



**DAME KELLY  
HOLMES TRUST**

GETTING LIVES ON TRACK



# IMPACT REPORT

2013 / 14

GETTING LIVES ON TRACK



# WELCOME

**I am delighted to introduce my charity's first Annual Impact Report.**

We have been working hard over the last year on our Impact Measurement Strategy, as we are passionate about ensuring we deliver the best results for our athletes and young people. Anyone that knows me, knows results matter and it's great to see in this report that our programmes are having such a major impact on the lives of so many young people.

My charity is about supporting young people to 'Get their Lives on Track'. Our team of retired athletes, the GiveBack team, have experienced the highs and lows of World Class competition. They know what it is like to overcome adversity and still have the will to succeed. It's these World Class attitudes that they then foster in our young people; enabling them to realise their potential and improve their quality of life.

Our athletes, the GiveBack team have experienced difficult transition periods. Retiring from sport is a challenging time. I should know - you fundamentally lose your identity and

what you stand for. Athletes also lose their support network, and struggle to see what the future holds for them. We support our GiveBack team through this period, providing them with a number of training and support opportunities, as well as the chance to work on our young people programmes.

This impact report gives a flavour of our work over the last year. We have made our systems for measurement, monitoring and evaluation more robust so we can continue to improve the work we do.

“ IT'S GREAT TO SEE IN THIS REPORT THAT OUR PROGRAMMES ARE HAVING SUCH A MAJOR IMPACT. ”

I'm really proud of what we have achieved, and we couldn't have done this without the support of our partners and funders.

**DAME KELLY HOLMES**



# CONTENTS

**PG.3** | Getting lives on track  
How we do it

**PG.4** | Our programmes

**PG.6** | Improving life chances  
for young people

**PG.13** | The impact  
Inspiring positive  
change in others

**PG.15** | What makes us unique  
Our athlete team

**PG.16** | Supporting our athlete  
team

**PG.19** | The value of our work  
Social return on  
investment

**PG.22** | Looking ahead

**PG.23** | A word of thanks

## KEY RESEARCH QUESTIONS

We have established a set of 'Key Research Questions' (KRQs) which we believe are an important guide for our research and evaluation.

We are working towards answering these, and evidence for these informs the structure of this report.

These were created after developing our robust impact measurement strategy which includes a Theory of Change and Logic Model that help demonstrate the relationship between what we do and the change that happens.

For more detail on our Impact Measurement Strategy please get in touch.

### IS THERE DIRECT EVIDENCE THAT AS A RESULT OF OUR WORK...

- 1 ... the life chances of the young people on the margins of society that we engage with are improved?
- 2 ...the young people we engage with go on to inspire positive change in others?
- 3 ...our athletes have added value to the (scale, scope or duration of) impact achieved for our young people?
- 4 ...there is a positive impact on the lives of the athletes we work with 'after sport'?
- 5 ... value has been created by DKHT for its stakeholders?

In addition to this, next year we will be looking to explore the following:

- 6 ...has a sustainable legacy has been created for our stakeholders?



# GETTING LIVES ON TRACK

## HOW WE DO IT

The Dame Kelly Holmes Trust aims to get lives on track by using World Class athletes to engage, enable and empower disadvantaged young people.

By developing World Class athletes following a challenging period of transition after sport, the Trust in turn is able to support disadvantaged young people utilising the unique skills and inspiration of the athletes.

“ I LEARNT THAT JUST BECAUSE YOU'VE HAD A DARK PAST, IT DOESN'T MEAN YOU CAN'T HAVE A BRIGHT FUTURE ”

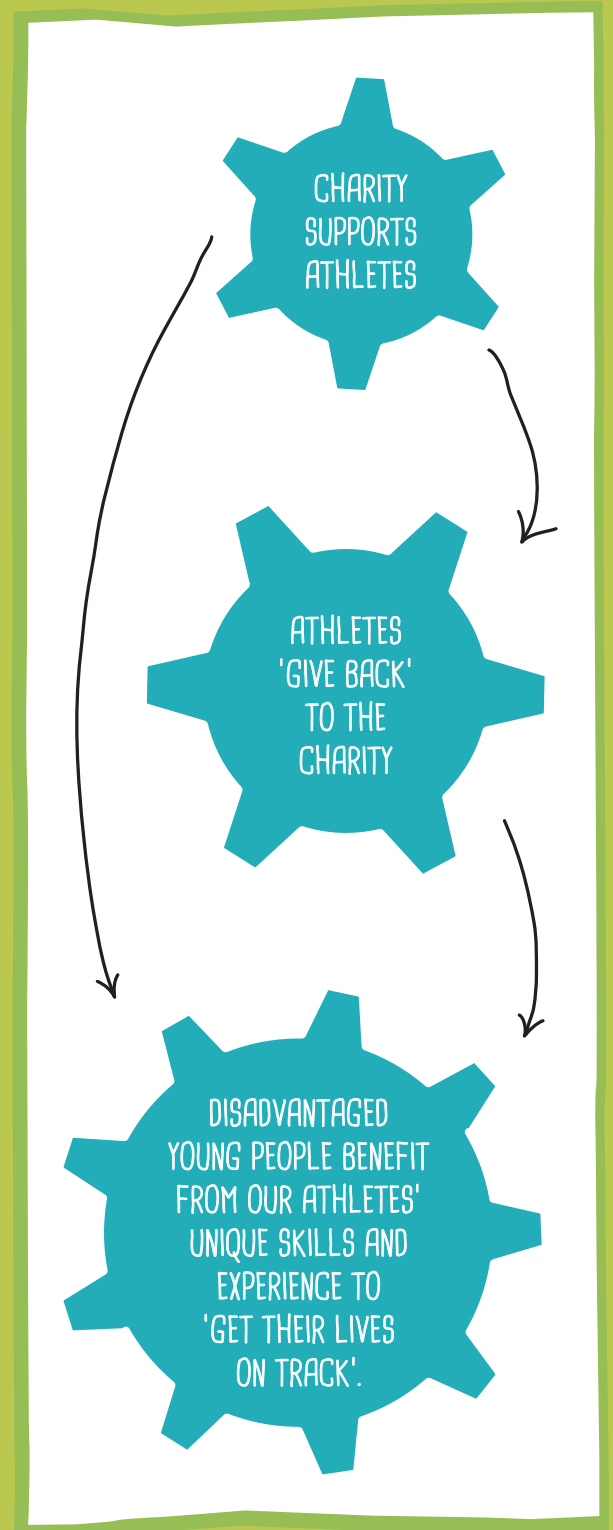
Said Jeway— Get on Track, Central London

