

Our Theory of Change illustrates what we do, why we do it and how this gives our Young People the best chance to get into sustained Education, Employment or Training once they become RugbyWorks alumni!

OUR APPROACH

DEVELOPING LIFE SKILLS



ASSUMPTION WE DO THIS BECAUSE

Our Young People appear to struggle in a traditional classroom setting and tend to emerge from school with substantially lower levels of education attainment - Ref 1,2,3

ASSETS STRENGTHS OF OUR YOUNG PEOPLE

However, our Young People engage enthusiastically when they have authentic, trusted credible adult relationships.

VEHICLE OF CHANGE ACTIVITIES WE USE TO FACILITATE CHANGE

- Rugby Based Learning - Constraints led approach focused on developing key life skills
- Theory Based Learning/ Online Content Sessions designed around the completion of Sports Leaders Award
- Virtual Games Club

INTERMEDIATE OUTCOMES WHAT IT MEANS FOR OUR YOUNG PEOPLE

- Development of key skills: Communication, Teamwork, Problem Solving, Self-Belief, Self-Management
- Accredited Level 1-3 Award
- RugbyWorks Virtual Games Club Award

RAISING ASPIRATIONS



Our Young People are not exposed to enough high-quality career guidance that promotes social mobility - Ref 4

However, our Young People have a wide varied untapped skillset and are keen to learn and explore new activities.

- In Person/Virtual - Career Taster Days
- In Person/Virtual - Work Experience
- In Person/Virtual - Employability Sessions
- Social Media Campaigns

- Increased work readiness
- Meaningful encounters with employers and employees
- Experience of workplaces

IMPROVING PHYSICAL WELLBEING



Our Young People are much less active than the average young person and are more likely to develop long term health issues as a result - Ref 5,6,7

However, our Young People love to play games.

- Weekly Rugby Sessions
- Rugby Tournaments
- Referrals to Community Sports Clubs
- School Holiday Activity Programmes
- Virtual Physical Sessions/Challenges

- Positive impact on Physical Health
- Pathways into Community Sport

FOCUS ON MENTAL WELLBEING



Our Young People experience risk factors that mean they are more likely to suffer from poor mental health - Ref 8,9

However, our Young People are determined to overcome any barriers to success

- In Person/Virtual - Group /1-1/ Mentor Sessions with trusted credible RugbyWorks Mentors
- In Person/Virtual - Workshop Based Learning – Workshops designed to promote positive health and wellbeing

- Increased Resilience
- Improved Subjective Wellbeing

END GOAL OUTCOMES FOR YOUNG PEOPLE

ONCE OUR YOUNG PEOPLE HAVE COMPLETED THEIR JOURNEY WITH US THEY ARE MORE LIKELY TO BE IN SUSTAINED EDUCATION, EMPLOYMENT AND TRAINING THROUGHOUT THEIR LIFE.

OUR YOUNG PEOPLE ARE ALSO EQUIPPED WITH THE SKILLS, EXPERIENCE AND ATTITUDES TO LIVE A POSITIVE PRODUCTIVE LIFE.

ETHOS HOW WE ENGAGE OUR YOUNG PEOPLE OF DELIVERY

We know that for Young People to make changes in their lives they need to have authentic, trusted credible adult relationships, we also understand that these relationships take time to build. Once built these relationships lay the foundation for our Theory of Change to be facilitated and for our Young People to enact change in their own lives.

REFERENCES
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 9. World Economic Forum A Global Framework for Youth Mental Health: Investing in Future Mental Capital for Individuals, Communities and Economies