

# Transforming lives through physical activity and sport

Annual Report 2015





**Aspire Sports Trust is a registered charity that transforms lives through physical activity and sport.**

In particular, we focus on improving the health, well-being, life skills and education of children and young people. We operate in the UK and Africa.

## **Our Values**

### **Integrity**

We are fully committed to achieve our goals responsibly.

### **Passion**

Our passion for sport gives children and young people the energy, desire and belief to follow their dreams.

### **Inspirational**

Educate, motivate, develop and enrich children and young people. It's what we do!

# Chair's Report

## It is my privilege to introduce the 2015 Annual Report for Aspire Sports Trust, which was formally established in January 2014.

At the last AGM Judith Miller stepped down as Chair of the Trust, we are extremely grateful for her commitment during this period. I was elected as Chair with David Ramsden as Vice-chair, it was an honour to accept this role.

In June 2015, the Trust was officially launched, celebrating the foundation which had been put in place whilst being the springboard to the next phase of our development.

One of the programmes which the Trust delivered in August 2015 was Aspire to Africa, now in its fifth year of development, impacting young people's lives in Tanzania. The decision was taken to focus primarily on a single school with a 5 year plan to improve lives through physical activity and sport whilst also delivering practical support to improve; teaching, learning, the environment and infrastructure of the school.

As part of the building process, the Board of Trustees put together a high level strategy focused on our core values of integrity, passion and being inspirational. With these values in mind, the board agreed our immediate priorities as; Aspire to Africa, educational and employability programmes and health & wellbeing of local young people and their families. The board also agree to the appointment of a Development Manager in order to successfully deliver our strategy.

I am confident that with the foundations we have put in place, the commitment of our Board of Trustees and staff, 2016 will be a fantastic year for the Trust and a real springboard to growth.

I continue to remain extremely privileged and proud to be able to lead Aspire Sports Trust with the support of a dedicated Board of Trustees.

**Michael Gowen**

Chair- Aspire Sports Trust (2015-current)







# Aspire Sports Trust Launch

**Tuesday 3rd June 2015 saw the official launch of Aspire Sports Trust held at Edgbaston Stadium, Birmingham.**

Our board of trustees were joined by loyal supporters of the trust and enjoyed an inspirational presentation by the trusts ambassador and Warwickshire and England Cricketer, Chris Woakes and Paracanoist Rob Oliver.

Chris  
Woakes

Warwickshire and  
England Cricketer



# Our Objectives



**IMPROVE**  
the education  
of children and young people



**help schools  
in Africa** create  
sustainable learning environments



**ENHANCE THE EMPLOYABILITY  
AND SKILLS OF YOUNG PEOPLE**

**Provide Support**

to talented young people in their pursuit  
to compete at an elite sporting level



**improve health  
and well-being**  
of children, young people and their families

**FACILITATE CRIME PREVENTION AND  
OFFENDER REHABILITATION FOR YOUNG PEOPLE**

# help schools in Africa create sustainable learning environments



**Established in 2010, The Aspire to Africa project uses sport to help schools in Africa create sustainable learning environments.**

Our goal is to educate and inspire children, upskill teachers, enhance school infrastructure and develop communities. Funds are raised to help support the project as well as purchasing equipment and educational resources for the school.

## The 2015 trip

An eight person strong team went to Tanzania in 2015 for the inaugural year working with Buyuni One School, including two board members (one of whom is a primary school teacher), five sports coaches and one other primary school teacher. Prior to flying to Tanzania, the team organised and ran five fundraising events. These events raised £10,106 with £3,076 directly going to the donation of new exercise books, text books and classroom resources, with the remainder of the funds raised going towards trip costs. Whilst over in Tanzania, the team worked with the students in a physical education and a classroom context. They also worked with the teachers in a bid to upskill their ability to deliver a higher standard of lessons in a variety of ways. The trip was very successful with all participants stating they felt they had improved the ability of the teachers they worked with and they had improved their own ability; delivering in the classroom and their interpersonal skills. On the back of the 2015 trip, Aspire Sports Trust have created a partnership with Bishop Vesey Grammar School. They have pledged to raise a minimum of £20,000 over the next three years to support the improvement of the school's infrastructure, with the school's pupils also getting the opportunity to take part in the trip over the next few years.





