



# ANNUAL REPORT

## 2020-2021

# WELCOME

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2020-21 has provided many challenges. However despite these Wesport has made significant progress and development, working to help people move more during a difficult time for everyone, everywhere.

We've reported some of the headlines in this Annual Report, but underpinning these has been a focus on building trusted relationships across our network, locally and nationally, and working with organisations who have access to communities that tend to be inactive and are facing inequality of access to physical activity.

Locally, we have worked to influence key partners in public health, local government, education and the voluntary sector to ensure we are collaborative and joined up in our work to support our communities. Through the Tackling Inequalities Fund, we have engaged with new partners to address growing inequalities during the pandemic, funding delivery and supporting their learning and development to use physical activity and sport as a tool to engage their audiences.

During this time our work and how we delivered saw big changes. It was no longer possible to run big, in-person events, so we switched to virtual ones! We delivered Virtual School Games, training for workplaces as well as adapting Coach Core Delivery. The results and engagement in our virtual delivery exceeded our expectations and highlighted the importance of physical activity in the most challenging of times.

Despite the various lockdowns, Bristol Parks Tennis has been a highlight, with fantastic take up and usage of the courts. We have also been successful in a new tender that will expand our programme to Bath and Keynsham.

Finally, I want to take this opportunity to thank the Wesport staff team, Board of Trustees, and the many, many individuals and organisations with whom we have collaborated with to make a difference to peoples' lives through physical activity and sport. We are also extremely grateful for Sport England's faith in us, and it's support which enabled our work throughout this year.

Best wishes,

SUE DORS

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Chair of Trustees

STEVE NELSON

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CEO





# H I G H L I G H T S



### Physical activity for good mental health

We delivered 6 open and 10 closed webinars reaching 300 employees from 88 different organisations.



### Bristol Parks Tennis

- 28,000 court bookings.
- In excess of 12,000 people accessing the courts.
- When open, the courts were operating at 94% capacity.



### Tackling Inequalities Fund

£157,319.30 spent to support 72 organisations in phase 1 and 2 to help the sport and physical activity sector through the pandemic.



### Virtual School Games

8468 virtual school games entries from 188 schools!



### Coach Core

23 apprentices involved in the programme and 8 employers across Programme 2 and Programme 3.





# Tackling Inequalities Fund

The Tackling Inequalities Fund (TIF) was set up in April 2020 as part of Sport England's support package to help the sport and physical activity sector through the coronavirus (Covid-19) crisis.

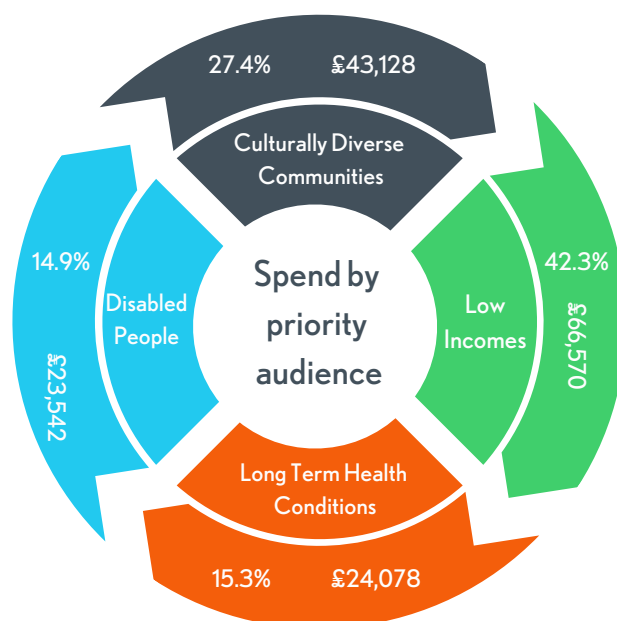
From the insight Sport England were gathering, it quickly became clear that certain groups of people were being disproportionately affected by the pandemic and it was significantly impacting their ability to be physically active

TIF aims to help reduce the negative impact on activity levels in these under-represented groups, with a specific focus on:

- Culturally diverse communities
- Disabled people
- People with long-term health conditions
- People on low incomes



Phase 1



Phase 2



"I would like to thank you and everyone who has been involved in the food boxes. My family was delighted by the food box and especially the sports equipment. I would like to thank you all from the bottom of my heart. It's also the first time anyone has reached out during this whole pandemic. It's lovely not to be forgotten".



