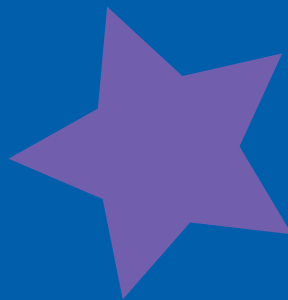


Transforming lives through physical activity and sport

Annual Report 2016



Chair's Report



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

Both David Ramsden as Vice-Chair and I as Chair are extremely proud to carry on leading the trust in partnership with our board of trustees. The Trust is effectively managed by our CEO Judith Miller and our Development Manager Darryl Moffatt.

In 2016 we set out a clear business plan adhering to our core values and our mission which defines our outcomes. Our mission is quite simply, to transform the lives of young people through the power of physical activity and sport. We have also aligned our focus upon improving the health, well-being, life skills and education of children and young people living within marginalised conditions in the UK and Africa.

I am proud to say that we have achieved a number of our objectives in 2016. As we move into 2017, we are confident that we will continue to grow and have a positive impact on the lives of our beneficiaries.

A key highlight for the trust was the successful development of our core programmes, Active Families, The SELF Programme and Aspire to Africa. This is exemplified by the growth of our Active Families Programme which was delivered to over 200 children and their families.

2016 has been a transformative year for the trust as we have established ourselves as a trusted organisation delivering local programmes and building towards a fantastic 2017. On behalf of the board of trustees I would like to thank everyone who supported us during this year, with a special thanks to Bishop Vesey's Grammar School for their continued support from the children, parents and teachers.

I continue to remain extremely privileged and proud to be able to lead Aspire Sports Trust with the support and commitment of the board of trustee's and staff.

Michael Gowen

Chair- Aspire Sports Trust (2015-current)





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!

A message from our ambassador

"I am very proud to have been an ambassador for Aspire Sports Trust for the past 2 years. 2016 has been a momentous year for the trust with developments in the UK as well as Africa.

I am particularly proud of the growth of our Active Families programme and the impact it has had on over 200 children and families from my local area.

Internationally the developments in the Buyuni One School project have been outstanding especially the plumbing of a new water tank and the installation of electrics in the school.

As we move into 2017, I remain extremely privileged to be part of the continued growth and development of Aspire Sports Trust and anticipate another fantastic year."

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**

Active FAMILIES

Parents and carers have a vital role to play in engaging their children in lifelong physical activity and encouraging a positive attitude to healthy eating.

The Active Families programme is designed to introduce and develop awareness of the benefits of a healthy, active lifestyle in a fun, challenging and practical manner.

We encourage children, parents and carers to take part, improving the health and well-being of the family as well as enhancing self-esteem, confidence and improving family relationships. We aim to work with children in schools who have poor social skills, poor health and fitness or younger children with issues in physical development (coordination, motor skills or strength). Targeting those children who are most at risk of long-term poor health and encouraging parental engagement to build a healthier future together.



In 2016 we were awarded funding through Awards for All to deliver our pilot project to 11 schools in the North Birmingham area.

123 children and 75 parents/carers took part and the impact and success of the first project was great to see and there were some extremely positive outcomes. An in depth impact report can be found on our website but here are a few of the key outcomes:-

What we've achieved so far:

47.4% increase in activity levels for parents as a result of taking part in the programme

100% of parents said the programme has enabled them to spend more time exercising with their children

The participants increased their knowledge of how to live a healthier lifestyle by **21%**

38.8% increase of portions of fruit and vegetables eaten per day from taking part in the programme

95% of parents felt that they had increased their involvement in their child's school since the programme began

Once the funding had finished a number of the schools continued to deliver Active Family style after school clubs in house and, using our programme as inspiration, continue to help improve families health and well-being. Other schools used some of their pupil premium to continue to have Aspire Sports Trust deliver the programme to different cohorts of children and families, which has continued the success, impact and behavioural change that we are working towards.



