



Community Cohesion:  
Cultivating Shared Learning  
19<sup>th</sup> March 2026



# Understanding the evidence base for the role of sport in violence prevention

Graham Helm – National Partnerships  
Manager, Safer – StreetGames

# StreetGames

Inequality

Vulnerability



Department  
for Culture,  
Media & Sport



Home Office

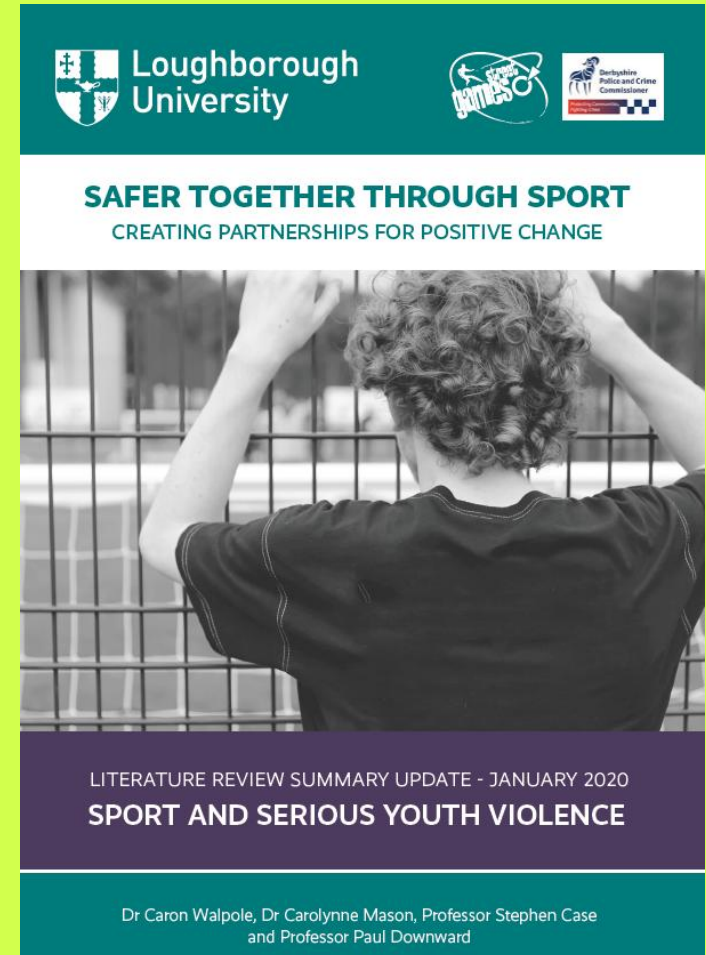
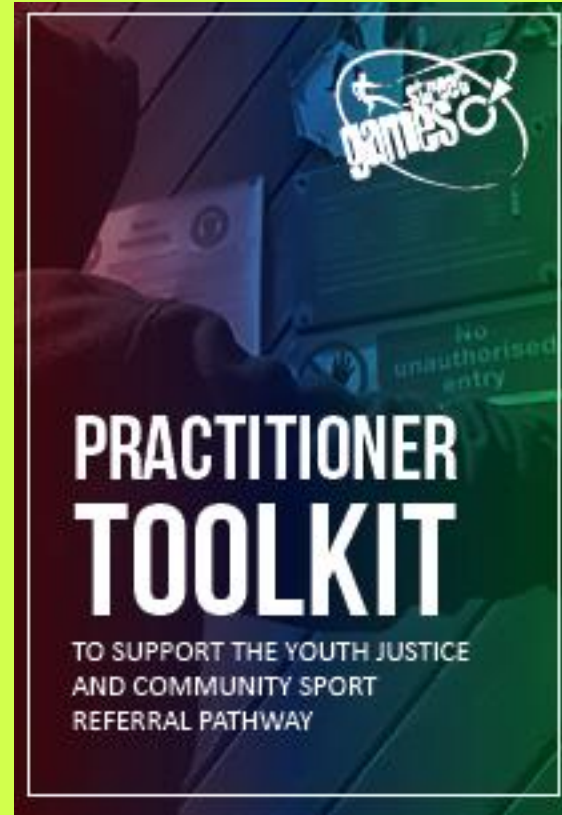
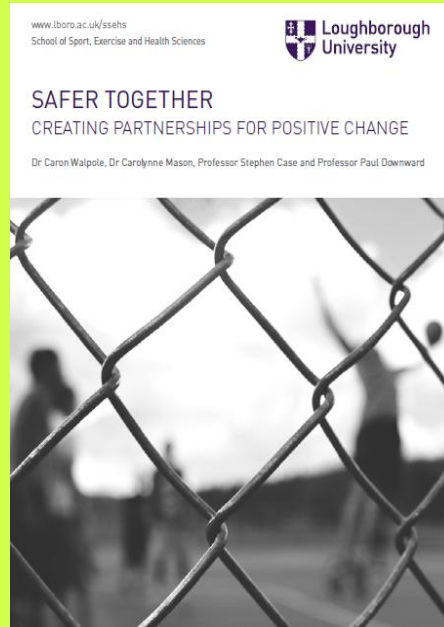
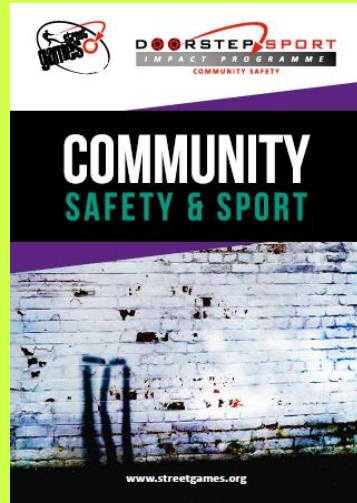


