

Newham and Essex Beagles Community Athletics Report



Background

The Newham and Essex Beagles Athletics club were successful in accessing Mayor of London Community Athletics Funding following the IPC World Para Athletics Championships and IAAF World Championships in 2017.

The fund provided the opportunity for the club to provide free athletics sessions in the community, inspired by hosting the Championships. The athletics sessions increased the number of people in the borough taking part in athletics activities and engaged inactive residents.

Funding detail:

Tier 1 – £4,000 Small Grants

- ✓ Deliver a minimum of 12 hours of free athletics-based sessions;
- ✓ Hold the sessions over a period of at least 6 weeks;
- ✓ Include a minimum of 20 percent inactive people in the sessions;
- ✓ Include a minimum of 10 percent of disabled people in the sessions;
- ✓ Organise a community event and;
- ✓ Provide 10% of cash or 'in-kind' match funding.

March 2017

The club organised family Athletics Sessions over a period of 12 weeks which attracted 52 new participants at the London Marathon Community Track.

The demographic breakdown of participants is as follows:

Age	Number of participants
0-5 years	4
6-11 years	35
12-16 years	5
17-25 years	0
26-40 years	4
41-49 years	4
50 - 64 years	0
65+ years	0
Not declared	0
Total:	52

Gender	Number of participants
Male	31
Female	21
Other	0
Not declared	0
Total:	52

Ethnicity

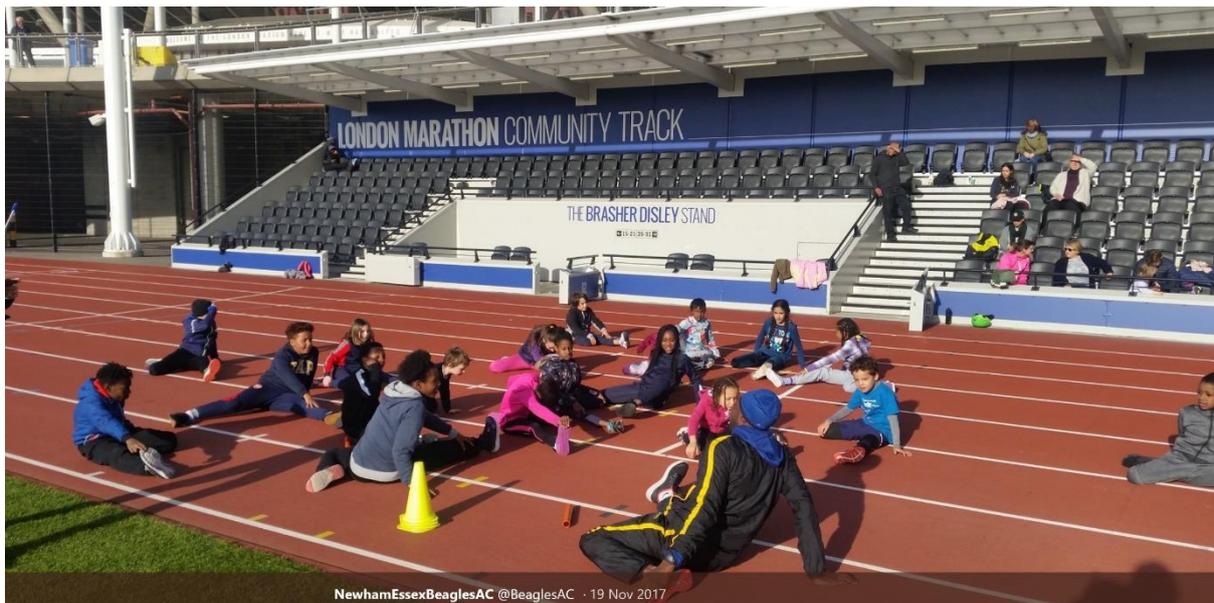
Asian or Asian British	2
Black or Black British	22
Mixed/multiple ethnic	9
White	17
Chinese	0
Other BAME	0
Other non-BAME	2
Not declared	0
Total:	52

Session feedback

Residents across a variety of ethnicities attended the sessions, parents also took part in the sessions and helped volunteer. Participants from across different cultures socialised with each other and new friendships were formed.

The club are really pleased with the turn out for these sessions in extremely cold weather outdoors. The sessions enhanced social opportunities and community cohesion. Several participants have gone on to become members of the club following the sessions, widening the club's community reach.

One of the parents who attended the session is now a volunteer receptionist. The funding helped us to gain experience of organising events at the stadium and raise awareness of the move to the stadium. There is now a smooth transition for the club from Newham Leisure Centre to the stadium community track.



New club coaches delivered the sessions and made them fun and enjoyable for participants. Participants are now taking part in regular club competition demonstrating their commitment.



