



NEWSLETTER

January 2023 / Vol 03

HIGHLIGHTS OF THE YEAR 2022!

Wow! What a fantastic year 2022 has been! Special thanks to all our partnership network for making this happen together! Here are some of the highlights, but too many to mention all!

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Website <https://sportinginspirations.org>

-  @SportingInspirationsCIC
-  @sportinginspirationscic
-  @SportingInspirationsCIC
-  @sportinginspirationscicuk



Photo: Ujval Patel (Business Manager) & Anisa Ismail (People Manager) @McDonalds Borehamwood & Sporting Inspirations CIC (Star, John and Pierre)_

STONEYHALL COMMUNITY CENTRE

SPECIAL THANKS TO CLARION HOUSING GROUP!

We have successfully applied via a corporate tender process to acquire an amazing community asset owned by the Clarion Housing Group. We achieved this due to our organisation being recognised for its great community work and becoming embedded in the local Stevenage area, running successful projects there for over 6 years. Our partnership with Clarion has grown since 2010 and we are so proud to have such a wonderful acquisition.

We have been gradually renovating and upgrading all the facilities there that will help us generate income through venue hire to self-sustain our presence at the centre, whilst sustaining our projects with any extra income.



Photo: from the Friday Night Project

We are renowned as acting as catalyst for transforming the lives of young people and the communities in this socially deprived area of Hertfordshire. We are delivering a variety of projects for children, young people and adults including a BAME adults' group. Our activities include sports, personal fitness, martial arts, music, mentoring, healthy eating, film nights, mental health support, yoga, meditation and much more.



Photo: Stonayhall Community Centre, Stevenage

BOREHAMWOOD FRIDAY NIGHT PROJECT

The Borehamwood Friday Night (BFN) Project was launched on 22nd April 2022 at the Hertswood Academy. The aim was to engage young people from ages 11 to 19 in a variety of free sports activities to ensure they were spending their Friday nights doing something positive and organised, which would also help reduce anti-social behaviour in the Cowley Hill Ward, which is one of the most socially deprived areas of Hertfordshire. This is a partnership project with Sporting Inspirations CIC, School of Hard Knocks, Hertsmeire Borough Council, Hertswood Academy, Leecliffe Big Local, Clarion Housing, Herts Sports Partnership and Services for Young People. Sporting Inspirations CIC and School of Hard Knocks have been supplying key staff, along with Services for Young People and the Hertswood Academy have provided in kind match funding.

The numbers have gradually built up and soared since the project was launched with a 70% weekly retention rate. We have reached capacity using two football pitches and the basketball court too. We started off with football and rugby during the first few weeks, adding dance and basketball soon after. Services for Young People have been great in supporting this project by providing relevant and important information to raise awareness and improve young people's lives. It's been an incredible experience to witness such a high uptake with up to 120 young people attending most weeks regardless of weather. The young people have been very well behaved and super eager by arriving early each week. They have been very appreciative with two regulars called Tyler and George quoting "I can tell you we all talk about the Friday Night Project at school and look forward to it each week. You all make it fun and safe for us!"

We have a couple of young people and parent volunteers who support us, including refereeing their peers for football and basketball. The project demographics demonstrate the inclusivity of our project with a wonderful mix of young people from a diverse range of backgrounds. There is a great feel good and positive vibe about our project. Long may it continue!



Photo: Basketball sessions_24th June 2022 #1



Photo: Basketball sessions_24th June 2022 #2 with Pierre Henry-Fontaine (the Activity Leader)



Photo: Football sessions_24th June 2022 #1



Photo: Football sessions_24th June 2022 #2

BORHAMWOOD NIGHT PROJECT

Q Young people were asked...

A

"What does the FNP mean to you?"



Responses received:

- Teamwork and enjoyment
- Fantastic gathering
- A fun Friday night and loads of practice
- A place to come and chill every Friday
- A lot, it keeps us active
- Everything
- Opportunity to improve
- It's the only thing me and my mates look forward to
- A social time to play sport
- Love it
- It means a lot to me as I am playing football and socialising with friends, we also get food
- The people supervising are great

Borehamwood Town Mayor Sandra Parnell and Councillor Pat Strack visited us in October and absolutely loved our partnership project!



