



## The Rock Trust

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<b>Location</b>	Edinburgh, Scotland
<b>Programme</b>	Active Lifestyles
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### Project description

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The Rock Trust was formed in 1991 to try to address the accommodation needs of homeless young people aged 16-25 years. A group of churches got together and began to buy properties allowing people to stay for up to two years and providing support workers. They realised that homeless people have multiple needs and that they needed to provide more than just housing.

With a grant from the New Opportunities Fund, a Healthy Living Centre 'The Underground' was set up in the basement of the trusts headquarters. An exercise group started meeting on a weekly basis and then once a month having a taster session in a new activity.

It was difficult to engage women in this and the barriers seemed to be around male dominated groups, women being intimidated by the environment of a sports centre and self confidence/body image.

This project, funded through Active Futures, has employed physical activity guides to develop this work with young women. The aim is to create strong connections with individuals and tailor programmes to their specific needs.

### Project aims and objectives

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The aim of the project is to encourage young women to take part in sustained physical exercise, and specifically to:

- improve physical health;
- engage young women in physical activity;
- manage mental health more effectively; and
- address the needs of women who may like to find employment in the leisure sector.



## Project delivery

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1.5 FTE instructors have been employed to establish links with young women and develop and run programmes for them. They came into post in late September 2006 and were still bedding in at the time of the case study research in October 2006.

Edinburgh Leisure is the Sports Trust which runs all former council-owned leisure facilities in the city, and work as partners in this project. They make facilities available to participants for £1 per session, and have their own Active Futures worker funded as a separate, but linked project.

The targeting methods are very direct. Instructors will go out to homeless accommodation to try to actively engage with the women and recruit them to the programme.

## Project performance and impacts

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This project is only just commencing so it is too early to assess any of the benefits or added value.

A larger grant would not have made a big difference to this project. It would have allowed more activities to be offered, but would not have made a difference to the numbers of people that can be attracted to the programme.

## Good practice

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Young women from the target group were involved in the selection process for the development worker. This has resulted in two post holders whose skills could be really complementary if they gel together. One has a support and development background with a strong interest in sport, whilst the other is a sports professional who wants to work in the community.

## Future

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It is hoped that the project will be absorbed into the work of the Healthy Living Centre. The link with Edinburgh Leisure creates possibilities for anyone who trains in leisure to gain experience and possibly employment.