"I love being outside and trying golf. I was nervous at first as it was all old men there, but Emma (the golf coach) made us feel so welcome and we laughed."

"It was the highlight of our week. We looked forward to each Wednesday and the excitement of finding out what activities and sports we had and guessing what we would have to go in our sandwiches"



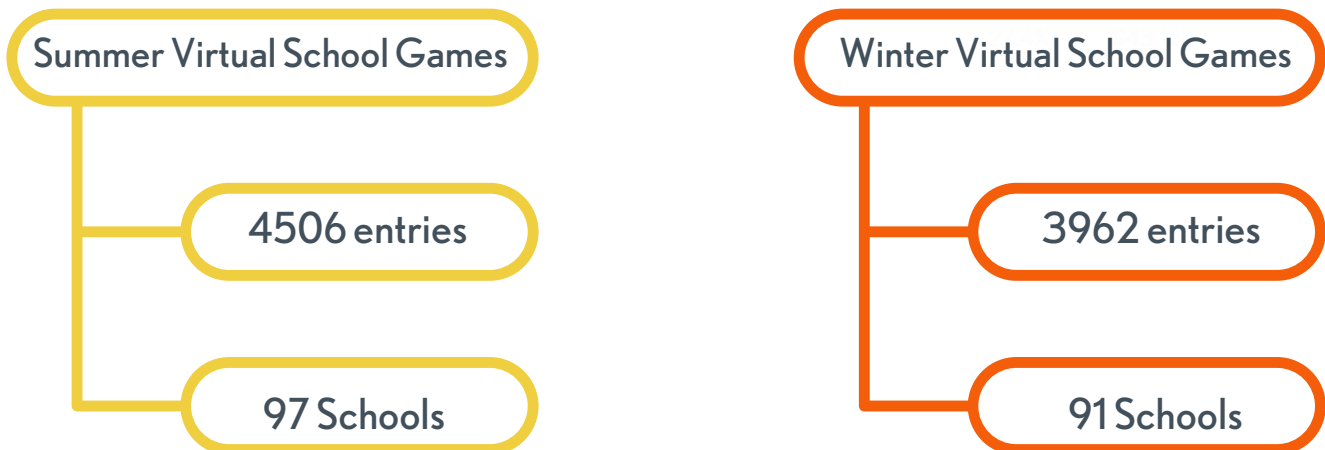
"For 200 older people these sessions were a lifeline for physical and mental wellbeing. Many of the participants were shielding or isolating during the pandemic. The online sessions kept them active eventually moving to in person sessions when the rules allowed."



# Virtual School Games

We managed to overcome different challenges faced through moving to online delivery for the school games. The Summer Virtual School Games meant for the first time we were working directly with families, and schools utilising the resource as part of home learning or P.E sessions for key worker children in school.

We had really good engagement levels and sustained participation from week to week which was really pleasing to see. We engaged with local elite athletes and young leaders to deliver our challenge videos each week to inspire and create the wow factor we would normally generate from large scale county final events.



Challenges included: Athletics, Netball, Gymnastics, Tennis and Cricket.





# Physical Activity for Good Mental Health

Our aim was to support both employers and employees in understanding the importance of physical activity during this period of remote working. A nationwide focus on taking daily exercise, paired with concerns about people's mental health, has highlighted just how closely mental health and physical health are connected.

## 62%

of adults think it is more important to be active during the outbreak compared to other times.

## 69%

of adults agree that exercise is helping them manage their physical health.

## 65%

agree it is helping them manage their mental health.

We decided to offer a free webinar for all employees; 'Physical Activity for Good Mental Health', exploring why being physically active throughout our working day is important and how it can positively impact our mental wellbeing. We explore the issue of stress, the impact of sedentary behaviour and the importance of the 5 Ways to Wellbeing.

We delivered 6 open and 10 closed webinars and were invited to be part of a Business West panel on Mental Health in the Workplace.

