

Talent Match Sportivate 2016 – *Individual Development*



Working in partnership with the Princes Trust funded, Talent Match South East programme, and Active Hastings, Active Sussex delivered a 7 week, Go Leadership Sports qualification, for a total of 5 young people in the Hastings & Rother area.

Talent Match focuses on 18-24 year olds within Eastbourne & Hastings who have been out of education or employment for longer than 12 months.

Talent Match and coinciding recent APS data results, highlighted high levels of inactive 18-24 year olds, and so this cross collaborative project was designed to reach this focus group.

Delivered by highly experienced tutor Ken Dullaway, this project aimed to develop both leadership and time management skills, a sense of routine, and a healthy exercise 'habit'.

Held at Summerfield's Leisure Centre in Hastings, the sessions were defined by the young people, and structured with this feedback in mind to ensure high engagement levels. For example sessions varied from circuits one week to pad work the next.

The young people gained valuable skills, whilst improving confidence levels in leadership and time management as the course progressed, ensuring they left feeling motivated, determined, confident and positive about their future.

[Freedom Leisure](#) supported the project providing Gym memberships after the 7 weeks as well as hosting mock job interviews during the final week.