Our young people come from a range of backgrounds. Some may have been in care, are homeless, have previously had criminal convictions and some are just increasingly facing challenges in finding employment or engaging in education.

## IN 2013 / 14 THE CHARITY:

Impacted on **70,467 YOUNG PEOPLE** through our seven young people programmes and community projects

Supported **235 WORLD CLASS ATHLETES** in their post-sport lives





# OUR PROGRAMMES



GET ON  
TRACK™

GET ON TRACK

Our 14 month flagship personal and social development programme, aiming to get young people into sport, training, education, volunteering and employment. Get on Track is delivered across the country with a range of local partners currently funded by Sport England.

UNLOCKING  
POTENTIAL

UNLOCKING POTENTIAL

Unlocking Potential is a seven month mentoring programme for young people who have shown resilience in the face of adversity. It's run in partnership with education charity AQA.

READ MORE 

# SPORT FOR CHANGE



# ASPIRING MINDS



## SPORT FOR CHANGE

A week long sports based personal development programme for homeless young people delivered in partnership with Centrepoint and funded by Comic Relief.

## SPORTING CHAMPIONS

This Sport England initiative is a role model programme the Trust delivers in partnership with Inspired Exchange. World class athletes inspire and motivate young people from all over the country to try new sports and commit to an active and healthy lifestyle.

## NATIONAL CITIZEN SERVICE

As part of the NCS Network led by Serco, the Dame Kelly Holmes Trust provides specialist support to NCS projects across 6 regions of the UK.

## ASPIRING MINDS

This one-day schools programme is delivered across the country. Our athletes work with our partners By Design on this target-based programme, helping young people understand the skills and attitudes required for success.

## BP YOUNG LEADERS PROGRAMME

BP Young Leaders Programme 2014, led by BP in conjunction with Inspiring Scotland and the Dame Kelly Holmes Trust, working with Action For Children, Aberdeen Foyer, and a consortium of Shetland Islands Council. It is a mentoring scheme for young people aged between 17-21 to help give them the chance to develop skills that will make them more employable. The Young Leaders take part in a number of projects in their local communities reflecting BP's commitment to Scotland, their Glasgow 2014 partnership and the Games legacy.

## ATHLETE TRAINING PROGRAMME

Our team of athletes, the GiveBack team, have access to a range of training opportunities to help them move on in their post-sport lives. Ranging from online materials to workshops and bespoke mentoring programmes.



# IMPROVING LIFE CHANCES FOR YOUNG PEOPLE

## OUR MODEL

We recognise that every young person is an individual. They may have faced different challenges in their lives, have different plans for the future and will learn and develop in different ways.

Underpinning our work is a commitment to personal and social development.

Through experiential learning and reflection, our young people develop the personal and social skills, and social networks, needed for them to succeed.

## HUMAN CAPITAL

We help young people develop their human capital.

This means working with them on areas such as self-awareness, self-esteem and resilience along with more work-related skills such as team work and communication.

**88%** OF YOUNG PEOPLE ON OUR GET ON TRACK AND UNLOCKING POTENTIAL PROGRAMMES NOW FEEL THEY CAN COPE WELL WHEN THINGS GO WRONG.





BEFORE GET ON TRACK I HAD NO CONFIDENCE AT ALL. I WOULD DO ANYTHING TO AVOID HAVING TO SPEAK TO PEOPLE ESPECIALLY PUBLICLY. I STAYED IN THE HOUSE AND DIDN'T SOCIALISE.

NOW, I WORK AT WAITROSE AS A SUPERMARKET ASSISTANT, I'M A PLAY WORKER FOR SNAAP WORKING WITH DISABLED CHILDREN AND AM UNDERTAKING TRAINING TO TAKE ON THE RESPONSIBILITIES AS A PROGRAMME MANAGER FOR US GIRLS.

## CASE STUDY

Dara - Get on Track, Thanet

Dara showed outstanding commitment to the programme. She always put 100% into the tasks, and as the programme progressed athlete mentor Michelle Robinson saw her really come out of her shell.

She transformed over the programme and now has not just one, but two jobs.

## SOCIAL CAPITAL

We help improve young people's social capital. We do this by expanding their networks and giving them access to opportunities and people that they would not ordinarily have come across.

This can help in gaining employment and for gaining a role in the community.

It has been estimated that 70% of jobs aren't advertised so networks are of increasing importance in accessing employment.

75%

OF YOUNG PEOPLE ON OUR GET ON TRACK AND UNLOCKING POTENTIAL PROGRAMMES NOW FEEL MORE CONNECTED TO THEIR LOCAL COMMUNITY.

100%

OF YOUNG PEOPLE ON OUR SPORT FOR CHANGE PROGRAMME FELT THEY HAD FORMED POSITIVE RELATIONSHIPS WITH NEW PEOPLE AS A RESULT OF THE PROGRAMME.