Active Families Case Study

Birches Green Primary School



The programme has been brilliant, I myself am already quite an active person, but this allows me to be active with both of my children. When we first started, the main thing we noticed was the sport and nutritional aspect of the sessions, so we are getting active and learning how to eat healthy at the same time. As the weeks have progressed I have seen my child listen more, take on board information about a healthy lifestyle and improve his concentration whilst in school. I would recommend this programme to any family because it keeps you fit, creates a better connection between you and your children, gets you working as a team and it gives you nutritional advice that you can take home and use. It's been great and I would highly recommend it

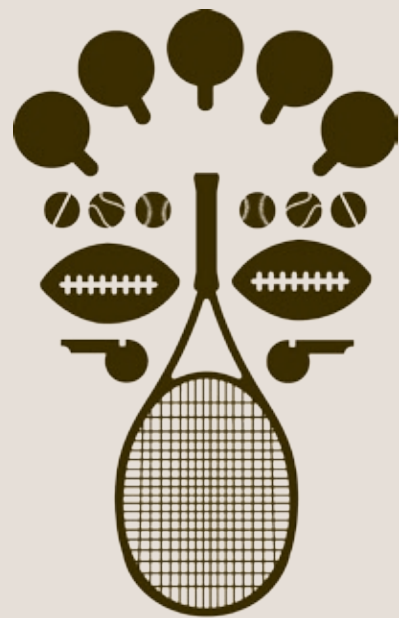
Davis McCormack
Parent

We have been running the Active Families Programme now for quite a while and it has been really successful. Firstly, it promotes healthy lifestyle and well-being. It also promotes a real enjoyment of physical activity and of course it allows the families to have quality time together. The programme has been of great benefit to the children and this can be seen with an improved focus in the classroom and improved social skills. I would certainly recommend the programme to all other schools, it has been a real success here and we will continue to do it for many years to come

Mary McManus
Birches Green Primary School
Head Teacher

The programme has helped me spend more time with my dad because he is usually working or he is at golf. This way we get to play sport together. The programme has also helped me feel healthier and it's good because we are also now eating healthier at home too

Ellis McCormack
School Pupil
Aged 9



ASPIRE TO
AFRICA

**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.

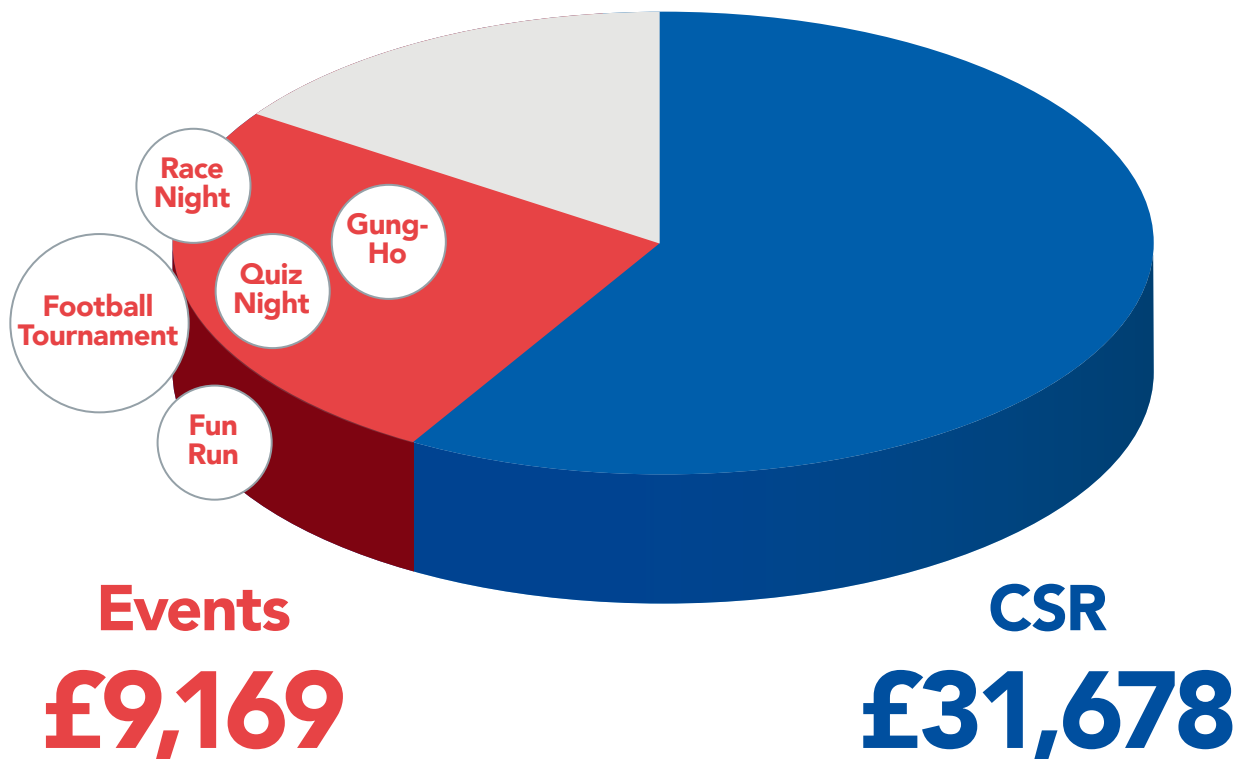
2016 saw us focus on fundraising events and work with key fundraising partners. The aim at the start of the year was to raise funds for stage 1 of the Buyuni One Project which was to install electrics into classrooms and accommodation and also supply and plumb a new water tank for the school. We ran a race night in April and then a football tournament in July with proceeds of these events going towards the Buyuni One project. The key to our fundraising efforts in 2016 was our partnership with Bishop Vesey's Grammar School in Sutton Coldfield who have pledged to run events over the next 3 years to help with our project in Tanzania. In the Spring Term 2016 the school organised a number of small events with the students taking ownership of them. They were able to raise just over £3,500. In Autumn 2016, the school organised a school-wide 'Walk to Africa', with the entire school student body collectively walking the distance from Bishop Vesey's Grammar School, Sutton Coldfield to Buyuni One School, Tanzania. The student's raised an amazing £7254.55 for the project. This money will go towards phase 2 of our build that will commence in 2017.

