

## Supporting Young People

Active Norfolk worked in conjunction with the Anchorage Trust charity to set up a regular running group for young people suffering with personal crisis in the Great Yarmouth area. After the completion of the seven-week course, attendees participated in the Great Yarmouth 10km road race.



Through the partnership of Active Norfolk and The Anchorage Trust, a Great Yarmouth charity which provides support for young people who are struggling with a personal crisis including homelessness, 12 young people were given the chance to become more physically active and improve their health and mental wellbeing. Participants were presented with running trainers and shirts halfway through the course to reward their commitment.

The group was coordinated by two-time Olympic runner, Paul Evans, who also ran with the group. The programme gave focus and structure to the lives of participants and made such an impact on two members of the group that they decided to undertake race leaders qualifications to deliver running groups themselves.

The course culminated in participants taking part in the Great Yarmouth 10km run, which was an incredible achievement for the group, who were previously mostly inactive and struggling under difficult personal circumstances.

The training has also ignited a love of running in two of the participants, who have taken on a running leaders qualification to be able to support the delivery of sessions to local residents in and around the Yarmouth area in the future

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“Having a structured programme in place has kept us focussed and motivated to keep coming to the sessions every week. Paul has really motivated us and it has definitely helped that we have been able to do this as part of a group of friends. We always feel better after taking part in the sessions and everyone is committed to finishing the race on Sunday and carrying on running in the future.”

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**Jordan, Participant**