

## CASE STUDIES

### Box Smart - Hull

'Box Smart' is a collaborative approach using boxing as a catalyst to equip children and young people with new behaviours that inspire a positive mindset and stimulate goals for the future.

One beneficiary supported through the project is Matty R (14), who after losing his mum in 2021, found himself getting into trouble in school and in the community. He was referred into the project from the police who had come into regular contact with him as a result of anti-social behaviour.

Commenting on his involvement in 'Box Smart', Matty (14) said: 'I've always enjoyed boxing and did it as a kid growing up with my mate at Mike's gym.

'The last year has been tough after losing my Mam but 'Box Smart' is helping me to get my head back together. I still have some moments when I lose my temper, but I've found the chance to get back in the ring again has been good for me, keeping me out of trouble, and helping me plan my way forward.

'It has helped me have a better understanding of my mental health, they've given me access to computers to do schoolwork on, and even got me in the kitchen learning how to cook.

'I told Mike when I started that I wanted to work in sport when I am older like he does. He has helped me to start a sports leadership qualification and I'm hopeful of volunteering with City of Hull once I have completed it'.

More information at <https://humbervpp.org/projects/box-smart>

### Urban Rugby – Hull Kingston Rovers

Shelley Ave Case Study ....

This project is to help engage with hard-to-reach young people here is one of our case studies;

GF is 16 years old and had been involved with low level crime within the area, behaviour during school when he attended was not great as he had lost interest. Over the first few weeks, GF came along on a stolen bike! We engaged with GF through encouragement and practical sessions, over the weeks GF turned up a little earlier to help set up the cones, get the bibs out, pair up the gloves etc ...

After listening to what GF had to say .... We came to an agreement that he would be back in school, respect his community, teachers, lead by example to his younger peers and we would look at putting him onto a level 1 Rugby Coaching course..... as it stands, he will be starting the course shortly.

The toughest problem to overcome and as with most things is taking the first step and breaking the behaviour cycle. We always participate during the sessions and give positive feedback within a structured environment.

### North East Lincolnshire Council – Sports

A young lady who attends the West Marsh football session has joined a local team with the support of the football coach and youth workers, a bursary was accessed for kit and transport. This young lady is now playing for Clew Town ladies and has become accepted as part of the team.

A number of young people have been referred for Acceptable Behaviour Contracts due to behaviour, this has given them one to one support to change behaviours.

## CatZero

LC was first introduced to CatZero through our Grimsby Full Families programme in 2022. LC's family were referred due to Dad leaving the family home and the children witnessing domestic abuse. On the referral it stated that LC had been affected worse than any of the other family members, his mental health was at an all-time low and he presented as quite an unhappy young man.

LC had a couple of episodes where he was reported missing. On one occasion he had taken a significant number of tablets.

The families team completed a family network meeting, within this meeting the older children were offered individual support where they could come in and speak privately about any concerns they might have. LC asked to meet staff separately to discuss his individual concerns. It came to light that LC wanted to leave the family home as he felt this would improve relationships. Staff supported LC to move into the YMCA and to start building better relationships within the family.

LC then applied to come on the PCC-funded programme, he completed the intro event and achieved a place.

Since being on the programme LC has attended every session, during this time he has been successful in passing 3 qualifications. He is now volunteering at the YMCA Café and took a very active role in the recent pop-up café day that the PCC group organised and ran.

LC has recently started counselling for a childhood trauma and although this is bringing up a lot of issues for him, he is openly speaking to staff about how he is feeling and accessing their support.

LC has become a valued member of the group and staff have seen his confidence and motivation increase significantly. LC's ambition is to work within the entertainment industry and will be supported by the team once his programme completes.

More information at: <https://humbervpp.org/projects/catzero>

## Achieve Potentials – Sutton Ward Youth Engagement

### B – A case study

B has been attending sessions on Sutton Ward for some time. He is a keen participant but can, at times, be physical / aggressive in his play. B does try hard but may struggle to reach the level of play he wishes. During his participation, in frustration, B runs the risk of injuring another participant with the way he can throw or kick a ball. After an incident such as this, staff immediately speak to B and remind him of the level of behaviour and participation required of him. On one occasion, B ignored the advice he was given and threw the ball which hit someone in the face. Fortunately, the ball was a soft one and no injury or upset was caused. B was spoken to and reminded that he should not react in the way he did. He was warned that a further incident would see him removed from the session. B repeated the action and was asked to leave the session and return home. B was asked to think about his actions and the result of throwing a ball at another participant. He was invited to return for the following session and that his behaviour would be watched closely. B returned to the next session and said he was ready to listen to and follow instruction. He asked us on several occasions how he was doing and received positive feedback throughout the session. He was praised

at the end and asked to keep up this positive interaction during future sessions. There have been no further incidents of this type and his attendance is good.

More information at: <https://humbervpp.org/projects/sutton-ward-youth-engagement-achieve-potentials-ltd>

### Pre-court Diversion (North East Lincolnshire Council)

Child A and his family regularly referenced the poster within his diversion interventions and mum had created a rule that nobody was to speak to him when he was in crisis unless they had looked at the poster and worked through each step. She reported that this was creating a much healthier environment and the whole family felt they were seeing improvement in his behaviour. Mum said she felt she had a better understanding of how to best support him and this had resulted in a more positive relationship between them both as he would now seek her out for support instead of 'throwing a tantrum'.

His mum also completed an application form to enrol him at a new school and was supported in submitting this. He began attending Reynolds Academy and mum reported that he was like a different child and was not displaying any negative behaviours in school anymore. She was very happy with the changes made and felt that she could stop worrying so much about him.

Child A had always scaled the good lives questions very high as he did not feel anything needed to change in regard to his home life, so these did not increase at the end of intervention as they were already at a 10.

More information at: <https://humbervpp.org/projects/pre-court-diversion-work-hull-cc>