

Sportivate Yot Fit - *Social and community development*



The 'Yot Fit' programme was created specifically to help with reducing the rates of offending in East Sussex, whilst also aiming to increase activity levels amongst young people.

The programme was originally piloted through Eastbourne Borough Council's Community department, East Sussex Youth Offending Team and the Sovereign Centre – an Eastbourne Leisure Trust facility.

Through health promotion, diversionary activity, positive role models and team interaction the programme aims to build a positive group identity.

The sessions offer participants a wide range of sporting opportunities as well as the chance to improve body image and weight management – both of which are common issues for young people, particularly those involved with substance misuse.

Since the original pilot, where over 20 young people were engaged, Active Sussex has funded further projects in the Hailsham, Hastings and Seahaven areas.

The not-for-profit leisure trust [Freedom Leisure](#) was invited to join Eastbourne Leisure Trust as well as Wave Leisure in delivering the programme, whilst extending the offer to those on the cusp of becoming young offenders after consulting with East Sussex County Council Targeted Youth Service.

A total of 11 projects have been delivered across East Sussex with over 90 young people engaged to date.

You can read more on this story [here](#).