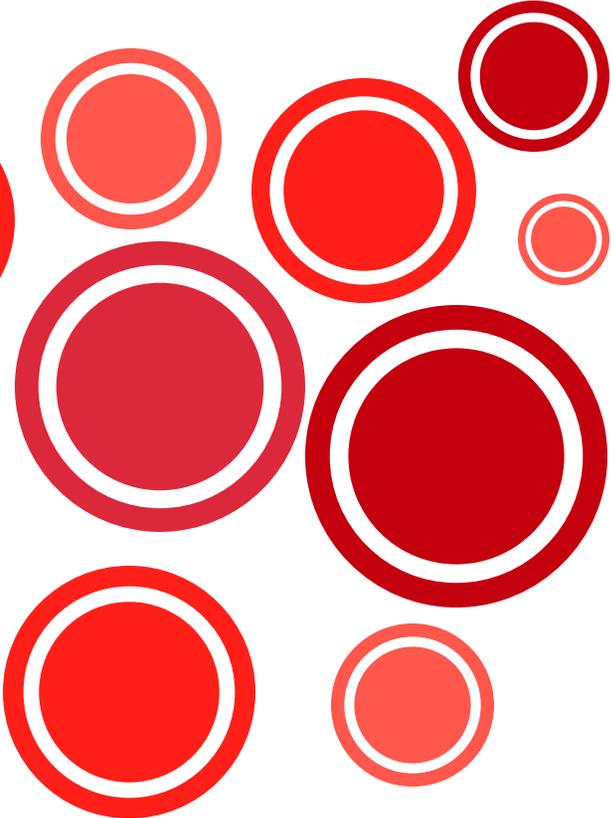


# London Sports Trust



*Annual Report  
2017-2018*



# Board of Trustees

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"I can't thank the Trustees enough for all their hard work and dedication that helps the running of the charity."

**Ulick Tarabanov -  
Founder & CEO**



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# Introduction



"I'm very proud to say that 2017 has been great year for the London Sports Trust; not only have we seen a significant increase in the numbers of young people involved with the charity - an extraordinary 1500 per week - but our team also played a part in the support and recovery of those affected by the Grenfell Tower fire. We've also had our fair share of publicity - our sports programmes featured on the BBC and we provided commentary on our support during in the aftermath of the fire. Publicity aside, it's been inspiring to see our coaches doing what they do best, providing excellent sporting and fitness provision, helping to create Active Communities. We strive to empower young people through our Skills for Life programme and we intend to increase our focus on mental health in the coming year. The London Sports Trust continues to be a positive force for change and we look forward to a healthy, successful and impactful 2018."

Sally Kettle

# Aims of London Sports Trust

## Our main aims are to:

**Inspire** positive change in young Londoners through the power of sport.

**Help** disadvantaged children and their families to achieve their goals in life, sport and education.

**Improve** physical & mental health of deprived children & their families



## Additional aims:

**Promote** young people & their families personal and social development.

**Enable** young people to improve their life outcomes through lifeskills & educational qualifications.

**Develop** and establish a network support group for children & young people.

**Use** sport as a social tool to resolve issues around anti-social behaviour.

# Impacts

We have supported over **1500** young people and their families every week by providing free sport and skills for life.

Our CSA sessions have engaged with over **460** young people

**95** residents volunteered with LST in 2017

Across 4 of our CSA sites, the decrease in crime rates averaged **64%** between summer **2016** and summer **2017**



# School & Nurseries Project

In **2017**, London Sports Trust has worked with **17** primary and secondary schools and **7** nurseries across Hammersmith & Fulham, Kensington & Chelsea, Westminster and Ealing. We are currently delivering **52** sessions across these different schools and nurseries and have increased the amount of curriculum sessions we are delivering. LST have experienced and qualified coaches in a wide range of sports including; Basketball, Tennis, Football, Netball, Rugby, Handball, Athletics, Multi sports and more.

In the summer term LST also provided the schools and nurseries with sports days which was a great way to end the year in partnership with these schools and give the children an opportunity to show their parents some of what they had learnt in our sessions. At the nurseries it was great to see many parents come out and support their children at their first sports day.

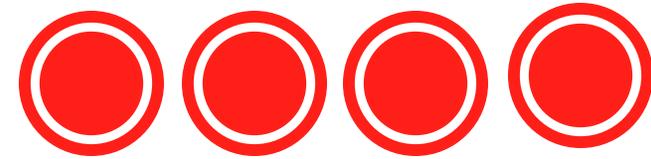


# Holiday Programmes



During the **2017** summer holidays LST delivered **9** camps across Hammersmith & Fulham, Kensington & Chelsea and Westminster. For the first time this involved providing provision for the full **6** weeks of the holidays where we reached **400** children and young people aged between **8** and **16**. Each camp included up to **5** hours of sports sessions, planned and delivered by experienced and qualified coaches.

