



Malta

# PHYSICAL ACTIVITY SESSIONS FOR PERSONS AT RISK OF MARGINALISATION

## Physical activity sessions within a sport complex for inmates and drug addicts



### The Initiative

The target group for this initiative is inmates, drug addicts and young people at risk of marginalisation.

SportMalta has always worked to promote diversity and help all individuals in society. SportMalta along with the Sport Promotion Unit, which was launched by Sport Malta over 10 years ago, developed the idea to target those at risk of marginalisation to integrate them physically, socially and mentally through sport.

Through this venture the Sport Promotion Unit managed to create a better social, mental and physical environment for individuals with troubled background by showing them the meaning of physical activity through sport. As for those that suffer from addiction, at their residence they keep a diary to track every day, they mention that they look forward to their session once a week and to achieve a higher level of fitness, it has been proven to see that it helped to reduce the rate of the resident from falling back into previous addictions and keeping them stable in the program at their rehabilitation centre. There are also individuals who are looking forward to starting a sport besides the program they attend with the Sport Promotion Unit.

### Targeted Objectives

The Sport Promotion Unit contacted different entities, from, ex-prisoners, to recovered individuals that suffer from addiction to integrate them back into society through the power of sport.

### Stakeholders involved

Each group of individuals have their own session once every week to ensure a safe space and healthy mind set throughout. San Blas, Dar Charles Miceli and Prison Inmate program holds 15 individuals each, 60+ holds up to 30 individuals and children from the two schools are made up of not more than 5 children. With every group the Sport Promotion Unit starts with a basic introduction to fitness to assess and track the level of fitness these individuals have, eventually they progress. As for the San Blas, Shelter residents, Dar Charles Miceli and Prison Inmate Program they are introduced to different sports such as badminton, football and basketball.

### Impact

The SportMalta and the Sport Promotion Unit have created a life changing opportunity for individuals in our society which are at risk, they are given new opportunities to integrate socially and feel better both mentally and physically. The results gathered from this program motivate the entity to continue working and creating opportunities so that more individuals from different areas in our society get the opportunity to be active and change their life for the better, one sport at a time.

The children from the Learning Support Centres are keen on trying new sports and ask to gain more information so that they can keep fit and be active even in their own time. In the Community Service program with the 60+ adults, they are more motivated to attend as time goes by, it has increased their fitness level and improved their everyday life such as experiencing less pain and seen a controlled level in their conditions.

### Dissemination

Website: <https://sportmalta.mt/>

Case Study Provided By:



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