

MEET THE RESEARCH TEAM

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OUR RESEARCH QUESTION

What are the barriers for young girls ages 11-18 years to attending girls only sessions in their local youth clubs in Westminster and surround boroughs ?

ABOUT THE AVENUES:

The Avenues team of youth professionals welcomes young people from every community in West London to a fun, creative space where you can discover new passions, skills and friends.

Our purpose-built centre on Third Avenue, W10 has a sports hall, dance studio, music recording studio, radio room, training kitchen and art studio. Membership is free for 8 to 18-year-olds and all our activities are free-to-use.



What approaches did we use and why?

We used **surveys**, **focus groups** and **interviews** to collect our data as we wanted a mix of quantitative and qualitative research to best represent our findings.



Who did we speak to?

We spoke to young people from various settings and locations, youth workers and professionals working with young women to gain more of an understanding from different perspectives.

Key findings: The Barriers:

1. Travel and safety concerns
2. Negative peer-relationships
3. Program targeted ages
4. Mental health & isolation



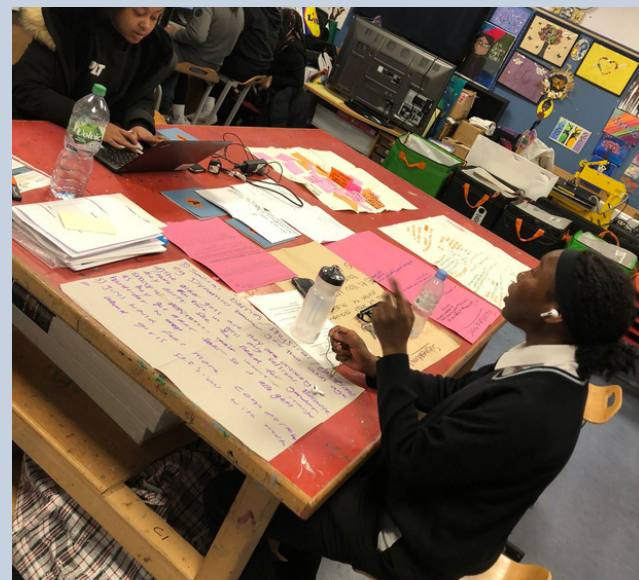
Our recommendations:

1. Improve safe transport options for youth services, e.g.: service mini bus for drop offs.
2. Services that engage and support young women to prioritise work on healthy relationships and friendships and consider the severity of the impact of negative relationships on a young woman's mental health and development.
3. Services to re-evaluate their targeted ages for programs to correctly meet the needs for each age group. e.g.: the needs of a 14 year old vary significantly to a 17 year old, services need to reflect this.
4. Continue to increase and develop female only spaces in open access youth services as it is a safe space to access support and work on needs and issues of young women.
5. Services and organisations to work collectively to ensure young women are aware of the services available to them in their area.
6. Liaise with young women to shape services aimed at them.

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Next steps:

- Share our findings through our report, podcast and videos
- Share our recommendations with services and relevant stakeholders to make some improvements within services for young women.
- Attend the peer research conference at City Hall on June 2nd and present our findings.
- Continue our work and training to become youth workers and support young women.



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