Running alongside this were arts and crafts sessions as well as some drama and street dance classes. The camps also gave us a great opportunity to take the young people on day trips out, this included taken a group of **50** young people, volunteers and staff members to the London Stadium for the World Athletics Championships. It was a great day out and the young people enjoyed watching top athletes competing at the highest level whilst also getting the opportunity to trial a number of games they had on the site.



As well as the usual multi sports camps a group from some of the camps were also given the opportunity to try some Kayaking along the river Thames with our expert coaches as part of the blades project run in Hammersmith.



# City Sport Academies

The CSA project is now in its **3rd** year of reaching some of the most deprived young people in London. In the last year the project has expanded to include regular weekly sessions at Townmead, Clem Attlee and the Masbro Centre.

LST now supports  
over 700 deprived  
young people  
every week.



This year we have been able to deliver an extra hour of tennis at most of the sites due to funding received from the Queens Foundation. This has been a great addition to the project as the majority of young people had never played tennis before due to the lack of equipment and facilities available to them, they have really enjoyed trying a new sport and learning new skills. We have run **15** courses and workshops throughout the year which young volunteers from the local estates have attended



# Skills For Life

The Skills for Life programme has continued to give young people invaluable life skills to help them live independently and give them better opportunities in the future. We have continued to deliver courses at schools and colleges whilst also starting to deliver more courses at local community centres which has meant we are now reaching out to some of the most deprived young people in the borough. We have delivered DIY, bike maintenance, communication and cooking courses at community centres including Edward woods, Sulgrave, Harrow Club and Old Oak. We are working with an average of **55** young people each week and this year **170** have completed our various courses.

# Active Communities

The aim is to get inactive Londoners more involved in exercise through fun and innovative sports activities. This programme is currently being delivered in Hammersmith and Fulham and Westminster and engages with over **200** West London residents every week. By providing residents with opportunities to be more active in an inclusive and social way we are helping to create a legacy of sports and physical activity participation.

In 2017 we have worked with over 1200 people through active communities.

This has made a significant difference to both mental and physical health, with **98%** of participants telling us they felt fitter and happier as a result of this programme.

## GET FIT STAY ACTIVE

As part of Active Communities we run specific sports sessions for people with a mental health diagnosis through our partnership with Hammersmith and Fulham Mind, Wandsworth and Westminster Mind and Mungos. In **2017** we have provided access for people with mental health difficulties to **7** weekly physical activity sessions.



# Blades Kayak Club

In its second year, Fulham Reach Blades has started up a junior kayaking programme alongside the adult project. This year we have moved our adult weekly session to a Thursday, and have worked with **60** local adults taking part in the session throughout the year, the adults have worked towards their paddle power and have taken trips to Barnes, Putney bridge and Wandsworth Bridge.



Our junior kayaking programme has involved setting up weekly and holiday sessions throughout the year where the young people have learned different skills and techniques while being on the water, such as paddling forward, back and sideways, getting in and out of the water and learning about how the river works. As part of the programme, we educate the young people about the environment around the River Thames. Over the whole project we worked with **106** young people which **60** of the young people have completed the paddle power start and are now working towards their paddle power passport.



“I heard about LST via a poster I found in the community. My children absolutely loved the sessions, and I think that is largely down to the patience and friendliness of the staff. These sessions have really benefitted my children to build their confidence and encourages interaction with others. I totally believe that LST has a positive effect on the community and the kids from London.”

# Success Stories

## KAIES KARGAR

He grew up in the local area on Edward Woods Estate, where he started to volunteer for us at the age of 15 for a Year 10 work placement. He is currently on a gap year but is applying to go to university next September to study law! Since the summer he has been back coaching with us, helping at a mixture of sessions from families to estates, meaning he is gaining experience at all age groups. He is now a part time coach and to aid his develop further we are sending him on a multi-sports activator course and a FA level 1 football coaching course.



## YELE AGUNPOPO

He originally volunteered for us as part of his year 10 work experience and this has continued through to sixth form where he volunteers at the youth club. Yele is the first induction to our Youth Ambassador programme, which is an exciting role for him and the Trust. The Youth Ambassador will be involved in providing a platform for younger people at sessions to voice their concerns and communicate that to us. Yele will also be developing and maintaining a social network, with the intention of spreading awareness about the sessions on offer.



