



Norfolk and Suffolk Health and Care Awards 2026

Supporting Young People Award

Sprowston Youth Engagement Project Team

Sprowston Youth Engagement Project

Sprowston Youth Engagement Project (SYEP) is a highly impactful, young person-led organisation providing seven-day support to its local community through a wide range of free, accessible services. Its strength lies in offering integrated, holistic support across multiple projects, enabling young people to engage in different activities throughout the week rather than relying on isolated interventions. Rooted in over 13 years of trust-building and strong community relationships, SYEP places young people at the centre, empowering them to shape, design and deliver the services they use.

By co-producing its offer, SYEP ensures relevance and effectiveness, addressing key issues including mental and physical health, social isolation, anti-social behaviour and community cohesion through a preventative approach. Safe youth spaces, sports clubs, mentoring, and alternative education provision all contribute to building confidence, resilience and life skills. Partnerships with schools, local authorities, police and therapeutic services strengthen this approach, allowing SYEP to act as a vital community connector.

Particularly impactful is its one-to-one mentoring and alternative education work, supporting those at risk of exclusion and successfully reintegrating young people into mainstream education. Outcomes highlight significant improvements in wellbeing, with 83% of participants reporting they feel better in themselves.

SYEP's wider community impact is equally strong, contributing to reductions in youth crime and anti-social behaviour, with zero reported incidents on the local recreation ground in 2025. Widely recognised and valued, SYEP demonstrates how trusted relationships, co-production and prevention-focused support can transform young people's lives and strengthen communities.