



USING SPORT TO POSITIVELY IMPACT THE LIVES OF CARE EXPERIENCED CHILDREN AND YOUNG PEOPLE IN ABERDEEN

Funding has officially been extended to allow for an award-winning initiative to continue to provide opportunities for care experienced children and young people in the Granite City.

The initiative – SPACE (Supported Physical Activity for Care Experienced) – was a first of its kind project in Scotland and is the evolution of the 'Looked After Project' delivered in partnership with Aberdeen City Council when it started in August 2016.

Following a four-year investment in the initiative, Aberdeen City Council has extended the agreement for a further year, enabling two project activators to continue to support children and young people.

One young person took an interest in going for a walk and this soon became very important to him. He saw the benefits of walking from a socialising perspective and for keeping fit. He enjoyed walking so much that he wanted to set up a walking group in his area for older adults so that he could have an impact on those who were feeling lonely or isolated.

“He is excited to return to school for the social aspect. He walks with confidence and his PE teacher has also commented on his improved fitness.” – **Foster Parent**

Larissa Gordon, Virtual School Head Teacher, added:

“Sport Aberdeen is a great example of a Corporate Parent and it constantly looks to do more to support our care experienced young people.

“During the pandemic, it adapted to ensure that it could continue to offer support where it was needed most within the community.”

“I am extremely proud of the positive changes that the project has introduced over the last four years and with the funding extension, we can reach even more young people throughout the city and improve physical and mental wellbeing through sport and physical activity. The impact that the programme has is fantastic, we have seen dramatic changes in the lives of our care experienced young people.

“The extension of funding is testament to the hard work of the project activators out in the community and all staff that have been involved behind the scenes.

“As a corporate parent, Sport Aberdeen has the power to positively impact the lives of young people within the care of Aberdeen City Council, and through partnership working it is my hope that this initiative will continue to thrive.”

Graeme Dale, Sport Aberdeen Head of Sport and Active Communities