Ministry  
of Justice



# STREET GAMES

# Journey so far



## PROBLEM

Lack of appropriately designed and delivered sports opportunities for young people at risk of or involved in offending and Serious Youth Violence.

## ENABLERS AND CONDITIONS

Must be present for success. Absence can hinder a project.



## ACTIVITIES

These are the 'hooks for change' where young people connect with others and start to engage.



## OUTPUTS

Observable and tangible results of activity where young people start to form habits, connect with others and succeed. Often expressed quantitatively (e.g. number of sessions).



## INTERMEDIATE OUTCOMES

Changes resulting from taking part (e.g. increased knowledge, skills, improved attitudes, and behaviour).

### BEHAVIOUR

Reduced conflict  
Regular routine  
Improved self-control  
Decrease in ASB/offending  
Reduced alcohol & substance abuse

### WELL-BEING

Physically active  
Healthy lifestyle  
Improved mental health  
Improved levels of happiness

### ATTITUDE/VALUES

Confident  
Collaborative  
Committed  
Caring  
Empathy

### SKILLS/KNOWLEDGE

In education  
Training  
Qualifications  
Employability  
Entrepreneur

### IDENTITY

Self-belief  
Self-efficacy  
Positive relationships

## LONG TERM OUTCOMES

Young people making positive choices that provide status and security. They are constructively engaged and future oriented.

RESILIENT

ENGAGED

SUPPORTED

CONNECTED

ASPIRATIONAL

## AIM

To support the development of a pro-social identity for individual young people to prevent offending and reduce re-offending in the context of serious youth violence and to enable young people to make a positive contribution to the community.

