



## Respect Athlete Mentoring Programme Community



Mentoring disaffected/disadvantaged young people  
through the power of sport



### What is RAMP?

RAMP uses elite athletes of the past and present to mentor young people who are involved in, or at risk of becoming involved in anti-social behaviour.

Sport is one of three strands delivering Respect Mentoring funded by the department for Culture, Media and Sport. Mentors from media and music background are also delivering the Programme through the Media Trust and Youth Music.

The Programme delivers in both the community and schools\*.

The programme is being rolled out in the following cities in England:

- ⇒ Birmingham
- ⇒ Bradford
- ⇒ Coventry
- ⇒ Derby
- ⇒ Manchester
- ⇒ Leeds
- ⇒ Leicester
- ⇒ London Boroughs
- ⇒ Liverpool
- ⇒ Newcastle
- ⇒ Nottingham
- ⇒ Sheffield
- ⇒ Sunderland



Between 50 and 100 mentoring packages will be delivered in the period April 2008 to March 2009.

### How do I refer young people?

There are between 50 and 100 mentoring packages available for young people across the country, so opportunities for young people to be referred are limited.

If you do work with young people who fit the following criteria and would like to investigate the possibility of them being mentored then please contact Bryan Steel using the details overleaf.

#### Criteria

##### Young people must be:

- ⇒ Involved in, or at risk of becoming involved in anti-social behaviour.
- ⇒ Aged between 11 and 25.
- ⇒ Have an interest in sport.

##### Organisation must be:

- ⇒ Able to evidence a proven track record of working with young people in the community.
- ⇒ Able to facilitate meetings between the young person(s) and the Mentor.



### Who are the Mentors?

RAMP is delivered by eight specifically-recruited, highly-trained elite athletes of the past and present. They are supported by the RAMP Community Relationship Manager Bryan Steel, himself a four-times Olympian and two-times Olympic medallist.



#### Courtney Fry - Boxer Commonwealth Gold Medallist

“Many young people are disadvantaged and need a little help along the way. These are the people of tomorrow. I am grateful for the opportunity I have been given to change unhappy lives.”

#### Rachael MacKenzie - Thai Boxing World Champion

“I’ve been lucky with the opportunities I’ve had in my life through education and sport, so I wanted to give something back to young people who might not have had the same opportunities. RAMP has been a very rewarding Programme to be involved in and we are all delighted that it has been so successful.”



#### Rob Tarr - Wheelchair Rugby Three times Paralympian

“The future seemed very bleak at the time of my injury. I lost my independence for a year and had to fight every inch of the way to get it back. This is where I found the determination and self-discipline to always push myself that extra yard[...]. I can offer young people the encouragement and inspiration to excel in life.”



## What is a mentoring package?

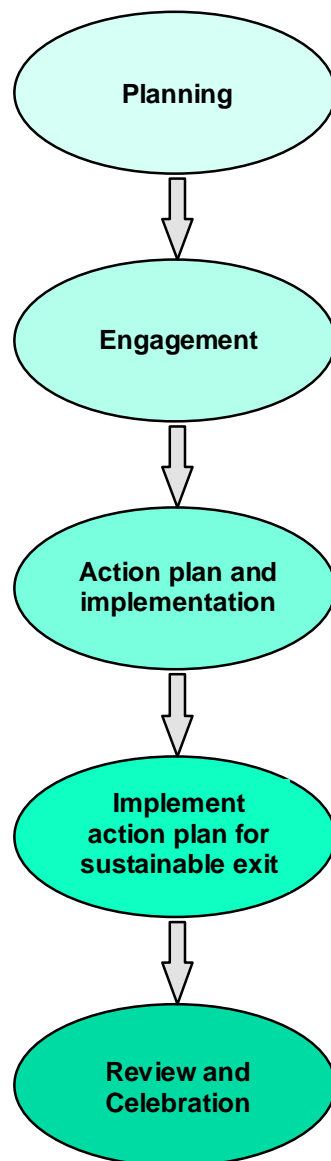
A mentoring package is what we term the relationship between the mentor and the young person. This engagement period will last for approximately six months.

Over the engagement period, the Mentor will work with the young person on five key areas indicated on the right.

