






Evaluation summary for the 2023-24 academic year


Programme overview

Set for Success is an intensive youth leadership initiative funded by the Wimbledon Foundation in partnership with Barclays and delivered by the Youth Sport Trust (YST). This programme seeks to support young people in year 9 / S3 (aged 13-14 years old) who are 'at risk' of not achieving their full potential through a series of sessions delivered by inspirational athlete mentors and teachers through active learning and sport. The evidence presented in this summary is based on Set for Success delivery that took place during the 2023 - 2024 academic year. This summary was produced by the YST's Research and Insight Team in August 2024.

 Reach	 529 young people engaged in Year 1 of Set for Success	 10 areas Cardiff, Clackmannanshire and Fife, Denbighshire and Flintshire, Hull, Liverpool, Manchester, Merton and Wandsworth, Portsmouth, Swindon (Wiltshire), Wolverhampton (Walsall, Wolverhampton and Sandwell)
 51 schools engaged	12 young people per school engaged on average	
 5 Interns engaged		

Demographics of young people engaged

 67%	 51% in receipt of Free School Meals <i>average for England: 24.6%</i> <i>average for Wales: 21.3%</i> <i>average for Scotland: 32.9%</i>	 35% with additional support needs (including special educational needs) <i>average for England: 18.4%</i> <i>average for Wales: 11.2%</i> <i>average for Scotland: 37%</i>
 33%		
 34% from ethnically diverse communities (including Asian, Black and Minority Ethnic Groups) <i>average for England: 37%</i> <i>average for Wales: 15.2%</i> <i>average for Scotland: 20.4%</i>		

Deliverables	3 events at The All England Lawn Tennis & Croquet Club (AELTC)	116 young people have attended events at The AELTC
		
8 Empowerment Events delivered	35 social action projects delivered	64 young people have been issued the Set for Success Professional Skills Award

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Young People Outcomes

Increased employability skills

96%

- 88% improved their team working skills
- 86% improved their communication skills
- 84% improved their leadership skills



of young people have reported improvements in at least one out of the 3 employability skills



Improved attitudes towards the future



- 87% know more about how their skills can help them in the future
- 84% feel better about their future
- 84% have more confidence that they will do well in life

Improved physical literacy

- 84% improved enjoyment of taking part in physical activity and sport
- 82% improved confidence to take part in physical activity and sport



Improved wellbeing



- 83% improved resilience
- 82% improved social connectedness
- 77% improved happiness

Improved engagement and behaviour

- 68% improved motivation to learn in school
- 24 out of 31 teachers report improved student engagement with school
- 21 out of 31 teachers report improved student behaviour at school



Teacher Outcome



28 out of 30 teachers

say that Set for Success has helped them to feel more competent in supporting young people at risk of not achieving their full potential

Set for Success

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Programme Views

Young People

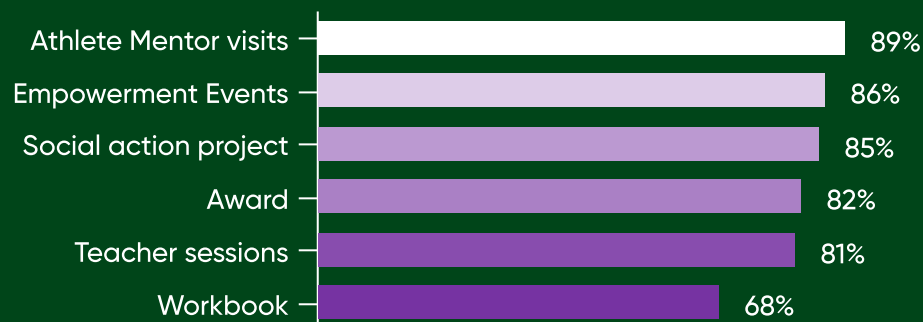
What did you think of Set for Success?



"It [Set for Success] just helps you to believe in yourself when no one else does it."
YOUNG PERSON

How do young people rate the following...

% showing 'Very good' / 'Good'



Teachers

How likely are you to recommend Set for Success to other schools?



0 - Very unlikely



10 - Very likely



8.3

average score

Views of Wimbledon

Based on their experience with the Set for Success programme...

64%



young people

26 out of 31



teachers

have a positive view of Wimbledon.

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Story spotlights

Marcus' Story

Marcus has autism and has struggled in the past with confidence and social interactions. Through Set for Success, Marcus has developed his self-belief and has formed new friendships with students around the school. The programme has given him opportunities to work together with his peers in group tasks and share his ideas. He has grown in confidence and his teachers have observed improved engagement with school.

"Marcus can take feedback from teachers much better and is making more progress at school."
TEACHER



Sophie's Story

Prior to taking part in Set for Success, Sophie was quiet and struggled with her confidence in group situations. She worried about doing new things and rarely pushed herself out of her comfort zone. The programme has given her new opportunities and supported her to develop her confidence. She is developing into a natural leader of the group.

"Sophie has come on leaps and bounds over the course of this programme." TEACHER



Jake's Story

Prior to taking part in Set for Success, Jake was disengaged with school. This also transcended onto the football pitch where he would lose his temper frequently and was at risk of losing his place on the football team. Outside of school, Jake was surrounding himself with negative influences, including people dealing with drugs. Since taking part in Set for Success, the teachers at the school have all noticed a real turnaround in Jake. The Set for Success programme contributed to Jake's progress because it helped him to focus on, and develop, the life skills that he needed. Jake has now managed to distance himself from the dangerous circle he was in outside school, and this has had a positive impact on his attitude towards school. Improvements in his attitude has also enabled him to progress with his football.

"Jake's progress since being involved in the Set for Success Programme has been nothing short of astonishing." ATHLETE MENTOR



Lucy's Story



Lucy goes to a school in one of the most deprived communities. Prior to taking part in Set for Success, Lucy's confidence was low, and she struggled with managing her emotions. Since taking part in Set for Success, Lucy has taken up different opportunities, such as visiting Wimbledon, Glamorgan Cricket and other schools, plus leading presentations. Lucy became more confident and improved her communication skills. This allowed her to collaborate effectively, work well with others, to manage her emotions better, and build up resilience. The lead teacher feels strongly that the programme has helped Lucy "unlock her potential".

"Her personal growth has been evident, and her self-esteem has increased considerably."
ATHLETE MENTOR

At the start of the programme, Liam had behavioural issues within classes and very poor attendance. He engaged with sports, but poor behaviour had prevented him from being part of the football team. Liam was disengaged with school and not interested in communicating about his future. Since doing Set for Success, Liam has had a 6.27% improvement in his school attendance since the start of the programme. There has been a notable change in his behaviour around school, which has become much more positive. His communication skills have also begun to really improve, and he now has an interest in talking about plans beyond school. Liam has also started playing on the football team again.

"I believe that this programme [Set for Success] has really helped Liam to get on track with his school, sport and future plans." ATHLETE MENTOR

Liam's Story



Research notes: Young people engaged is based on data collected from 45 out of 46 schools. Social action projects delivered is based on data collected from 37 out of 46 schools. Young people outcomes and feedback is based on a follow up survey for Year 1 students (n=136-147). Teacher outcomes and feedback is based on a follow up survey for teachers (n=30-31). Pseudonyms have been used for all stories.

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