Network Theory of Change

Goal 1: Giving young people a safe, exciting place to go to have fun, build their social networks and support their personal development

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OnSide — Here for young people

1. SITUATION	Young people (YP) don't have places to go for leisure time that are affordable, accessible, safe and fun. Concurrently, loneliness is a growing problem for the 16-24 age group, with YP in poverty especially having narrower and more limited social networks.

2. AIMS	To provide high-quality, affordable, safe spaces for all young people to come together to have fun, make new friends and grow. To provide meaningful universal youth activities that enables young people to engage at a 'try', 'train' or 'team' level to support personal and social development. To provide positive role models and youth work support to help young people believe in themselves, make positive life choices and gain the skills they need to 'live, learn, work and achieve'. To work collaboratively.

7. INPUTS	5. ACTIVITIES	6. OUTPUTS	3. OUTCOMES	4. IMPACT
PROCESS			**IMPACT**	
• Organisational commitment to impact measurement and good use of data, including adequate data systems and governance • Collaborative and cooperative organisational culture • Adequate staffing and funding (universal offer only) • Promotion and implementation of a wide variety of activities • YP engage long-term with the activities • Language around goals is understandable to YP so they can set informed and realistic goals • Communication about what a youth zone is to YP • Strong commitment to safeguarding and safety • Strong commitment to youth voice and youth input	• Universal and targeted provisions for YP; including sports, arts and one-to-one small group youth work • YP engage with staff and each other in a supervised manner • YP build trusted relationships with workers • Training for staff to collect data and use database systems • Trained staff can safeguard and intervene if risky/unsafe behaviour is shown by YP • Mechanisms for introducing youth voice to programme delivery • Celebrating YP achievements • Developmental activities across 'try, train, team' level	• YP get the opportunity to mix with more diverse groups of people • YP make new supportive friendships and develop trusted relationships • YP have the opportunity to try fun new activities • YP have supportive space to talk about and address the issues they are experiencing • YP have a safe and secure space to go to and turn away from risky social environments • YP have the opportunity to interact with adult role models and are exposed to positive future pathways	• YP develop better social awareness around how to behave appropriately in different situations • YP develop greater understanding and empathy of others; reducing any prejudiced behaviour and attitude • Decreased feeling of loneliness and increased feelings of belongingness for YP • Raised aspirations, sense of purpose and agency for YP • Decreased probability of falling victim to crime and increased sense of safety • YP gaining a broader network of friends and community connections • Increased confidence • Better problem-solving skills and determination	• Improved social capital for YP • Success in employment through improved social skills and personal development • Improved global and long-term mental and physical health • Increased intergenerational social mobility and reduced risk or entrenched poverty • Improved self-esteem and resilience among YP • Increased social cohesion

8. RATIONALE & ASSUMPTIONS	The youth work approach is separate from just a leisure facility in terms of focus on youth development. There is a community environment within the Youth Zone (YZ) that is additional to the neighborhood community. Youth workers are consistently present in young people's lives and provide a constant and nurturing environment. Assume that YP have the confidence to engage in the environment from the outset. Assume the activities are the vehicle to engage with YP, rather than an end goal in their own right.

Goal 2: Help young people to lead healthier, happier lives

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1. SITUATION	There is a lack of physical and emotional support for children and young people at home and school. Not all parents and/or carers do have the time, resources or understanding to help their children develop their physical and emotional health. This is especially true in more deprived areas where levels of inactivity are growing and research has shown direct links to a rise in obesity. Research has also shown a rising prevalence of mental health concerns amongst YP.
2. AIMS	To provide a varied engaging and developmental sports offer, universally available to move from inactive to active and increase their activity levels. To actively support disabled young people to engage in YZ activity. To deliver an extensive holiday provision to help reduce social isolation and inactivity. To address the factors that influence young people's mental health and wellbeing through our universal offer and by delivering targeted interventions to prevent escalation.

7. INPUTS	5. ACTIVITIES	6. OUTPUTS	3. OUTCOMES	4. IMPACT
PROCESS			**IMPACT**	
· Adequate staffing and funding (universal offer only) · Focus on embedding a culture of health in activities and team e.g. sports, arts, wellbeing support, healthy eating activities, trained and sufficient staff. · Parental buy-in · Partnerships with health providers, public health and school (e.g. representation on health and wellbeing boards, governance, etc.) · Facilities (Quiet space for one-to-ones, group sessions, sports facilities and sports equipment, kitchen & food prep facilities) · Training materials · Communication and marketing channels · Organisational commitment to impact measurement and good use of data, including adequate	· Staff training and development · Raising awareness days and campaigns e.g. smoking cessation, substance abuse, sexual health & hygiene · Sport activities accessible for all including disabled young people · Healthy food provision and education · Emotional wellbeing support · One-to-one chats with young people · Mentoring (group and one-to-one) · Counselling · Group-based work on resilience, self-care, etc	· Staff delivering high-quality, safe and appropriate programmes · YP involved in sports teams, physical activity, etc. · YP are aware of physical health and how to stay healthy · YP are aware what constitutes and follow a good nutrition · Trust between staff and participants · Sustained membership of the Youth Zone & positive social network · Contribution to addressing disparities in the impacts of school holidays on physical and mental health for disadvantaged YP	· Physical activity –better physical fitness and BMI · Physical health –increased personal care e.g. medical access and dental hygiene Better emotional health/ mental wellbeing · Increased social connections and sense of belongingness · Increased resilience; ability to bounce back from setbacks · Better understanding of health risks associated with smoking, drugs, and alcohol · YP make better health choices, e.g. nutrition, sexual health	· Participants are happy, healthy young adults that have the skills to manage their physical and emotional wellbeing · Ongoing healthy habit formation; e.g. regular exercise habit, able to identify how they're feeling and what healthy self-care approaches they can apply; self-regulation; being able and willing to seek help · Decreased probability of obesity and developing disease later in life · Increased chances of performing well at school

8. RATIONALE & ASSUMPTIONS	YP need support to lead healthy happy lives. YP know the benefits of mental & physical health programmes. The offer is relevant and appealing to YP (and/or that they come to the YZ to seek this support). The YZ is an effective site for mental/physical health initiatives. YZ staff are able to deliver programmes and comms in a culturally sensitive and inclusive way.