The Mentors meet with the young people several times over the engagement period and use their life experiences to help the young person make important *sustainable* changes to their life.

RAMP uses sport as a vehicle for change. The Mentors draw on the lessons they have learned from their sport to use it to engage with the young people, to teach valuable skills such as team-work and self esteem, and also to encourage them into a sporting environment.

Each session lasts for approximately three hours and would consist of both physical activities and workbook related tasks.



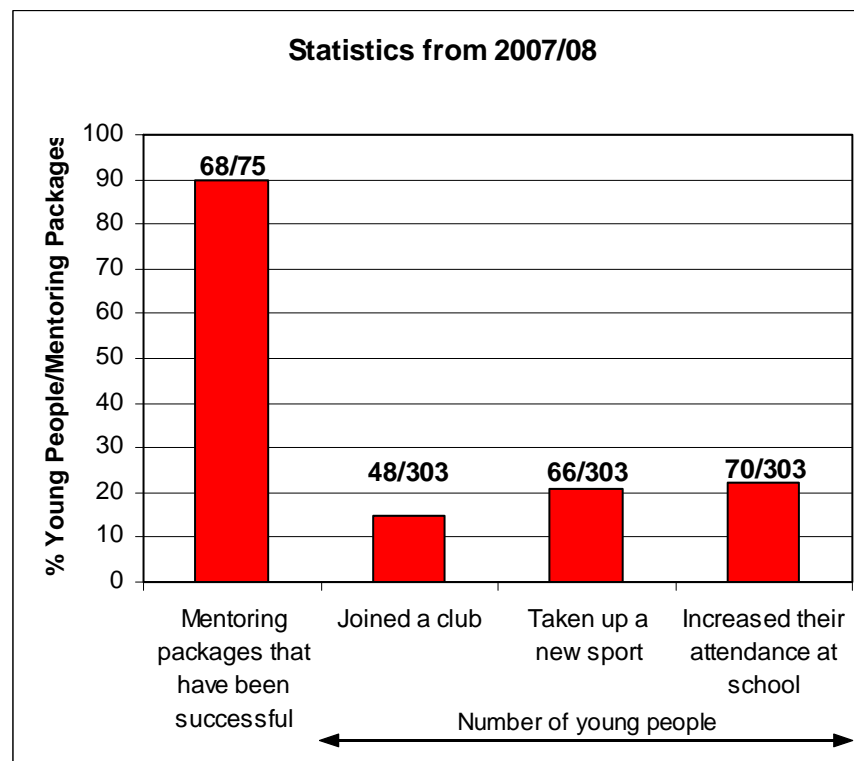
## What are the benefits?

RAMP is designed so that each mentoring package is bespoke to the young person referred.

Each relationship lasts approximately six months with the Mentor meeting the young person approximately once every 2/3 weeks,

The focus of the Mentors' time with the young people is to work on making *sustainable* change and ensuring that, once the relationship is complete there is an appropriate person/organisation within the community who can continue to support them where necessary.

The graph below indicates some of RAMP's key statistics from year one.



## From the young people

“In my life there’s a lot of ways to get into bad things. Sport is the only thing that’s keeping me going, keeping me focused”



“I reckon it’s been good having a mentor and having help from him and having a laugh. Something I’ve also come to realise is I could be what I wanna be in life. I am more of a believer now.”



“The project was wicked and I would love to be on it again.”



“Since being involved positive things have happened in my life.”



Creating Excellence is delivering the Respect Athlete Mentoring Programme - Community on behalf of Sport England.

Creating Excellence is a multi-faceted organisation that uses the power of role models in the community and work place to inspire and bring about behaviour change.

**Respect Athlete Mentoring Programme - Community**  
**C/o Creating Excellence**  
**1st Floor**  
**Equity House**  
**Knight Street**  
**South Woodham Ferrers**  
**Essex CM3 5ZL**

**Phone: 07918 706491 or 01245 328303**  
**Email: [bryan@creatingexcellence.co.uk](mailto:bryan@creatingexcellence.co.uk)**

For more information on RAMP - Education please contact Louise Davis  
[louise.davis@youthsporttrust.org](mailto:louise.davis@youthsporttrust.org)



Funded by:

department for  
culture, media  
and sport