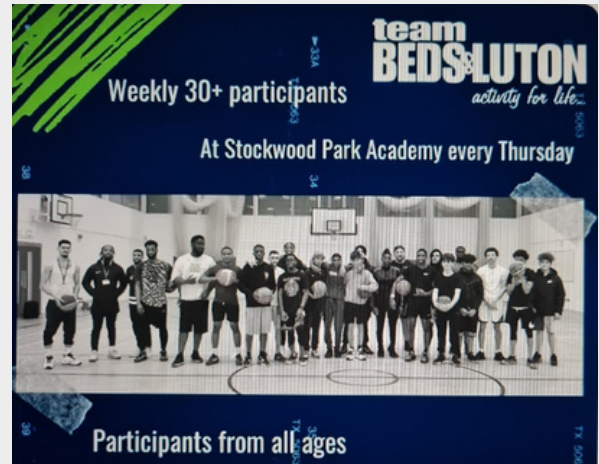
Photo: From the left, Mayor & Cllr. Sandra Parnell (Elstree & Borehamwood Town Council), John Manitaro (CEO, Sporting Inspirations CIC), Cllr. Pat Strack and Daniel Smith (Leecliffe Big local)

chill
lot
fun
sports
teamwork
good
friend
everything
socialise
basketball
gathering
football enjoyment

From one of our regular Borehamwood FNP crew
Quote : *"Before the FNP, some of us used to get bored and get up to mischief on Friday nights. We couldn't afford to go out anywhere. Since we came along to the FNP, we have hardly ever missed a week. In fact, it's the only thing a lot of us ever look forward to each week. It's friendly and the staff are fun with good banter and mutual respect which is cool."*

LUTON BASKETBALL PROJECT

We received funding from the Sport England Tackling Inequalities/Together Fund which allowed us the flexibility to adapt to make our project work. Our key partnership team involved Catalyst Housing and Be Active Beds (formerly Team Beds & Luton). Initially, we created flyers for the Brantwood Park/Hill Tops area of Luton, and this worked well, as we distributed them via Catalyst residents and their local network. To begin with it was very quiet post lockdown during early Summer 2021, which we found out was due to gang issues and knife crime. Therefore, we moved our project using the hoops at Wardown Park which was a less scary environment and here's when the fun really started and our local knowledge, plus detached work helped us encourage young people to attend. In fact, our team has grown over the years to reflect the demographics of the areas we work in. We have organically become like the United Nations of youth work. Our numbers grew to 10-15 attending each week. Due to the dark nights we managed to find a slot at Stockwood Park Academy on Thursday nights hiring the indoor basketball court. This attracted a very integrated group of young people from a variety of diverse backgrounds, previously involved in gangs, crime and county lines.



Our team are a combination of sports coaches and youth workers with a mentoring background. They built up trust and the numbers grew to 30+ each week religiously attending and connecting with our team, also some of whom became volunteers. The participant age group is 15-25. Our young people have improved their basketball skills along with their life and social skills which is heartening to see. They are quite a talented group!



Photo: Basketball session by Team Beds and Luton

Special thanks go to Catalyst Housing who funded a reward for the young people's improved personal development. They were rewarded with a special trip to see the London Lions play Paris in the Euro Cup at the Copper Box Arena in London!



Photos: Euro Cup at the Copper Box Area, London, with our talented Luton Basketballers_21st December 22

HOMELESS PROJECTS

In partnership with Herts Sports Partnership, Family Lives & Haven First

Along with our innovative creation of indoor gyms at homeless shelters during the pandemic via equipment from funding and donations from the University of Hertfordshire's Sports Gym, we have reverted to a combination of indoor and outdoor sessions at other venues too. From funding from HSP via Sport England, National Lottery and Hertfordshire County Council we have managed to sustain this vital project for a few years.

Our current phase, Promoting Wellbeing Through Physical Activity a.k.a Bout 2 Blow Project has been an overwhelming success.

We provided weekly sessions of the following activities and benefits:

- Personal fitness & mentoring – physical and mental health improvements
- Pool tournaments – social mixing, friendships, improved relationships
- Bowling tournaments – social mixing, friendships, improved relationships
- Family Lives Sessions – family support sessions

Regular 1-2-1 mentoring sessions

Our workshops continue to be popular and have facilitated positive engagement by the variety offered. Some participants have successfully moved on in their life and been replaced by new ones needing support. The participants have their own personal challenges and complex issues that we try to support. Some have a lack of motivation. Our plan has been to motivate and inspire them to improve their lives. Their physical and mental welfare is at the core of the project, backed up with setting realistic targets for each participant to help them towards their dreams and aspirations, whilst supporting them to overcome their obstacles and learning from past mistakes. The activities allow them to demonstrate commitment and being responsible for owning a task to complete to get them on track to improve their lives and build resilience.