Tier 3 – Newham and Essex Beagles Disability Focused Project

- ✓ Deliver a minimum of 12 hours of free athletics-based sessions;
- ✓ Hold the sessions over a period of at least 6 weeks;
- ✓ Include a minimum of 20 percent inactive people in the sessions;
- ✓ Include a minimum of 50 percent of disabled people in the sessions;
- ✓ Organise a community event

Total number of participants engaged in the Newham and Essex Beagles Disability Project– 130.

Demographic breakdown:

Age	Number of participants
0-5 years	1
6-11 years	119
12-16 years	9
17-25 years	0
26-40 years	1
41-49 years	0
50 - 64 years	0
65+ years	0
Not declared	0
Total:	130

Gender	Number of participants
Male	60
Female	70
Other	0
Not declared	0
Total:	130

Ethnicity

Asian or Asian British	64
Black or Black British	35
Mixed/multiple ethnic	4
White	21
Chinese	0
Other BAME	6
Other non-BAME	0
Not declared	0
Total:	130
	83.8

The inclusive club event was held in partnership with Cumberland School Sports Partnership and Disability Sports Coach UK, enabling participants across different impairments to interact at the London Marathon Community track. Parents also interacted with each other at the track. Several different cultures who would not normally interact came together, they would not normally come together due to faith and cultural barriers however athletics has united them.

The athletics sessions delivered across 10 special educational needs schools (SEN) provided the opportunity for pupils who would not have previously had the opportunity to participate in disability athletics at school to take part in the sport. Teacher feedback from JFK school:

“I would just like to say thank you for the work you and the team have done at JFK Beckton. I think the students really benefited from these sessions and it has really helped them enjoy physical activity”.

Participants got to interact with the club coaches and form new relationships through the teambuilding activities. Pupils were offered a range of activities which included the basic elements of Athletics – Running, Throwing and Jumping. All activity took place indoors and soft equipment was used for safety purposes.

Whilst the emphasis was on enjoyment, basic technical instruction was provided (especially for Throwing) as well as competition (fun relay games). The main support took the form of sports coaches who are experienced in delivering activities for disabled participants and who are able to adapt and tailor sessions accordingly.

The sessions upskilled teaching assistants who were present in the sessions, they observed the sports coaches and now feel more confident in running similar activities themselves in the future.

Partnering with Disability Sport Coach UK enabled us to upskill the club staff in disability awareness and increase our outreach into other boroughs specifically Tower Hamlets. SEN pupils received high quality athletics sessions led by quality coaches who knew how to adapt the sessions and make it fun. Disability Sports Coach UK were able to continuously approach new schools and increase our reach. They were also fully supportive of our inclusive event and supported the club to adapt and make sessions inclusive.

The community event celebrated London’s hosting of the IPC World Para Athletics Championships and IAAF World Championships and brought local communities together around the activities of athletics. The event was also a celebration of the achievements of project participants at the end of the delivery it involved a mix of competition and come and try activities.



Satellite Clubs Programme

Satellite Clubs are a Sport England funded-project focused on local physical activity and sport clubs designed around the needs of young people. Newham and Essex Beagles has received £12,000 funding to deliver satellite clubs across eight schools in the borough including the academies on the Olympic park.

How do they work?

Satellite Clubs are focused on supporting an increase in the number of 14-19-year olds participating regularly in physical activity and sport and are designed to reflect the likes and needs of teenagers and young adults in the local community.

Supported by or linked to a local sports club or physical activity opportunity (The Hub), satellite clubs are designed so that they respond to the specific demands for physical activity and sport from young people.

Satellite Clubs' core principles

- Delivery must be focused on young people aged 14-19
- Aimed at helping young people become active or build regular activity habits and/or targeting under-represented groups in physical activity and sport.
- Activity provided through satellite clubs should be aligned to achieving the Chief Medical Officers recommendation of delivering moderate to vigorous intensity activity.
- Organisations must deliver weekly for at least one hour/week for 30 weeks, and be committed to deliver the club beyond that
- Designed to get young people active and create regular activity habits
 - Be young-person led including involving them in decisions and design
 - Be linked to or developed into regular physical activity and/or sport

<u>Satellite Club Venue</u>	<u>Age group focus</u>
St Bonnaventure's School	14;15;16;17;18;19
Newham and Essex Beagles Down Syndrome Athletics Club	14;15;16;17;18;19
Newham and Essex Beagles Sarah Bonnell	14;15;16;17;18;19
Newham and Essex Beagles St Angela's	14;15;16;17;18;19
Newham and Essex Beagles Eastlea	14;15;16
Newham and Essex Beagles Cumberland	14;15;16
Newham and Essex Beagles Bobby Moore	14;15;16;17;18;19
Newham and Essex Beagles Chobham Academy	14;15;16;17;18;19

Future Community work

The club will be focusing on making the community sessions sustainable in partnership with Newham Athletics Network. We will link in with the newly launched West Ham Players project and submit a collaborative bid to the Mayor of London Sport Unites and Active Londoners fund. We will be building our partnerships with the academies on the Olympic park, continue to run community events and opportunities for families to participate in athletics together.