



# Youth Crew

Pilot Report 2021/22



The 180  
Project

# Project Overview

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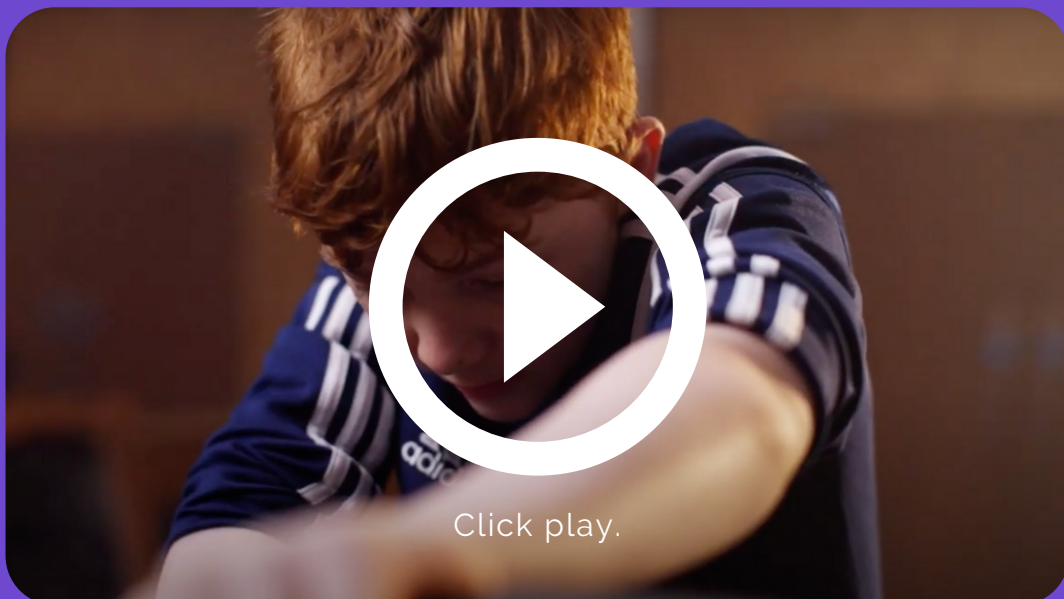
This pilot targeted boys who were at the early stages of being involved in low to moderate level offending behaviour and at a high risk of child criminal and sexual exploitation. They were vulnerable to becoming trapped in a vicious life cycle.

In partnership with Children's Social Care and police exploitation teams we identified boys [11-16] who were facing multiple disadvantage:

- Lack of a safe and secure home environment
- Exposure to parental domestic violence, drug use and criminality activity
- Excluded from school or are in care
- Gang related activity
- Substance and alcohol misuse

They lived within some of the most deprived communities across East Lancs with limited access to positive activities.

They lacked healthy social connections, feelings of unbelonging, lack of confidence and self-esteem to engage in new activities, and have unaddressed trauma.



Click play.

# Project Overview

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## HOW...

The boys attended the 180 CrossFit facility x3 per week for a 9 month programme.

They learnt new skills and completed tough CrossFit workouts alongside peer mentors [adult men who've been in their position who motivated and influenced them]. Our workouts finished with a 'huddle' which is used as an informal chat exploring key topics/challenges the boys faced. After closing down the session the boys would share a healthy meal and engage in conversation with each other.

We progress the young people towards CrossFit competitions and social activities as a team, aiming to make CrossFit a new long term interest and ultimately distract them from poor influences.



# What did we achieve

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The YP supported by a worker completed the '180 shift scale' to assess their progress over time \*(See Appendix 1).

We measured 4 key areas; physical, mental, emotional and social, using simple positive statements the YP could rate themselves against.

## Physical

I am physically active 3 times per week or more  
I eat healthy and drink enough water

## Mental

I like who I am  
I feel positive about my future

## Emotional

I cope well when things don't go my way  
I am kind and caring to others

## Social

I have a positive relationship with school  
I have positive friends & family around, who want the best for me

## The Results...

100% increase in **physical** health

80% improvement in **mental** and **emotional** wellbeing

60% improvement in **social** wellbeing

## What the boys have said ...

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I have stopped  
smoking weed

It helps me stay  
out of trouble

I have found  
some new mates

I now realise  
Police wanna help

## What do others say ...

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**Residential Carer** - "When the YP comes back from CrossFit, they are happy and settled and don't disappear out"

**Family Support Worker** - "Their attention in school has improved"

**Police** - "Antisocial behaviour has significantly reduced or stopped altogether for some"



# What lessons did we learn?

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We missed building a relationship with education partners early on...

helping us to track behaviour outside of the gym sessions, and also look at the impact 180 has had for them in school.

Goal setting is critical for young people. For example working towards competitions...

this keeps them engaged and motivated, and also ensures they stay consistent.

The way professionals practice can sometimes create a barrier to a young person getting help....

Access to transport for the YP to attend the gym was problematic. We are continuing to try encourage social workers or other professionals to combine their 1-2-1's with coming to 180.

Using CrossFit as the initial method of engagement to build a relationship with the young people was powerful...

exercise created a common ground for the 180 workers to build trust and open communication with the young people.

Sharing food together created an amazing space to learn about healthy eating and learn about manners...

it made them become conscious of what they ate outside of the gym.

## Engaging Young People through CrossFit created,

- A distraction from negative behaviours.
- Teamwork: the boys had to learn to work together. This instilled morals, discipline and respect for others.
- A hook: CrossFit created new relationships which encouraged them to engage with services delivering wider interventions e.g counselling and therapy.

# Appendix

## Appendix 1.



### 180 Shift YP Assessment

Participant:

Date:

The 180 Project wants to help you build a happy and healthy life – because you deserve one. We want to help you tackle anything that might get in your way of you achieving this, and reach your potential. For the 180 Team to help you achieve this, together we will track your 180 journey.

<p><b>I am physically well...</b></p> <p>I am physically active 3 times per week or more</p> <p>I eat healthy and drink enough water</p>		<p><b>Notes/Comments...</b></p>
<p><b>I am mentally well...</b></p> <p>I like who I am</p> <p>I feel positive about my future</p>		<p><b>Notes/Comments...</b></p>

<p><b>I am emotionally well...</b></p> <p>I can cope well when things don't go my way</p>  <p>I am kind and caring to others</p>		<p><b>Notes/Comments...</b></p>
<p><b>I am socially well...</b></p> <p>I have a positive relationship with school</p>  <p>I have a positive friends &amp; family around, who want the best for me</p>		<p><b>Notes/Comments...</b></p>
<p><b>Additional notes...</b></p>		