# CASE STUDY

Nick - Get on Track, Rochdale

Nick was finding it hard to get a job as his previous criminal record was getting in the way.

Link for Life, who run health and fitness initiatives in Rochdale, helped deliver elements of the programme. Because of his participation on the programme, Nick was given the chance to explain his past. Link for Life were so impressed with Nick they offered him a job.

Nick is still working for Link for Life – appreciative of the opportunity Get on Track gave him in connecting with the organization.

I'M SO HAPPY THAT SOMEONE HAS GIVEN ME THIS OPPORTUNITY



## OUR 'S.T.E.V.E' OUTCOMES

All our programmes aim to engage or enhance young people's engagement in Sport, Training, Education, and Volunteering; with the ultimate goal of getting young people into sustained Employment, whether now or in the future.

We recognise the power of sport and volunteering for providing opportunities for young people to develop work-relevant skills, while also improving their health and well-being.

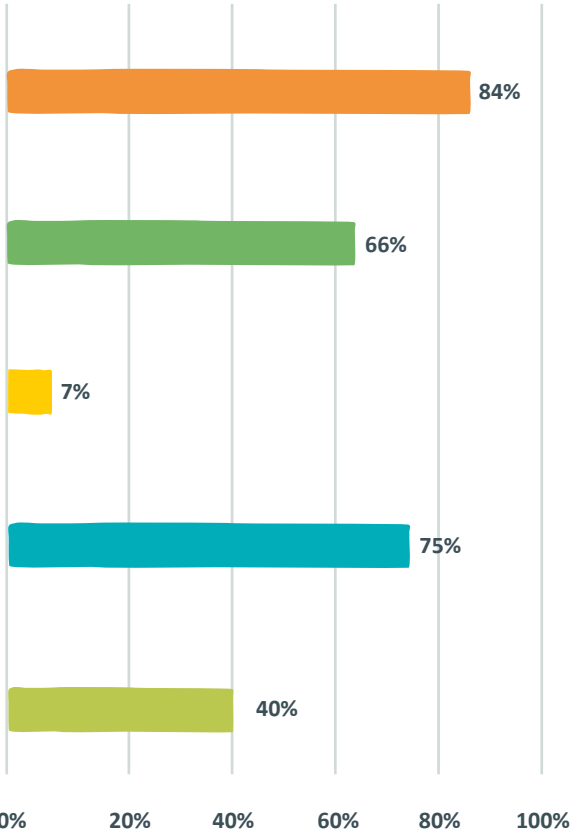
**SPORT** – Young People in sport 3 months after 'GO' phase of Get on Track

**TRAINING** – Young People from Sport for Change that signed up to further training programmes

**EDUCATION** – Increase in percentage of students achieving a success rate in exams due to a Get on Track programme in a college

**VOLUNTEERING** – Young people that increase the frequency in their volunteer participation after Unlocking Potential

**EMPLOYMENT** – Young people in employment 3 months through the Keep in Touch phase of Get on Track



# WHAT OUR YOUNG PEOPLE AND KEY STAFF SAY ABOUT OUR 'S.T.E.V.E' OUTCOMES

## SPORT

NOT ONLY HAS IT HELPED MY CONFIDENCE, BUT MY FITNESS LEVELS AND MY IMMUNE SYSTEM'S GETTING STRONGER. I'M DRINKING LESS, EATING MORE HEALTHILY. I'M FEELING A LOT HAPPIER AND SOCIALISING A LOT MORE.

Shelby - Sport for Change

GET ON TRACK HAS MADE ME WHAT I AM TODAY SO I CAN'T REALLY PRAISE IT ENOUGH. IT HELPED IN EVERY WAY IT COULD FROM CONFIDENCE THROUGH TO SELF-BELIEF. I NOW HAVE AN APPRENTICESHIP WITH WIGAN LEISURE AND CULTURE TRUST AS A SPORTS COACH.

Mica - Get on Track, Wigan

## TRAINING

I CAN HARDLY PUT INTO WORDS THE CHANGES THAT I HAVE SEEN IN THE LAST 9 MONTHS. HE WAS A NIGHTMARE AT SCHOOLS AND NOW HE'S GOING TO UNIVERSITY. HE'S GONE FROM GETTING DS AND US, TO AS AND BS. HE WAS ON THE PATH TO DESTRUCTION AND UNLOCKING POTENTIAL HELPED HIM COME OUT OF THAT.

Samra - Unlocking Potential - Teacher

## EDUCATION

BEFORE THE COURSE I THOUGHT VOLUNTEERING WAS SOMETHING I WOULDN'T DO. I COULDN'T COME TO TERMS WITH DOING SOMETHING AND NOT GETTING PAID. IT DIDN'T SEEM RIGHT. BUT PAUL AND EMMA SAID IT'S NOT JUST THE MONEY IT'S THE EXPERIENCE YOU GET. I WENT FROM DOING NOTHING AND NOW I'M BUSY 6 DAYS A WEEK.

David - Get on Track, Leeds

## VOLUNTEERING

HAVING A JOB IS ONE OF THE BEST FEELINGS IN THE WORLD. I ACTUALLY LOOK FORWARD TO GOING TO WORK AND BEING AROUND THE PEOPLE THAT WORK THERE. MY JOB AND THE FACT THAT DAME KELLY HOLMES TRUST ARE STILL THERE WHEN I NEED THEM KEEPS ME GOING.

Jess - Get on Track, Thanet

## EMPLOYMENT

# GET ON TRACK

Get on Track, has been running since 2009. To date, 47 projects have been delivered across the country with funding from Sport England, Greater London Authority and Comic Relief.

The 14 month personal development programme supports young people that are not in education, employment or training, or who may be at risk of dropping out.