Family Lives has engaged with homeless parents in Stevenage through attending the Bout 2 Blow sports mentoring workshops. Building trust and providing sensitive support, acknowledging the challenges homeless mums and dads are experiencing. We are particularly supporting those who are at conflict with their partner over the care and support of their children. We are scheduling individual support sessions either conducted face to face or line and scheduling a series of parenting workshops through the year for parents who face similar issues. One to one sessions have been a progression as the project developed. The key to successful engagement has been the uptake of the homeless shelter clients and the partnership work between the Haven First, Family Lives, Sporting Inspirations CIC, HSP, CDA Herts and Turning Point. Especially sharing resources.

Outcomes include:

- Promoted healthier relationships.
- Physical wellbeing increasing self-belief and confidence...some go to the gyms themselves.
- Diet and nutrition goals BMI achieved their weight goals.
- On the road to recovery maintaining an action and avoiding relapses such substance misuse due to having a routine.
- Improved physical health by having access to sports activities.
- Social mixing has been beneficial to all. It has helped to improve relationships and develop friendships by talking to staff and peers.
- Participants feel less isolated.
- Facilitated the setting of goals and realistic targets.

HOMELESS PROJECTS

Case Studies:

A female from South Africa with an alcoholic background and battling drugs was kicked out of her family home and had to leave her son behind in her parents' care. She ended up in the streets in Luton and got caught drinking and drug use. Her substance misuse was destroying her and even sectioned due to her poor physical and mental health. She was offered a tenancy at the homeless shelter and has been working with the substance misuse worker and has gradually been turning her life around. We have put her on a Wellness Recovery Action Plan doing the sports and mentoring elements of our project. We have managed to reintegrate her in everyday life by finding her a job and eventually working part time at Lidl's and has managed to get her life on track. Her key action is to carry on improving and eventually reunite with son when left behind once fully recovered.



Photo: Marc Campbell (Haven First) and young people at Boxercise Sessions

A young male is on Choices and Consequences Programme with the police and released from prison. If he ever breaks the law again, he will have to return to prison. He has engaged positively and enthusiastically with every workshop offered to him from our project and has even been volunteering at Emmaus homeless shelter in the woodwork workshop and bike shed to help with his mental health and improve his self-confidence and self-esteem. He is now close to getting tag removed and being offered his own accommodation. He has developed the tools to survive and become more independent to re-join the community.



Photos: Brooks Gym Session

HOMELESS PROJECTS

Herts Homeless World Cup

"Everyone is a winner at Hertfordshire's Homeless World Cup"

This event was held in memory of Tony Willock who unexpectedly passed away last December. Tony was a fantastic supporter of projects that transformed the lives of young people and the homeless. All the event donations going to Garden House Hospice Care.

Haven First, in partnership with Sporting Inspirations CIC, organised this latest Hertfordshire Homeless World Cup with 16 different partner agencies competing for the coveted trophy, to support the homeless in Hertfordshire. With two professional referees, St. John's Ambulance on hand and strong fan support giving it a very genuine tournament feel!



Photo: Charles Willock, our tournament sponsor giving out medals to the participating teams

The event was generously sponsored by Charles Willock, father of professional footballers Joe, Chris and Matthew Willock who are Sporting Inspirations CIC's ambassadors. Humanitarian Aid charity Goods for Good generously donated the brand-new Nike football boots given out by Sporting Inspirations CIC. Understandably they were all snapped up by the competitors!



Photos Credit : Hanae Kolodzinski
Re: Herts Homeless World Cup 22_7th May 22

The event was a huge success with the teams from each organisation representing individual countries, playing group and knockout matches in classic world cup format. Every game was highly competitive, including a gripping final that could have gone either way. It was no surprise that High Town representing Brazil were the eventual winners, playing like their represented country. The event was supported by friends, families and supporters of the homeless that helped to contribute to create a fan and fun atmosphere!

John Manitar, CEO of Sporting Inspirations CIC...
Quote: "The tournament was a huge success and helped to raise awareness of mental health and poverty that was even further exasperated due to the pandemic and lockdowns. Special thanks go to Marc Campbell who was amazing in his support!

