more active is a lack of time. Other barriers like cost, choice of activity and the quality of facilities also all play their part.

You can access a series of online fact sheets to help ensure your sports project meets the needs of different groups of women, including guidance on delivering sport to Muslim women, young women, mums and older women.

• Call 020 7273 1740 or visit  
[www.wsff.org.uk](http://www.wsff.org.uk)

# SCORES!



*Sport helps keep you happy and healthy*

## HEALTHY AND HAPPY

Sport can play a key role in maintaining good physical and mental health. It's recommended that most people should undertake 5 x 30 minutes moderate intensity physical activity a week, but fewer than 30% of Londoners manage to do so.

Some 50% of Londoners are classed as sedentary and over half of London Boroughs have seen a reduction in participation rates in the past five years. Activity levels are lowest in poorer areas. Women and girls, black and minority ethnic communities, and disabled people are also less active than average.

For RCOs, a sports project can be a great way to help address some of the issues associated with inactivity and poor health.

For news and advice about funding opportunities visit [www.pro-activelondon.org](http://www.pro-activelondon.org). There are five London Pro-Active Partnerships in the East, Central, North, South and West of London, each consisting of a network of organisations committed to working together to increase participation in physical activity and sport.

■ Thanks to the London Football Association for providing women football images

Kelhem Salter, Senior Policy Officer at the Greater London Authority's Sports Unit, sets out the funds that refugee community organisations could apply for

## Where to look for funds

THERE ARE currently three funding programmes being operated by the Greater London Authority and the Mayor of London which might be of interest to refugee community organisations:

**Freesport:** this is a small grants fund offering grants of up to £1,500 to small community organisations to deliver free sports coaching to Londoners. These grants are very easy to apply for and are perfect for organisations not traditionally involved in sport who want to dip a toe in the water. Applications will begin again in Feb/March 2011.

**Mayor's Participation Fund:** this fund offers grants of between £50 and £250,000 to larger organisations for programmes that will significantly increase participation in sport and physical activity in London. Of particular interest with regard to the refugee community might be

collaborative bids from a number of small refugee community organisations, perhaps co-ordinated through an umbrella body such as the Refugee Council. We do require that applicants raise a minimum of 50% match funding (ie if you apply for £100,000, you must raise an additional £50,000 in match). Again, applications will begin again in Feb/March 2011.

**Skills Fund:** this is an ongoing programme offering heavily subsidised training to individuals wishing to train as a coach/volunteer/official or to learn some of the skills required to organise and deliver grass-roots community sport. I think that for refugee community organisations this could be an excellent opportunity for one or two of their volunteers to get a new skill that they could then use to benefit the whole community.

Full details:

[www.london.gov.uk/priorities/sport](http://www.london.gov.uk/priorities/sport)



*Provide opportunities for women to take part*

### MORE TIPS FOR DEVELOPING SPORTS PROJECTS

- Do your research – make sure that there is a real market for the type of sport that you are going to provide.
- Engage with the relevant national governing body (ie for football, talk to the FA; for basketball the EBBA).
- Don't be overly ambitious to begin with
- start small and build
- Provide opportunities for women to take part as well as men.
- Think about how to make your project fully accessible for people with disabilities – remembering that less than 1% of disabled people are in a wheelchair.

### CRICKET FOR CHANGE

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a cricket tour to Scotland to meet the Afghan national team. This was an opportunity to get young refugees thinking about money, travel and accommodation from a coach's point of view.

Positive role models are crucial in sport and it was a great thrill for the young people to see the Afghan team. We've also had visits from former Afghanistan cricketer Raees Ahmadzai and the former Afghan coach Taj Malik.

For cultural reasons it can be difficult for some young refugee women to get involved in sport.

Following a recent trip

to Afghanistan the young women we worked with there were more confident about expressing themselves when they were away from young men and had many great ideas and ambitions about sport in Afghanistan.

However, they are also very realistic about their chances to regularly play. It was great to see my colleagues engaging young Afghan women in the project but the real key will be for them to find the most appropriate women to continue the project and training on an ongoing basis.

[www.cricketforchange.org.uk](http://www.cricketforchange.org.uk)