



BREAKING BARRIERS
THROUGH SPORT

London Youth Rowing (LYR) is a youth sports charity which uses sport, rowing in particular, as a vehicle for engendering young people with the soft skills that will signpost them to success in later life. They run a range of programmes aimed at broadening the aspiration sets of young people helping them link the skills and attributes that they learn in sport to employability skills.

Alongside LYR's participation and performance rowing programmes, they run a social mobility programme called **Breaking Barriers**. This is an initiative linking a rowing programme with corporate mentoring, skills sessions and project management delivery. This helps students to link the attributes they take from sport (and other disciplines) to the non-cognitive skills that will lead them into further positive outcomes: further education, employment or training. Students are part of the programme for 2 years to ensure that they have long term support to help them reach these goals.

There are several outcomes, but the primary aim of the programme is to broaden the aspiration sets of young people. This is done by showcasing all the industry sectors that they could engage with to encourage them to make an informed decision about the role that they'd like to consider in the future. This intervention will happen at 15 – 16 years. As they are at pre-GSCE level, this allows the students time to make more informed subject selections and rely on their mentoring networking for assistance in the absence of any other support system.

The programme is broken down into 3 components: project management, rowing and mentoring. The students are taught one life skill per month in each setting: i.e. they learn about teamwork in a mentoring skills session, then this is explained in a practical way through their rowing and finally linked to their project management session.

The students are tested with MTQ48 at 4 different intervals throughout the programme: at the starting point, the mid-point, the end of the programme and 6 months post 'intervention' to measure the impact.

"MTQ48 as an integral part of understanding how to work with young people and give them the right support and a plan that's personalised to their mental toughness level. By incorporating MTQ48 it has also allowed us at LYR to gather intelligent data that can be used accurately to support people, while also being vital for reporting impact. Internally, the team at LYR found the process very straightforward and simple. The team, led by Ben were brilliant at coming back to us with any queries we had as we tested the process. It is now a key part of the programme and embedded into our process."

Loyal Marten - Head of Development, London Youth Rowing