We have reached over 300 employees from 88 different organisations including:

The NHS and local authorities

Housing associations

The financial sector

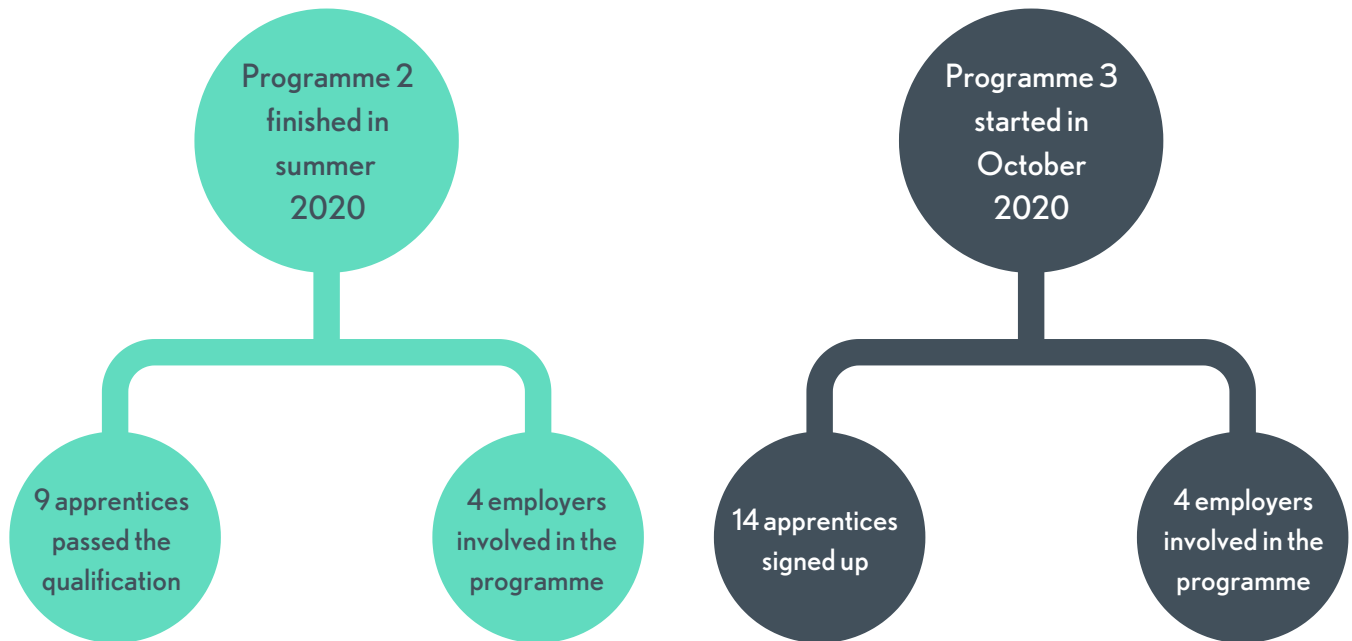
“I would recommend this for staff who may be unaware of the importance of physical activity for all round well-being.”

“It was a wake up call, that despite still not being able to really go out, to proactively put some exercise into my daily planner.”



# Coach Core

Coach Core is an innovative and engaging sports coaching apprenticeship being delivered across a number of UK cities, including Bristol. Whilst in employment, apprentices benefit from a number of qualifications, experiences and additional learning opportunities. Coach Core's goal is to ensure each apprentice goes onto further education or employment and provides greater coaching provision in the communities in which they serve. Due to COVID restriction the delivery had to be adapted during certain periods of the year, to include virtual education days and exams.



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The main thing I gained from the programme was confidence. The apprenticeship helped me understand that I can do anything if I put my mind to it.

Summer- Programme 1 graduate



I got involved with Coach Core to better myself as a sports coach and aim to support others. I gained a FT position with my employer Shine Wraparound Care, as assistant sports hall manager.