We received so much wonderful and positive feedback that we are already planning to run a Champions League tournament for 2023, a HH Euros for 2024, another Champions League for 2025 and another HH World Cup in 2026! Congratulations to our fantastic partnership team who made it a brilliant experience for all involved on the day...most of all it was FUN!!!"

Big Shout out to our tournament winners:

- 1st Place Winners - HIGH TOWN representing BRAZIL
- 2nd Place Winners - HERTS YOUNG HOMELESS representing MEXICO
- 3rd Place Winners from PLAY OFFS - FOOTBALL for FATHERS representing ENGLAND

Due to the popularity and feedback we intend to hold a third tournament in 2024 for the Euros and in build up towards the 2026 HHWC, plus some Champions League filler tournaments for the years in-between!

We would like to thank Hitchin Town FC for allowing us to use their hallowed turf, as well as their wonderful radio team who provided the commentary throughout the tournament.



Photo: High Town, the winners of HHWC 22

HOMELESS PROJECTS

Herts Homeless World Cup

Notes:

Haven First is charity for the homeless who's vision is that everyone who becomes homeless has immediate access to safe accommodation and the care and support needed to transform their lives for the better.

Hitchin Town FC one of Hertfordshire's leading community clubs established in 1865, taking part in the first FA Cup in 1871-72. Currently plying in the Southern Premier League, they are a huge supporter of local community projects.



Photo : Action from HHWC22



Photo : Goods for Good supported HHWC22 donated 80 football boots to the event participants on the day.

Goods for Good is

Humanitarian Aid charity sending goods donated by generous businesses and individuals in the UK to vulnerable communities around the world.



Our Hertfordshire Homeless World Cup Day organised by Haven First & Sporting Inspirations CIC, raised funds for Garden House Hospice. A cheque for £500 was presented to staff at the Garden House Hospice on 6th July.



Photo: A cheque for £500 was presented to Staff at the Garden House Hospice from Marus Campbell (Haven First) and John Manitarra (CEO, Sporting Inspirations CIC)

Sound Creators Project in Partnership with UK Youth

Case Study – Female age 14

Part One: What was your situation before your involvement with Sound Creators?

Answer:

I was feeling lonely living at home caring for my mum. I was in school in year 7. I wanted to be involved to socialise more and feel less lonely and I love music. I wanted to learn to DJ and it got me away from my caring role. At the start I felt I wouldn't have the confidence to do it yet and I only wanted to go if my sister went.

Part Two: What was your experience of Sound Creators?

Answer:

I learnt to DJ and to make beats and how a radio person makes a show. I played with new instruments I liked meeting new people and I made friends. I learnt how to make a voice over for a radio show. It was better than I thought what it had better equipment than I thought. I learnt that people have to do stuff like I do for my mum and I also learnt how to make new friends



What has changed as a result of Sound Creators?

Answer:

it was really good with high quality equipment I had never seen before. The boom whackers were fun. I learnt how to beat count and mix songs together. I learnt that I don't need my sister to make friends. I can beat count to songs which I do all the time now it annoys my sister. I went to school and people thought I lied about going to a studio and bullied me and I proved them wrong. I have a new friend I speak to daily I think other people should do it they should come to my school. I would tell other People who go to make sure they treat equipment with care.

Can you describe your overall experience in one line?

Answer:

It helped me overcome my shyness and improved my self-belief and confidence. Here is the link for our Sound Creators Song on YouTube below:

<https://www.youtube.com/watch?v=ua1EKaogErM>

HAPPY PROGRAMME

We ran a successful programme during the Easter Holidays and supported Services for Young People during the summer holidays.

The Easter holiday HAPpy programme helped achieve the following outcomes for children aged 8 to 16 that attended:

1. to eat more healthily over the school holidays;
2. to be more active during the school holidays;
3. to take part in engaging and enriching activities which support the development of resilience, character and wellbeing along with their wider educational attainment; to be safe and not to be socially isolated;
4. to have greater knowledge of health and nutrition and to be more engaged with school and other local services.

Outcomes were also based on the 6 Bees outcome framework developed by Hertfordshire County Council in co-production with a range of service users, providers and services across the continuum of need in Hertfordshire.