ACCOUNTABILITY LINE

USING SPORT TO ENHANCE POSITIVE OUTCOMES FOR YOUNG PEOPLE IN THE CONTEXT OF SERIOUS YOUTH VIOLENCE

A THEORY OF CHANGE

OCTOBER 2020

AUTHORS  
DR CAROLYNNE MASON | DR CARON WALPOLE | PROFESSOR STEPHEN CASE

IN PARTNERSHIP WITH GRAHAM HELM, STREETGAMES



# 'ChildFirst' 'Pro-Social' 'Strengths Based'



# Taking a differentiated approach to the use of sport-based interventions





Contact details:

[Graham.helm@streetgames.org](mailto:Graham.helm@streetgames.org)

07976253469



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the learning

# Independent Commission on Community & Cohesion

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An initiative responding to the challenge of social disconnection and division.

Bringing together voices from across the UK to examine what's driving division and what needs to change to help build stronger, more connected communities.

To understand the country's state of connection and cohesion and set out a shared vision & practical steps for how we can live well together.

Co-chaired by former Conservative cabinet minister Sir Sajid Javid, and former Labour Policy Coordinator Jon Cruddas, bringing together over 20 commissioners from politics, academia, business, faith and civil society.



# Commission Aims

1

Build a comprehensive picture of connection and cohesion in the UK

2

Develop practical recommendations for public policy, wider systems, and local solutions

3

Create a compelling shared vision for how we want to live together in the future, grounded by lived experience

4

Provide opportunities for connection to bridge divides

# Work Strands

A **national conversation** to understand what's happening in communities and what people want from community life



**Academic research**, expert inquiry, and commissioner engagement to help interpret public input, test emerging ideas, generate policy and practice solutions, through data, research, and lived experience.



**Positioning & influencing** to build relationships with decision-makers and lay the groundwork for take-up of the vision and recommendations.