Combining support from World Class athletes, with opportunities to participate in sport, volunteering, training and employability workshops, the programme offers a unique personal development package to young people.

Get on Track this year has continued to equip young people with the motivation, resilience and confidence they need to succeed in finding and sustaining work.



## KEY HIGHLIGHTS 2013-14

- Directly engaged with **535 YOUNG PEOPLE**
- Engaged a further **1,700 YOUNG PEOPLE** through community projects
- Delivered **26** Get on Track projects through **13** local partners
- **81%** of young people have attended over 50% of sessions.

### AND... 'KEEP IN TOUCH' phase:

- **84%** of our young people were participating regularly in sport
- **70%** of our young people were in education, employment or training
- **46%** of young people were taking part in regular volunteering.

READ MORE 

Only 15% of our young people were in education, employment or training before the programme began. At the beginning of the programme and at the 'GO' stage we ask young people to rate themselves on how they feel about certain skills, attitudes and behaviours. The responses can be seen below.



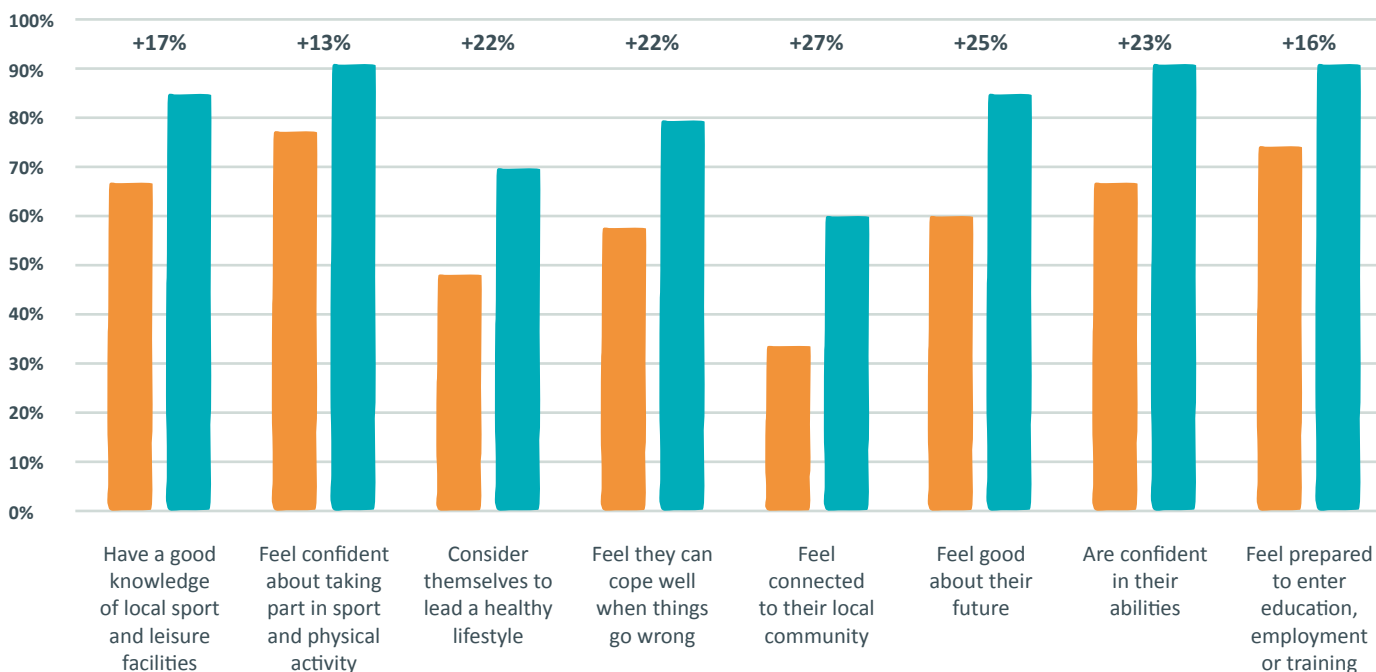
IT HAS MADE ME GET MY SELF-BELIEF BACK, AND NOT GIVE UP. IT'S GIVEN ME MOTIVATION AGAIN, AND MADE ME REALISE THERE ARE PEOPLE OUT THERE WHO WILL HELP YOU.



Lisa Bilsbury - Get on Track, Wigan

### Young people's progress

Before 'Get on Track'    At the 'GO' stage of Get on Track





## JAMIE'S STORY

JAMIE, NOW WORKING FULL-TIME AS A PLANT OPERATIVE AT A FAMILY BUSINESS, SHARES HIS STORY OF GET ON TRACK.

**Before I joined the course I was unemployed for nearly two years.**

After losing my job as a plant operative, I went down a rocky road which led to drink. I lacked motivation to do anything and my self-esteem was low. I felt terrible that I had lost a job I loved because I'd messed it up.

I have met amazing people on the programme and tried things I never thought I would, like different sports.

It has also made me realise what you can achieve when you work as a team, and I want to thank athletes Michelle Robinson and Romaine Bailey, and Clare Bell from the local partner organisation, who have all been there for me and listened like true friends.

I now feel refreshed, healthier and I've got my old job back as a plant operative, which is what I wanted.

Before Get on Track, I was on bad road of alcohol and drugs. The activities we participated in have made me healthier. I hardly drink anymore and I don't take drugs.

I'm a different person now. I've found out what I want, and I want to go far. I was out of work for two years and I was stuck in my bubble.

This course has shown me how to get out. The blindfold has been taken from my eyes and I can now see what there is to live for.

## INSPIRING POSITIVE CHANGES IN OTHERS

Throughout several of our programmes our young people deliver projects to help other people in their local community.

These are designed, planned and delivered by the young people, working on issues that are important to them.