During the Easter School holidays we liaised and signposted backed with resources and support given by Hertfordshire County Council (HCC), Herts Sports Partnership (HSP) and Hertfordshire Community Foundation (HCF). Together we aimed to tackle the triple inequalities of holiday hunger, physical inactivity and social isolation. We supported children aged from 8 to 16 who are eligible for benefits related free school meals during the school holidays.



Photo: Multi-Sports sessions at HAPpyCamps_Apr22

Additionally, support was provided to cover a number of relevant issues about the physical and mental wellbeing of our young participants and by equally supporting their family whenever possible by using our partnership network that also includes Catalyst Housing, Just Talk (mental health steering group of whom we are members), MIND Herts, Families First, Family Lives, CDA Herts and local authority signposting via schools links. All the selected areas that we work in are based in and/or adjacent to areas of high requirements for Free School Meals and socially deprived compared to other parts of Hertfordshire.

SELE HERTFORD PROJECT

This is a partnership project including Sporting Inspirations CIC, Catalyst Housing, Active in the Community CIC, Herts Sports Partnership and Services For Young People. We developed a this project together from our consultations during our summer HAPpy 2021 programme, plus both Herts Sports Partnership and Active in the Community CIC consultations carried out involving over 100 local residents amongst us. Our partnership team has developed a profound understanding of the Sele community stretching over 16 years, with a proven track record and has become embedded amongst the local community.

Our team successfully ran a weekly multi-sports project in 2022, of 2 hours per session during term time at the MUGA and the Hertford Wellbeing Hub. It was planned to work initially on detached work with Services For Young People who providing informational services relevant to young people's lives whilst we ran the sessions on Wednesday evenings to engage as many young people as possible into this programme. We achieved our target of 50 young people to attend from ages 11 to 19. Our aim was to start in April with our HAPpy programme and continue during the school holidays such as May half term and summer to run our free activities to provide sports, arts and crafts.



Photo: Multi-Sports sessions _Sele, Hertford

LEECLIFFE BIG LOCAL

Summer Multi-Sports

@ Meadow Park, Borehamwood

Following on from our successful pilot last year, we gained an even better understanding of the local community and identified their local needs and have taken action in response to them. They appreciated the quality of sessional delivery and that it felt welcoming and free. The Leecliffe Big Local area comprises of many disadvantaged and vulnerable children and young people. Some of these young people through our experience of working in local areas over the years have a variety of learning disabilities. There is a consistent demand and need for these inclusive activities, which works well with the good rapport our dedicated team have built with the local community in Borehamwood over the years. We piloted this last year, and it was very successful despite people being more tentative to re-engage in activities after subsequent lockdowns.



Photo: Summer Multi-Sports sessions

Outdoor Play:

Our summer project consisted of FREE inclusive outdoor fun activities ages 8-11 and 12-16. An exciting variety of Street Games Style multi-sports activities during the school holidays that everyone could join in. This was an inclusive outdoor open play project at Meadow Park in Borehamwood. Our experienced, locally based and highly motivated team of sports coaches helped to provide children and young people the opportunity to participate in an informal scheme with a huge variety of sports activities, adapted to suit the age groups.

We worked with two age groups: Ages 8 to 11 (10.30-12.30) and 12 to 16 years (13.00-15.00) 3 days per week on mutually agreed days and times with Leecliffe Big Local. We delivered an exciting variety of Street Games Style sports activities and games on site, such as rounders, dodgeball, cricket, football, boules, Street Golf, Pop-Up Tennis and Badminton Smash Up, from our Street Games Style programme of activities, along with medals and prizes being provided to encourage participation.



Ukrainian Refugee Support Project

Target participants: Ukrainian Refugee Parents

This project was created from consultations and feedback from a vulnerable group of female Ukrainian refugees who are also parents with children whose husbands are sadly back in Ukraine fighting in the war. They have been so positive and grateful despite their hardships, and we feel we have connected really well with them. They loved the yoga meditation taster sessions which has helped them cope and have some rare fun without their children. We are running two weekly sessions for different groups who switch between their English lessons at the Focolare Centre of Unity on Mondays. Special thanks to Elena and Cllr. Michal Siewniak for making it happen!

Outcomes:

- Promoting the activity programme to the Ukrainian Refugee Community and involve partners, including Herts Sports Partnership and Sporting Inspirations CIC.
- Engaging with 15 unique individuals throughout the programme.
- A level of trust established between coaches and participants through informal support.
- To identify potential volunteers who can help lead and sustain future sessions/phases.
- Improved physical and mental health of participants.

