

Borehamwood Friday Night Project



(Photo: from the Left, Basketball and Football sessions at Friday Night Project 24th June 2022)

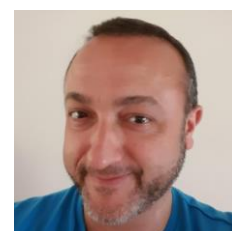
The Borehamwood Friday Night Project was launched on 22nd April 2022 at the Hertswood Academy. The aim was to engage young people from ages 11 to 19 in a variety of free sports activities to ensure they were spending their Friday nights doing something positive and organised, which would also help reduce anti-social behavior in the Cowley Hill Ward, which is one of the most socially deprived areas of Hertfordshire. This is a partnership project with Sporting Inspirations CIC, School of Hard Knocks, Hertswood Academy, Clarion Housing and Herts Sports Partnership. Sporting Inspirations CIC and School of Hard Knocks have been supplying key staff and the Hertswood Academy providing in kind match funding, supported by funding from Clarion Housing and Herts Sports Partnership.

The numbers have gradually built up and soared over the last couple of months with a 65% weekly retention rate. We have reached capacity on all 3 football pitches and the basketball court too. We started off with football and rugby during the first few weeks, adding dance and basketball in the last month which has had a big uptake with about 25 playing basketball each week.

In June the number of individual participants increased to 166, peaking at 92 attending our last session in June! It's been an incredible start and good to see such a high uptake. The young people have been very well behaved and super eager by arriving early each week. They have been very appreciative with two regulars called Tyler and George quoting *"I can tell you we all talk about the Friday Night Project at school and look forward to it each week. You all make it fun and safe for us!"*

We have a couple of young people volunteers who both play and help us referee their peers for football and basketball.

The project demographics demonstrate the inclusivity of our project with a wonderful mix of young people from a diverse range of backgrounds. There is a great feel good and positive vibe about our project. Long may it continue!



John Manitaro
CEO, Sporting Inspirations CIC