# Kate's story

**Kate was part of the Aspire to Africa trip in 2014. She worked for Aspire Sports Health and Fitness Ltd at the time, with a focus on early years teaching. Kate was successful in gaining a place on a PGCE prior to commencing her Tanzanian adventure and now works as a Primary School Teacher.**

"I embarked on the Aspire to Africa trip in 2014 and it is without a doubt one of the most amazing experiences I have ever had. It was unbelievable to see such a fantastic culture first hand and become involved in the life of children and adults who we can all learn from.

One of the most memorable moments for me was the look on a child's face when I gave them a small football for being 'star of the day'. He was filled with so much gratitude for such a small gift and it was at that moment that I realised the true impact of us being there.

On a personal level, my trip to Africa completely changed my outlook on life. I used the confidence I had gained from the trip to train as a Primary School Teacher and now I am in a job that I love.

I regularly talk to my class about my trip to Africa and show them photographs to remind them of other cultures and just how fortunate we all are. In the future, I am determined to get myself over to Africa again and learn even more from the amazing people I met along the way. I would recommend the trip to anybody!"

Kate Stableford





# Upcoming project 1

## ENHANCE THE EMPLOYABILITY AND SKILLS OF YOUNG PEOPLE

Our programme will enhance young people in their:

1. **Self-awareness**
2. **Self-presentation**
3. **Self-motivation**
4. **Self-confidence**
5. **Self-discipline**

We will support young people to develop and practice practical life and work related skills. Our unique programme consists of four interrelated elements which is underpinned by structured group mentoring during the sessions and up to three months post-programme follow up.





# Upcoming project 2



**improve health  
and well-being**  
of children, young people and their families

**The programme improves the health of children and parents, as well as building social skills and improving family relationships.**

The pilot project will take place in Erdington, Birmingham. The Family Play Programme is an eight-week programme in which we will deliver a weekly (one and a half hour long) sports or activity session, at eleven different primary schools in the area. The sessions will be delivered by Aspire Sports Health and Fitness Limited's experienced coaches, with each session intended to involve at least 10 families, made up of approximately 25 people (10 parents and 15 children between the ages of 5-11). They will take part in a variety of physical activities including sports, cycling, ultimate frisbee, fitness circuits, dance, circus skills, and more.

The families taking part in the pilot Family Play Programme will be recruited through referrals from school staff, teachers, and school nurses. We particularly aim to work with those children who have poor social skills, poor health and fitness, or younger children that have issues with physical development (coordination, motor skills or strength). Poor health and obesity have been identified as priorities by local schools. Our project helps the children most at risk of long term poor health by getting them to play alongside their parents, who act as role models and ensure their child continues to take part in active play alongside themselves in the future.

# Finances

Year ending 31st December 2015

Income **£22,722**

Expenditure **£22,439**

Surplus **£283**

Reserves  
brought forward **£4,198**

Reserves  
continuing forward **£4,481**

## A message from our ambassador

*"I am proud to support Aspire Sports Trust and the fantastic work they carry out.*

*Their approach is unique and time and time again I've been impressed with everything they do.*

*The Aspire Sports Trust is truly inspirational and I am proud to be one of their ambassadors"*



**Chris Woakes**

*Warwickshire and  
England Cricketer*

Thank you to all those who donated their money, time and effort during 2015







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**aspresportstrust.org**

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Our board of trustees

Paul Griffiths | James Trowman | Gemma Batchelor | Mike Gowan | David Ramsden | Louis Sebastian | Anna Howe | Baljit Kular