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the learning

**Champions CiC -  
Sam & Craig Gilmore**















7%

THE AVERAGE MEASURED  
INCREASE OF **CONFIDENCE**  
LEVELS AT CHAMPIONS



6%

THE AVERAGE MEASURED  
INCREASE OF **COMPETENCE**  
LEVELS AT CHAMPIONS







**sgilmore51@icloud.com**



**@Champions-Community-  
Sport-Health-CiC**



**@champions\_csh**



**@champions\_csh**



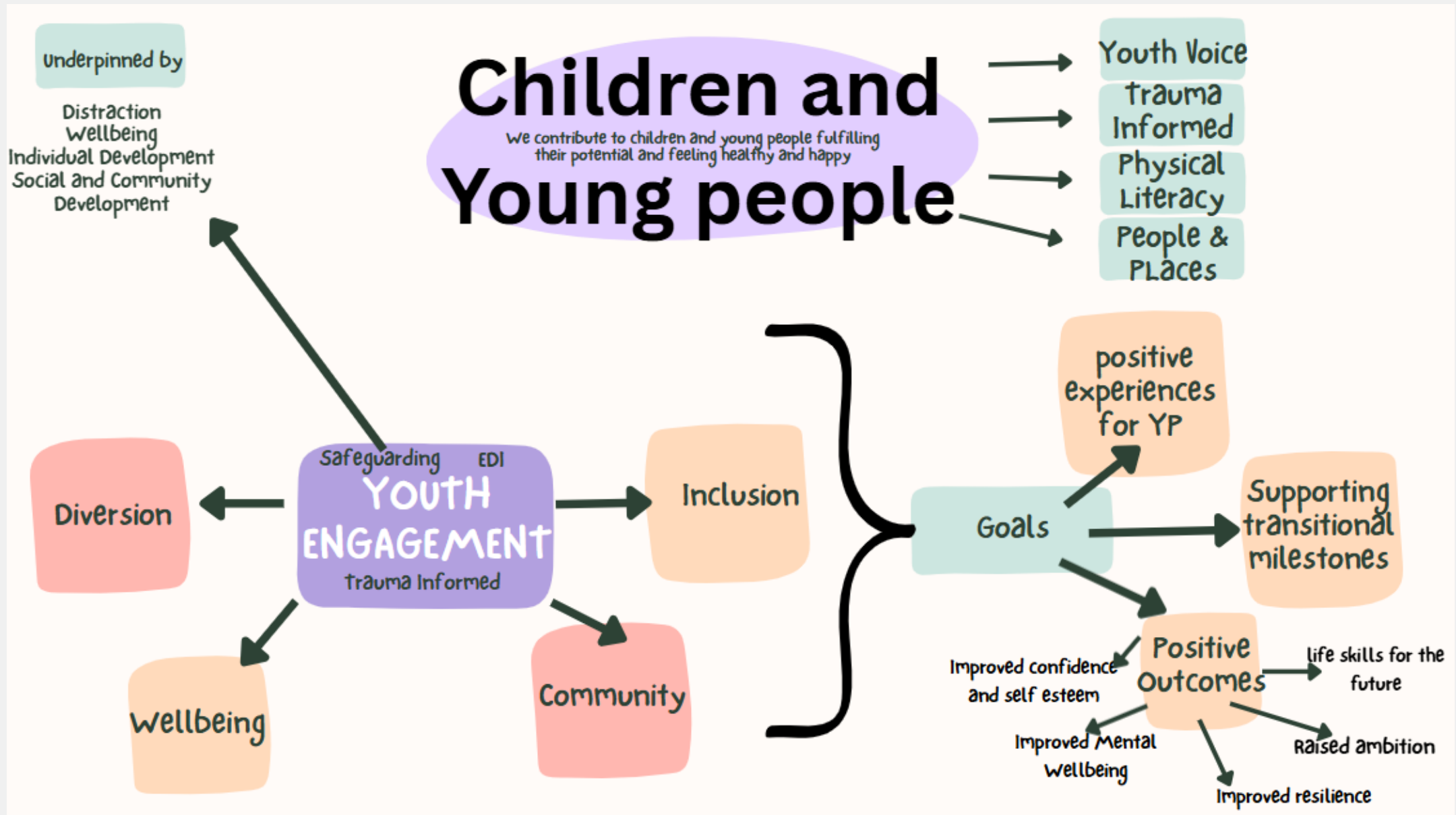


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**North  
Yorkshire  
Sport.**

**Early Intervention and Prevention**

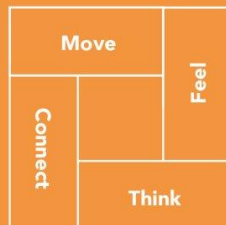
**Jody Hall  
Youth Engagement Manager**



## movement and physical activity

### **Movement and physical activity**

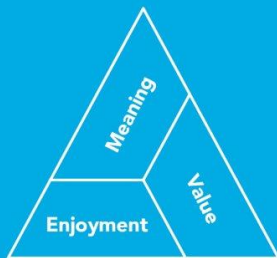
How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



## relationship

### **A personal relationship**

Having a positive and meaningful association with movement and physical activity.



## throughout life.

### **Throughout life**

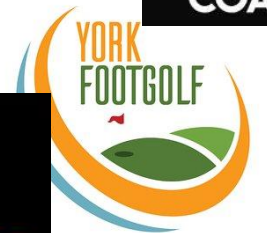
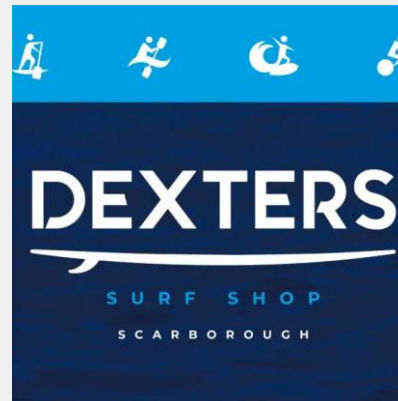
Influenced across the lifecourse by individual, social and environmental factors.



