



## Having fun & combatting loneliness

East Riding  
**Setting up a five-a-  
side football team  
to combat  
loneliness**  
January 2021

Care Leavers wanted more activities that they could do as a group. The LA responded by setting up a five-a-side football team.

## Why?

The care leavers survey has shown that loneliness contributes to low well-being. Encouraging young people to join in group activities can combat loneliness and help them to feel part of the community.

## What did they do?

The LA got together a group of care leavers to discuss the survey findings. Young people wanted more activities where they could get together in a group. The football team was set up as a response:

*“Some of the staff have started on a voluntary basis a five-a-side football team that meets once a week. Kids have to get there themselves but we’ve funded it ...the idea would be for that football group to carry on on it’s own without the staff there, that would be the ultimate aim. We haven’t achieved it yet.”* (Pathway Team Leader)

## What’s next?

At present the team is run by the staff on a voluntary basis. The aim is for the group to get to a stage where it can continue without the staff there.

## What difference is it making?

The local authority has shown that it has listened to what young people are saying and has taken action as a result.

Whilst the group is not yet able to meet without staff, it is building a sense of community between young people and allowing them to have fun.

*“How are we going to help this young person to ... develop their own social network or community network?”*  
**Pathway Team Leader**