Nathaniel- Programme 2 graduate



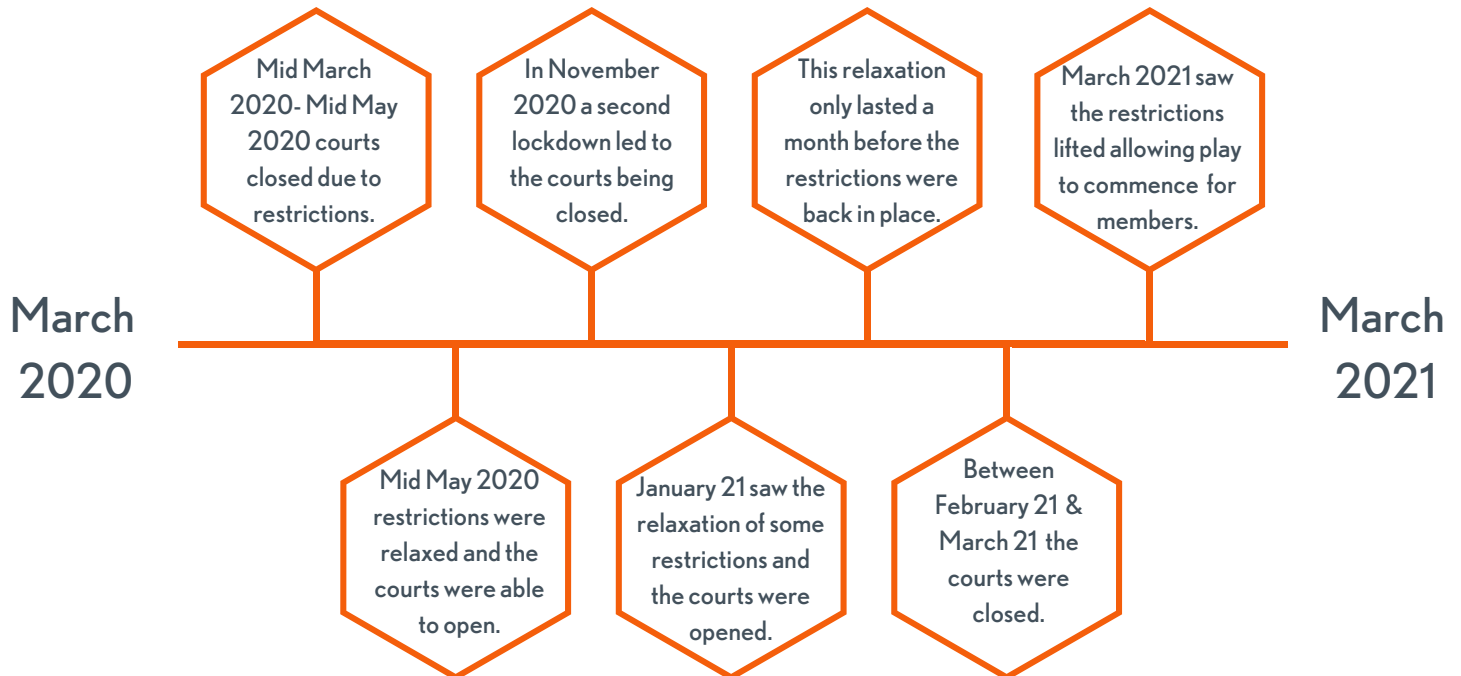
Alongside gaining real working experience in schools, the education days were really beneficial. I gained full employment from my employer, the Gloucestershire Cricket Board.

Kieran- Programme 2 graduate

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During April 2020-2021 we managed the Bristol Parks Tennis courts during numerous lockdowns and ever changing restrictions. Whilst this was a challenging time we ensured we acted quickly and opened the courts at the earliest opportunity whilst ensuring everyone's safety was our top priority.



## Community Tennis

Sessions were delivered when restrictions allowed, sessions included walking tennis, inclusive tennis and mental well being tennis.



# LOOKING AHEAD

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In late 2020, Wesport launched its new 5-year strategy, followed shortly after by the launch of a new Sport England strategy, Uniting the Movement (early 2021). Both documents recognise the need to work differently and collaboratively to achieve our long term aims, and this strategy period is about establishing the conditions for that change, in order to enable more people to be physically active, inclusive of all.

We are more focused on inequality and physical inactivity, as we work to tackle the long-term issues affecting our sector, while also working to reduce the unequal impact the COVID 19 pandemic has had in our communities.

We will continue to champion the role physical activity can play across our communities, working with our growing network to support communities in their ambitions. Our role will be building trusted relationships, enabling effective collaboration, with a focus on the communities most in need.

We look forward to continuing to work with our existing and new partners in the coming year, creating collaborative relationships to benefit the communities that we live and work in.

STEVE NELSON

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CEO

