Our Jump Start Programme supports young people aged 8-18 years old in Somerset, offering them an opportunity to engage in positive experiences through sport and physical activity. The project aims to provide young people with life skills, confidence and positive experiences.
JUMP START PROGRAMME

JUMP START CLUBS
Jump Start Clubs support young people aged 8-14 years old who may have chaotic home lives, struggle to stay in school or may be known to the police. We provide them weekly activity sessions, in a supported environment where they feel safe and valued and have a voice. The young people shape how the club is run. The sessions are an important positive opportunity for building life skills that allow them to better cope with daily life challenges.

JUMP START MENTORS
Jump Start Mentors also support young people aged 8-18 years old who may have chaotic home lives, struggle to stay in school or may be known to the police. The programme will introduce young people to physically active provision in sports through linking with sports clubs, or other active youth sessions with the aim of them becoming part of that club. Initially they will work 1:1 with a sports mentor and then with a trained volunteer within the chosen sports club.

JUMP START LEADERSHIP
Jump Start Leadership supports 14-18 year olds by providing them with an opportunity to volunteer within the Jump Start Clubs or similar, gaining experience of leading activities and what is involved in running a club. There are also opportunities to gain a qualification that could help increase their confidence, self esteem and job prospects.

For more information and access to the programme visit www.sasp.co.uk/community-outreach or contact Laura Dyke on ldyke@sasp.co.uk / 01823 653990