LONDON URBAN SPORTS PROJECT

In partnership with Catalyst Housing and London Sport we have been running regular weekly sessions at three locations in London.

We have been delivering multi-sports and calisthenics in Acton, Brent and Southall. We aim to further develop and grow these projects to encourage local volunteers to support.

The target age group are 11-19 year olds to divert them from ASB and to improve their physical and mental wellbeing.

Sporting Inspirations CIC

LONDON URBAN SPORTS WORKSHOPS

SUPPORTED BY CATALYST HOUSING & LONDON SPORT

(Wednesdays)
2nd November - 21st December 2022

Multi-Sports activities including fitness and boot camp, rounders, dodgeball, basketball and calisthenics (body movement)

FREE DROP IN SESSIONS

FOR AGES 11-19

LOCATION: UNITY CENTRE, 103 CHURCH ROAD, BRENT, NW10 9EG

18:00-20:00

CONTACT: HAFI RAHMAN (CATALYST)
TEL: 01582 869276



Sporting Inspirations CIC

LONDON URBAN SPORTS SUMMER WORKSHOPS

SUPPORTED BY CATALYST HOUSING

(Fridays):
5th, 12th, 19th & 26th August 2022
Calisthenics body movements

FREE DROP IN SESSIONS

FOR AGES 11-19

LOCATION 1 - BRENT: DANCE STUDIO @ BRIDGE PARK COMMUNITY LEISURE CENTRE, BRENTFIELD HARROW ROAD, BRENT, LONDON, NW10 0RC
12:00-14:00

LOCATION 2 - ACTON: MUGA @ WESTCOTT PARK COMMUNITY CENTRE, ACTON, LONDON, W3 6YP
14:30-16:00

LOCATION 3 - SOUTHALL: 3G PITCH @ SWIFT ROAD, OUTDOOR SPORTS CENTRE, SWIFT ROAD, SOUTHALL, LONDON, UB2 4RP
17:00-19:00



BUILDING LIFE CHANCES PROJECT

We became even more aware that mental health plays a key role in a person's overall wellbeing and affected by various factors, including the pandemic, environment, stress, family circumstances, abuse and neglect. Negative experiences can adversely affect a young person's mental health, just as positive experiences can help improve it. Since the pandemic, more young people are finding it hard to cope with how they are feeling. That is why access to early support can make a critical difference to young people who are struggling right now.



The long-term impact over the last two years due to the pandemic and lockdown has had a considerable and wide-ranging affect, including causing anxiety, anger, depression, post-traumatic stress symptoms, alcohol abuse (mostly during isolation periods), and behavioural changes such as avoiding crowded places and cautious hand washing.

This valuable funding from Hertfordshire County Council has helped us create our Thriving Minds Support Hub to alleviate the pressures and allow us to deal with young people on a localised level.

Backed up with our team of youth workers, some of whom have lived experience and will act as positive role models for young people. We are keen to approach anxiety and depression in young people by identifying the 'active ingredients' of successful prevention and intervention approaches that will work. Correctly applied interventions will make the difference to preventing, treating, or managing on-going mental health difficulties and allow them to thrive.

From feedback from the co-design phase, we have been running the following weekly programmes:

- **Mind, Body & Soul** - Personal fitness and development plans to improve their physical health, combined with healthy eating and lifestyle talks, plus yoga and meditation.
- **Expression** - an opportunity to express and understand emotions by developing and creating a Podcast with video recording equipment to express feelings and emotions, including expression through music from donated music equipment received.
- **1-2-1 Support** - with a peer mentor and youth worker. An opportunity to talk to someone with lived experience to understand their needs and the support required. This is backed up with a social action - people coming together to help improve their lives and solve the problems that are important in their communities. It can include volunteering, community action or simple neighbourly acts to improve their self-esteem and value to others.

We are determined and committed with our partnership team to gradually develop programmes and share our learnings. We all want to keep learning and improve so we can develop something special, interactive and fun to help our targeted group of 12-17 year olds.



Photo:At a Yoga Class

BAME ADULT - STEVENAGE PROJECT

Hertfordshire B.A.M.E Health Equity Pilot Project in partnership with CDA Herts.

