

Corporate Parenting Board Brief Overview Report

Stronger Together: Sport, Wellbeing and Lifelong Memories Project

A funding application has been developed seeking **£7,500** to deliver a sport, wellbeing and enrichment programme for **care leavers and unaccompanied asylum-seeking young people aged 14-25**. The total project value is **£8,500**, with up to **£1,000 match funding** provided through Let's Take Action.

The programme has been designed in response to the significant challenges faced by many care-experienced young people, including social isolation, poor mental health, low confidence, trauma, and limited opportunities to participate in positive recreational activities.

Key Objectives

The project aims to:

- Improve emotional wellbeing and mental health.
- Reduce loneliness and social isolation.
- Increase participation in physical activity.
- Build confidence, resilience, and self-esteem.
- Strengthen peer relationships and support networks.
- Promote community integration and belonging.
- Create positive life experiences and lasting memories.

Proposed Activities

Young people will co-design a programme of activities, which may include:

- Football, basketball, volleyball and cricket.
- Kayaking, paddleboarding and swimming.
- Yoga, mindfulness, boxing fitness and running clubs.
- Trampolining, ice skating, bowling and golf.
- Sports festivals and team-building events.

Expected Impact

The programme is expected to directly benefit **25-30 young people**, providing opportunities to develop new skills, build friendships, improve wellbeing and access experiences they may not otherwise have had. A key focus is the creation of positive

memories and experiences that contribute to young people's confidence, identity and long-term resilience.

Corporate Parenting Relevance

This initiative aligns strongly with the Corporate Parenting commitment to ensure care-experienced young people have access to the same opportunities as their peers. It supports priorities around health and wellbeing, participation, inclusion, relationship building, and positive transitions into adulthood. By investing in opportunities that promote belonging and achievement, the project seeks to improve outcomes and enhance the lived experience of care leavers and unaccompanied asylum-seeking young people across Stockton-on-Tees.