In total, the young people we have worked with have delivered 333 community projects across our programmes, impacting on over 45,600 additional young people.

### CASE STUDY

### GET ON TRACK - THANET

Thanet District Council has now delivered two Get on Track programmes in partnership with the Dame Kelly Holmes Trust. In total, young people have delivered 8 projects – impacting on a further 350 young people. Examples of some of the community projects delivered in Thanet include:

- Renovating a local outdoor assault course at Baypoint Leisure Centre
- Organising a 'Thanet Coast 5 and 10K' running event
- Delivering a sports session in a local school
- Supporting disabled young people to participate in sport
- Organising a Christmas meal for local elderly people
- Renovating a play-space at a local primary school.



## INSPIRING CHANGES IN OTHERS

Ensuring positive changes in our young people, also has a knock-on effect on influencing others in their lives.

51% of our young people felt they had gone on to inspire a positive change in others as a result of being on our Get on Track programme. The examples they gave included their family and peers.

I NOW HELP MY BROTHER TO NOT GIVE UP ON THINGS IF HE DOESN'T UNDERSTAND

I MADE MY FRIEND DO VOLUNTARY WORK AND GET INTO A PLUMBING COURSE. I TOLD HIM ABOUT THE MOTIVATION AND SATISFACTION YOU GET FROM IT

I INSPIRED MY SISTER TO LEARN TO RIDE HER BIKE





# WHAT MAKES US UNIQUE?

## OUR ATHLETE TEAM

The Dame Kelly Holmes Trust is unique in the use of World Class athletes for long-term personal development and mentoring programmes for young people.

Olympians, Paralympians and top international athletes know what it's like to overcome adversity and still have the will to succeed. Our World Class team transfer these World Class attitudes to our young people.

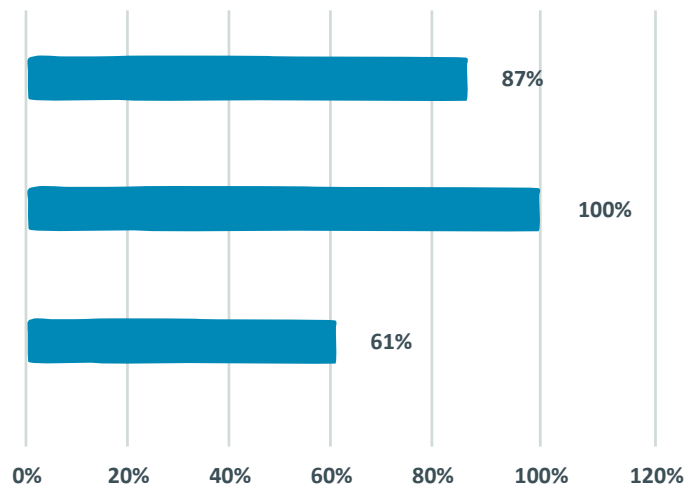


### The importance and impact of our athlete mentors

Young people on Get on Track agree that the athletes added something special or unique to the programme

Young people on Sport for Change felt that the athletes were an essential part of the programme

Local delivery partners said that athletes were an important part of the National Citizen Service programme and that it wouldn't be the same without them



## CASE STUDY TAWIO

### Get on Track - Nottingham Graduate

Tawio was part of one of the Nottingham Get on Track projects, led by athlete mentors Ross Davenport and Jo Jackson. We spoke to him to find out a little more about the impact of the athletes.

“With their backgrounds as Olympics athletes and World Champions, Ross and Jo helped me to realise that even though you may have big things happen in your life that are not so good, you can still move on and gain the courage and confidence to do better, instead of dwelling on what could have happened or should have happened.

I know they've had a lot of knockbacks and I thought if they can handle their knockbacks as Olympic athletes then I can handle mine.

I don't think it would have worked at all if there weren't athletes as the backbone, because I think having that competitive edge is important.

You need it when you are looking for a job and completing interviews and CVs.

You need to be able to sell yourself and put yourself forward and be confident. These athletes have that skill set and they've got it for life now.







# SUPPORTING OUR ATHLETE TEAM

Transition from sport can be a challenging time for athletes, often fraught with feelings of loss of identity, anxiousness, depression and a loss of a support network.

We support athletes to transition from elite sport into their post-sport careers.

“ [THE TRUST] HAS HELPED ME HAVE A POSITIVE OUTLOOK ON LIFE AFTER SPORT. IT HAS GIVEN ME SOMETHING TO THINK ABOUT AND WORK TOWARDS. ”

Sophie Cox



## ATHLETE LEARNING JOURNEY

The diagram below demonstrates the stages athletes experience in their transitions out of sport.

### Stages of Transition

#### Bronze COPING

- » Unsure of future goals
- » Struggling with controlling emotions
- » Financial instability
- » Lacking confidence about their future
- » Showing signs of stress or depression
- » Sense of loss of sporting identity

#### Silver TRANSITIONAL

- » Can define new goals and post-sport plans
- » Improving skills and experience
- » New perspective on sporting career
- » Involvement in the Trust work
- » Attending training
- » Developing self-worth and new identity

#### Gold ENJOYING

- » Moving into a new career - working for, or independently of, the Trust
- » Feeling positive in their new life
- » Supporting other athletes in their transition
- » Developing self-worth and new identity

#### Double Gold

- » Completely independent in new career and fully settled
- » Coaching/mentoring other athletes or fundraising for the Trust
- » Able to reflect on their own transition

# THE IMPACT OF OUR WORK WITH ATHLETES

Last year we supported **235 WORLD CLASS ATHLETES** in their post-sport lives.

Recognising that every athlete's experience and support needs are different, the Trust offers various opportunities.