Healthy Eating and Exercise Programme

1. Background

Obesity is a serious health concern, which increases the risk of many health conditions including diabetes and hypertension. There is also evidence to suggest that people living with obesity are at higher risk of more severe outcomes associated with COVID-19. Data analysed by Diabetes UK shows that in 2004/05 the number of people diagnosed with diabetes was 2.1 million, but by 2019/20 this had jumped to around 4.1 million. Factors such as age, family history and ethnicity can increase a person's likelihood of having diabetes, while studies have found that people of African-Caribbean, black African or south Asian descent are 2 to 4 times more likely to suffer with this condition.

2. The Programme

This pilot programme sought to support adult members of the Caribbean and African community in Stevenage, currently on a trajectory to becoming diabetic and/or having a diagnosis of hypertension, to look at measures to prevent the onset of these diseases and improve their overall health and wellbeing.

3. The Programme has included:

- a) Emphasis on eating healthily and being active
- b) Behaviour change techniques to increase motivation and confidence to make changes
- c) A tailored plan to meet individual cultural needs
- d) Identification of opportunities to become less sedentary and build physical activity into daily life
- e) suggestions of a range of activities that participants can enjoy, that are cost effective (free) and fun
- f) Information for family members of programme participants, so they can provide support
- g) Ongoing evaluation of the programmes impact on participants

5. Delivery Model

Our partnership team created a 12-week cookery, behavioral and lifestyle programme. There are additional requirements to the programme, a physical activity element which encourages participants to reduce sedentary time, and provision of strategies for changing behaviour and improving mental wellbeing. We successfully ran group sessions, although individuals were encouraged to create their own action plan with SMART goals. Participants were advised at the initial session to set realistic goals and create their own written action plan to take away with them, with input and steer from an advisor. B.A.M.E individuals were invited to attend an initial consultation prior to the start of the programme and final assessment at the end of the programme.

6. Activity Programme

Programme participants have been given access to expert advice to get or become more active. Participants have received inclusive activity sessions tailored to participants needs.



BAME ADULT - STEVENAGE PROJECT

7. Support

Another element of the pilot programme is designed to ensure that spaces were created for people from different walks of life to have fun together, to share experiences and to meet new people. Whilst encouraging participants to give practical and emotional support to each other by connecting participants that are on the same journey together to provide peer to peer support which will help to not only promote the desire to make better lifestyle choices and increase the success of the programme, but to build lasting relationships.

8. Referral Process

The pilot programme was for BAME individuals (of Caribbean and African decent), in the age range of 18-55+ identified by GP's for referral to our partnership project.

Overall, the project has made a very positive impact amongst all the participants with good improvements in their physical and mental wellbeing and it has been a pleasure supporting them on their personal journeys.



Photo: BAME Adult Stevenage Project



Many thanks to the Herts Sports Partnership and Box Cleva for the opportunity to meet John Conteh the former British professional boxer who held the World WBC light-heavyweight title from 1974 to 1978. Photos are from the Box Cleva Celebration Event, held at the University of Hertfordshire.

McDonalds Community Summer Club Project in Borehamwood

Here are the photos from our 'McDonald's Summer Club' ☀️ supporting young people in Borehamwood! FREE drop in sessions with drinks and activities.



MCDONALD'S SUMMER CLUB

WHEN: Wednesdays 17, 24, 31 August from 2-4pm

WHERE: 213 Shenley Road Borehamwood WD6 1TE

FREE DRINKS AND ACTIVITIES!



BIG 'THANK YOU 😊!' to Ujaval Patel (Business Manager) & Anisa Ismail (People Manager) @McDonalds Borehamwood. They have been amazing hosts!!

OUR PATRONS

A massive 'THANKS' to Joe, Matty and Chris Willock who have been amazing Patrons of Sporting inspirations CIC!



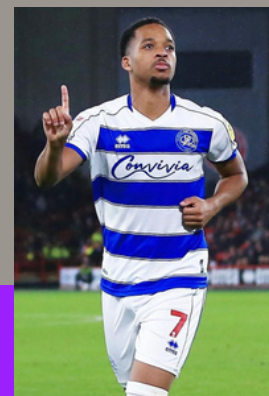
Joe Willock
(Newcastle United)

Photo on the left, Joe with Sporting Inspirations CIC



Matty Willock

Salford City
(Last season)



Chris Willock

Queens Park Rangers