The money raised through our events and the school's Spring efforts has enabled two members of the trust to visit Tanzania in October 2016 and complete stage 1 of the build, installing the electrics and water tank. This is a huge accomplishment for the trust, the project and Buyuni One.



Aspire Sports Trust Income 2016

Grants and
Programme Sales
£9,950



Finances

Year ending 31st December 2016

Income	£50,797
Expenditure	£43,492
Surplus	£7,305
Reserves brought forward	£4,481
Reserves continuing forward	£1,786

Looking to 2017...



Our Healthy Holidays Programme will offer children the chance to be physically active and eat healthy and nutritious foods in a safe and secure environment during the school holiday period.

Children are involved in the creation of the menus, preparation of the food and make their own lunches. The programme will be delivered by qualified sports coaches who are all qualified to Level 2 Food Hygiene. This approach allows children to keep in contact with their peers outside of school, prepare them for the upcoming academic year and educate them on the benefits of eating healthily and leading active lifestyles.

The impact of holiday hunger has recently been documented by an all-party parliamentary group (APPG) on hunger which found that:

- up to an estimated three million children risk being hungry in the school holidays.
- a significant proportion of teachers and school staff notice children returning to school hungry on the first day after the holidays.
- children who exist on an impoverished diet, while taking part in little or no activity, return to school malnourished, sluggish, and dreary.
- this group of children start the new term several weeks, if not months, intellectually behind their more fortunate peers who have enjoyed a more wholesome diet and lots of activity during school holidays.

We plan to run our first Healthy Holidays Programme during Whitsun 2017 and then continue through the Summer break and also October half term 2017.