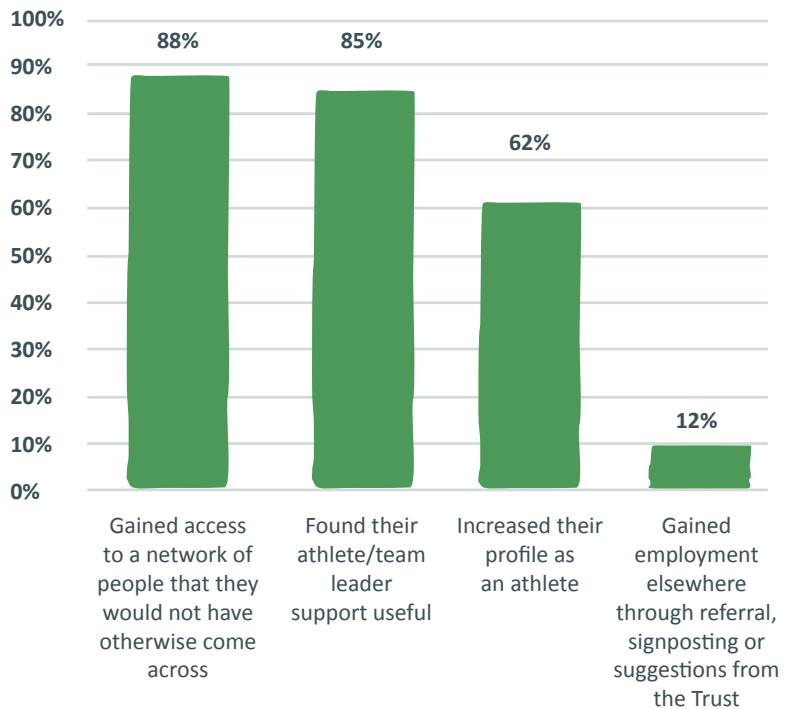
These include access to:

- Our athlete training programme to work on young people projects
- Work opportunities
- Networking events
- Business coaches

...and...

- Support in gaining qualifications
- Support from athlete leaders.

**Athletes' feedback on networks and support developed as a result of Dame Kelly Holmes Trust GiveBack support**



## CASE STUDY HOLLIE AVIL

“Six months ago I emailed the Trust's Athlete Programme Manager, Adam, in a state of panic about not knowing what I wanted to do in life and was completely lost! Almost instantly Adam put me in touch with one of their specialist coaches, Peter Lowman. Peter and I got in touch and started to plan and think about my future.

I am now working as a Communication Coordinator for MetaSport, a sports events/coaching company in Singapore. I have recently been made head of marketing for two major events – something I never thought I'd be doing six months ago.

Without the support of the Trust and Peter, I don't think I'd be doing what I'm doing right now. It's so nice to have another passion in my life since Triathlon.”



## WORKING ON OUR YOUNG PEOPLE PROGRAMMES

We have found that working and volunteering on our young people programmes gives athletes a new direction and focus.

Many are inspired by working with our young people and have begun a career in working with them.



### IN 2013-14:

- 105 of our athlete team worked on our young people programmes
- Our athlete team are collectively delivering **6,233** mentoring hours
- 339 volunteer 'GiveBack' days were delivered last year by our athlete team. This included supporting our young people programmes, helping at fundraising events and assisting with PR.

“IT'S EQUALLY INSPIRATIONAL. YOU COME AWAY WITH AN AMAZING FEELING THAT YOU HAVE LEFT A LASTING IMPRESSION AND HELPED TO SHAPE A YOUNG PERSON'S LIFE CHOICES. IT IS GREAT TO USE THE SKILLS YOU'VE PICKED UP ALONG YOUR SPORTING CAREER TO SUCH GREAT EFFECT.”

Ross Davenport





# THE VALUE OF OUR WORK

## SOCIAL RETURN ON INVESTMENT

The Dame Kelly Holmes Trust began its first Social Return on Investment (SROI),<sup>1</sup> to demonstrate the value created by Get on Track.

SROI is a method for calculating the impact and social value created by that project, and can help gain a better understanding of the value for money of a project.

Understanding and valuing social outcomes has become increasingly important.

The National Audit Office's guidance on *Value for money and TSOs* (Third Sector Organisations) within the *Successful Commissioning Toolkit* states:



**MAKE SURE YOUR PROGRAMME IS REALLY FOCUSED ON OUTCOMES, THE IMPACT ON SERVICE USERS AND COMMUNITIES THAT YOU ARE SEEKING TO ACHIEVE, AND NOT JUST ON OUTPUTS, PROCESS OR INPUTS. NOT ALL OUTCOMES WILL BE OBVIOUS, DIRECT OR EASILY VALUED. YOU AND/OR PROVIDERS MAY NEED TO USE EVALUATIONS AND TECHNIQUES SUCH AS SOCIAL RETURN ON INVESTMENT (SROI) TO ESTABLISH THE FULL IMPACT OF A PROGRAMME AND ITS WORTH. <sup>2</sup>**



So far the SROI has explored the impact of Get on Track on the Young People who take part, as well as the subsequent effect on employers, the local community, and the government.