## YASIR HUSSEIN

He is 15 years old and he started with us as part of his Yr 10 work experience. He has assisted at community sessions and some school sessions. Also, he volunteered over the summer at the Townmead estate summer camp. He is currently in his last year of secondary school and through his work experience gained knowledge on how to lead session in the future. He is interested on getting a multi sport qualification and FA level 1.





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FOUNDATION

**BIG LOCAL**  
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# Partners



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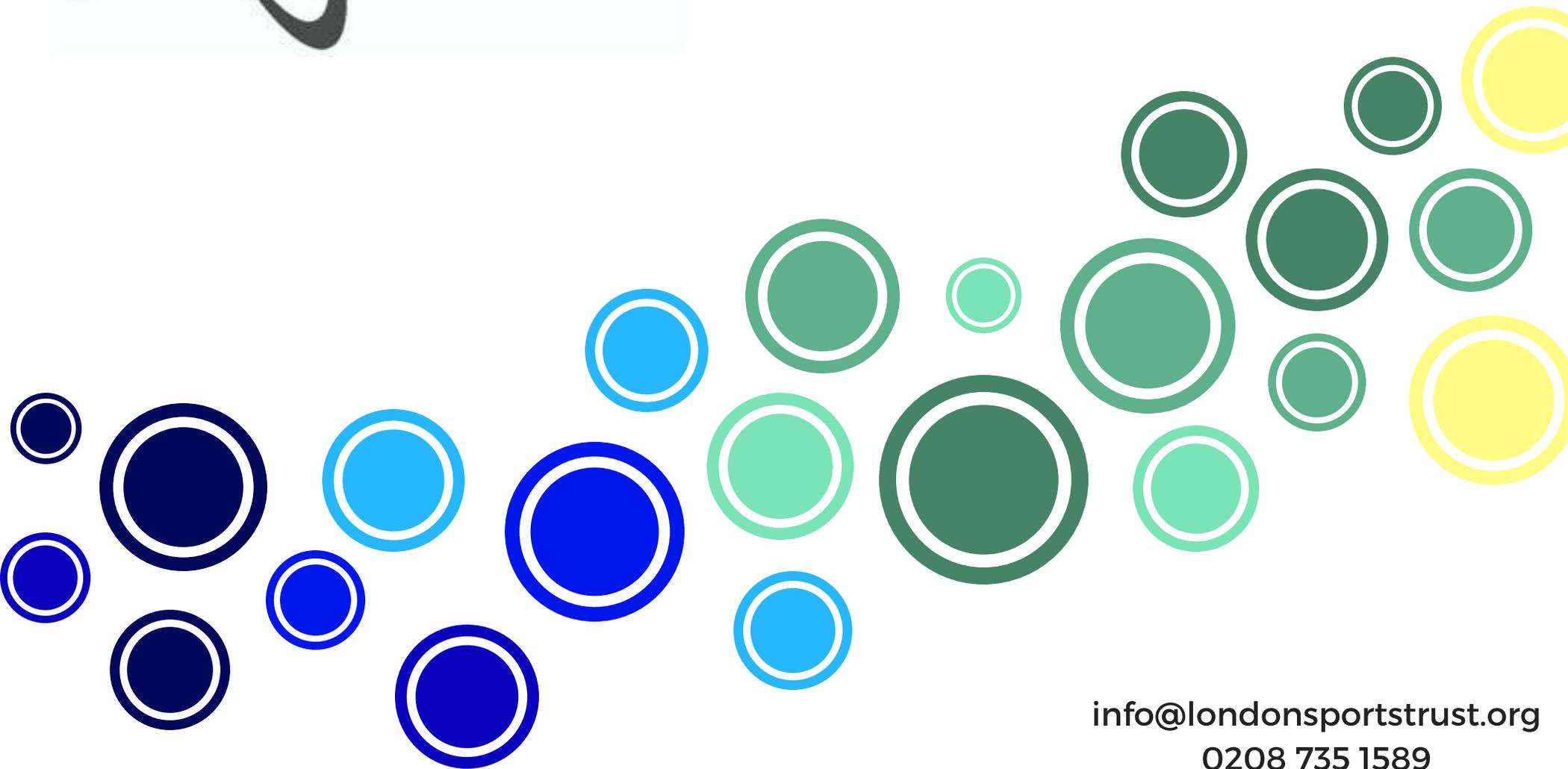
THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA



ENGLAND ATHLETICS



**ACTIVE WESTMINSTER 11**



info@londonsportstrust.org  
0208 735 1589  
Twitter: @LdnSportsTrust