SELF PROGRAMME

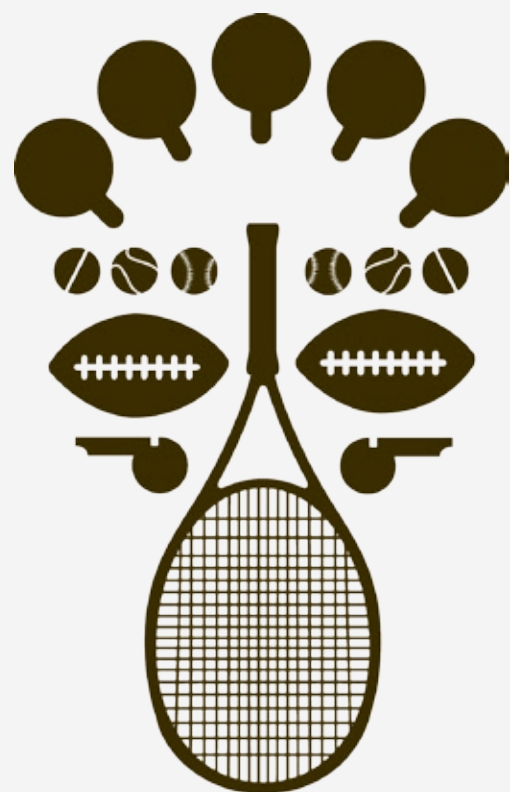
The SELF Programme focuses on youth crime prevention through sport. Each programme engages with young people (14-18) for 40 hours, over 10 weeks.

Working in partnership with the local police and other partners we will provide the engagement element of the programme focusing on self-confidence, self-leadership and communication skills. Young people will then be signposted to specialist providers who will focus on transition to education, training and employment.

The programme includes a variety of sports delivered by trained sports coaches and opportunities for participants to gain qualifications and become volunteer sports leaders. The focus is to assist in providing preventative measures. Statistics from the Department of Education show that 22.1% of 16-18 year olds in our targeted areas are NEET (Not in Education, Employment, or Training) or whose activity is unknown.

The beneficiaries of the programme will be young people who are on the verge of becoming NEET and/or engaging with criminal activities. We will use local schools, community groups, youth organisations, police and charities to refer young people who they feel would benefit. Young people can also self-refer to the programme.

We are aiming to roll out the first 10-week programme in September 2017.



ASPIRE TO
AFRICA
2017

2017 will see us enter into year three of the Buyuni One Primary School project

The main focuses of the 2017 trip will be:-

- Continue our support of the children's learning with the use of equipment, resources and our team's knowledge
- Continue our support of the development of the teacher's skills and abilities
- Interact with the local community to create a greater knowledge of our work
- Begin work on stage 2 of the project which is the refurbishment of the teachers' houses
- Ensure our team develop their skills in delivery, improve their self-confidence and take part in a life changing experience

Recruitment for the 2017 trip began in October 2016. To date we have a record 17 people signed up to take part in the project including sports coaches, sports apprentices, A-Level students and members of the Aspire Sports Trust board.



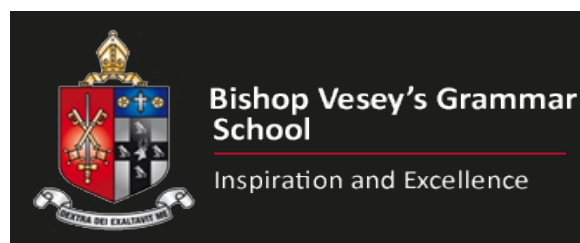
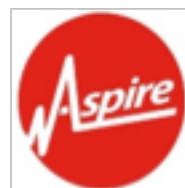
2017 will also see our partnership with Bishop Vesey's Grammar School continue to go from strength to strength.

After the success of their fundraising efforts in 2016, the student body, faculty and families are now behind the cause more than ever before.

The school already has the 2017 'Walk to Africa' pencilled in for September 2017 as well as two fundraising events before Summer.



Thank you to all those who donated their money, time and effort during 2016



Who we supported during 2016



Arthur Terry



Unit 6, Holly Park, Spitfire Road, Birmingham B24 9PB
Call **030 3040 1078** or email **info@aspresportstrust.org**

aspresportstrust.org

Registered Charity No. 1155720 Company No. 08804042



Aspire_Trust



AspireSportsTrust

Our board of trustees

Paul Griffiths | James Trowman | Gemma Batchelor | Mike Gowen | David Ramsden | Mark Peters | Michael Stead | Baljit Kular