

# S4L COMMUNITY

Supported through the Stronger For Longer pathway

## Joe & Reyhan — Community Progression Journey

From mentoring and education to volunteering, employment and community impact



**JOE SYKES**

Community Fitness Mentor



**REYHAN**

Fitness & Football Coach

STAGE

1

### Stage 1 — Initial Engagement (2023/24)

Joe Sykes and Reyhan first engaged through the Stronger For Life commercial coaching environment during 2023/24. Both showed strong interest in health, fitness, football and personal development while building confidence, coaching experience and career direction.

- Mentoring support
- Progression conversations
- Practical gym exposure
- Coaching guidance
- Career pathway advice
- Confidence building

STAGE

2

### Stage 2 — Education & Qualification Support

With continued support from S4L and Park View Academy of Sport, both progressed into structured fitness education pathways, focusing on personal growth, professionalism, teamwork, consistency and community engagement.

- Level 2 Gym Instructing
- Advanced coaching and personal training development
- Practical coaching skills
- Communication and leadership
- Employability preparation

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### Stage 3 — Volunteering & Community Engagement

Both then began volunteering through Fite Health Community and Fite Health Performance Gym, supporting children, young people and adults through positive physical activity.

STAGE

3

- Youth fitness activities
- Football conditioning sessions
- Gym-based coaching support
- Beginner fitness sessions
- Community engagement projects
- Children aged 7–16 + adult wellbeing activities

### Stage 4 — Leadership, Confidence & Progression

As confidence and experience grew, Joe and Reyhan became increasingly active in coaching and gym environments, taking on greater responsibilities and becoming positive role models.

STAGE

4

- Independently supporting sessions
- Mentoring younger participants
- Engaging confidently with members
- Supporting group activities
- Assisting community events
- Positive role models

### Stage 5 — Employment & Ongoing Development

Joe and Reyhan have now progressed into employment opportunities connected to Fite Health Community and Fite Health Performance Gym, continuing to grow in the health and fitness sector.

STAGE

5

- Improved confidence
- Increased employability
- Stronger communication skills
- Practical coaching experience
- Sustained community engagement

engagement → mentoring → education → volunteering → employment → community impact

### COMMUNITY IMPACT OUTCOMES

- ✓ 2 young adults progressed from learner support to employment pathways
- ✓ Supported engagement across children, young people and adults
- ✓ Contributed to community wellbeing activities in the North East
- ✓ Developed confidence, leadership and coaching experience
- ✓ Positive examples of long-term mentoring and community development through S4L partnerships

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### 2024/25 COMMUNITY IMPACT

#### 2024/25 Impact Highlights

- 27 learners engaged
- 20 completed foundation pathways
- 7 progressed into advanced pathways
- 2 progressed into volunteering and employment

This journey demonstrates how mentoring, education and community partnerships can create real progression opportunities for young adults.

Most importantly, both are now helping support others across the same communities they originally entered as learners.