# Diversion & Community: Our Approach



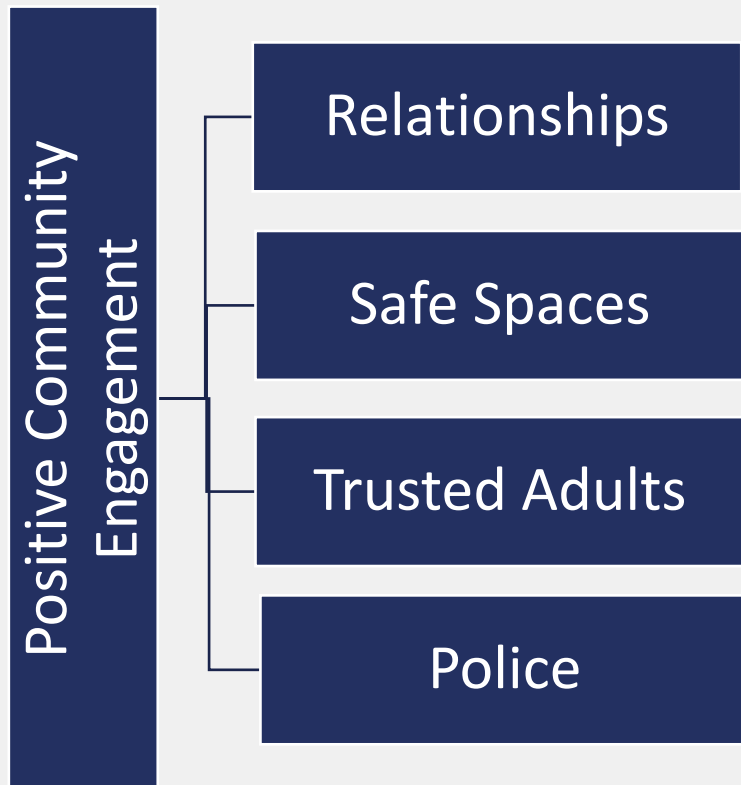
# Stepping Up





# Stepping Up

- Strength based, person centred, trauma informed intervention.
- Breaking cycles of harm at critical transitions.



# Athlete Mentors

121 sessions  
Small groups  
Large groups

Person  
Centred

Trauma  
Informed





Mentoring Young  
People through  
**Stepping Up**

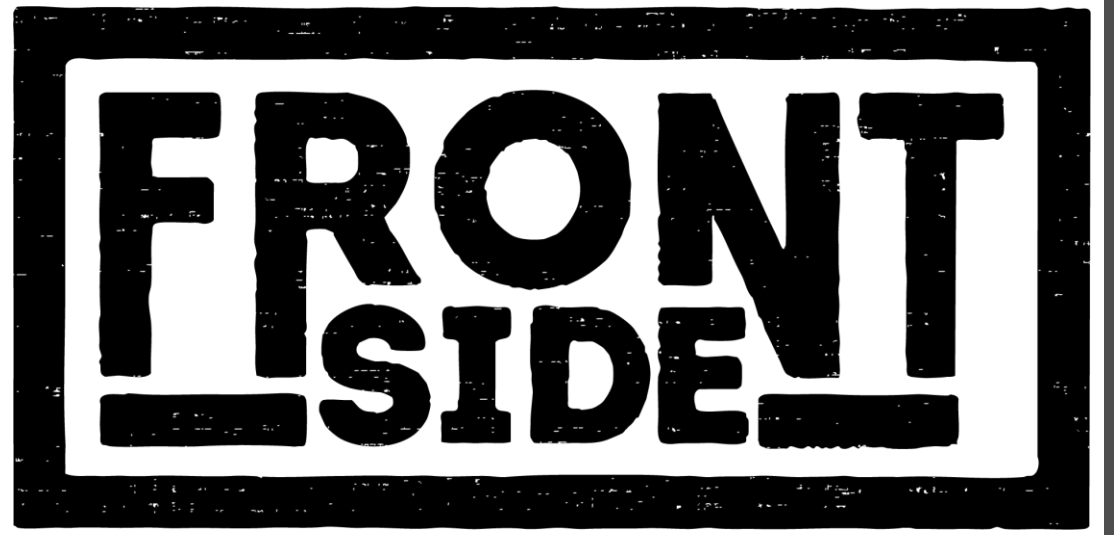
The background features a soccer goal net on the left and a blurred profile of a person's head on the right, set against a bright sky. A large white rectangle is centered over the image, containing the main text.