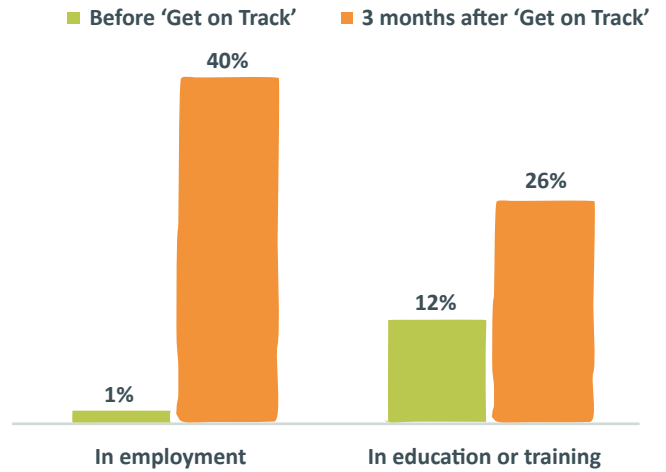
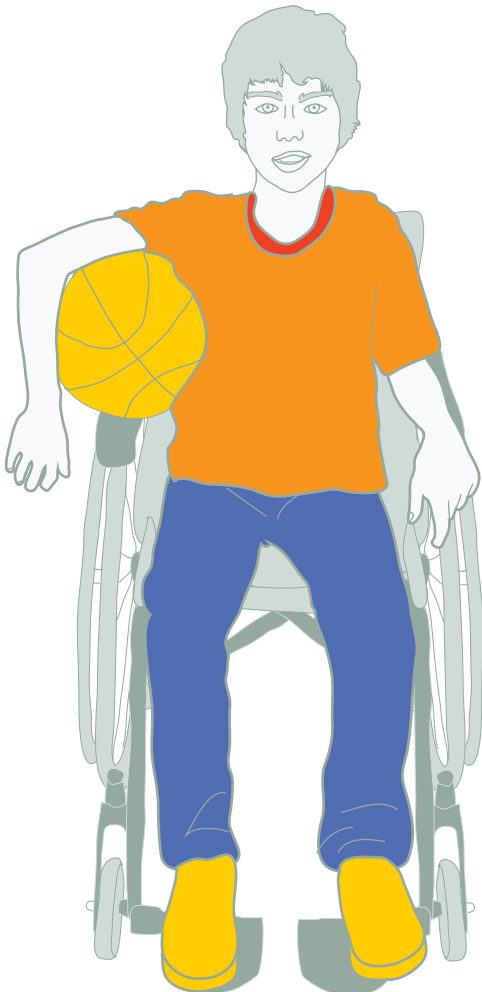
# WHAT DIFFERENCE DOES GET ON TRACK MAKE?

The following page details some of the considerations we have taken into account with our SROI.

One of the key objectives of Get on Track is to help disadvantaged young people to get in to employment, education or training.

The programme has been hugely successful at this. At the beginning of Get on Track, just 1% of the young people involved were in employment, and 12% in education or training.

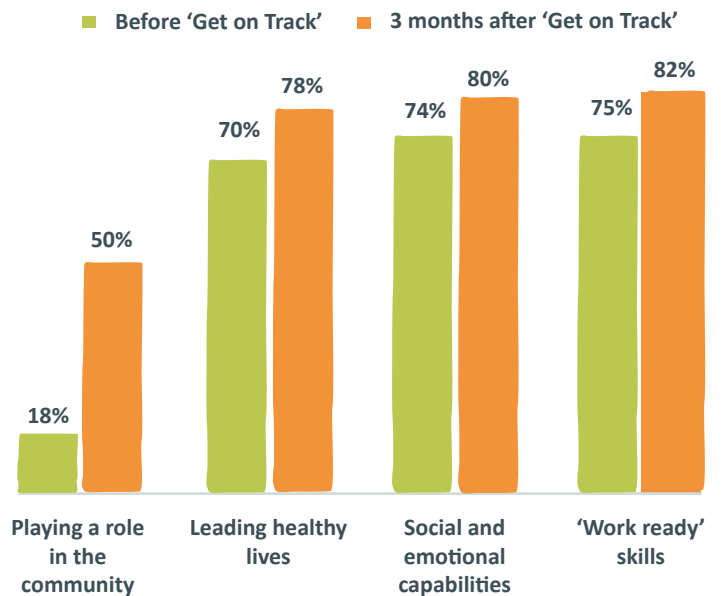
Three months after the core project 40% of young people were in employment, and a further 26% in education or training.



There are numerous other benefits of the programme to Young People and other stakeholders that go beyond employment, education and training.

A far greater proportion of young people are playing a role in their community (18% to 50%), while more young people are living healthier lives and have 'work ready' skills.

Here too the programme has had an impact.



# CALCULATING THE SOCIAL RETURN OF GET ON TRACK

Not all of the benefits that we can measure will be because of the Get on Track programme.

Some of these benefits would have happened anyway, and other factors will have contributed towards young peoples' success.

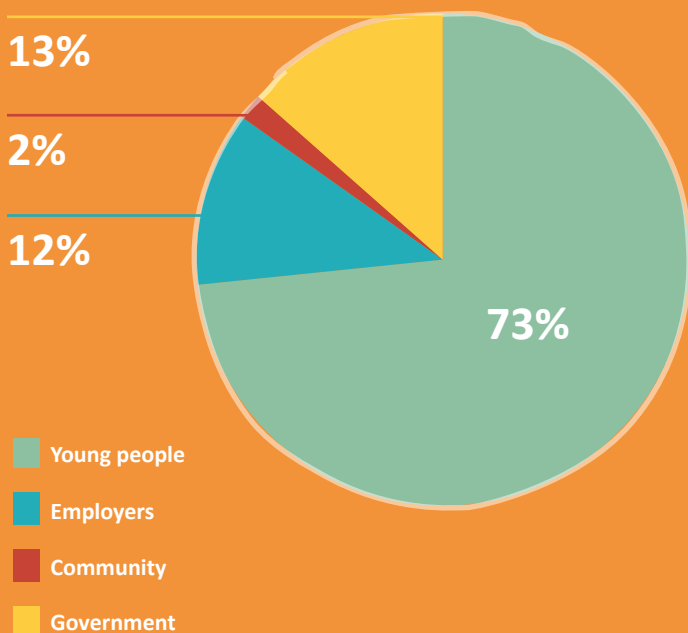
For example, we have used Government data to estimate that 28% of young people would have found employment, education or training, even without the help of Get on Track.<sup>3</sup>

Outcomes were then given a monetary value. Some of the outcomes are straightforward to value. For example, it costs Government around £3,000 per year for each person on Job Seeker's Allowance.<sup>4</sup>

Others are more challenging. For example, we have used healthcare economics to value the 6% increase in social and emotional capabilities at £634.30.<sup>5</sup>



## THE RESULTS



THE SROI RATIO FOR GET ON TRACK IS 2.5:1, WHICH MEANS THAT FOR EVERY £1 INVESTED IN GET ON TRACK, £2.50 OF VALUE IS CREATED.