Goal 3: Enable young people to better face the challenges of life

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1. SITUATION	Disadvantaged YP are reported to be more likely to suffer adverse experiences linked to poor mental and physical health.

2. AIMS	To provide a safe environment, supportive relationships and universal and targeted activities that enable young people to overcome challenges to strengthen their wellbeing and promote success in life. To deliver targeted programmes such as mentoring and key working to support young people to develop the ability to understand and manage emotions and build resilience. To offer more specialised 'trauma informed' support through our targeted programmes and partnerships for those experiencing

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· Organisational commitment to impact measurement and good use of data, including adequate data systems and governance · Collaborative and cooperative organisational culture · Adequate staffing and funding (universal offer only) · Promotion and implementation of wide variety of activities · YP engage long-term with the activities · Language around goals is understandable to YP so they can set informed and realistic goals · Communication about what a youth zone is to YP · Strong commitment to safeguarding and safety · Strong commitment to youth voice and youth input	· YZs to build a trustworthy reputation in communities (incl. YP and local residents) · Staff to build rapport with YP to talk about difficult situations and how to address them · YP building relations with other YP who can advise and who they can trust Universal provision to · Provide information on coping mechanisms · Communicate positive way of resolving conflict · Targeted provision to introduce and upskill YP in effective coping mechanisms	· YP get mentoring and key worker support to develop ability to manage and understand emotions · YP build awareness and increase knowledge of clear boundaries · YP are able to access specialist 'trauma informed' support · YP get to know and align with a clear structure and guidance provided by activities in the Youth Zone · YP feel safe in the Youth Zone · YP have the opportunity to engage in fun and meaningful sets of activities · YP have the opportunity to connect with an adult role model · YP are exposed to and get opportunity to implement effective coping mechanisms in conflict situations	· YP have greater levels of empathy and understanding · YP develop and apply better self-awareness and self-regulation · YP learn and apply tools to cope with difficult situations · YP build better support network · YP have a better understanding of their own strengths and weaknesses · Increased feelings of social connectedness and sense of belongingness in YP · Increased ability to bounce back after setback (resilience) · Increase in confidence, self-esteem · Increased self-efficacy and problem solving · Increased social skills	· Better overall chances of happiness and success later in life (academic, professional, relational) · Better overall chances of living a physically and emotionally health later life · Better overall chances of engaging in positive parenting and positive intergenerational transmission · Reduced chances of engaging in risky behaviours later in life

8. RATIONALE & ASSUMPTIONS	YP engage consistently in activities and are unlikely to discontinue. The right groups of YP are targeted to benefit from provision. The programme addresses core issues in the local areas.

Goal 4: Support young people to raise their aspirations and fulfil their potential

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1. SITUATION	YP from disadvantaged backgrounds have lower school attainment and expectations, and are likely to have lower employment satisfaction or to be unemployed later in life. Lack of role models in their immediate surroundings makes them aspire and achieve less.
2. AIMS	To provide experiences and opportunities that support young people's personal and social development to build self-efficacy and support them to address the challenges they face enabling them to better engage in education or sustain employment. To work with local businesses to create programmes that develop the necessary skills and aspirations. To build understanding of the opportunities available locally and provide targeted educational and employability programmes to support achievement and positive progressions.

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8. RATIONALE & ASSUMPTIONS	When YP interact with diverse groups of peers, this will increase social cohesion. YP are willing to engage in the activities on the relatively long term. YP have an interest in having a say in the development and running of the YZ. YP feel confident and safe to voice their opinions. The YZ or local environment is culturally diverse. YP are ready to have their stereotypes challenged. Youth workers provide a safe and secure environment to discuss sensitive topics. We assume that the increased sense of empowerment to make positive choices can over-ride peer pressure or negative influences in their community.

Goal 5: Strengthen communities by supporting young people to be empowered, active, responsible citizens

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1. SITUATION	Sense of belonging is lacking among YP especially among BAME and disadvantaged groups. This results in low levels of volunteering and sense of safety among YP. It also leads to exacerbated concerns about the recent rise in youth violence in deprived areas.

2. AIMS	Increase social cohesion and build a sense of belonging among YP through YZ universal offer. Develop leadership skills and support YP to feel empowered and be more active in their community. Promote positive behaviours to create safe communities.

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8. RATIONALE & ASSUMPTIONS	When YP interact with diverse groups of peers, this will increase social cohesion. YP are willing to engage in the activities on the relatively long term. YP have an interest in having a say in the development and running of the YZ. YP feel confident and safe to voice their opinions. The YZ or local environment is culturally diverse. YP are ready to have their stereotypes challenged. Youth workers provide a safe and secure environment to discuss sensitive topics. We assume that the increased sense of empowerment to make positive choices can over-ride peer pressure or negative influences in their community.