# North Yorkshire Sport.

North  
Yorkshire  
Sport.



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the learning







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the learning

# Safer

Using a **sport+ approach** to disrupt pathways and promote positive transformation, identity building and positive future pathways for personal development.

**Diversionary activity** for those at risk of offending, helping people make more positive choices, to reduce crime, violence and anti-social behaviour.

**Developing** life skills, pro-social identity, enhancing trusting relationships with mentors and role models, supporting educational and employment engagement.

**Building trust & tolerance** through reducing fear and ignorance.

**Building social networks** and social capital.

Integration & re-engagement

Early intervention & prevention

Targeted programmes

Community organisations & interventions in neighbourhoods

Universal community provision

# Stronger

**Supporting rehabilitation & the development** of skills, mental & physical wellbeing & personal growth for successful reintegration into society and contribute to community safety.

**Reducing a sense of fear and insecurity**, by creating more positive, trusting & supportive communities, encouraging positive behaviour and a sense of belonging.

**Connecting & strengthening communities** by reducing polarisation and building connection & cohesion.

**Focused & localised community sport & physical activity** as part of a wider offer supporting a pride in place.

**Inclusive and accessible sport & physical activity** to reduce social isolation, support preventative health, improve wellbeing and employment & skills development.



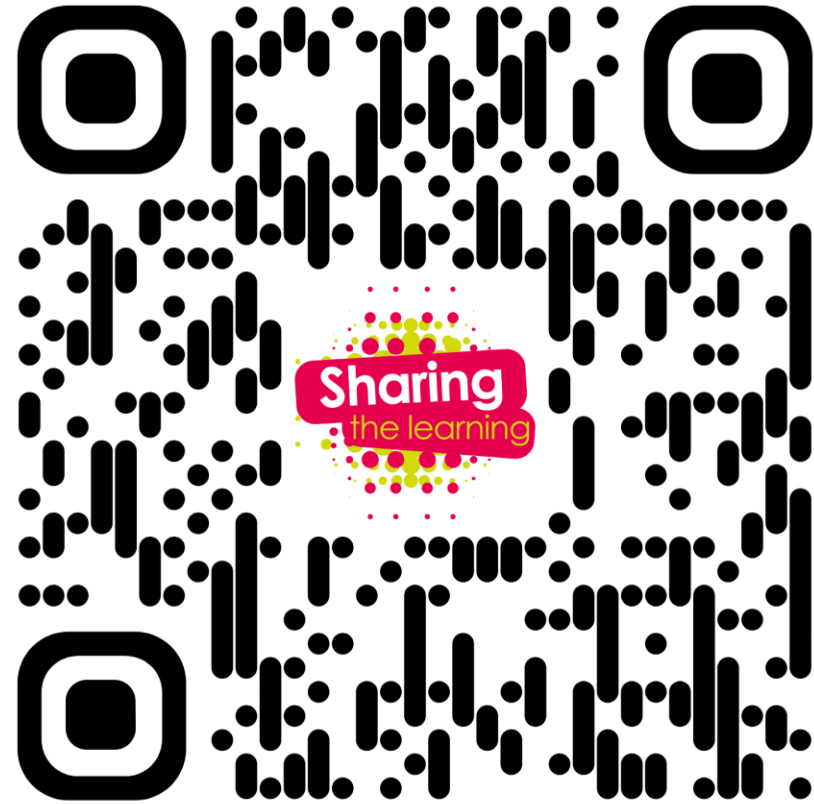
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# Key Questions



Key Questions

Survey



Survey

Feedback



Feedback