This means we generate over £4,000 pounds of value for every person we help through Get on Track through improved employment prospects, healthy lives and well-being for young people, as well as benefits to employers, the community and the Government.

This provides further evidence that one of the Trust's flagship projects is making a major difference to the lives of the young people involved.

## GETTING EVEN MORE LIVES ON TRACK

### SUPPORTING YOUNG PEOPLE

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By 2016 the Trust aims to impact on the lives of over **200,000** young people, and we are well on our way.

We will be taking our flagship Get on Track project to new areas, and will be testing new models through different partners and looking for new opportunities.



### SUPPORTING ATHLETES

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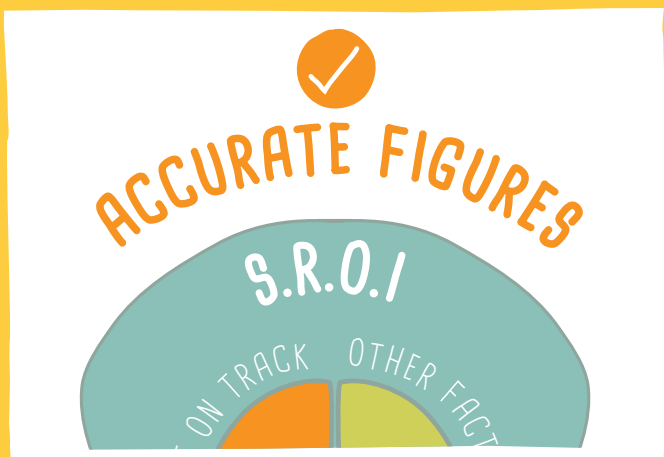
There are a number of new initiatives we have put in place to develop our athlete workforce to deliver quality outcomes for young people on a larger scale, as well as develop their own personal and professional skills including an online athlete learning zone and the addition of a 'trainer' level to our athlete delivery team.



### IMPACT MEASUREMENT

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Over the next year the Trust will be further developing its SROI methodology, by incorporating the impact on athletes into the calculations, and consulting with experts in the sector to develop new and improved ways of measuring and valuing the impact of programmes such as Get on Track.





# A WORD OF THANKS

## WE'D LIKE TO THANK...



**We would like to thank SkyBlue and Envoy Partnerships who have been supporting us over the last year to develop our impact measurement strategy, including our work on our Social Return on Investment Forecast.**

We would also like to thank all our partners and funders, who, without their support, our work would not be possible.

Our young people often get back in touch with us to thank us for the support of the programme.

We've had some creative individuals, and one of our Get on Track graduates Rebecca puts into poetry her experiences of the programme. You can see this on the next page.



<sup>1</sup>The SROI for Get on Track is based on the standard SROI methodology, pioneered by the SROI Network, nef, and the Cabinet Office. See [www.thesroinetwork.org/component/docman/doc\\_download/241-a-guide-to-social-return-on-investment-2012?Itemid=362](http://www.thesroinetwork.org/component/docman/doc_download/241-a-guide-to-social-return-on-investment-2012?Itemid=362)

<sup>2</sup> <http://www.nao.org.uk/successful-commissioning/general-principles/value-for-money/value-for-money-and-csos/>

<sup>3</sup> Based on the National Audit Office's evaluation of the Work Programme, which estimates the non-intervention rate of the Work Programme (i.e. the proportion of Work Programme participants who would have got a job if they hadn't taken part in the programme) as 28%. (National Audit Office (2012): The Introduction of the Work Programme, page 20). Figures used are the non-intervention thresholds used when calculating the additionality of the Work Programme.

<sup>4</sup> Based on the Job Seeker's Allowance level for 16-24 year olds, £56.80 per week.

<sup>5</sup> A theoretical 100% increase in social and emotional capabilities is valued at £10,560, using NICE's cost-effectiveness threshold for QALYS, as outlined in: *New Economy (2012), New Economy Working Paper 8, Social Value: Understanding the wider value of public policy interventions*, page 29-30.



# CHANGING LANES

by Rebecca Lee - Get on Track, Leeds graduate

First steps to changing lanes, and the directions we are heading in,  
Self-motivation, no time to think, be prepared to jump straight in.

Embrace the craziness of the unknowing,  
Qualities stand out more, now we're radiant and glowing.

Teamwork to begin with, was a bit of a hassle,  
But now we are a true team, with none of the kerfuffle.

We worked hard together so we formed a stronger bond,  
All we need is self-belief to help us progress along.

This was the push in which was in need to stop us being NEET,  
Now all of us no longer take the back seat.

We now push harder to make us go further, confidently growing on  
the uphill struggle we're pacing,  
Now it is up to us no time for wasting.

So many good qualities, we all hold inside,  
Now they stand out, we don't need to hide.

Standing up for ourselves and pushing our limits,  
We're playing our own game, there is no way we cannot win it.

All we needed was to believe,  
And now our goals will be achieved.

The help and the support with what we have been taught,  
Helps us to progress in life so we don't come up short.

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